



Healthy Living at Hannaford

Cranberry-Orange Dip

Makes: 2/3 cup

Prep Time: 10 Minutes

Ingredients:

1/2 cup Hellmann's® Canola Cholesterol Free Mayonnaise

1/4 cup Ocean Spray® Craisins® Dried Cranberries, chopped

1/2 tsp. grated orange peel

Directions:

Combine all ingredients in medium bowl. Chill, if desired. Serve with cut-up fresh vegetables or Kashi® crackers. Or, try spreading on a turkey sandwich.

Recipe Courtesy of Hellmann's

Citrus Salad with Pomegranate-Yogurt Sauce

Makes: 8 servings (about 2 Tbsp. sauce per serving)

Prep Time: 15 Minutes

Ingredients:

1 1/2 cups Dannon® Light 'n Fit® Cherry Vanilla or Strawberry Nonfat Yogurt

2 Tbsp. Tropicana® Orange Juice

Zest of 1 orange

1/2 cup pomegranate seeds

3 grapefruits

3 navel oranges

Directions:

1. In a bowl combine yogurt, orange juice, orange zest and pomegranate seeds. Gently stir to blend.
2. Remove all peel and pith from the grapefruits and oranges. Slice each into 5-6 slices. Arrange fruit slices on a platter in a single layer. Pour sauce over fruit and serve.

Recipe Adapted from Dannon



Interested in learning more?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want.

You can also email a private message to our staff registered dietitian, for free nutrition advice at hannaford.com/asknutritionist.



Healthy Living at Hannaford

Kashi® Friendly Fiber Muffins

Makes: 12 muffins

Bake Time: up to 25 minutes

Ingredients:

1 cup whole-wheat flour
2 tsp. baking powder (aluminum free)
1 tsp. cinnamon
1/2 tsp. salt
1 3/4 cups Kashi® Good Friends® Cereal
1 cup organic skim milk or rice or soy milk
2 egg whites
1/4 cup honey
1/2 cup Mott's® Organics Unsweetened Apple Sauce
1 medium organic ripe banana, mashed
Nonstick cooking spray

Directions:

1. Preheat oven to 400°.
2. In a small bowl, stir together flour, baking powder, cinnamon and salt. Set aside.
3. In a large mixing bowl, combine cereal and milk and let stand for 2-3 minutes. Add the egg whites and beat well. Stir in honey, applesauce and banana. Add flour mixture and mix only until dry ingredients are moistened (over-mixing will produce rubbery muffins).
4. Coat muffin tin cups with nonstick cooking spray and fill with batter. Bake for 20-25 minutes, or until lightly browned.

Recipe Courtesy of Kashi



Interested in learning more?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want.

You can also email a private message to our staff registered dietitian, for free nutrition advice at [hannaford.com/asknutritionist](mailto:asknutritionist@hannaford.com).



Healthy Living at Hannaford

Mediterranean Chicken with Dried Fruit & Olives

Makes: 4 servings

Prep Time: 10 Minutes

Cook Time: 25 Minutes

Ingredients:

4 boneless, skinless chicken breast halves (about 1 1/4 lbs.)

1 1/2 tsp. ground cumin

1/2 tsp. salt

1/4 tsp. ground black pepper

1/4 cup I Can't Believe It's Not Butter!® Spread

4 cloves garlic, finely chopped

1 1/2 cups mixed dried fruit or Ocean Spray® Craisins® Dried Cranberries

2 cups chicken broth

1/2 cup pimiento-stuffed olives, sliced

Directions:

1. Season chicken with cumin, salt and pepper. Melt I Can't Believe It's Not Butter!® in 12-inch skillet over medium-high heat and brown chicken. Add garlic and cook 30 seconds. Stir in dried fruit, broth and olives. Bring just to a boil. Reduce heat and simmer, stirring occasionally, 10 minutes or until chicken is thoroughly cooked. Remove chicken to serving platter and keep warm.
2. Bring sauce to a boil over high heat and continue boiling, stirring occasionally, 6 minutes or until sauce is slightly thickened. Spoon fruit sauce over chicken to serve.



Interested in learning more?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want.

You can also email a private message to our staff registered dietitian, for free nutrition advice at hannaford.com/asknutritionist.



Healthy Living at Hannaford

Holiday Toasting Cup

Ingredients:

1 can (6 oz.) frozen limeade juice concentrate, thawed
3 cups cold water
2 bottles Welch's® Sparkling White Grape Juice Cocktail, chilled
Orange slices, kiwi fruit slices or purple grapes

Directions:

1. In a punch bowl, combine limeade and water. Gently stir in Sparkling White Grape Juice Cocktail. Garnish with fruit.
2. Serve immediately in ice-filled glasses. Makes about twenty 1/2-cup servings.

Courtesy of www.welchs.com

Holiday Orange Nog

Ingredients:

2 1/2 cups Tropicana Pure Premium® orange juice
or Dole® 100% orange juice
2 cups refrigerated lite dairy eggnog or nog made with soymilk
Lightly sweetened whipped cream (optional)
Ground nutmeg, as desired

Directions:

1. Whisk together juice and eggnog in pitcher until well blended.
2. Pour into glasses. Top with whipped cream, if desired. Sprinkle with nutmeg. Serve immediately. Makes about nine 1/2-cup servings.

Courtesy of www.dolejuice.com

Cranberry Lime Sparkler

Ingredients:

8 ounces Ocean Spray® Cranberry Juice Cocktail with Lime, chilled
2 ounces sparkling water
Lime wedge

Directions:

Fill a tall glass with ice. Add cranberry juice drink and top with sparkling water. Garnish with a lime wedge. Makes one serving.

Courtesy of www.oceanspray.com



Interested in learning more?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want.

You can also email a private message to our staff registered dietitian, for free nutrition advice at hannaford.com/asknutritionist.