



simply healthy

from your Hannaford Dietitian

Spinach Vegetable Dip

Ingredients:

1/2 English cucumber, coarsely grated
1/2 large zucchini, grated
1 (10 oz.) box Hannaford Chopped Spinach, thawed and drained
3/4 cup Dannon® All Natural or Oikos® Greek Nonfat Plain Yogurt
3/4 cup Hellmann's® Canola Cholesterol Free Mayonnaise
1/2 cup red bell pepper, chopped
1/2 cup Cabot® 50% Light Fat Shredded Cheese
2 green onions, thinly sliced
1 tablespoon McCormick® Minced Onions or Onion Powder
1/2 teaspoon McCormick® Garlic Powder
1/8 teaspoon McCormick® Crushed Red Pepper (optional)

Directions:

In a medium bowl, stir together all of the ingredients. Refrigerate for at least 30 minutes.
Serve with your favorite Kashi® crackers and assorted raw vegetables.

Variation - Replace cucumber and zucchini with a 14 oz. can of artichoke hearts, drained and chopped. Spice up the recipe further by adding any of your favorite McCormick Perfect Pinch® salt-free seasoning blends.



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. For free nutritional advice, you can also email a private message to our staff registered dietitian at hannaford.com/dietitian



simply healthy

from your Hannaford Dietitian

Strawberry-Orange-Banana Parfait Delight

Yields: 1 servings • Prep Time: 5 minutes

Ingredients:

1 (5.3 oz.) Dannon® Strawberry Oikos® Fruit on the Bottom Greek Nonfat Yogurt
1/3 cup ripe Chiquita® banana slices
1/4 cup Kashi® GOLEAN® Crisp!™ Toasted Berry Crumble Cereal
1 teaspoon McCormick® Gourmet Collection Orange Peel

Directions:

1. Mix the strawberries and yogurt to blend well. Spoon half of the yogurt into an 8 oz. bowl or parfait cup.
2. Sprinkle 1/2 teaspoon of the orange peel.
3. Arrange 1/2 of the banana slices over orange peel.
4. Crush cereal and sprinkle 2 tablespoons over the banana slices.
5. Repeat steps 1-4, ending with the cereal.



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. For free nutritional advice, you can also email a private message to our staff registered dietitian at hannaford.com/dietitian