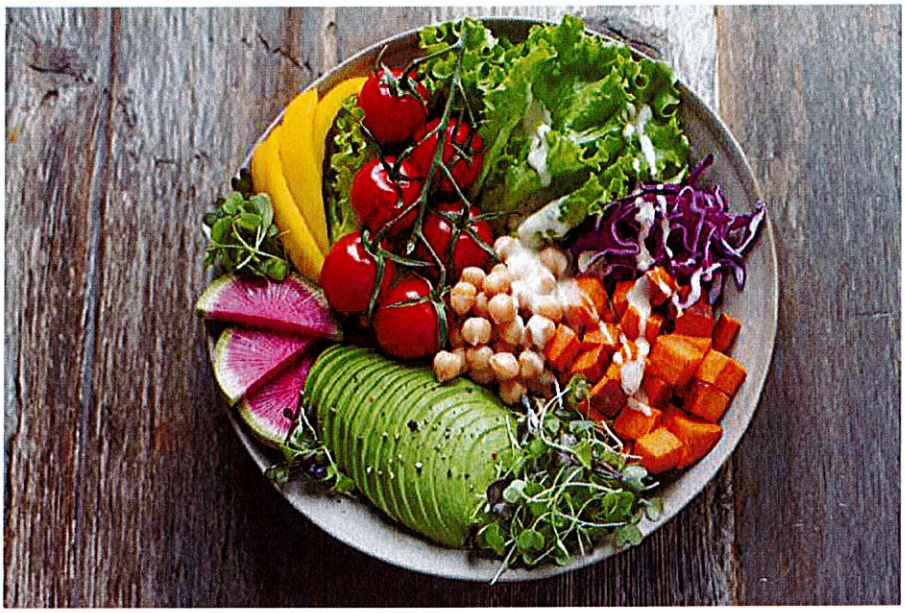
Knowledge @ Noon

Vegetables and Salad Dressings



Wednesday, August 21, 2019
12:00 - 1:00 p.m.

104 S. Brayman, Paola, KS
Marais des Cygnes Extension District, Paola Office

Intructors:
Marais des Cygnes Extension District Master Food Volunteers

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Why is it important to eat vegetables?

Vegetables are **important** part of healthy **eating** and provide a source of many nutrients, including potassium, fiber, folate (folic acid) and vitamins A, E and C. Options like broccoli, spinach, tomatoes and garlic provide additional benefits, making them a superfood! Potassium may help to maintain healthy blood pressure.

Eating vegetables provides health benefits – people who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Vegetables provide nutrients vital for health and maintenance of your body.

- Most vegetables are naturally low in fat and calories. None have cholesterol. (Sauces or seasonings may add fat, calories, and/or cholesterol.)
- Vegetables are important sources of many nutrients, including potassium, dietary fiber, folate (folic acid), vitamin A, and vitamin C.
- Diets rich in potassium may help to maintain healthy blood pressure. Vegetable sources of potassium include sweet potatoes, white potatoes, white beans, tomato products (paste, sauce, and juice), beet greens, soybeans, lima beans, spinach, lentils, and kidney beans.
- Dietary fiber from vegetables, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber is important for proper bowel function. It helps reduce constipation and diverticulosis. Fiber-containing foods such as vegetables help provide a feeling of fullness with fewer calories.
- Folate (folic acid) helps the body form red blood cells. Women of childbearing age who may become pregnant should consume adequate folate from foods, and in addition 400 mcg of synthetic folic acid from fortified foods or supplements. This reduces the risk of neural tube defects, spina bifida, and anencephaly during fetal development.
- Vitamin A keeps eyes and skin healthy and helps to protect against infections.
- Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy. Vitamin C aids in iron absorption.

Health benefits

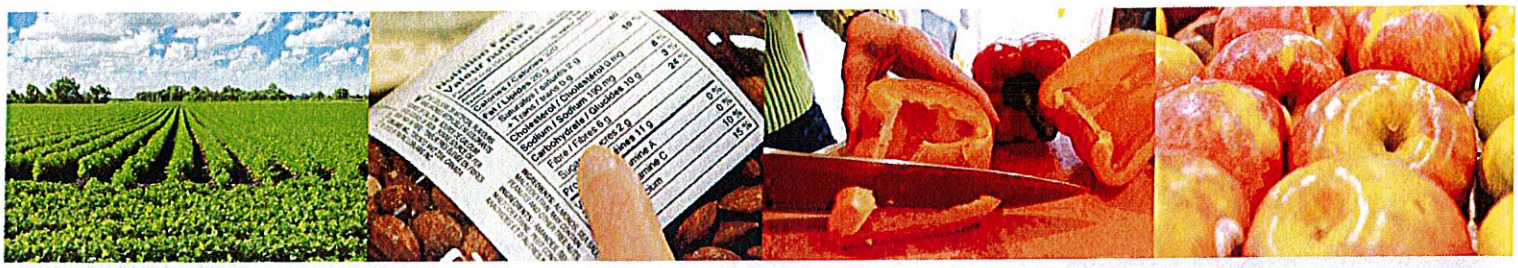
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Diets rich in foods containing fiber, such as some vegetables and fruits, may reduce the risk of heart disease, obesity, and type 2 diabetes.
- Eating vegetables and fruits rich in potassium as part of an overall healthy diet may lower blood pressure, and may also reduce the risk of developing kidney stones and help to decrease bone loss.
- Eating foods such as vegetables that are lower in calories per cup instead of some other higher-calorie food may be useful in helping to lower calorie intake.

Source: Choosemyplate.gov

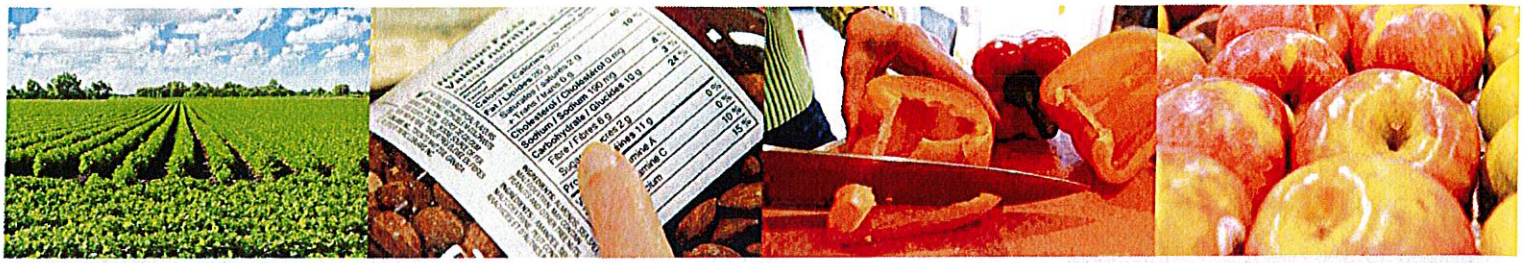
Vitamin C Content of Some Common Foods

Vegetables and fruits are the best sources of vitamin C. This table will help you choose foods that are high in vitamin C.

Food	Serving size	Vitamin C (mg)
Vegetables and Fruit		
Vegetables		
Peppers (red, yellow) raw	125 mL (½ cup)	101-144
Peppers (red, green), cooked	125 mL (½ cup)	121-132
Peppers, green, raw	125 mL (½ cup)	63
Broccoli, cooked	125 mL (½ cup)	54
Cabbage, red, raw	250 mL (1 cup)	42
Brussels sprouts, cooked	125 mL (4 sprouts)	38-52
Kohlrabi, cooked	125 mL (½ cup)	47
Broccoli, raw	125 mL (½ cup)	42
Snow peas, cooked	125 mL (½ cup)	41
Cabbage, cooked	125 mL (½ cup)	30
Cauliflower, raw or cooked	125 mL (½ cup)	27-29
Kale, cooked	125 mL (½ cup)	28
Rapini, cooked	125 mL (½ cup)	24
Potato, with skin, cooked	1 medium	14-31
Bok Choy, cooked	125 mL (1/2 cup)	23
Sweet potato, with skin, cooked	1 medium	22
Asparagus, frozen, cooked	6 spears	22



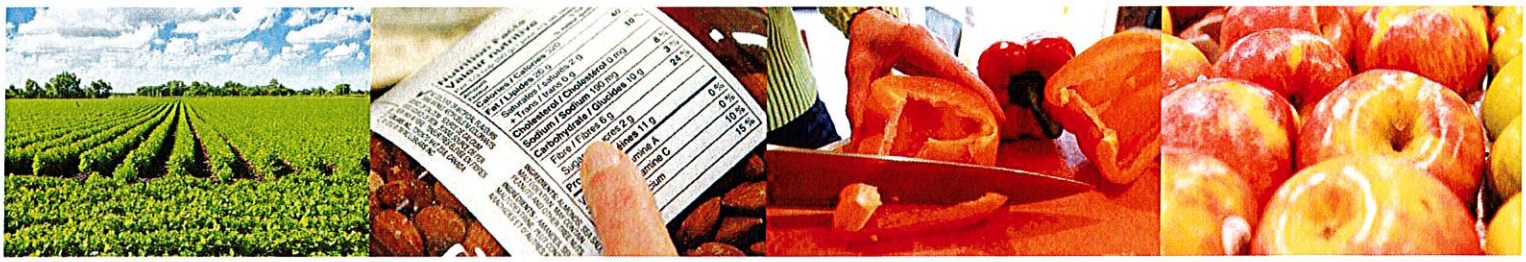
Balsam pear/bitter melon	125 mL (½ cup)	22
Turnip greens, cooked	125 mL (½ cup)	21
Snow peas, raw	125 mL (½ cup)	20
Collards, cooked	125 mL (½ cup)	18
Tomato, raw	1 medium	17
Tomato sauce, canned	125 mL (½ cup)	8-9
Tomatoes, canned, stewed	125 mL (½ cup)	11-12
Fruit		
Guava	1 fruit	206
Papaya	½ fruit	94
Kiwifruit	1 large	84
Orange	1 medium	59-83
Lychee	10 fruits	69
Strawberries	125 mL (½ cup)	52
Pineapple	125 mL (½ cup)	42-49
Grapefruit, pink or red	½ fruit	38-47
Clementine	1 fruit	36
Cantaloupe	125 mL (½ cup)	31
Mango	½ fruit	38
Avocado, Florida	½ fruit	26
Soursop	125 mL (½ cup)	25
Tangerine or mandarin	1 medium	24
Persimmon	125 mL (½ cup)	17
Berries (raspberries, blueberries, blackberries)	125 mL (½ cup)	14-17



The following table will show you which foods are sources of iron.

Food	Serving size	Iron (mg)
Vegetables and Fruits		
Spinach, cooked	125 mL (½ cup)	2.0-3.4
Tomato puree	125 mL (½ cup)	2.4
Edamame/baby soybeans, cooked	125 mL (½ cup)	1.9-2.4
Lima beans, cooked	125 mL (½ cup)	2.2
Asparagus, raw	6 spears	2.1
Hearts of palm, canned	125 mL (½ cup)	2.0
Potato, with skin, cooked	1 medium	1.3-1.9
Snow peas, cooked	125 mL (½ cup)	1.7
Turnip or beet greens, cooked	125 mL (½ cup)	1.5-1.7
Prune juice	125 mL (½ cup)	1.6
Apricots, dried	60 mL (¼ cup)	1.6
Beets, canned	125 mL (½ cup)	1.6
Kale, cooked	125 mL (½ cup)	1.3
Green peas, cooked	125 mL (½ cup)	1.3
Tomato sauce	125 mL (½ cup)	1.3
Grains Products		
Oatmeal, instant , cooked	175 mL (¾ cup)	4.5-6.6
Cream of wheat, all types, cooked	175 mL (¾ cup)	5.7-5.8
Cereal, dry, all types	30 g (check product label for serving size)	4.0-4.3
Granola bar, oat, fruits and nut	1 bar (32 g)	1.2-2.7

Cracker, soda	6 crackers	1.5-2.3
Oat bran cereal, cooked	175 mL (¾ cup)	2.0
Pasta, egg noodles, enriched, cooked	125 mL (½ cup)	1.3
Milk and Alternatives		
Yogurt, soy	175 mL (¾ cup)	2.1
Meats and Alternatives		
Meat and Poultry		
Duck, cooked	75 g (2 ½ oz)	1.8- 7.4
Moose or venison, cooked	75 g (2 ½ oz)	2.5-3.8
Beef, various cuts, cooked	75 g (2 ½ oz)	1.4-3.3
Ground meat (beef, lamb), cooked	75 g (2 ½ oz)	1.3-2.1
Lamb, various cuts, cooked	75 g (2 ½ oz)	1.3-2.1
Chicken, various cuts, cooked	75 g (2 ½ oz)	0.4-2.0
Pork, various cuts, cooked	75 g (2 ½ oz)	0.5-1.5
Ground meat (turkey, chicken, pork), cooked	75 g (2 ½ oz)	07-.08
Turkey, various cuts, cooked	75 g (2 ½ oz)	0.3-0.8
Organ Meats		
Liver, pork ,cooked*	75 g (2 ½ oz)	13.4
Liver (chicken, turkey, lamb), cooked*	75 g (2 ½ oz)	6.2-9.7
Kidney, lamb, cooked	75 g (2 ½ oz)	9.3
Liver, beef ,cooked*	75 g (2 ½ oz)	4.9
Kidney (beef, veal, pork), cooked	75 g (2 ½ oz)	2.3-4.4
Fish and Seafood		
Octopus, cooked	75 g (2 ½ oz)	7.2
Oysters, cooked	75 g (2 ½ oz)	3.3-9.0



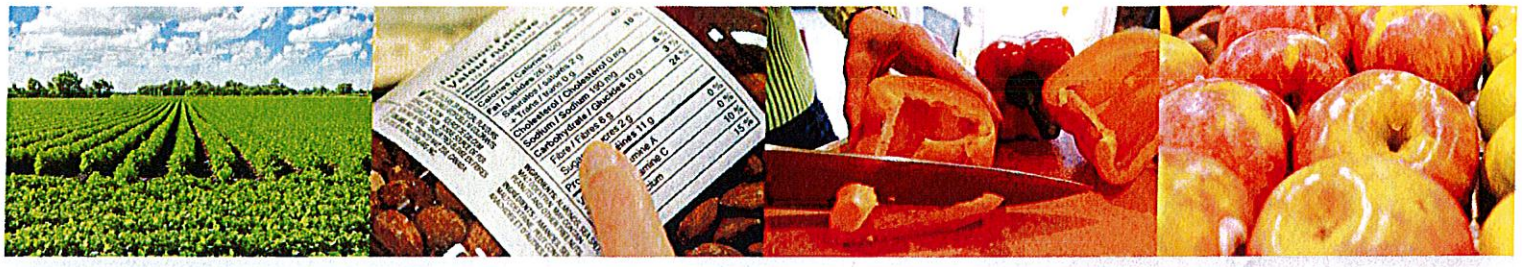
Seafood (shrimp, scallops, crab), cooked	75 g (2 ½ oz)	0.6-2.2
Sardines, canned	75 g (2 ½ oz)	1.7-2.2
Clams, canned	75 g (2 ½ oz)	2.0
Fish (mackerel, trout, bass), cooked	75 g (2 ½ oz)	1.4-1.7
Tuna, light, canned in water	75 g (2 ½ oz)	1.2
Meat Alternatives		
Tofu, cooked	150 g (¾ cup)	2.4-8.0
Soybeans, mature, cooked	175 mL (¾ cup)	6.5
Lentils, cooked	175 mL (¾ cup)	4.1-4.9
Beans (white, kidney, navy, pinto, black, roman/cranberry, adzuki), cooked	175 mL (¾ cup)	2.6-4.9
Pumpkin or squash seeds, roasted	60 mL (¼ cup)	1.4-4.7
Peas (chickpeas/garbanzo, black-eyed, split), cooked	175 mL (¾ cup)	1.9-3.5
Tempeh/fermented soy product, cooked	150 g (3/4 cup)	3.2
Meatless (sausage, chicken, meatballs, fish sticks), cooked	75 g (2.5 oz)	1.5-2.8
Baked beans, canned	175 mL (¾ cup)	2.2
Nuts (cashews, almonds, hazelnuts, macadamia, pistachio nuts), without shell	60 ml (¼ cup)	1.3-2.2
Eggs, cooked	2 large	1.2-1.8
Sesame seeds, roasted	15 mL (1 Tbsp)	1.4
Meatless, luncheon slices	75 g (2.5 oz)	1.4
Hummus	60 mL (¼ cup)	1.5
Almond butter	30 mL (2 Tbsp)	1.1

Folate Content of Some Common Foods

Dark green vegetables like broccoli and spinach and dried legumes such as chickpeas, beans and lentils are naturally good sources of folate. In Canada, folic acid is added to all white flour, enriched pasta and cornmeal products.

The following table will show you which foods are sources of folate.

Food	Serving size	Folate (mcg)
Vegetables and Fruit		
Vegetables		
Edamame/baby soybeans cooked	125 mL (½ cup)	106-255
Okra, frozen, cooked	125 mL (½ cup)	97
Spinach, cooked	125 mL (½ cup)	121-139
Artichoke, cooked	125 mL (½ cup)	79-106
Turnip greens, collards, cooked	125 mL (½ cup)	68-93
Broccoli, cooked	125 mL (½ cup)	89
Asparagus, cooked	4 spears	128-141
Brussels sprouts, frozen, cooked	6 sprouts	83
Lettuce, (Romaine, mesclun)	250 mL (1 cup)	65-80
Escarole or endive, raw	250 mL (1 cup)	75
Beets, cooked	125 mL (½ cup)	72
Potato, with skin, cooked	1 medium	48-66
Spinach, raw	250 mL (1 cup)	61
Fruits		
Avocado	½ fruit	81



Papaya	½ fruit	56
Orange juice	125 mL (½ cup)	25-39
Grain Products		
Pasta, egg noodles, enriched, cooked	125 mL (½ cup)	138
Pasta, white, enriched, cooked	125 mL (½ cup)	88-113
Bagel, plain	½ bagel (45 g)	86
Bread, white	1 slice (35 g)	64
Bread, whole wheat	1 slice (35 g)	11
Milk and Alternatives	This food group contains very little of this nutrient	
Meat and Alternatives		
Meat Alternatives		
Beans, cranberry/roman, cooked	175 mL (¾ cup)	271
Lentils, cooked	175 mL (¾ cup)	265
Peas (chickpeas, black-eyed,, pigeon) cooked	175 mL (¾ cup)	138-263
Beans (mung, adzuki), cooked	175 mL (¾ cup)	234-238
Beans (pink, pinto, navy, black, white, kidney, great northern), cooked	175 mL (¾ cup)	157-218
Sunflower seeds, without shell	60 mL (¼ cup)	77-81
Meatless (fish sticks, meatball, chicken), cooked	75 g (2 ½ oz)	59-77
Soy burger/vegetarian meatloaf or patty, cooked	75 g (2 ½ oz)	59
Soy nuts	60 mL (¼ cup)	59

2015-2020 Dietary Guidelines

Appendix 10. Food Sources of Potassium

Table A10-1.

Potassium: Food Sources Ranked by Amounts of Potassium and Energy per Standard Food Portions and per 100 Grams of Foods

Previous Column Next Column

Food	Standard Portion Size	Calories in Standard Portion[a]	Potassium in Standard Portion (mg)[a]	Calories per 100 grams[a]
Potato, baked, flesh and skin	1 medium	163	941	94
Prune juice, canned	1 cup	182	707	71
Carrot juice, canned	1 cup	94	689	40
Passion-fruit juice, yellow or purple	1 cup	126-148	687	51-60
Tomato paste, canned	¼ cup	54	669	82
Beet greens, cooked from fresh	½ cup	19	654	27
Adzuki beans, cooked	½ cup	147	612	128

Food	Standard Portion Size	Calories in Standard Portion[a]	Potassium in Standard Portion (mg)[a]	Calories per 100 grams[a]
White beans, canned	½ cup	149	595	114
Plain yogurt, nonfat	1 cup	127	579	56
Tomato puree	½ cup	48	549	38
Sweet potato, baked in skin	1 medium	103	542	90
Salmon, Atlantic, wild, cooked	3 ounces	155	534	182
Clams, canned	3 ounces	121	534	142
Pomegranate juice	1 cup	134	533	54
Plain yogurt, low-fat	8 ounces	143	531	63
Tomato juice, canned	1 cup	41	527	17
Orange juice, fresh	1 cup	112	496	45
Soybeans, green, cooked	½ cup	127	485	141
Chard, swiss, cooked	½ cup	18	481	20
Lima beans, cooked	½ cup	108	478	115
Mackerel, various types, cooked	3 ounces	114-171	443-474	134-201
Vegetable juice, canned	1 cup	48	468	19
Chili with beans, canned	½ cup	144	467	112

Food	Standard Portion Size	Calories in Standard Portion[a]	Potassium in Standard Portion (mg)[a]	Calories per 100 grams[a]
Great northern beans, canned	½ cup	150	460	114
Yam, cooked	½ cup	79	456	116
Halibut, cooked	3 ounces	94	449	111
Tuna, yellowfin, cooked	3 ounces	111	448	130
Acorn squash, cooked	½ cup	58	448	56
Snapper, cooked	3 ounces	109	444	128
Soybeans, mature, cooked	½ cup	149	443	173
Tangerine juice, fresh	1 cup	106	440	43
Pink beans, cooked	½ cup	126	430	149
Chocolate milk (1%, 2% and whole)	1 cup	178-208	418-425	71-83
Amaranth leaves, cooked	½ cup	14	423	21
Banana	1 medium	105	422	89
Spinach, cooked from fresh or canned	½ cup	21-25	370-419	23
Black turtle beans, cooked	½ cup	121	401	130
Peaches, dried, uncooked	¼ cup	96	399	239

Food	Standard Portion Size	Calories in Standard Portion[a]	Potassium in Standard Portion (mg)[a]	Calories per 100 grams[a]
Prunes, stewed	½ cup	133	398	107
Rockfish, Pacific, cooked	3 ounces	93	397	109
Rainbow trout, wild or farmed, cooked	3 ounces	128-143	381-383	150-168
Skim milk (nonfat)	1 cup	83	382	34
Refried beans, canned, traditional	½ cup	106	380	89
Apricots, dried, uncooked	¼ cup	78	378	241
Pinto beans, cooked	½ cup	123	373	143
Lentils, cooked	½ cup	115	365	116
Avocado	½ cup	120	364	160
Tomato sauce, canned	½ cup	30	364	24
Plantains, slices, cooked	½ cup	89	358	116
Kidney beans, cooked	½ cup	113	357	127
Navy beans, cooked	½ cup	128	354	140

[a]Source: U.S Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. 2014. USDA National Nutrient Database for Standard Reference, Release 27. Available at: http://www.ars.usda.gov/nutrientdata (http://www.ars.usda.gov/nutrientdata).

DESIGN YOUR OWN SALAD IN A JAR

The correct layering of ingredients is key to salad success. Dressings should always go on the bottom, followed by ingredients that benefit from marinating in the dressing, such as onions and fennel. Unless you plan on eating the salad that day, ingredients that will go soft, such as croutons and nuts, should be separated by a square of parchment paper right at the top, and fresh fruits should be added on the day you plan to eat the salad. In addition, to keep your salads fresh and increase their shelf life, pack the jars tightly and make sure that all your leaves are very dry before adding them to the jar.

1. The first layer
To keep your salad components from wilting and going soggy, dressings should always go at the bottom. For small jars, I recommend 1 to 2 tablespoons of dressing, and for the big jars, 2 to 4 tablespoons. Oils solidify when refrigerated, so bring your salad to room temperature before trying to shake or dumping it out.

2. The second layer
The second layer in the jar should be hard, crunchy veggies that benefit from marinating and softening in the dressing. Think all types of onions, fennel, whole or halved cherry tomatoes, and carrots. Some pulses, such as lentils and chickpeas, work well in the second layer, too, but these should be fully coated in the dressing so that they absorb it evenly.

3. The third layer
Heavier grains, such as rice, barley, or wheat berries, should be added next. This way they won't weigh down the lighter ingredients. If your salad doesn't include grains, add beans, pasta, or extra veggies here.

4. The fourth layer
If you plan to eat the salad within 24 hours, add proteins (such as fish or chicken), hard-boiled eggs, or heavier cheeses (such as feta) on top of the grains. You can also add an additional layer of veggies here.

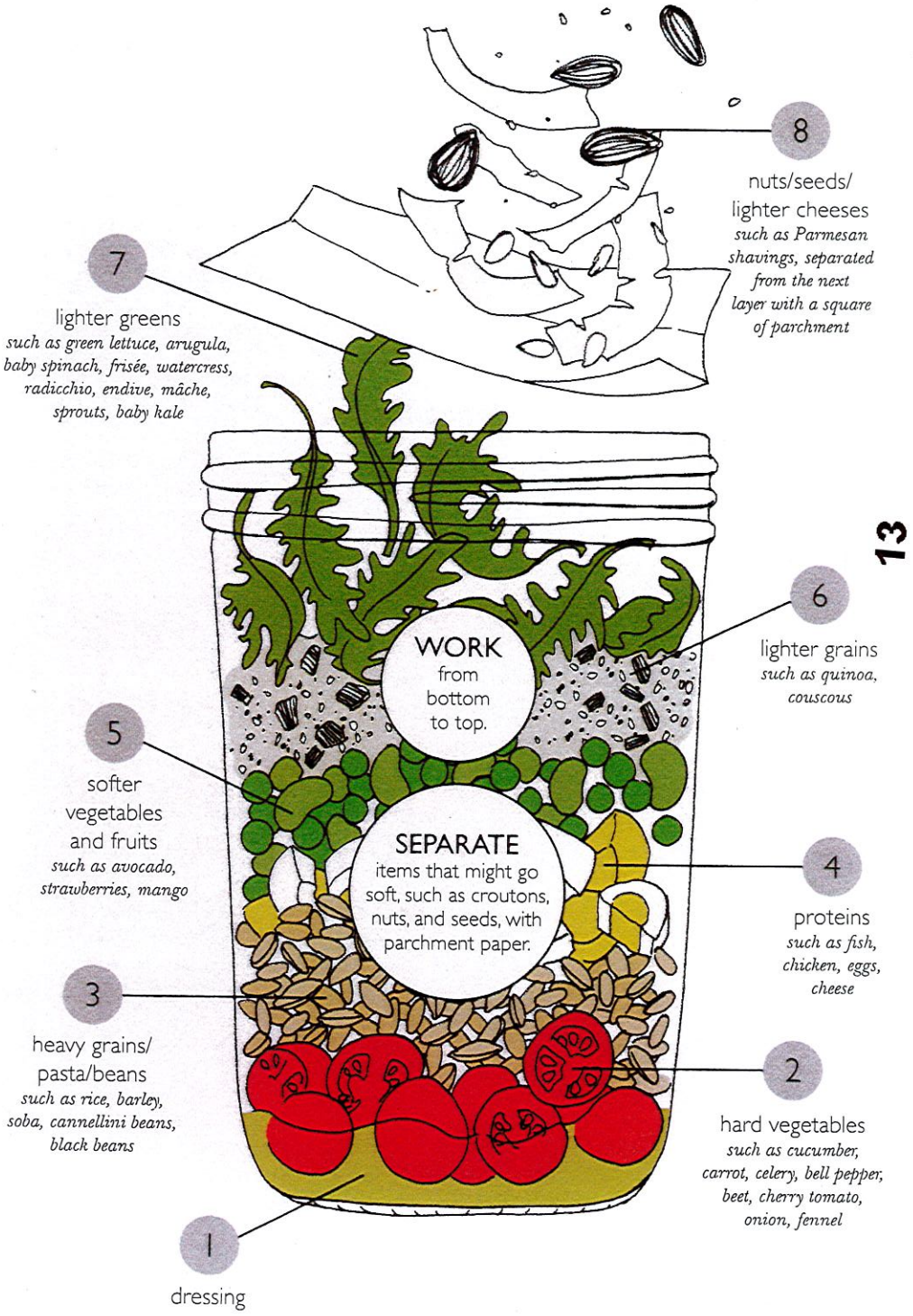
5. The fifth layer
Softer fruits and veggies go well here. Think roasted sweet potato or squash, avocado, strawberries, mango, or sliced tomatoes (if they weren't already added in the second layer). Because of their high water content and acidity, it's best to add soft fruits the same day you plan to eat the salad.

6. The sixth layer
Lighter grains like quinoa or couscous should go here. Or, if you have already added a heavy grain, this is where to add your lighter greens.

7. The seventh layer
Lighter greens, such as lettuce, arugula, and baby spinach, should be added here. Or try something new—beet greens, collards, kale, Swiss chard, microgreens, and sprouts all pack much more nutritional punch than your everyday lettuce.

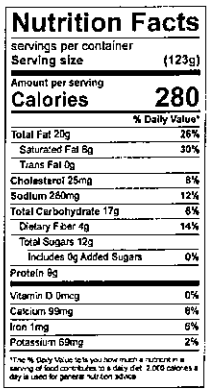
8. The eighth layer
Lighter cheeses, such as Parmesan shavings, should be added here, as well as nuts, croutons, or seeds, separated by a square of parchment.

Recipe from: Salad in a Jar, by Anna Helen Baxter



Quilter's Green Salad

Use a mixture of lettuce (as much as you need):
Romaine, spinach, spring mix, iceberg etc.
Small package toasted almonds
1 package bacon, cooked and crumbled
4 oz. feta cheese
6 oz. craisins



Nutrition Facts

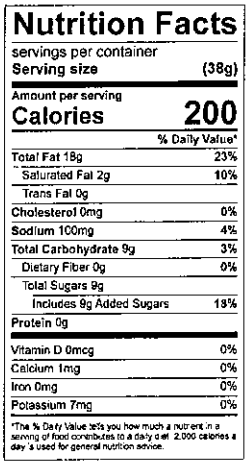
servings per container
Serving size (123g)

Amount per serving
Calories 280

	% Daily Value*
Total Fat 20g	26%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 250mg	12%
Total Carbohydrate 17g	6%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 99mg	6%
Iron 1mg	6%
Potassium 69mg	2%

*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.

Dressing
½ cup peanut oil
½ cup canola oil
¾ cup sugar
½ cup red wine
vinegar ½ teaspoon
salt
½ teaspoon paprika
¾ teaspoon minced garlic
¼ teaspoon white pepper
¼ teaspoon cayenne pepper



Nutrition Facts

servings per container
Serving size (38g)

Amount per serving
Calories 200

	% Daily Value*
Total Fat 18g	23%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Total Sugars 9g	
Includes 9g Added Sugars	18%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 1mg	0%
Iron 0mg	0%
Potassium 7mg	0%

*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.

Mix all dressing ingredients, except oil, in a blender or food processor. Add oil slowly until mixed. Pour over lettuce mixture. Use Sparingly. It goes a long way. This makes a lot of dressing. Save to use for other salads.

Recipe submitted by Gail Plummer, MFV.

GOOD SEASONS Fruity Dressing Serves 8

1 pkg Good Seasons™ Italian Dressing Mix

¼ c. Orange Juice

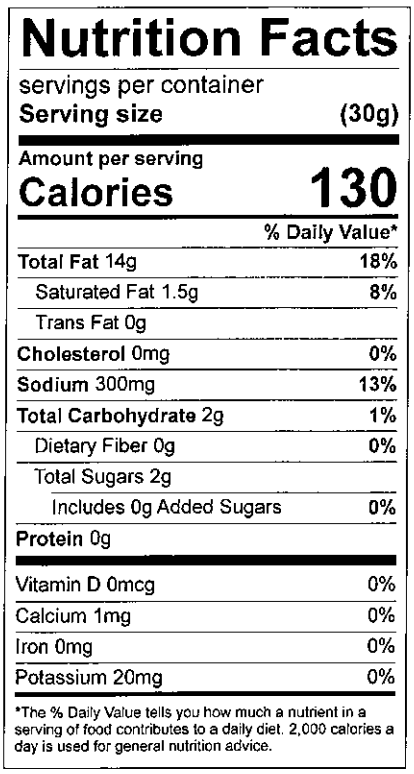
¼ c. Olive Oil

3 T. Lemon Juice

¼ c. Canola Oil

Mix all ingredients together and chill before serving.

Serving size: 2 T.



Nutrition Facts

servings per container

Serving size **(30g)**

Amount per serving

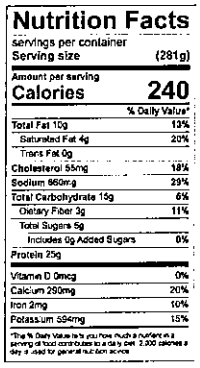
Calories **130**

	% Daily Value*
Total Fat 14g	**18%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 300mg	**13%**
Total Carbohydrate 2g	**1%**
Dietary Fiber 0g	**0%**
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Protein 0g	
Vitamin D 0mcg	0%
Calcium 1mg	0%
Iron 0mg	0%
Potassium 20mg	0%

*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.

CHICKEN AND KALE CAESAR- makes 1 quart
2 to 3 T. Caesar Dressing
4 oz. Cherry Tomatoes, halved
2 ¼ oz. Cooked Chicken Breast, chopped
1 ¾ oz. Chopped Curly Kale
½ oz. Shredded Parmesan Cheese
A small handful of croutons

Place ingredients in the order listed in a quart jar.
Cut a small square of parchment paper, place directly on top of the Parmesan, and add the croutons. Seal the jar tightly.

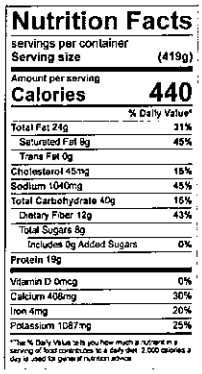


Nutrition Facts	
servings per container	
Serving size	(281g)
Amount per serving	
Calories	240
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 660mg	29%
Total Carbohydrate 15g	6%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 290mg	20%
Iron 2mg	10%
Potassium 594mg	15%

*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.

PINTO BEAN, BROCCOLI, AND ESCAROLE- makes 1 quart
2 T. Red Wine Vinaigrette
1 small shallot, chopped
⅔ c. Pinto Beans mixed with fresh dill
3 ½ oz. Broccoli, chopped
1 ¾ oz. Feta Cheese
1 ¾ oz. ESCAROLE (or any salad greens)

Place ingredients in the order listed in a quart jar.
Seal the jar tightly.

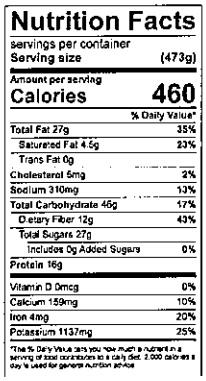


Nutrition Facts	
servings per container	
Serving size	(419g)
Amount per serving	
Calories	440
	% Daily Value*
Total Fat 24g	31%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 1040mg	45%
Total Carbohydrate 40g	15%
Dietary Fiber 12g	43%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 408mg	30%
Iron 4mg	20%
Potassium 1087mg	25%

*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.

WALDORF- makes 1 quart
2 T. Creamy Dressing
5 oz. cored and chopped tart apple
3 ½ oz. Red Cabbage, chopped
4 ½ oz. Celery, finely sliced
1 ¾ oz. Peanuts

Place ingredients in the order listed in a quart jar. Seal the jar tightly

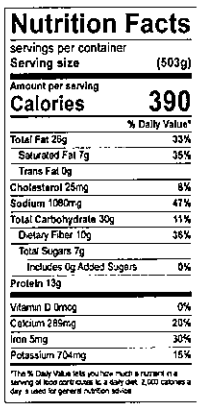


Nutrition Facts	
servings per container	
Serving size	(473g)
Amount per serving	
Calories	460
	% Daily Value*
Total Fat 27g	35%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 310mg	13%
Total Carbohydrate 46g	17%
Dietary Fiber 12g	43%
Total Sugars 27g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 159mg	10%
Iron 4mg	20%
Potassium 1137mg	25%

*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.

GREEK SALAD- makes 1 quart
2 to 2 T. Red Wine Vinaigrette with ½ t. dried oregano added.
½ small Red Onion, very finely sliced
½ c. cooked or canned chickpeas
3 oz. Cherry Tomatoes, halved
3 oz. Cucumber, chopped
1 ¾ oz. pitted Black Olives
1 oz. Feta cheese, crumbled
2 ¾ oz. Little Gem Lettuce, chopped.

Place all ingredients in the order listed in a quart jar. Seal the jar tightly.

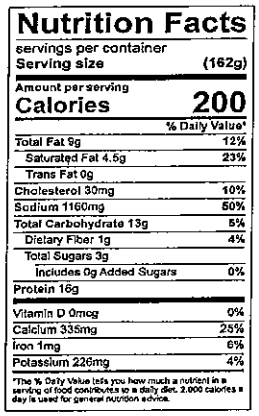


Nutrition Facts	
servings per container	
Serving size	(503g)
Amount per serving	
Calories	390
	% Daily Value*
Total Fat 26g	33%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 1080mg	47%
Total Carbohydrate 30g	11%
Dietary Fiber 10g	36%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 289mg	20%
Iron 5mg	30%
Potassium 704mg	15%

*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.

CAESAR DRESSING- makes ⅓ cup
2 cloves garlic, finely grated
1 ounce finely grated Parmesan
1 anchovy, minced
2 teaspoons Dijon Mustard
½ teaspoon Worcestershire sauce
Zest and juice of one lemon
½ teaspoon coarsely ground black pepper
¼ cup low-fat plain Greek yogurt

Place all ingredients in a small jar. Seal the jar and shake vigorously.

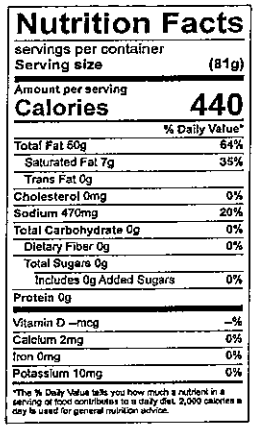


Nutrition Facts	
servings per container	
Serving size	(162g)
Amount per serving	
Calories	200
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 1160mg	50%
Total Carbohydrate 13g	5%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 335mg	25%
Iron 1mg	6%
Potassium 226mg	4%

*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.

RED WINE VINAIGRETTE- makes 1 cup
2 t. Dijon Mustard
⅓ c. Red Wine Vinegar
⅔ c. Extra-Virgin Olive Oil
Sea salt flakes
Freshly ground pepper

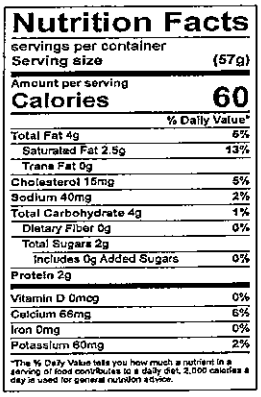
Place all ingredients in a small jar. Seal the jar and shake vigorously.



Nutrition Facts	
servings per container	
Serving size	(81g)
Amount per serving	
Calories	440
	% Daily Value*
Total Fat 50g	64%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 470mg	20%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D –mcg	–%
Calcium 2mg	0%
Iron 0mg	0%
Potassium 10mg	0%

*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.

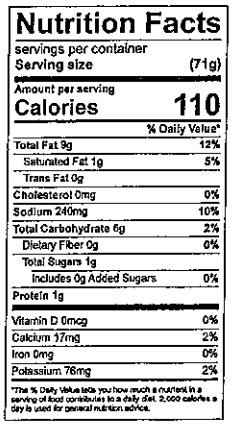
CREAMY DRESSING- makes ½ cup
3 T. Sour Cream
3 T. Plain yogurt
2 T. Lemon juice
1 T. Chopped Chervil
Sea salt flakes
Freshly ground pepper
Place all ingredients in a small jar. Seal the jar and shake vigorously.



Nutrition Facts	
servings per container	
Serving size	(57g)
Amount per serving	
Calories	60
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 40mg	2%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 66mg	6%
Iron 0mg	0%
Potassium 60mg	2%

*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.

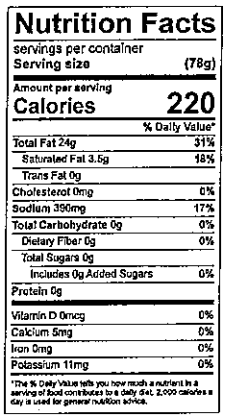
MUSTARD LIME DRESSING- makes 1 cup
10 T. Lime juice
2 T. Olive oil
2 T. Dijon mustard
1 T. Water
5 cloves garlic, minced ½ t. Salt (or to taste)
½ t. Red pepper flakes (or to taste)



Nutrition Facts	
servings per container	
Serving size	(71g)
Amount per serving	
Calories	110
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 0mg	0%
Potassium 76mg	2%

*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.

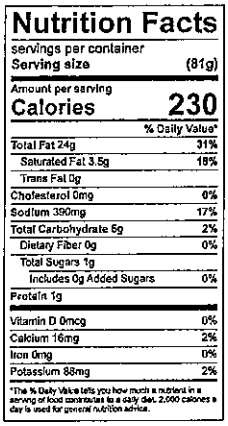
ITALIAN OIL AND VINEGAR DRESSING- makes 1 cup
⅓ c Olive oil
⅓ c. Red wine vinegar
⅓ c. Water
½ t. Salt (or to taste)
½ t. freshly ground black pepper



Nutrition Facts	
servings per container	
Serving size	(78g)
Amount per serving	
Calories	220
	% Daily Value*
Total Fat 24g	31%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 390mg	17%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 0mg	0%
Potassium 11mg	0%

*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.

LEMON GARLIC DRESSING- makes 1 cup
⅓ c. Olive Oil
⅔ c. Lemon juice
5 cloves garlic, minced
½ t. Salt (or to taste)
½ t. Freshly ground black pepper (or to taste)



Nutrition Facts	
servings per container	
Serving size	(81g)
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 24g	31%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 390mg	17%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 0mg	0%
Potassium 88mg	2%

*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.

Carrot Zucchini Cupcakes

A recipe for homemade moist carrot zucchini cupcakes. The cupcakes can be frosted with cream cheese icing or an icing of your choice. Recipe

Prep Time 10 minutes
Cook Time 30 minutes
Total Time 40 minutes

Makes 24 cupcakes

Nutrition Facts	
servings per container	
Serving size	**(36g)**
Amount per serving	
Calories	**90**
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 70mg	3%
Total Carbohydrate 13g	5%
Dietary Fiber 0g	0%
Total Sugars 7g	
Includes 6g Added Sugars	12%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 0mg	0%
Potassium 35mg	0%

*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

- 1 1/2 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1 cup granulated sugar
- 1/2 cup unsalted butter melted and slightly cooled
- 2 eggs
- 1 cup shredded carrot about 1 large carrot
- 1 cup shredded zucchini about 1 small zucchini
- 1/3 cup milk
- Frosting see Frosting suggestions, below

Instructions

1. Preheat oven to 350 degrees F. Line muffin pan with paper liners.
2. In a small bowl, whisk together flour, baking powder, cinnamon, and salt.
3. In a large bowl, whisk together sugar, butter, and eggs until smooth. Add shredded carrot and zucchini, beating until mixed. Alternately stir in flour mixture and milk, making three additions of flour mixture and two of milk, beating until smooth (see Tips).
4. Scoop batter in prepared pan. Bake in preheated oven for 20 to 25 minutes or until golden brown and tops of cupcakes spring back when lightly touched. Let cool in pan on rack for 10 minutes. Remove from pan and let cool completely on rack. Top cooled cupcakes with frosting

Recipe Notes

Tips: It is best to use a spoon or spatula to stir the carrot and zucchini together with the flour mixture rather than a whisk because the vegetables ten to get gummed up in the whisk. Be sure to use nice crisp vegetables for this recipe because they will shred well. Variation: Add 1/3 cup loosely packed sweetened flaked coconut to the batter

Cream Cheese Frosting (Taste of Home)

Frosts 24 cupcakes

1 8 oz. pkg. cream cheese softened

½ cup butter, softened

5 cups powdered sugar

2 tsps. Vanilla

Whole or chopped pecans or walnuts for garnish.

Nutrition Facts	
servings per container	
Serving size	**(40g)**
Amount per serving	
Calories	**170**
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 60mg	3%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 25g	
Includes 24g Added Sugars	48%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0mg	0%
Potassium 14mg	0%

*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.

Beat cream cheese and butter in a large bowl until smooth. Add sugar and vanilla. Continue beating until sugar is dissolved. Spread over the cupcakes and garnish with chopped nuts.

Mixed Vegetable Casserole

By: Breezermom from Food

Ready in 40 minutes – Serves 8

Nutrition Facts	
servings per container	
Serving size	**(188g)**
Amount per serving	
Calories	**560**
	% Daily Value*
Total Fat 44g	**56%**
Saturated Fat 15g	**75%**
Trans Fat 1g	
Cholesterol 55mg	**18%**
Sodium 640mg	**28%**
Total Carbohydrate 32g	**12%**
Dietary Fiber 1g	**4%**
Total Sugars 7g	
Includes 0g Added Sugars	**0%**
Protein 8g	
Vitamin D 0mcg	0%
Calcium 176mg	15%
Iron 1mg	6%
Potassium 115mg	2%

*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.

1 – 20 oz. package frozen mixed vegetables

1 cup chopped celery

1 cup chopped onion

1 cup shredded cheddar cheese

1 cup mayonnaise

1 ½ cup Ritz cracker crumbs

½ cup butter, melted

Cook frozen vegetables according to the package directions. Drain well. Combine cooked vegetables, onion, celery, cheese and mayonnaise in a large bowl stirring well.

Spoon the mixture into a greased 11 X 7 X 1 ½ inch baking dish.

Combine cracker crumbs and butter. Stir well. Sprinkle crumb mixture evenly over the casserole. Bake at 350 degrees for 30 to 35 minutes or until thoroughly heated.

Mix-Up Mayo

Make just one or offer up a variety of flavored mayonnaise blends so everyone can personalize their burgers and sandwiches. All recipes call for ½ cup mayonnaise. Serving size is 2 Tablespoons

Basil Guaca-Mayo

Combine mashed ripe avocado fresh lemon juice, pesto, a dash of garlic powder, salt and pepper.

Sesame-Ginger-Soy Mayo

Stir desired amount of sesame oil, ground ginger and soy sauce into mayonnaise; season to taste with salt and pepper

Garlicky Parm and Pepper Mayo

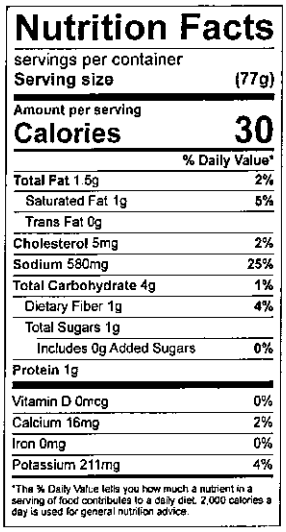
Stir grated parmesan cheese, pepper and a little finely grated or mashed garlic into mayonnaise. Season to taste with salt.

Tangy Sweet-Onion Sauce

Stir desired amount of grated sweet onion and bread-and-butter pickle relish into mayonnaise; season to taste with salt and pepper.

Taken from June, 2019 Relish, Inspired by Food Network star Guy Fieri's burgers.

Buffalo Cauliflower Bites



Nutrition Facts

servings per container

Serving size (77g)

Amount per serving

Calories **30**

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 580mg	25%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 0mg	0%
Potassium 211mg	4%

*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.

Heat oven to 450 – Line cookie sheet with foil and spray with oil

6 Cups cauliflower pieces placed in a gallon sized zip lock bag

Mix together;

1 Tablespoon melted butter

¾ Cup Frank's hot sauce

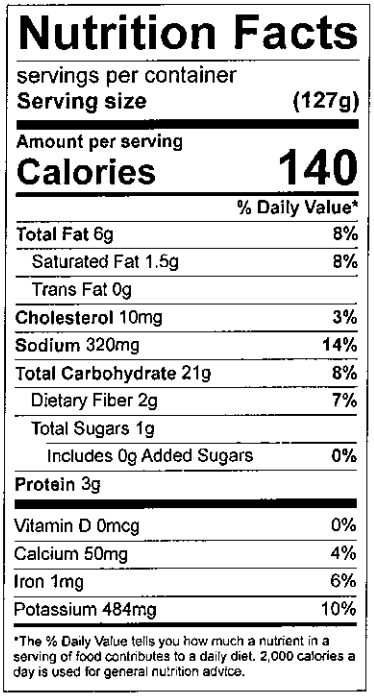
2 teaspoon garlic powder

Pinch of salt and pinch of pepper

Pour over cauliflower and shake until well coated. Bake for 20 minutes and serve with Ranch or Blue Cheese dressing for dipping. Serves 10 to 12

Debi Doering

Cheesy Ranch Potatoes



Nutrition Facts	
servings per container	
Serving size	**(127g)**
Amount per serving	
Calories	**140**
	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 320mg	**14%**
Total Carbohydrate 21g	**8%**
Dietary Fiber 2g	**7%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 3g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1mg	6%
Potassium 484mg	10%

*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.

9 russet potatoes – cut up in bites sized pieces – serves 12

Boil for 10 minutes

Mix with;

½ C Ranch dressing

1 T garlic powder

1 tsp salt

1 t paprika

½ t pepper

Put in baking dish and bake at 400 for 30 to 35 minutes

Sprinkle with cheddar cheese and ¼ C chives and stir until cheese is melted.

Corn, Avocado, Bean Summer Salad

2 Cups fresh or frozen corn

2 cups grape tomatoes, halved

1 – 15 oz. can of black beans, drained and rinsed

2 avocados, diced

1 red onion

¼ cup cilantro

Dressing

2 T olive oil

2 T lemon juice

1 tsp salt

1 tsp black pepper

Nutrition Facts	
servings per container	
Serving size	**(122g)**
Amount per serving	
Calories	**100**
	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 370mg	**16%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 4g	**14%**
Total Sugars 3g	
Includes 0g Added Sugars	**0%**
Protein 2g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 1mg	6%
Potassium 113mg	2%

*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.

In a small bowl add all dressing ingredients and whisk to combine. Set aside.

In a food processor add onion and cilantro and pulse until finely chopped, about 30 seconds (or finely hand chop).

In a large bowl add corn, avocado, black beans, tomatoes, cilantro and onion mix. Toss to combine. Pour dressing over top and toss again to evenly coat.

Serve immediately or store in fridge for 3 or 4 days.

Serve with tortilla scoops.

Corn Casserole

2 cans whole corn (drained)

2 cans cream corn

1 stick butter (melted)

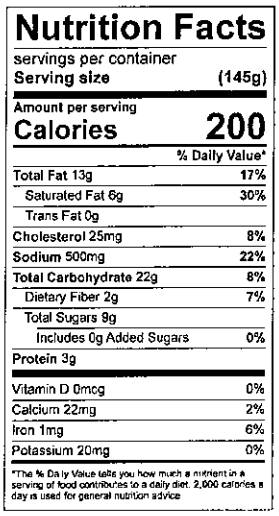
8 oz. sour cream

1 box Jiffy corn muffin mix

Mix al

I Mix ingredients together and put in a 9 X 12 baking dish and bake 350 for 45 minutes or until golden brown. Serves 12 to 15

Debi Doering



Nutrition Facts

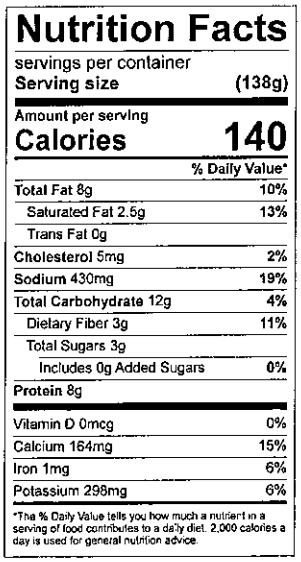
servings per container
Serving size (145g)

Amount per serving
Calories 200

	% Daily Value*
Total Fat 13g	17%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 500mg	22%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 1mg	6%
Potassium 20mg	0%

*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

Parmesan Roasted Asparagus



Nutrition Facts

servings per container
Serving size (138g)

Amount per serving
Calories 140

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 164mg	15%
Iron 1mg	6%
Potassium 298mg	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

- 1 1/2 pounds fresh asparagus, trimmed
- 2 tbsp olive oil
- 1/2 cup breadcrumbs
- 3/4 cup shredded parmesan cheese
- 1 tsp garlic powder
- 1/2 tsp salt
- 1/4 tsp black pepper

Instructions

1. Preheat oven to 425 degrees F. Lightly grease a baking sheet with non-stick spray and set aside.
2. Combine asparagus and olive oil in a large zip close bag and shake to coat. Add the breadcrumbs, parmesan cheese, garlic powder, salt and pepper to the bag and shake to coat.
3. Spread in an even layer on the baking sheet and bake for 7 to 10 minutes until the cheese is melted and the asparagus is still slightly crisp-tender.

Serves 6