



simply healthy

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

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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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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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.