



Healthy Living at Hannaford



Sunsational Summer Salad

- 1 bag Taste of Inspirations Baby Spinach
- 4 large strawberries, sliced
- 4 ounces drained Dole Mandarin Oranges in 100% fruit juice
- 1/2 cup raw or roasted slivered almonds
- 6 tablespoons Taste of Inspirations Mandarin Orange Vinaigrette Dressing
- 4 ounces Cabot Shredded 50% Reduced Fat Cheddar Cheese
- Optional: chopped chicken, shrimp or your favorite Taste of Inspirations Deli Meat

Directions:

On large serving platter or bowl, place baby spinach. Top with strawberries, and oranges. Sprinkle with almonds. If desired, add one of the optional ingredients. Top with shredded cheese. Drizzle with dressing.



Blueberry Salad

- 1 package Fresh Express Sweet Butter Blend
- 2 ounces Cabot Shredded 50% Reduced Fat Cheddar Cheese
- 1/2 cup walnuts
- 1 apple, cut into bite-sized pieces
- Wishbone Raspberry Vinaigrette Dressing
- 1/2 cup croutons
- 1/2 cup fresh local blueberries

Directions:

Place greens into a large salad bowl. Add cheese, walnuts and apple pieces. Drizzle with dressing and toss. Top with croutons and blueberries.



Grilled Salmon with Cucumber and Celery Salad

- 1/4 cup Dannon Greek Yogurt, Plain
- 1 tablespoon white wine vinegar
- Salt and pepper (1/4 teaspoon each)
- 2 cucumbers, thinly sliced (diagonally)
- 2 ribs celery, thinly sliced (diagonally)
- 1/4 cup fresh flat-leaf parsley
- 4 small salmon steaks

Directions:

In large bowl, whisk together first three ingredients. Add cucumbers, celery and parsley. Toss to combine. Grill salmon. Serve with salad.



Interested in learning more?

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Creamy Avocado Salad Dressing

- 1 cup Hellmann's
- 1 ripe avocado, mashed
- 1 tablespoon lime juice
- 1 tablespoon milk (optional)
- 1 clove garlic, chopped
- Salt and fresh ground black pepper

Directions:

In small bowl, combine all ingredients. Season to taste with salt and pepper. Serve over salad greens or, if desired, as a dipping sauce.



Delicious Creamy Salad Dressing

- 3/4 cup Dannon Greek Yogurt, Plain
- 1/4 cup Hellmann's Olive Oil Mayonnaise
- 1/2 teaspoon dry mustard
- 1/4 teaspoon salt
- 1/2 teaspoon horseradish
- 1/2 teaspoon paprika
- Minced garlic, to taste
- 1/2 teaspoon dill weed
- 2 teaspoons onion, finely chopped
- 2 tablespoons fresh lemon juice

Directions:

Mix all ingredients thoroughly. Chill before serving over tossed green salad.



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Refreshing Summer Salad

2 tablespoons lime juice
1/4 cup sugar
1/2 cup Tropicana Orange Juice
1 large banana
1 cup sliced strawberries
1 cup Dole Mandarin Oranges in 100% fruit juice, drained
1 cup blueberries
6-ounce container Dannon Greek Yogurt, Vanilla

Directions:

Mix together all ingredients except yogurt. Serve with a dollop of yogurt on top.



Hulu Hulu Salad

1 container (6 oz.) Cabot Cottage Cheese
1 cup Dole Pineapple Chunks
1 container frozen whipped topping
1/3 package Jell-O Gelatin Dessert, Sugar-Free Orange
Maraschino cherries (optional)
Shredded coconut (optional)

Directions:

Fold all ingredients together until well blended. Garnish with maraschino cherries and shredded coconut, if desired.



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Black Bean and Corn Salsa

1/4 cup Hellmann's Light Mayonnaise
2 tablespoons lime juice
1/2 teaspoon ground cumin
1 can (19 oz.) black beans, rinsed and drained
1 can (11 oz.) whole kernel corn, drained
1 cup quartered grape or cherry tomatoes
1/2 cup chopped red onion
2 tablespoons chopped fresh cilantro
1 teaspoon chopped jalapeño pepper (optional)

Directions:

Combine all ingredients in a bowl. Serve as a side dish or as a dip for tortilla chips.



Asian Apple Slaw

1/2 cup Hellmann's Canola Cholesterol Free Mayonnaise
1 teaspoon reduced-sodium soy sauce
2 teaspoons sugar
1 teaspoon apple cider vinegar
1/2 tablespoon grated fresh ginger (or 1/2 teaspoon ground ginger)
1 bag (16 oz.) coleslaw mix
2 green onions, chopped
1 Granny Smith apple, julienned (1/8 x 1/8 x 3-inch strips)

Directions:

In large bowl, combine mayonnaise, soy sauce, sugar, vinegar and ginger. Add remaining ingredients and toss well. Chill, if desired.



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Greek Potato Salad

2 pounds baby "new" potatoes (with red skin)
1 cup Dannon All Natural Plain Yogurt (or Greek Plain)
1 teaspoon Dijon mustard
1/4 cup fresh lemon juice
2 tablespoons chopped fresh oregano (or 1 tablespoon dried oregano)
2 garlic cloves, minced
1/8 teaspoon salt
1/8 teaspoon freshly ground black pepper
1/2 small red onion, sliced as thin as possible
1/4 cup black olives, pitted and sliced in half
1/4 cup capers, drained
1 tablespoon chopped fresh Italian parsley

Directions:

1. In a 3-quart saucepan, cover potatoes with cold, salted water. Bring to a boil, then lower heat to a simmer and cook, covered, until tender, about 20 to 30 minutes. Test for doneness by inserting the tip of a sharp paring knife into a potato. It should fall off the knife easily. Remove from water with a slotted spoon and slice into quarters.
2. While potatoes are cooking, make the dressing. Combine yogurt, mustard, lemon juice, oregano, garlic, salt and pepper.
3. While potatoes are still warm, add them to the dressing and toss. Add sliced onion, olives and capers. Toss well to combine.
4. Top with a sprinkling of chopped parsley and serve.



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