



simply healthy

from your Hannaford Dietitian

Broccoli Quick Salad

Servings: 12 • Prep Time: 10 minutes

Ingredients:

- 2/3 cup Hellmann's® Canola Cholesterol Free Mayonnaise
- 1/2 cup Dannon® Plain Yogurt
- 2 tablespoons sunflower seeds
- 1/2 cup Cabot® Cheddar 50% Reduced Fat Shredded Cheese
- 1 large green apple, chopped
- 1 tablespoon McCormick® Dill Weed
- 1 teaspoon McCormick® Paprika
- 1 (16-ounce) bag pre-shredded broccoli & cauliflower (4 cups)

Directions:

1. Mix together all ingredients except the bag of shredded broccoli & cauliflower.
2. Pour mixture over the broccoli & cauliflower. Mix well. Refrigerate for several hours.



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Beef Barley Soup

Yields: 6 servings

Ingredients:

1 onion
1/2 pound extra lean ground beef
1 cup dry lentils
1/2 cup pearly barley
3 cups mixed frozen vegetables
1 can my essentials® Diced Tomatoes
6 teaspoons low-sodium beef bouillon granules
1 teaspoon McCormick® Garlic Powder
Black pepper, to taste

Directions:

1. Heat a large soup pot over medium-high. Break ground beef into small pieces and cook until brown, about 5 minutes. Drain off excess grease.
2. Add onion and sauté until tender, about 2 minutes.
3. Add the rest of the ingredients, bring to a boil, then reduce to a simmer. Cook on low until barley is tender, about 45 minutes.



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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



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Healthy Living at Hannaford

Banana Nut Winter Smoothie

Makes: 1 serving

Prep Time: 10 minutes

Ingredients:

- 1 Chiquita® Banana, frozen
- 1 cup Dannon® All Natural Vanilla Lowfat Yogurt
- 1/4 cup chopped walnuts
- 1/2 tsp. ground cinnamon
- 1 tsp. honey (optional)
- 1/8 tsp. ground nutmeg

Directions:

1. Cut the frozen banana into 3 or 4 chunks and peel. Place in blender with yogurt, walnuts, cinnamon and honey (optional).
2. Blend on high for 2 minutes or until smooth. Pour into glass and top with a dusting of ground nutmeg.

Grapes with Ginger Crème

Makes: 4 (1 1/2 cup) serving

Prep Time: 20 minutes

Ingredients:

- 6 cups seedless purple grapes
- 1 tablespoon grated fresh ginger
- 2 cups Dannon® Activia® Vanilla Yogurt
- 2 tablespoons brown sugar
- Ground cinnamon, to taste
- 8 fresh mint leaves

Directions:

1. In a large bowl, toss grapes with fresh ginger. Spoon equal amounts into 4 serving dishes.
2. For each dish, carefully spread 1/2 cup vanilla yogurt on top of grapes, sprinkle with 1/2 tablespoon brown sugar, and dust with ground cinnamon.
3. Allow grape mixture to chill for 20-30 minutes. Garnish with fresh mint leaves.



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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



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No-Bake Brownies

Servings: 12 • Prep Time: 15 minutes (plus 1 hour freezer time)

Brownie Ingredients:

1 cup walnuts
1 cup dates
1/4 cup cocoa powder

Icing Ingredients:

2 ripe avocados
1/2 cup agave nectar
1/4 cup cocoa powder
2 tablespoons coconut oil
1 tablespoon McCormick® Vanilla Extract
Dash salt
Dash McCormick® Cinnamon

Directions:

1. Food-process the brownie ingredients until blended, dry and chunky. Press into a small pan.
2. Put all icing ingredients into a blender and blend on high till smooth.
3. Spread icing over brownies and pop them in the freezer to set for 1 hour. Cut in 12 squares and put them in snack-sized resealable bags.



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Fudgy No-Bake Snacks

Yields: 16 servings • Prep Time: 5 minutes

Ingredients:

1/2 cup almond butter or SunButter®
1/2 cup water
1/4 cup unsweetened cocoa powder
1/4 cup ground flaxseed
1 cup Kashi® GoLean Crunch!®, crushed
3 tablespoons honey
2 tablespoons almond meal or rice flour

Directions:

1. Combine almond butter with water. Stir until water blends in. Add remaining ingredients except the almond meal. Mix until a dough is formed. Roll out into a rope shape. Cut into 16 equal pieces. Press one side of each snack into almond meal.
2. Store in airtight container in the fridge.



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