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It's National Nutrition Month!
Try these delicious & healthy recipes.

WEEK 1 (3/1 - 3/7): Always eat breakfast.

CHALLENGE: Start off each day with a balanced breakfast.

Green Tea Smoothie

This is a refreshing and delicious smoothie that can be made with any green tea or flavored tea of your choice. The nice thing about smoothies is you can flavor them to your liking by using fruit; so if berries are not your thing, you can use mangoes or oranges instead. Other optional add-ins for extra protein include Greek yogurt, a handful of nuts, nut butter or two scoops of protein powder.

Prep Time: 5 minutes

Serves: 4

Ingredients:

2 cups brewed flavored or plain Lipton® Green Tea, cooled

2 Chiquita® Bananas, fresh or frozen

2 cups Fresh Express® Baby Spinach

2 tsp. honey

1 cup fresh or frozen berries of your choice

Directions:

Place spinach in blender first; then add all other ingredients. Blend to desired consistency.

Nutritional Information:

Amount Per Serving (1 cup): 88 Calories; 0 g Total Fat; 25 mg Sodium;
21 g Carbohydrate: 3 g Fiber; 2 g Protein

Source: Recipe adapted from healthysmoothiehq.com





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WEEK 1 (3/1 - 3/7): Always eat breakfast.

CHALLENGE: Start off each day with a balanced breakfast.

Southwestern Carrot Muffins

Prep Time: 20 minutes

Cook Time: 25 minutes

Serves: 12

Ingredients:

1/4 cup canola oil

1/2 cup agave syrup

2 eggs

2 limes (both zest and juice)

1 lb. carrots, grated (about 3 cups)

2 cups all-purpose flour

2 teaspoons baking soda

1/4 teaspoon kosher salt

1 teaspoon McCormick® cinnamon, ground

1/2 teaspoon McCormick® ginger, ground

1/8 teaspoon McCormick® cayenne pepper, ground

6 tablespoons pine nuts, divided



Directions:

1. Preheat the oven to 350 degrees F. Spray a 12-cup muffin pan with vegetable cooking spray, or line with paper muffin cups.

2. In a large bowl, use an electric mixer on medium-high speed to mix the oil, agave syrup, and eggs until well incorporated. Grate the zest from the lime and add; then cut lime in half, squeeze the juice (there should be 2 to 3 Tbsp.), and add. Mix well. Add the carrots and mix to combine thoroughly.

3. In a medium bowl, whisk together the flour, baking soda, salt, cinnamon, ginger, and cayenne. Add to the carrot mixture and mix until just combined. Stir in 1/4 cup of the pine nuts. Divide the batter among the muffin cups. Sprinkle about 1/2 tsp. of the remaining pine nuts on the surface of each muffin.

4. Bake until a tester comes out clean and the tops are slightly domed, 20 to 25 minutes. After 5 minutes, transfer muffins to a wire rack. Serve warm or at room temperature.

Source: Hannaford fresh Magazine, March - April 2011



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WEEK 1 (3/1 - 3/7): Always eat breakfast.

CHALLENGE: Start off each day with a balanced breakfast.

Power Breakfast

Prep Time: 5 minutes

Serves: 1

Ingredients:

1 packet Kashi® Heart to Heart® Instant Oatmeal

1/2 cup Cabot® Greek 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 to prepare.
2. Layer cooked oatmeal with the remaining ingredients.





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WEEK 2 (3/8 - 3/14): Drink up.

CHALLENGE: Drink 9 to 13 cups of fluids (mostly water) each day.

Citrus Tea Punch

Prep Time: 5 minutes

Brew Time: 5 minutes

Chill Time: 60 minutes

Serves: 7

Ingredients:

1 cup boiling water

1 Lipton® Cold Brew Family Size Tea Bag

1 1/2 Tbsp. honey

2 cups orange juice

2 cups chilled seltzer

1/2 cup lemon juice

1 medium orange, sliced

1 lemon, sliced

1 lime, sliced



Directions:

1. Pour boiling water over tea bag; cover and brew 5 minutes. Remove tea bag and squeeze remaining liquid out of bag into the tea. Stir in honey; chill.

2. Combine tea, orange juice, seltzer and lemon juice in large pitcher; stir in fruit. Serve over ice. Garnish, if desired, with fresh mint leaves.

Nutritional Information

Amount Per Serving: 60 Calories; 0 mg Sodium; 17 g Carbohydrate; 1 g Dietary Fiber; 12 g Sugars; 1 g Protein; 4% Vitamin A; 100% Vitamin C



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WEEK 2 (3/8 - 3/14): Drink up.

CHALLENGE: Drink 9 to 13 cups of fluids (mostly water) each day.

Cranberry Lime Sparkler

Serves: 1

Ingredients:

8 ounces cranberry juice, chilled

2 ounces sparkling water

Lime wedge

Directions:

Fill a tall glass with ice. Add cranberry juice and top with sparkling water. Garnish with a lime wedge.

Source: Recipe courtesy of www.oceanspray.com





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WEEK 2 (3/8 - 3/14): Drink up.

CHALLENGE: Drink 9 to 13 cups of fluids (mostly water) each day.

Berry Quick Citrus Iced Tea

Prep Time: 5 minutes

Brew Time: 5 minutes

Serves: 8

Ingredients:

2 cups boiling water

2 Lipton® Cold Brew Family Size Tea Bags

1 bag (12 oz.) frozen mixed berries

1 cup orange juice

2 cups chilled seltzer

Directions:

1. Pour boiling water over tea bag; cover and brew 5 minutes. Remove tea bag and squeeze out excess liquid into the tea.

2. Process tea, berries, and orange juice in blender. Pour into pitcher; add seltzer. Garnish, if desired, with additional berries and orange slices.

Nutritional Information

Amount Per Serving: 30 Calories; 0 g Total Fat; 0 mg Cholesterol; 0 mg Sodium; 9 g Carbohydrate; 1 g Dietary Fiber; 6 g Sugars; 1 g Protein; 0% Vitamin A; 25% Vitamin C; 2% Calcium; 0% Iron





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WEEK 3 (3/15 - 3/21): Add a vegetable to each meal.

CHALLENGE: Aim for 2 to 3 cups of vegetables per day.

Hearty Veggie Frittata

Prep Time: 10 minutes

Cook Time: 8 minutes

Serves: 6

Ingredients:

4 tablespoons I Can't Believe It's Not Butter!®
Spread, divided

2 cloves garlic, minced

4 1/2 cups sliced assorted fresh vegetables
(zucchini, onions and/or red peppers)

1 tsp. McCormick® Perfect Pinch®
Italian Seasoning, crushed

8 eggs

1 cup shredded Cabot® Sharp Light Cheddar Cheese, divided



Directions:

1. Melt 2 tablespoons I Can't Believe It's Not Butter!® Spread in large ovenproof nonstick skillet* over medium heat and cook garlic, vegetables, and Italian seasoning, stirring occasionally, until vegetables are tender, about 5 minutes. *If ovenproof skillet is not available, before broiling, thoroughly wrap handle of skillet with heavy-duty aluminum foil.
2. Meanwhile, melt remaining 2 tablespoons spread, add eggs and 3 tablespoons water, and beat with a wire whisk until foamy, about 1 minute. Stir 1/2 cup cheese into egg mixture.
3. Reduce heat to low and stir in egg mixture. Lift set edges of frittata with spatula, tilting pan to allow uncooked mixture to flow to bottom. Cook until almost set. Top with remaining 1/2 cup cheese, then broil 2 minutes or until golden brown and eggs are set.

TIP: Also makes a great sandwich. Just slice into wedges and serve on whole-grain bread.

Nutritional Information

Amount Per Serving: Calories 200; Calories from Fat 120; Total Fat 13 g; Saturated Fat 4.5 g; Trans Fat 0 g; Cholesterol 250 mg; Sodium 280 mg; Total Carbs 5 g; Dietary Fiber 1 g; Sugars 3 g; Protein 14 g; Vitamin A 40%; Vitamin C 80%; Calcium 15%; Iron 10%



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WEEK 3 (3/15 - 3/21): Add a vegetable to each meal.

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Asian Mandarin Spinach Salad

Serves: 4

Salad Ingredients:

15 oz. bag Fresh Express® Baby Spinach
1 (10 oz.) can canned mandarin oranges, drained
1/2 red onion, sliced
1/4 cup dry-roasted sunflower seeds

Creamy Feta Vinaigrette Ingredients:

1/3 cup white balsamic vinegar
1 Tbsp. honey
2 Tbsp. Hellmann's® Light mayonnaise
1/8 Tsp. McCormick® Garlic Powder
3 Tbsp. canola oil
1/8 Tsp. salt
1/8 Tsp. McCormick® Ground Black Pepper
1/2 cup feta crumbles

Directions:

1. In a large bowl, mix salad ingredients together. In a separate bowl, whisk together dressing ingredients until well blended.
2. Toss salad with prepared dressing and enjoy.





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WEEK 3 (3/15 - 3/21): Add a vegetable to each meal.

CHALLENGE: Aim for 2 to 3 cups of vegetables per day.

Italian Chicken with Stewed Tomatoes & Green Beans

Total Time: 20 minutes

Serves: 4

Ingredients:

- 2 Tbsp. extra-virgin olive oil
- 2 Tbsp. I Can't Believe It's Not Butter!® Spread
- 1 onion, peeled and sliced
- 2 garlic cloves
- 1 lb. chicken breast cut into 1/2 inch to 1-inch chunks
- 1 lb. fresh green beans
- 2 (14.5 Oz.) Italian Style Stewed Tomatoes
- 1 Tbsp. McCormick® Basil
- 1 (10 oz.) bag Fresh Express® Baby Spinach



Directions:

Put oil and buttery spread in a large skillet; turn heat to medium-high. When the spread melts, add onion and cook for 3 to 4 minutes. Add garlic and chicken to skillet. Cook for 5 minutes or until chicken is browned well on all sides. Stir in green beans, stewed tomatoes and dried basil and cook for another 5 minutes until green beans turn bright green. Stir in spinach and cook for another 2 minutes until spinach wilts. Serve in bowls.



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WEEK 4 (3/22 - 3/28): Bump up your fiber.

CHALLENGE: Aim for 20 to 30 grams of fiber daily.

Kashi® Friendly Fiber Muffins

Bake Time: up to 25 minutes

Serves: 12

Ingredients:

1 cup whole-wheat flour
2 tsp. baking powder (aluminum free)
1 tsp. McCormick® Ground Cinnamon
1/2 tsp. salt
1 3/4 cups Kashi® cereal
1 cup organic skim milk or rice or soy milk
2 egg whites
1/4 cup honey
1/2 cup unsweetened apple sauce
1 medium Chiquita® Banana, mashed
Nonstick cooking spray



Directions:

1. Preheat oven to 400°.
2. In a small bowl, stir together flour, baking powder, cinnamon and salt. Set aside.
3. In a large mixing bowl, combine cereal and milk and let stand for 2 to 3 minutes. Add the egg whites and beat well. Stir in honey, applesauce and banana. Add flour mixture and mix only until dry ingredients are moistened (over-mixing will produce rubbery muffins).
4. Coat muffin tin cups with nonstick cooking spray and fill with batter. Bake for 20 to 25 minutes, or until lightly browned.

Nutritional Information:

Amount per 1 muffin: 100 Calories; 0.5 g Total Fat; 0 mg Cholesterol; 200 mg Sodium; 24 g Carbohydrate; 3 g Dietary Fiber; 10 g Sugars; 3 g Protein; 2% Vitamin A; 2% Vitamin C; 8% Calcium; 4% Iron

Source: Recipe courtesy of Kashi®.



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WEEK 4 (3/22 - 3/28): Bump up your fiber.

CHALLENGE: Aim for 20 to 30 grams of fiber daily.

Spinach Salad with Tomatoes, Brown Rice, Mushrooms and Vinaigrette

Serves: 4

Ingredients:

- 1 bag Fresh Express® Baby Spinach
- 1/2 cup grape tomatoes
- 1 1/2 cups cooked brown rice
- 2 cups sliced white mushrooms
- 1/2 cup slivered red onion
- 1 Tbsp. McCormick® Rosemary Leaves
- 4 Tbsp. balsamic vinaigrette
- Coarse salt and ground pepper
- 1/2 cup Cabot® Sharp Light Shredded Cheddar Cheese



Directions:

Place spinach leaves in a large bowl. Add tomatoes, rice, mushrooms, red onions and rosemary. Drizzle dressing on salad, season to taste with salt and pepper, and toss. If desired, serve salad with a sprinkling of cheese.

Source: Recipe courtesy of Fresh Express®.



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WEEK 4 (3/22 - 3/28): Bump up your fiber.

CHALLENGE: Aim for 20 to 30 grams of fiber daily.

Minestrone Soup with Roasted Vegetables & Whole-Wheat Pasta

Prep Time: 20 minutes

Cook Time: 40 minutes

Serves: 8

Ingredients:

- 3 medium zucchini, diced
- 2 large carrots, peeled and chopped
- 2 red bell peppers, seeded and chopped
- 2 Tbsp. olive oil
- 1 dash salt
- 1 dash freshly ground black pepper
- 2 cups low-sodium vegetable broth
- 1 (28 oz.) can diced tomatoes, undrained
- 1 (15 oz.) can red kidney beans, undrained
- 1 tsp. McCormick® Oregano Leaves
- 1 tsp. McCormick® Garlic Powder
- 2 cups cooked small whole-wheat pasta

Directions:

1. Preheat oven to 475° F.
2. Place zucchini, carrots, and bell peppers in a large roasting pan. Toss with oil. Season to taste with salt and pepper. Roast vegetables for 20 to 25 minutes, stirring occasionally, until lightly browned and tender. Set aside.
3. In a large soup pot, combine broth with tomatoes and their juice (or tomato sauce) and undrained beans. Stir to combine. Add oregano and garlic.
5. Bring mixture to a boil. Reduce heat to medium low. Add roasted vegetables. Simmer for 15 minutes, stirring occasionally.
5. Stir in cooked pasta and adjust seasonings. Serve immediately. (Leftover soup may thicken overnight. If you wish, thin with water or additional broth.)

Nutritional Information

Amount Per Serving: Calories 225; Total Fat 11 g; Saturated Fat 8 g; Cholesterol 0 mg; Sodium 582 mg; Total Carbohydrate 44 g; Dietary Fiber 12 g; Protein 12 g * Sodium amount will vary according to which products you use.

