



# simply healthy

from your Hannaford Dietitian

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## Chicken, Rice and Black Bean Salad Bowl

### Ingredients:

1 bag Fresh Express® American salad mix  
2 cups roasted or grilled chicken, chopped  
1/2 red bell pepper, chopped bite-sized  
1 cup grape tomatoes  
1 cup cooked black beans, rinsed and drained, warm or room temp.  
2 cups cooked brown or white rice, warm or room temp.  
Wish-Bone® Light Buffalo Ranch salad dressing  
1 cup Cabot™ Seriously Sharp Cheddar or Monterey Jack shredded cheese

### Directions:

1. Empty salad mix into large bowl. Add chicken, peppers and tomatoes. Toss with dressing.
2. Divide the beans and rice into individual serving bowls.
3. Top with salad mix and garnish with shredded cheese.

## Rainbow Sesame Slaw with Kale

### Ingredients:

1 bag Fresh Express® Cole Slaw Kit  
1 cup dark-green curly kale  
1 teaspoon sesame oil  
1 teaspoon rice wine vinegar

### Directions:

1. Wash the kale leaves, cut out the center ribs, then stack the leaves a few at a time, roll them tightly into a long bundle, and thinly slice across the bundle to make uniformly thin ribbons.
2. In a small bowl, mix the oil and vinegar with the dressing packet.
3. In a large salad bowl, toss the kale with the coleslaw and top with the dressing. Toss well to coat.
4. Let slaw sit at least 10 minutes to fully marinate. Serve.

Source: Recipes adapted from [www.freshexpress.com](http://www.freshexpress.com)



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## Strawberry-Banana Waffles

### Ingredients:

2 medium Chiquita® Bananas  
3/4 cup sliced strawberries  
1/4 cup strawberry 100% fruit spread  
2 tablespoons Promise® Buttery Spread  
2 teaspoons fresh lemon or orange juice (to thin out fruit spread)  
4 frozen Kashi® waffles

### Directions:

1. Thinly slice bananas.
2. In a mixing bowl, combine strawberry fruit spread, Promise, and lemon or orange juice. Then combine with bananas and sliced strawberries. Set aside.
3. Prepare waffles according to package directions. Spoon strawberry-banana mixture over waffles. Serve and enjoy!

Source: Adapted from the Dole® 5 A Day Kids Cookbook

## Monkey Toast

### Ingredients:

1 slice whole-wheat bread (or half a sandwich thin or English muffin), toasted  
1/4 cup Cabot™ No Fat Cottage Cheese  
1/2 small Chiquita® Banana, sliced  
McCormick® Ground Cinnamon  
1 teaspoon honey

### Directions:

1. Preheat broiler.
2. Spread toast with cottage cheese and top with banana slices.
3. Sprinkle with cinnamon, drizzle with honey, and place under broiler until heated through, about 3 minutes.



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## Vanilla-Banana Fruit Smoothies

### Ingredients:

Chiquita® Banana, small  
1 cup of frozen fruit  
1 (6 oz.) container lowfat Dannon® All Natural Vanilla Yogurt  
1 teaspoon McCormick® Pure Vanilla Extract  
3/4 cups fat-free milk

### Directions:

Blend all ingredients in blender on high speed for about 1 minute or until the mixture is smooth. Serve immediately.

## Fresh Fruit Kebabs with Lemon-Lime Dip

### Ingredients:

4 ounces lowfat Dannon® All Natural Lemon Yogurt  
1 teaspoon fresh lime juice  
1 teaspoon lime zest  
4 to 6 pineapple chunks  
4 to 6 strawberries  
1 kiwi, peeled and diced  
1/2 Chiquita® Banana, cut into 1/2-inch chunks  
4 to 6 red grapes  
4 wooden skewers  
Kashi® GOLEAN Crunch!® or Kashi® GOLEAN® Crisp! Cereal

### Directions:

1. In small bowl, whisk together the yogurt, lime, and lime zest. Cover and refrigerate until needed.
2. Thread 1 of each fruit onto skewer. Repeat until the fruit is gone.
3. Roll the skewers in yogurt mixture and then roll in granola.



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## Spinach Dip

### Ingredients:

1 pkg. Fresh Express® Spinach, chopped  
1/4 teaspoon McCormick® Oregano Leaves  
1 cup low-fat Dannon® All Natural Plain Yogurt  
1/2 cup fresh parsley, chopped  
1/2 cup green onion, chopped  
Juice of 1 lemon

### Directions:

Mix all ingredients in blender. When blended well, serve with colorful veggies, Kashi® crackers or toasted sourdough rounds.

## Yogurt Dip in a Flash

### Ingredients:

1 cup low-fat Dannon® All Natural Plain Yogurt  
1 tablespoon fresh parsley, chopped  
1/8 teaspoon McCormick® Onion Powder  
1/8 teaspoon McCormick® Garlic Powder

### Directions:

Mix all ingredients together in medium bowl. Refrigerate 1 to 2 hours. Serve with colorful veggies and Kashi® crackers.

Source: Recipes adapted from the AICR (American Institute for Cancer Research)



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## Chicken and Spinach Wraps

### Ingredients:

4 (10-inch) whole-wheat flour tortillas  
4 tablespoons Hellmann's® Canola Cholesterol Free Mayonnaise or Hellmann's® Mayonnaise Dressing with Olive Oil  
McCormick® Perfect Pinch® Mediterranean Herb Seasoning  
2 cups leftover baked chicken or Perdue® Short Cuts® Carved Chicken Breast Strips  
4 cups Fresh Express® Spinach & Arugula  
1 cup shredded carrots  
4 slices Cabot™ 50% Light Sharp Cheddar

### Directions:

1. Combine mayonnaise with spice blend to taste, spreading 1/4 on each tortilla.
2. Divide chicken into 4 portions and mound in center of each tortilla, leaving an inch-margin around the edges. Top with greens, shredded carrots and a cheese slice.
3. Fold tortillas envelope style by folding the bottom edge up and the top down 2 inches, then folding each side inward.

## Yogurt Salad Dressing

### Ingredients:

2 ounces nonfat Dannon® All Natural Plain Yogurt  
1 tablespoon Hellmann's® Light Mayonnaise  
1 1/2 teaspoons McCormick® Freeze-Dried Chives  
1 1/2 teaspoons McCormick® Dill Weed  
1 1/2 teaspoons fresh lemon juice

### Directions:

Mix all ingredients in bowl and refrigerate.



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