



Healthy Eating Program
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CRANBERRY SALSA DIP WITH GOAT CHEESE

- 3 cups fresh cranberries (1 12-oz. bag), damaged berries discarded, rinsed, drained
- 4 green onions, minced (1/2 cup)
- 2 small jalapeno peppers, seeded and minced (about 2 tbsp.)
- 1/2 cup sugar
- 1/4 cup fresh cilantro, minced
- 2 tbsp. fresh ginger, finely grated
- 2 tbsp. fresh lemon juice
- 1 8-oz. pkg. goat cheese (Chevre)
- A few fresh cranberries (for garnish -- optional)
- Sprigs of cilantro (for garnish -- optional)

Rinse, drain, and pick over the cranberries, discarding all that are soft or bruised. Place them in your food processor and pulse until finely chopped, but not mushy. Transfer to a bowl. Stir in green onions, jalapenos, sugar, cilantro, ginger, and lemon juice. Cover and refrigerate for 4 hours to allow the flavors to blend and develop. If you taste this dip immediately after making it, you will find the flavor too sharp and tart. The flavor mellows and sweetens over time.

To serve, arrange the salsa around the block of cheese. Garnish the top of the cheese with a few sprigs of cilantro and a reserved cranberry for color.

Makes 2 cups or 16 portions (4 crackers, each with 1/2 tbsp. salsa and 1/2 tbsp. cheese). Each portion provides about 140 calories, 5 g protein, 5 g fat (3g sat), 11 mg cholesterol, 20 g carbohydrate, 2 g fiber, 160 mg sodium, 50 mg calcium .



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CRUNCHY BOK CHOY SALAD

Dressing:

- 2 Tbsp sugar
- 3 Tbsp cider vinegar or seasoned rice vinegar
- 3 Tbsp low-sodium soy sauce
- 1 Tbsp peanut butter
- $\frac{1}{2}$ tsp curry powder (or to taste)
- $\frac{1}{4}$ tsp crushed red pepper (or $\frac{1}{8}$ tsp cayenne)

Salad:

- 1 3-oz package ramen noodles, crumbled (discard seasoning packet)
- $\frac{1}{4}$ cup dry-roasted peanuts
- 3 cups bok choy (include stalks and greens), thinly sliced
- 1 cup red bell pepper cut in thin strips
- $\frac{1}{2}$ cup shredded carrot
- $\frac{1}{2}$ cup green onions, diagonally cut

Combine dressing ingredients in a large bowl, stirring with a whisk, and set aside. Combine crumbled noodles, peanuts, bok choy, and the remaining ingredients in a large bowl. Drizzle dressing over the salad, tossing gently to coat. Serve immediately.

Yield: 5 (1-cup) servings. Each serving provides about 170 calories, 7 grams protein, 6 grams fat, 3 grams fiber, and 25 grams carbohydrate. Count each serving as 1 $\frac{1}{2}$ vegetable servings.



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ORZO WITH ARTICHOKE HEARTS & KALE

- 1 16-oz. pkg. orzo (rice-shaped pasta), cooked (about 6 cups)
- 2 bunches kale (1 3/4 - 2 lbs.), washed, leaves removed from stems (about 20 cups raw leaves; 6 cups cooked)
- 3 med. artichoke hearts, cut up (or about 1 1/2 cups)
- 1 tsp. fresh garlic, minced
- 1 tbsp. extra virgin olive oil
- 3/4 cup (3 oz.) feta cheese, crumbled
- 1/2 tsp. salt (or slightly more to taste)

While you are boiling the water to cook the orzo, wash the kale. If you have not previously cooked the artichokes and reserved the hearts, you can prepare them from fresh by pulling off the leaves and choke. Then cut the hearts into 1/2-inch pieces and cook them with the orzo in rapidly boiling water for about 8-10 minutes until the orzo is barely tender. Drain and return to the pot. Toss with 1 tsp. of the olive oil to keep grains from sticking together. Cover to keep warm.

In the meantime, remove the leaves from the kale stems, tear them into pieces, and cook for about 8-10 minutes until barely tender, but still deep green in color. If you cook the kale too long it will turn yellowish. Drain the kale in a colander to cool slightly. Then place it in a tea towel and squeeze it dry (20 cups raw to 6 cups cooked (18 oz.) to about 6 oz. when squeezed dry). Place the squeezed kale in the bowl of a food processor along with the rest of the olive oil and garlic, and puree for a few minutes. Add the kale puree and feta cheese to the cooked orzo-artichoke mixture. Mix together carefully.

Makes 10 1-cup portions. Each portion provides approximately 260 calories, 10 grams protein, 5 grams fat, and 6 grams fiber, as well as 165 mg calcium.

Notes

This recipe can be made with spinach. Both kale and spinach are rich in carotenoids, especially in lutein. And they also provide plenty of folate and magnesium. Magnesium is important for normal nerve transmission and muscle contraction.



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PUMPKIN CHILI

- 1 tbsp olive oil
- 1 lg onion, chopped (about 1 $\frac{1}{2}$ cups)
- 1 lg red pepper, seeded, chopped
- $\frac{1}{2}$ jalapeno pepper, seeded, chopped
- 3 cloves garlic, minced
- 1 lb ground turkey breast
- 1 $\frac{1}{2}$ tbsp chili powder
- 1 tsp oregano
- 1 15-oz can pumpkin puree
- 2 15-oz cans (about 3 cups) kidney beans, drained, rinsed
- 2 14.5-oz can diced tomatoes, not drained
- 1 cup chicken broth (or more to consistency)
- Salt & pepper to taste

Heat olive oil in a large nonstick skillet over medium heat. Add onion, peppers, and garlic. Cook about 5 minutes or until tender. Add turkey, chili powder and oregano, cook till turkey slightly browned, stirring occasionally to prevent sticking. Add the pumpkin, beans, tomatoes, broth, salt, and pepper. Cover and cook over low heat for 10-15 minutes, checking to make sure enough fluid to prevent sticking. Serve with cornbread.

Yield: 8 portions. Each portion provides about 260 calories, 25g protein, 27g carbohydrate, 7g fat, and 7g fiber.