



## Healthy Living at Hannaford

### 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).

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### 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.



#### Interested in learning more?

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## White Bean Dip

### Ingredients:

- 1/4 cup I Can't Believe It's Not Butter!® Mediterranean Blend spread
- 1 Medium yellow onion, finely chopped
- 1/2 tsp. Dried rosemary leaves, crushed
- 1 Clove Garlic, finely chopped
- 1 can (19 oz.) Cannellini or white kidney beans, rinsed and drained
- 1 Tbsp. Lemon juice
- 1 Tbsp. Fresh Parsley finely chopped or 1 tsp. dried parsley flakes, crushed
- Salt and ground black pepper to taste

### Directions:

1. Melt I Can't Believe It's Not Butter!® Mediterranean Blend spread in 10-inch nonstick skillet over medium heat. Add onion and rosemary, stirring occasionally, 5 minutes or until onion is tender.
  2. Add garlic and cook, stirring occasionally, 1 minute; cool slightly.
  3. Process onion mixture, beans, and lemon juice in food processor or blender until smooth.
  4. Stir in parsley and season to taste with salt and pepper.
  5. Serve chilled, if desired, with pita chips, cut-up vegetables, and/or toasted bread slices.
- TIP: Also terrific as a sandwich spread with grilled vegetables!



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## 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.



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## Healthy Living at Hannaford



### 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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## Healthy Living at Hannaford



### 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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## Healthy Living at Hannaford

### 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.

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### 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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