



Healthy Living at Hannaford

Acapulco Slaw

Prep Time: 15 minutes

Servings: 4

Ingredients:

1 cup Hellmann's® Light Mayonnaise
2 tablespoons lime juice
1/2 teaspoon salt
1/4 teaspoon McCormick® Ground Black Pepper
1 package (16 oz.) coleslaw mix
1/2 pound jicama, julienned (1/8 x 1/8 x 3-inch strips)
1 medium jalapeño pepper, seeded and finely chopped
2 tablespoons finely chopped cilantro
1 tablespoon McCormick® Ground Cumin Seed, toasted
1/2 cup Cabot® 50% Reduced Fat Cheddar Shredded Cheese

Directions:

1. In large bowl, combine mayo with lime juice, sugar, salt and black pepper.
2. Add remaining ingredients except cheese; toss to coat. Chill, if desired. Sprinkle with cheese and serve immediately.

recipe adapted from Hellmanns.com/recipe

Easy Baked Gingered Fruit

Ingredients:

1 large can my essentials® Chunky Fruit, drained
10 ounces my essentials® Pineapple Chunks, drained
8 ounces my essentials® Pear Halves, drained
8 ounces my essentials® Peach Slices, drained
1/8 cup I Can't Believe It's Not Butter!®
1 tablespoon McCormick® Ground Cinnamon
2 teaspoons McCormick® Ground Ginger

Directions:

1. Combine all fruit in a baking dish.
2. Melt I Can't Believe It's Not Butter! Add cinnamon and ginger, stirring till smooth.
3. Pour ginger mixture over fruit. Bake at 325 degrees for 30 minutes. Stir once or twice while baking.



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.