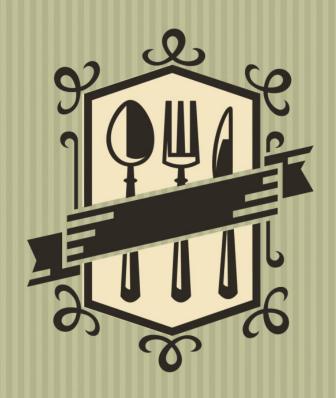
B



Wellness and Activities Committee Healthy Potluck Recipies

D

Guacamole

Ingredients:

4 ripe avocados

2 – 3 roma tomatoes

1 large onion

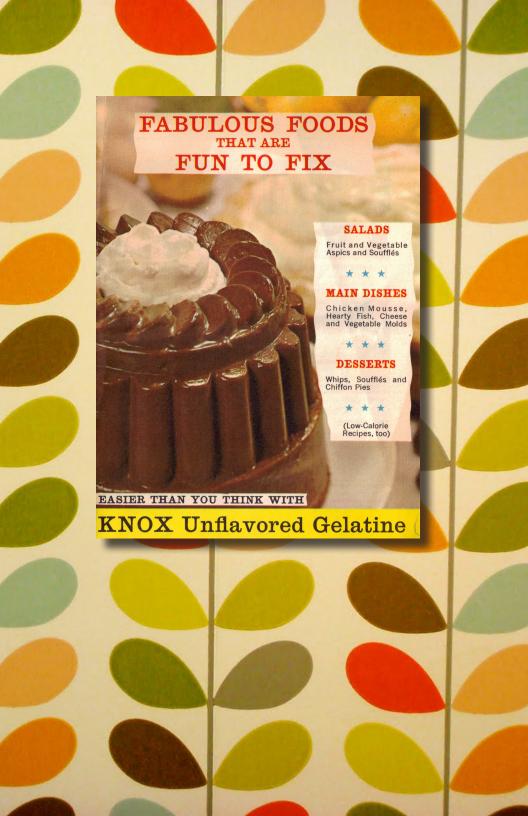
3 tablespoons of lemon juice

1 tablespoon of minced garlic

Instructions:

Mash the avocado. Chop tomatoes and onion and add to avocado. Mix in rest of the ingredients. Chill and serve.





Homemade Granola Bars

Ingredients:

2 cups oldfashioned oatmeal

1 cup sliced almonds (optional)

1 cup shredded coconut, loosely packed

1/2 cup toasted wheat germ

3 tablespoons unsalted butter

2/3 cup honey

1/4 cup light brown sugar, lightly packed

1 1/2 teaspoons pure vanilla extract

1/4 teaspoon kosher salt

1/2 cup chopped pitted dates

1/2 cup chopped dried apricots

1/2 cup dried cranberries

Instructions:

Preheat the oven to 350°F. Butter an 8 by 12-inch baking dish and line it with parchment paper.

Toss the oatmeal, almonds, and coconut together on a sheet pan and bake for 10 to 12 minutes, stirring occasionally, until lightly browned. Transfer the mixture to a large mixing bowl and stir in the wheat germ.

Reduce the oven temperature to 300°F.

Place the butter, honey, brown sugar, vanilla, and salt in a small saucepan and bring to a boil over medium heat. Cook and stir for a minute, then pour over the toasted oatmeal mixture. Add the dates, apricots, and cranberries and stir well.

Pour the mixture into the prepared pan. Wet your fingers and lightly press the mixture evenly into the pan. Bake for 25 to 30 minutes, until light golden brown. Cool for at least 2 to 3 hours before cutting into squares. Serve at room temperature.







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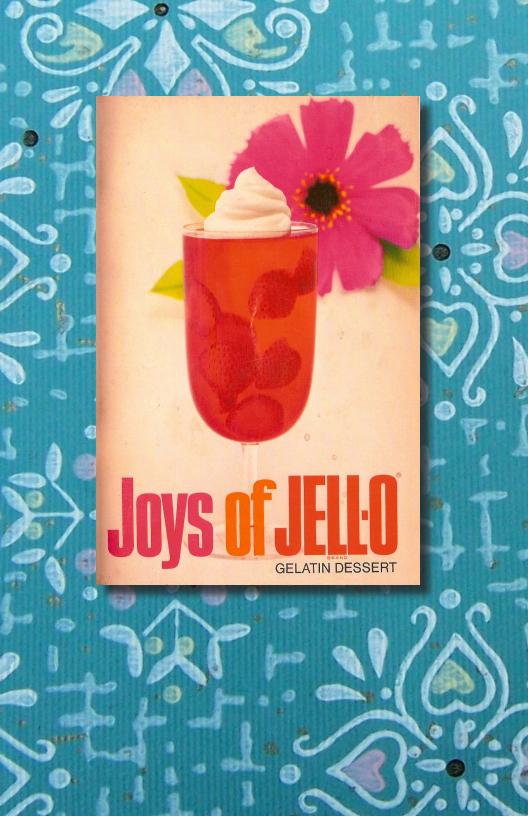
Chicken Salad with Grapes and Apples

Ingredients: Instructions: Boil chicken for 90 minutes in six Chicken Salad cubes of chicken bouillon and cover with water. (You may also use pre-2 cups of cubed, cooked chicken made chicken broth instead of the water and bouillon cubes.) 1 1/2 cups of seedless red Put together ingredients for chicken grapes salad and dressing in separate 1 cup cubed red bowls. apple 2/3 cup diagonally Combine the chicken salad and the sliced celery dressing, cover and chill for 3-4hours. 1/4 cup raisins 2 tablespoons Serve on lettuce lined plates or with diced onions rolls. 6 cubes of reduced Makes 7 servings. sodium chicken bouillon (or

reduced sodium chicken broth)

Nutrition Information (without rolls)

Dressing 1/3 cup plain yogurt or sour cream (low fat or non-fat versions) 2 tablespoons mayonnaise (low fat or non-fat) 1 1/2 tablespoons	Calories Fat Saturated fat Cholesterol Sodium Carbohydrates Fiber Protein	127 1.7g 0.5g 34mg 280mg 14g 1.3g 13g
lemon juice		
1 tablespoon chopped fresh celery leaves		
1/4 teaspoon salt	Ñ	K



Guilt Free Spinach Dip

Ingredients:	Instructions:	
1 packet Knorrs	0 1: 11:	

1 packet Knorrs Vegetable Recipe Mix

1/4 cup reduced fat mayo

10 ounces frozen spinach, thawed and drained

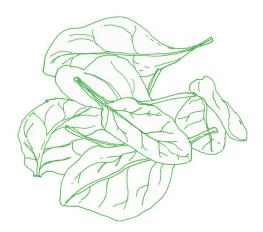
16 ounces Nonfat greek yogurt

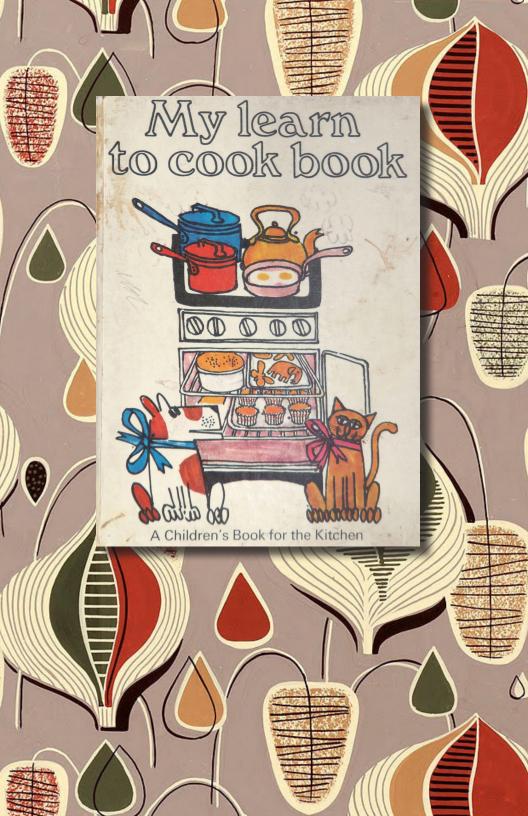
Chives to garnish (optional)

Combine all ingredients and chill about 2 hours. Serve with your favorite dippers.

Nutrition Information per 2/3 cup serving (serves 6)

Calories	100
Fat	1.7g
Sodium	631mg
Carb	11.8g
Fiber	1.7g
Protein	11.7g









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ind the cookies and pastries are as delightful to eat as they ections carefully; you will be pleasantly surprised.

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Laura Wilson

HOME ECONOMICS DIRECTOR MIRRO TEST KITCHEN



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MANITOWOC, WISCONSIN



Coconut Curry Vegetables with Brown Rice

Ingredients:

3 bell peppers (red,yellow and orange) cut in 1 inch chunks

10oz mushrooms sliced or quartered

2 summer/yellow squash, cut in 1 inch chunks

1 onion, cut into strips/chunks (whatever size you like)

3 large carrots, thinly sliced or julienned

1 can lite coconut milk

1 can Campbell's Healthy Request cream of mushroom soup

2 tablespoon olive oil

3 tablespoon curry seasoning (reserve 1/2 for sauce)

1 tablespoon crushed garlic

2 tablespoon sugar

1 1/2 teaspoon China five spice

Ground red pepper to taste (1/4 teaspoon)

Brown Rice (cook following package directions)

Instructions:

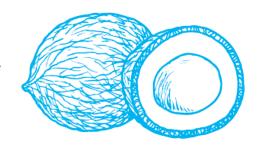
In large pan on med-high heat combine olive oil, vegetables and all seasonings (except 1/2 of curry powder) and cook until tender crisp (or desired tenderness)

In a separate bowl, while veggies are cooking, whisk together the coconut milk, condensed soup and remaining curry powder. Once vegetables are desired tenderness, pour in soup/milk mix and stir until hot.

Serve over cooked brown rice. Can add chicken or other meat if desired.

Nutrition Information per serving (1 1/2 cup veggies with 1/2 cup cooked brown rice)

Calories	285
Fat	10g
Sodium	212mg
Carbs	41g
Fiber	6g
Protein	7g





Lemon Pepper Shrimp Scampi

Ingredients:

1 cup uncooked orzo

2 tablespoons chopped fresh parsley

1/2 teaspoon salt, divided

7 teaspoons unsalted butter, divided

1 1/2 pounds peeled and deveined jumbo shrimp

2 teaspoons minced fresh garlic

2 tablespoons fresh lemon juice

1/4 teaspoon freshly ground black pepper

Instructions:

Cook orzo according to package directions, omitting salt and fat. Drain. Place orzo in a medium bowl. Stir in parsley and 1/4 teaspoon salt; cover and keep warm.

While orzo cooks, melt 1 tablespoon butter in a large nonstick skillet over medium-high heat. Sprinkle shrimp with remaining 1/4 teaspoon salt. Add half of shrimp to pan; sauté 2 minutes or until almost done. Transfer shrimp to a plate. Melt 1 teaspoon butter in pan. Add remaining shrimp to pan; sauté 2 minutes or until almost done. Transfer to plate.

Melt remaining 1 tablespoon butter in pan. Add garlic to pan; cook 30 seconds, stirring constantly. Stir in shrimp, juice, and pepper; cook 1 minute or until shrimp are done.

Nutrition Information

Calories	403
Fat	10.4g
Saturated fat	4.8g
Monounsaturated fat	2.2g
Polyunsaturated fat	1.4g
Protein	40.1g
Carbohydrate	34.7g
Fiber	1.7g
Cholesterol	276mg
Iron	4.3mg
Sodium	549mg
Calcium	97mg





ShawHughes Salad

Ingredients:

Instructions:

Dressing

1/2 cup olive oil

1/6 cup vinegar

2 tablespoons orange juice

1 clove minced garlic

1 tblspoon mayo salt and pepper to taste

pinch of thyme (if you have it)

Mix salad ingredients, adding any others you like and not adding any of these you don't.

Dress and sprinkle with gorgonzola or blue cheese, or pecans, walnuts or peanuts.

Salad

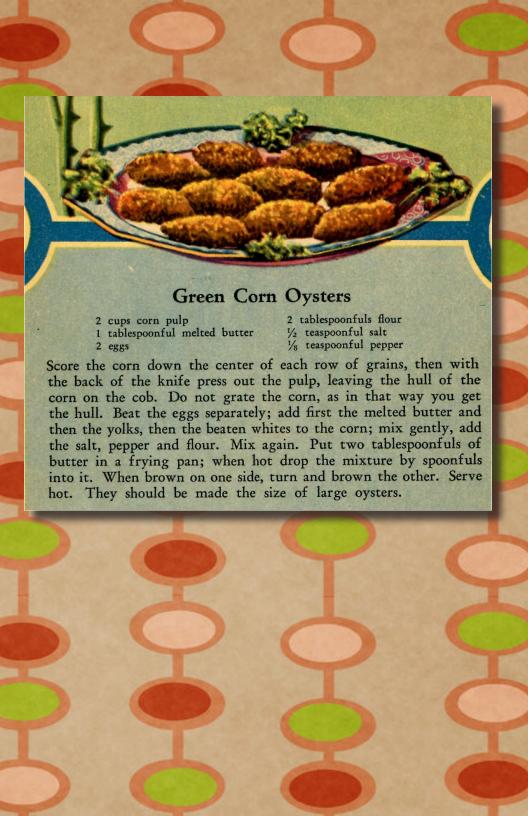
head of lettuce, green leaf

2 oranges cut into pieces

1 – 2 avocados cut into pieces

sweet or red onion





Basic Meatloaf

Ingredients:

1 large onion, cut into 2-inch pieces

1 large green bell pepper, cut into 2-inch pieces

2 large stalks celery, cut into 2-inch pieces

1 tablespoon extra-virgin olive oil or canola oil

5 tablespoons ketchup, divided

2 tablespoons Worcestershire sauce

1 tablespoon whole-grain mustard

2 teaspoons paprika

1 teaspoon garlic powder

1/2 teaspoon salt

1/4 teaspoon freshly ground pepper

1 large egg, lightly beaten

3/4 cup dry whole-wheat breadcrumbs

2 pounds lean (90% or leaner) ground beef

Instructions:

Preheat oven to 375°F. Coat a 9-by-5-inch loaf pan with cooking spray.

Pulse onion, bell pepper and celery in a food processor until finely chopped. (Or finely chop them with a knife.)

Heat oil in a large nonstick skillet over medium-high heat. Add the vegetables and cook, stirring occasionally, until tender and most of the liquid has evaporated, 5 to 10 minutes. Transfer to a large bowl and let cool for 10 minutes.

Add 2 tablespoons ketchup, Worcestershire, mustard, paprika, garlic powder, salt and pepper to the vegetables; stir to combine. Stir in egg and breadcrumbs. Add ground beef and with clean hands gently knead the vegetable mixture into the meat; do not overmix.

Pat the meatloaf mixture into the pan and cover with the topping. Bake for about 1 hour. Let stand for 10 minutes in the pan before slicing.

Bake the meatloaf until an instantread thermometer inserted in the center registers 165°F, about 45 minutes. Let rest for 10 minutes before slicing.

