

# BARELY-BLANCHED BROCCOLI SALAD WITH FETA AND FRIED ALMONDS

**YIELD:** 4 SERVINGS

**TOTAL TIME:** 23 MINUTES

**PREP TIME:** 20 MINUTES

## INGREDIENTS:

- 1 tsp. + 1/4 tsp. salt (I used kosher salt)
- 1 lb. broccoli crowns, trimmed and cut into same-size florets
- 1 large clove of garlic
- 2 T red wine vinegar
- generous pinch hot pepper flakes
- 1 T + 4 T extra-virgin olive oil
- 1/2 cup slivered almonds
- 1/2 – 3/4 cup crumbled Feta cheese



## DIRECTIONS:

1. Fill a medium-sized pot with water, add 1 tsp. salt, and bring to a boil. While the water is heating, trim the broccoli crowns and cut into bite-sized florets. (Make them all the same size so they will cook the same amount.) When water is boiling, add the broccoli, cook for exactly 3 minutes, then drain broccoli into a colander placed in the sink and let it cool.
2. Mash the garlic with 1/4 tsp. salt. (I used a mortar and pestle, but you can use anything that will smash up the garlic.) Mix in the hot pepper flakes and red wine vinegar and let it sit for about 10 minutes.
3. Heat 1 T of olive oil in a heavy frying pan, add the almonds, and fry until they are lightly browned, about 2-3 minutes. (Watch carefully because they can go from lightly browned to burned rather quickly.) Put the almonds on a plate covered with a paper towel and let almonds cool a few minutes. (You can salt them if you want, but I thought the salad was salty enough with the Feta.)
4. After 10 minutes, whisk the remaining 4 T of olive oil into the vinegar-garlic mixture. Combine the broccoli, Feta, and half the almonds in a bowl; then toss with the dressing to coat. Serve salad right away, with remaining almonds sprinkled over the top.

## The vegetable agenda: Getting children to eat “nutritious” food

The goal is not getting-vegetables-into-your-child-right-now. It is supporting your child so she learns to enjoy vegetables for her lifetime. She will learn to eat vegetables and other nutritious food when you follow the division of responsibility in feeding and matter-of-factly eat and enjoy vegetables and other nutritious foods, yourself.

—Ellyn Satter, Family Therapist and Registered Dietitian Nutritionist

## Hurry Up Baked Apples

Serves: 4 Cost/Serving: \$0.45

### INGREDIENTS

2 medium size tart apples (Granny Smith, Braeburn,

Cortland, Jonathan, Fuji)

1 teaspoon white or brown sugar, packed

1/4 teaspoon ground cinnamon

2 tablespoons oatmeal

2 tablespoons (total) raisins, sweetened dried

cranberries, chopped walnuts or other nuts

1 container (6-ounces) low fat vanilla yogurt



### INSTRUCTIONS

Cut apples in half lengthwise. Use spoon to remove cores and hollow out a space 1" or more deep. Arrange apple halves, cut sides up, in microwavable dish. Cut thin slices off bottoms to keep from tipping.

**1** Combine sugar, cinnamon, oatmeal, raisins, cranberries, and nuts. Fill each apple half with sugar mixture. **2** Cover with plastic wrap. Fold back one edge 1/4" to vent steam. **3** Microwave 3-3 1/2 minutes or until apples can be cut easily. **4** Remove from microwave. Let sit a few minutes. **5** Spoon yogurt over the top.

**TIPS** These are great as a dessert, as a snack, or for breakfast. Fresh apples keep best in a plastic bag in the refrigerator.

### Nutrition Facts

4 Servings Per Recipe Serving Size: 1 apple half

Amount Per Serving Calories 100 Total Fat 1.5g 2% Saturated Fat 0g 0% Trans Fat 0g Cholesterol 0mg 0% Sodium 20mg 1% Total Carbohydrates 22g 7% Dietary Fiber 2g 8% Total Sugars 15g Added Sugars NA\* Protein 2g Vitamin D 1 mcg 6% Calcium 49 mg 4% Iron 0 mg 0% Potassium 187 mg 4% \* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. NA\* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently available.



## Air Fryer French Fries

**Prep Time** 5 minutes

**Cook Time** 20 minutes

**Total Time** 25 minutes

Calories 207

### Ingredients

3 medium potatoes

1/4 teaspoon garlic powder/ granulated garlic

salt and pepper to taste

1 1/2 tablespoons oil of choice

### Instructions

1. Wash potatoes, and pat them dry. Peeling optional.
2. Slice potatoes to the size fries you want, and try to be somewhat consistent with the size to allow for even cooking. (Note: larger fries may require slightly more cook time.)
3. Toss fries with the oil, garlic, salt and pepper. Toss in a bowl and add to air fryer basket.
4. Cook at 400 degrees in the air fryer for about 20 minutes (longer for larger, steak fries), and toss around a couple times during the cooking to help evenly cook.
5. Taste. Add salt and pepper to taste..

<b>Nutrition Facts</b>	
Serving Size 220 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 207	Calories from Fat 63
<b>% Daily Value*</b>	
<b>Total Fat</b> 7.0g	<b>11%</b>
Saturated Fat 0.9g	<b>5%</b>
<i>Trans Fat</i> 0.0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 13mg	<b>1%</b>
<b>Potassium</b> 867mg	<b>25%</b>
<b>Total Carbohydrates</b> 33.5g	<b>11%</b>
Dietary Fiber 5.1g	<b>20%</b>
Sugars 2.5g	
<b>Protein</b> 3.6g	
Vitamin A 0%	Vitamin C 70%
Calcium 2%	Iron 6%
<b>Nutrition Grade A-</b>	
* Based on a 2000 calorie diet	

## Sweet Potato Fries

Serves: 6 Cost/Serving: \$0.32

**INGREDIENTS** 1 1/2 pounds sweet potatoes (about 4 medium) 1 tablespoon oil (canola or vegetable) 1/8 teaspoon salt 1/4 cup light mayonnaise or salad dressing 1 tablespoon ketchup 1/8 to 1/4 teaspoon cayenne pepper, chili powder, or paprika

**INSTRUCTIONS** 1 Preheat oven to 425° F. Rinse potatoes under running water.

2 Scrub potatoes well and peel, if desired. 3 Cut the potatoes in half lengthwise. 4 Lay each potato half flat and slice into half-round shapes about 1/4" thick. 5 Combine potatoes, oil, and salt in a bowl. Stir so potatoes are covered with oil. 6 Grease cookie sheet with oil and lay potato slices in a single layer. 7 Bake for about 30 minutes, turning after 15 minutes. 8 Mix the dip ingredients together while potatoes are baking. 9. Serve immediately.

150 % Daily Value\* Total Fat 4g 6% Saturated Fat 0.5g 3% Trans Fat 0g Cholesterol 5mg 2% Sodium 220mg 9% Total Carbohydrates 26g 9% Dietary Fiber 3g 12% Total Sugars 6g Added Sugars NA\* Protein 2g Vitamin D 0mcg 0% Calcium 36mg 3% Iron 1mg 6% Potassium 395mg 8% Nutrition Facts 6 Servings Per Recipe Serving Size: 2/3 cup fries and 1T dip Amount Per Serving Calories \* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. NA\* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently

**TIPS** For easier cleanup, line the baking sheet with a layer of aluminum foil. Coat with non-stick cooking spray before placing the sweet potatoes on the sheet. White baking potatoes can be used in place of all or part of the sweet potatoes. For milder flavor, dust the potatoes with 1½ teaspoons of curry powder and ¾ teaspoon of salt in place of the cayenne seasoning. For the crispiest fries, be sure sweet potatoes do not lie on top of each other on the baking sheet. You may need to cook in two batches



## New Fashion Apples and Coleslaw

### Ingredients

1/2 cup light sour cream

3 tablespoons reduced-fat mayonnaise

1 1/2 tablespoons white balsamic

vinegar

1 teaspoon sugar

1/2 teaspoon black pepper

**Nutritional Information** Calories 120, • Calories from fat 17%, • Fat 2.2g, • Satfat 1.2g, • Monofat 0.8g, • Polyfat 0.2g, • Protein 2.3g, • Carbohydrate 25.3g, • Fiber 3.3g, • Cholesterol 0.0mg, • Iron 0.8mg, • Sodium 162mg, • Calcium 31mg.

1/4 teaspoon salt

2 cups unpeeled chopped Rome apple

(about 1 medium)

1 cup golden raisins

1 (16-ounce) package cabbage-and carrot coleslaw

### Directions

Combine the first 6 ingredients in a large bowl, stirring with a whisk. Add chopped apple, 1 cup raisins, and coleslaw; toss to combine.

## Balsamic Glazed Carrots

*This recipe is so easy but tastes so good.*

**Servings** 4 (1/2 CUP EACH)

Nutrition Facts	
servings per container	
<b>Serving size</b>	(127g)
Amount per serving	
<b>Calories</b>	<b>90</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
<b>Total Carbohydrate</b> 13g	5%
Dietary Fiber 3g	11%
Total Sugars 8g	
Includes 2g Added Sugars	4%
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 43mg	4%
Iron 1mg	6%
Potassium 282mg	6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Ingredients

- 16 oz baby carrots
- 1 tablespoon olive oil extra virgin
- 2 Tablespoons balsamic vinegar
- 1 Tablespoon brown sugar
- 1/2 teaspoon thyme dried



**Instructions** 1. Place oil in a saute pan over medium-high heat. Add carrots. Let them cook in for 10-12 minutes (slightly soft). 2. Add balsamic vinegar, brown sugar and thyme. Cook for an additional 5 minutes and serve immediately.

## Cinnamon Baked Pears

*They are super simple to make, take only five minutes of preparation, 25 minutes of baking, and always turn out great.*

**Prep Time** 5 minutes **Cook Time** 25 minutes **Total Time** 30 minutes **Servings** 4 pear halves **Calories** 240



### Ingredients

- 2 pears
- 2 tsp cinnamon
- 2 tsp maple syrup
- 3 tbsp walnuts

### Optional

- 4 tsp yogurt

**Instructions** 1. Preheat your oven to 350°F. 2. Cut the pears in half.

3. Using a tablespoon scoop out the seeds of each half 4. Fill with walnuts and drizzle about half a tsp of maple syrup over each half. 5. Finish them off

with a few dashes of cinnamon powder 6. Place on baking tray and cook for

about 25 minutes. 7. Serve with drizzle of yogurt.