



simply healthy

from your Hannaford Dietitian

Zesty Caesar Dip

Yields: 30 servings (1 oz. per serving)

Ingredients:

- 3 cups Dannon® plain yogurt
- 1/4 cup Cabot® Reduced Fat Shredded Cheddar Cheese
- 2 tablespoons lemon juice
- 1 tablespoon Dijon mustard
- 1 tablespoon olive oil
- 1 teaspoon garlic, chopped
- Salt & pepper to taste

Directions:

1. Combine all ingredients in a medium bowl and mix well. Season with salt and pepper.
2. Serve with plenty of vegetables and Kashi® crackers (may also be used as a sandwich topper or salad dressing).



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. For free nutritional advice, you can also email a private message to our staff registered dietitian at hannaford.com/dietitian.



simply healthy

from your Hannaford Dietitian

Cajun Mayo Spread

Yields: 1 cup

Ingredients:

- 1 cup Hellmann's® Canola Cholesterol Free Mayonaise
- 1 teaspoon red pepper
- 1/2 teaspoon McCormick's® paprika
- 1/2 teaspoon McCormick's® garlic powder
- 1/2 teaspoon McCormick's® chili powder
- 1/4 teaspoon McCormick's® onion powder
- 1/4 teaspoon McCormick's® black pepper
- 1/4 teaspoon nutmeg
- 8 Belgian endive leaves
- 8 cherry tomatoes, halved

Directions:

1. Combine all ingredients (except endive and tomatoes) in a medium bowl and mix well. Refrigerate mixture until ready to use.
2. Separate Belgian endive leaves from stalk.
3. Serve a dollop of spread mixture into each hollow Belgian endive leaf. Top with halved cherry tomatoes



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. For free nutritional advice, you can also email a private message to our staff registered dietitian at hannaford.com/dietitian.



simply healthy

from your Hannaford Dietitian

Quick Flax Muffin in a Cup

Yields: 1 muffin

Ingredients:

- 1/4 cup ground flax meal
- 1/4 cup fresh blueberries
- 1 egg
- 1/2 teaspoon McCormick's® cinnamon
- 1 teaspoon McCormick's® pure vanilla extract
- 1 tablespoon almond butter

Directions:

1. Mix ingredients. (Total volume equals about 3/4 cup)
2. Spray ramekin or small cup with cooking spray & add mixed ingredients. Microwave for 80 seconds. (Microwave temperature may vary - may need to cook longer.) Enjoy!



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. For free nutritional advice, you can also email a private message to our staff registered dietitian at hannaford.com/dietitian.



simply healthy

from your Hannaford Dietitian

Thanksgiving Surprise Turkey Bites

Yields: 1 muffin

Ingredients:

1/2 can (14 ounce) of cranberry sauce
1 cup Hellmann's® Canola Cholesterol Free Mayonaise
Taste of Inspirations® Turkey Deli Meat
Cabot® 50% Reduced Fat Cheddar Cheese Slices
Nature's Place® Whole Grain Bread

Directions:

1. Mix cranberry sauce with mayonnaise. Layer each slice of bread with turkey, cheese slices and cranberry mayo. Cut into small, bite-size pieces - can get 16 pieces per bread slice.



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. For free nutritional advice, you can also email a private message to our staff registered dietitian at hannaford.com/dietitian.



simply healthy

from your Hannaford Dietitian

Braised Spinach Sauce

Recipe Courtesy of Unilever

Ingredients:

- 1 package (10 oz.) fresh spinach
- 1 package Fresh Meals in Minute pre-chopped vegetables
- 2 cloves garlic, finely chopped
- 1/4 teaspoon McCormick's® ground nutmeg
- 1/4 teaspoon McCormick's® ground black pepper
- 1 jar (1 lb. 8 oz.) Ragu® Old World Style® Pasta Sauce

Directions:

1. In 12-inch nonstick skillet, over medium heat cook spinach and chopped veggies with garlic for 5 minutes or until spinach is wilted. Stir in nutmeg and pepper; cook 1 minute. Stir in pasta sauce and simmer, stirring occasionally for 5 minutes. Serve sauce with your next Fresh Meals In Minutes combo!



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. For free nutritional advice, you can also email a private message to our staff registered dietitian at hannaford.com/dietitian.



simply healthy

from your Hannaford Dietitian

Asian Vegetables & Peanut Sauce

Yields: 4 servings • Prep Time: 15 Minutes • Cook Time: 10 Minutes

Recipe courtesy of McCormick's

Ingredients:

- 1/3 cup crunchy peanut butter
- 1/3 cup chicken broth
- 3 tablespoons dry sherry
- 2 tablespoons McCormick's® chives
- 2 tablespoons fish sauce
- 2 tablespoons sugar
- 1 tablespoon sesame oil
- 1 tablespoon vegetable oil
- 2 packages of Fresh Meals in Minutes pre-chopped vegetables
- Coarsely chopped peanuts

Directions:

1. Place peanut butter, broth, sherry, chives, fish sauce, sugar and sesame oil in bowl of food processor; cover. Process until smooth. Set aside.
2. Heat vegetable oil in large skillet or wok on medium heat. Add vegetables; stir fry 3 to 4 minutes or until tender-crisp. Stir in peanut butter mixture. Bring to simmer. Sprinkle with peanuts.



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. For free nutritional advice, you can also email a private message to our staff registered dietitian at hannaford.com/dietitian.