



Healthy Living at Hannaford

Tuna Pockets

Ingredients:

3 ounces drained my essentials® Tuna (packed in water)
1/2 cup halved red grapes
1 tablespoon slivered almonds
1 tablespoon chopped fresh mint
1 tablespoon lemon juice
2 teaspoons olive oil
1/8 teaspoon McCormick® Ground Black Pepper
1 whole-grain pita, halved

Directions:

Combine first 7 ingredients in a small bowl. Toss gently. Serve in pita halves.

Egg Casserole

Prep Time: 30 appetizers

Total Time: 1 3/4 hours

Servings: 6

Ingredients:

4 large eggs
4 large egg whites
1 cup nonfat milk
2 tablespoons Dijon mustard
2 teaspoons McCormick® dried Rosemary Leaves
1/4 teaspoon McCormick® Black Peppercorns, freshly ground
5 cups chopped spinach, wilted
4 cups Nature's Place® Whole-Grain Bread, cut into 1-inch cubes (about 4-6 slices)
1 cup diced ham or cooked turkey sausage
1/2 cup chopped jarred roasted red peppers
3/4 cup shredded Cabot® 50% Reduced Fat Cheddar Cheese

Directions:

1. Preheat oven to 375°F. Coat a 7 by 11-inch glass baking dish or a 2-quart casserole dish with cooking spray.
2. Whisk eggs, egg whites and milk in a medium bowl. Add mustard, rosemary and pepper; whisk to combine. Toss spinach, bread, ham and roasted red peppers in a large bowl. Add the egg mixture and toss well to coat. Transfer to the prepared baking dish and push down to compact. Cover with foil.
3. Bake until the custard has set, 40 to 45 minutes. Uncover, sprinkle with cheese and continue baking until the pudding is puffed and golden on top, 15 to 20 minutes more. Transfer to a wire rack and cool for 15 to 20 minutes before serving.



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Minty Yogurt Dip

Ingredients:

1 1/2 cups Dannon® Light & Fit® Vanilla, Strawberry or Cherry Vanilla Yogurt
1/4 cup finely chopped fresh mint or McCormick® Gourmet Collection™ Mint Flakes
1 teaspoon orange zest

Directions:

1. Mix yogurt, mint, and orange zest together in a small bowl.
2. Refrigerate for 1 hour for flavors to blend.
3. Serve as a dip with fresh fruit slices (apples, bananas, pineapples, kiwi).

Creamy Artichoke Bruschetta

Yield: 20 appetizers

Ingredients:

1 jar (6 oz.) marinated artichoke hearts, drained and chopped
1/4 cup Hellmann's® Light Mayonnaise
1/4 cup sun-dried tomatoes packed in oil, drained and finely chopped
1 cup shredded Cabot® Cheddar Cheese
1 loaf Italian or French bread (about 15-inches long), cut into 1/2-inch slices and toasted

Directions:

1. Combine all ingredients except bread in small bowl.
2. Evenly spread artichoke mixture on toasted bread. Broil 1 minute or until golden. Serve immediately.



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Spicy Olive Relish Dip

Ingredients:

2 roasted red peppers (from a jar), drained and finely chopped
1/2 jalapeno chile, finely chopped (optional)
2 garlic cloves, finely chopped
1/2 cup Hellmann's® with Olive Oil Reduced Fat Mayonnaise
2 tablespoons sherry vinegar
3/4 cup prepared olive tapenade
1/4 cup chopped fresh parsley or 1 tablespoon McCormick® Parsley Flakes

Directions:

Mix all ingredients in a bowl. Spread on bread, crackers, or your favorite sandwich.

Cucumber, Feta Cheese and Dill Dressing

Serves: 12 (2 tablespoons each)

Ingredients:

1 cup sliced cucumber
6 ounces Dannon® Plain Yogurt
2 tablespoons extra-virgin olive oil
1/4 cup crumbled feta cheese or shredded Cabot® Cheddar Cheese
Pinch of McCormick® Ground Cumin
2 tablespoons fresh dill leaves or 1 teaspoon McCormick® Dill
Salt and pepper to taste

Directions:

In blender, puree all ingredients together, add to greens, and toss. Serve.

recipe courtesy of American Institute for Cancer Research



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Quick & Easy Trail Mix

Serves: 6 (1 serving = about 3/4 cup)

Ingredients:

1 cup Kashi® Heart to Heart® Honey Toasted Oat Cereal

1 cup Kashi® Honey Puffs Cereal

1/4 cup walnuts

1/4 cup almonds

1/4 cup raisins or dried cranberries

1/4 cup dried prunes, mangos, apricots, or coconut

1/4 cup dark chocolate chips or M&M's

1/4 cup pumpkin or sunflower seeds

1 cup pretzels

Directions:

Mix all ingredients together for a great-tasting, healthy snack.



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Marinated Grilled Fruit

1. Clean grill thoroughly and heat to 400°F.
2. Slice desired fruit(s) in half, leaving skin on, and remove seeds and cores.
3. In a large plastic bag or bowl, make a marinade with the juice of one lemon, 1-2 tablespoons of honey (depending on how sweet your fruit is), and a 1/2 teaspoon of nutmeg.
4. Coat grill with cooking spray, and then place fruit directly on the grill or use skewers to make fruit kabobs. Resist moving. Flip softer fruits (peaches, plums, bananas) after 2 minutes and cook 2-3 minutes longer.

Harder fruits can tolerate 3-4 minutes per side without falling apart. Need a topping? Try nonfat Dannon yogurt drizzled on top!



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Blueberry Tart with Walnut Crust

Filling:

8 ounces reduced-fat cream cheese (Neufchâtel), softened
1/4 cup reduced-fat sour cream
1/4 cup plus 2 tablespoons pure maple syrup
2 cups fresh blueberries

Crust:

1/2 cup walnuts, lightly toasted
1 cup whole-wheat graham cracker crumb
1 large egg white
1 tablespoon butter, melted

1 tablespoon expeller-pressed peanut or canola oil
Pinch of salt
Special Equipment: 9-inch removable-bottom tart pan

To prepare crust:

Preheat oven to 325°F.

Coarsely chop walnuts in a food processor. Add graham cracker crumbs and process until the mixture looks like fine crumbs.

Whisk egg white in a medium bowl until frothy. Add the crumb mixture, butter, oil and salt; toss to combine. Press mixture into bottom and 1/2 inch up the sides of a 9-inch removable-bottom tart pan. Set pan on a baking sheet. Bake until dry and slightly darker around edges, about 8 minutes. Cool on a wire rack.

To prepare filling:

Beat cream cheese, sour cream and 1/4 cup maple syrup in a medium bowl with an electric mixer on low speed until smooth. When crust is cool, spread filling evenly into it, being careful not to break up the delicate crust. Arrange blueberries on the filling, pressing lightly so they set in. Drizzle remaining 2 tablespoons maple syrup over berries. Chill for at least 1 hour to firm.

Ingredient Note: To avoid trans fats, look for brands of graham crackers without partially hydrogenated vegetable oil. Pulse graham crackers in a food processor or place in a large plastic sandwich bag and crush with a rolling pin. (You'll need about 14 whole-wheat graham cracker squares to make 1 cup of crumbs.) Make ahead tip: Refrigerate for up to a day.



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Stuffed Grilled Peaches

1. Wash 4 large peaches, cut them in half, remove the pit, and place on aluminum foil.
2. Spoon 2 tablespoons of blueberries into each peach half. Sprinkle 2 teaspoons of brown sugar on each and squeeze lemon juice over the top. Fold up foil and seal tightly.
3. Place on medium-hot grill and cook for about 15 minutes, turning once.
4. Delicious with a dollop of Dannon Greek Honey Yogurt. Serve right out of the foil.



Freezing fresh fruit in yogurt pops provides a nutritious cooldown for kids and adults!

- Make fruit smoothie pops using low-fat or nonfat plain Dannon yogurt and your favorite fresh or frozen fruits, like berries and bananas! Blend yogurt and fruit together, fill pop containers and freeze.
- Make yogurt pops with fresh fruit. Simply fill pop containers with plain Dannon yogurt blended with a little orange juice, add berries or other fruit, chopped if necessary, use pop stick to push fruit down into the yogurt, and then freeze.



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