



HEALTHY U OF DELMARVA

Cooking show 2006

Delicious ways to add fruits and vegetables to your diet

Asian Salad

Preparation Time 15 minutes Makes 4 servings

2 ½ cups cooked chicken, cut into bite size pieces	1 (10 oz) bag shredded cabbage
1 cup sliced mushrooms	2 carrots, shredded
2 tablespoons chopped cilantro	1 cucumber, thinly sliced
3 green onions, thinly sliced	1 tangerine, divided into sections
½ cup non fat Asian or Oriental style salad dressing	Black pepper

In a large bowl, combine chicken, cabbage, mushrooms, carrot, cilantro, cucumber, and dressing. Toss well. Top with green onions and tangerine sections.

Nutrition Information Per Serving

220 calories	7 g Fat (2g Saturated Fat)
70 mg Cholesterol	367mg Sodium
16 g Carbohydrate	27 g Protein

Tropical Blueberry Smoothie

Preparation Time: 10 minutes Makes Three servings

1 can (8oz) crushed pineapple, drained	1 ripe banana, sliced
1 cup milk	1 cup fresh or frozen blueberries

Combine pineapple, banana, milk and blueberries in blender. Cover; blend until thick and smooth. Serve immediately. Garnish with banana, strawberry, and mint kabob if desired.

Nutrition Information Per Serving

139 calories	2 g Fat (1 g Saturated Fat)
6 mg Cholesterol	43 mg Sodium
29 g Carbohydrate	4 g Protein

Green Treasure Salad

Preparation Time 10 minutes Makes: 4 servings

1 cup green-skinned apple
½ cup miniature marshmallows
2 tablespoons slivered almonds

1 cup green seedless grapes
½ cup lemon flavored yogurt

Cut the apple into four pieces and remove the core and seeds. Cut into pieces. Mix together the apple pieces, grapes, marshmallows, yogurt, and almonds. Serve in small bowls

Nutrition Information Per Serving:

124 Calories
3 mg Cholesterol
23 g Carbohydrate

3 g Fat (1 g Saturated Fat)
22 mg Sodium
2 g Protein

Fresh Fruit Dip

One 8-ounce package low fat or fat free cream cheese
4 oz. Low fat or fat free sour cream
¼ cup skim milk
½ box sugar-free vanilla instant pudding

Mix cream cheese and sour cream together. Blend vanilla pudding into skim milk. Combine with the cream cheese/sour cream mixture. Refrigerate until serving. If too thick, thin with a little skim milk. Serve with assorted fresh fruits.