



# simply healthy

from your Hannaford Dietitian

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## Mediterranean Salad

Yields: 2 servings • Prep time: 10 minutes

Recipe courtesy of Unilever

### Ingredients:

1/8 cup Wish-Bone® Light® Ranch Dressing

4 cups romaine lettuce leaves, torn

1/2 can (15 to 19 oz) cannellini or white kidney beans, rinsed and drained

1/2 can (14 oz) hearts of palm, drained and cut diagonally into 1/2-inch-thick pieces

1 small tomato, cut into wedges

1 tablespoon McCormick® dried basil

1/4 cup red onion, thinly sliced

### Directions:

Combine all ingredients in large bowl. Serve.



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## Cantaloupe Blueberry Salad

Yields: 2 servings • Prep time: 10 minutes

### Ingredients:

- 2 cups cantaloupe, cubed
- 2 cups fresh blueberries
- 1/2 cup Dannon® Plain Yogurt
- 1 tablespoon honey
- 2 teaspoons lemon juice
- 1/4 teaspoon lemon rind

### Directions:

1. Toss cantaloupe and blueberries in a large bowl.
2. In a small bowl, stir together yogurt, honey, lemon juice and lemon zest. Pour dressing over the fruit and toss.



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## Layered Broccoli Salad

Yields: 6 servings • Prep time: 15 minutes

Recipe courtesy of the farm families who own Cabot Creamery

### Ingredients:

- 6 cups Bird's Eye® Baby Broccoli Florets, thawed and chopped
- 1 small red onion, very thinly sliced
- 2/3 cup dried, sweetened cranberries or raisins
- 1/2 cup Dannon® Nonfat Plain Yogurt
- 3 tablespoons honey
- 2 tablespoons Hellmann's® Canola Cholesterol Free Mayonnaise
- 2 tablespoons cider vinegar
- 6 oz Cabot 50% Reduced Fat Cheddar Cheese, grated (about 1-1/2 cups)
- 1/4 cup unsalted, dry-roasted, hulled sunflower seeds or chopped walnuts

### Directions:

1. In large glass serving bowl, arrange layers of broccoli, onion and cranberries.
2. In small bowl, whisk together yogurt, honey, mayonnaise and vinegar. Drizzle dressing over layered salad.
3. Sprinkle cheese evenly on top. Cover and refrigerate until ready to serve.
4. Just before serving, sprinkle with sunflower seeds or walnuts.



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## Fruity Chicken Salad

Yields: 4 servings • Prep time: 15 minutes

### Ingredients:

- 1 lb Hannaford Rotisserie Chicken breast, cubed
- 1 green apple, diced
- 1/3 cup grapes, halved
- 1/2 cup Dannon Oikos® Greek Plain Yogurt\*
- 2 tablespoons Hellmann's® Mayonnaise Dressing with Olive Oil\*
- 1/4 cup slivered almonds
- 1/2 teaspoon McCormick® onion salt
- 4 large romaine lettuce leaves

\*2 tablespoons skim milk, if needed, to thicken yogurt and mayo mixture

### Directions:

Mix all ingredients. Serve with romaine leaf as a roll-up.



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## Power Breakfast

Yields: 1 serving • Prep time: 5 minutes

### Ingredients:

- 1 packet Kashi® Heart to Heart® Instant Oatmeal
- 1/2 cup Dannon® Pure Yogurt, plain or flavored
- 1/8 cup walnuts
- 1/2 teaspoon McCormick® ground cinnamon
- 1/2 cup my essentials frozen berries, thawed

### Directions:

1. Follow oatmeal package instructions by adding hot water and stirring.
2. Layer oatmeal with the remaining ingredients.



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## Blueberry Smoothie

Yields: 1 serving • Prep time: 5 minutes

### Ingredients:

1 container (6 oz) Dannon Oikos® Greek Yogurt, vanilla or flavored

1/2 cup my essentials frozen blueberries

1/2 cup my essentials orange juice

1/2 tablespoon McCormick® nutmeg

1/2 tablespoon ground flaxseed

### Directions:

Combine all ingredients in a blender. Mix and serve.



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## Scrambled Egg & Broccoli Burritos

Yields: 4 servings • Prep time: 10 minutes • Cook time: 10 minutes

Recipe courtesy of Birds Eye

### Ingredients:

- 1 teaspoon Country Crock® buttery spread
- 1 teaspoon olive oil
- 2 cups Birds Eye® Baby Broccoli Florets, thawed
- 2 tablespoons yellow onion, chopped
- 1 plum tomato, chopped
- 5 large eggs, whisked
- 1/2 cup Cabot cheddar jack cheese, shredded
- 4 (8-inch) my essentials whole wheat tortillas, warmed

### Directions:

1. Melt buttery spread and oil over medium heat in a 10-inch nonstick skillet . Add broccoli, onion and tomato; cook for 5 minutes or until tender.
2. Add eggs to the skillet and cook, stirring with wooden spoon, until eggs are just set.
3. Sprinkle with cheese and season with salt and pepper.
4. Divide eggs between each tortilla, roll up and serve.



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## Cheddar Salsa Rice

Yields: 3 servings • Prep time: 5 minutes • Cook time: 5 minutes

Recipe courtesy of Birds Eye

### Ingredients:

1 bag (10 oz) Birds Eye® Steamfresh® Long Grain White Rice with Mixed Vegetables, cooked according to package directions

1/2 cup my essentials tomato salsa

1/4 cup Cabot 50% Reduced Fat Shredded Cheddar Cheese

### Directions:

1. Pour prepared rice into a bowl. Stir in salsa.
2. Sprinkle with cheese before serving.



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