

Strawberry Spinach Salad

Salad ingredients

- 10 oz baby spinach
- 1 quart strawberries, stems removed and sliced
- 1/4 cup sliced or slivered almonds, or pistachios, toasted in a 350 degree F oven for 5-10 minutes.

Dressing ingredients

- 1/4 cup white wine vinegar
- 1/4 cup sugar
- 1/2 teaspoon salt
- 1/2 cup oil (can use vegetable or mild-tasting olive oil)
- 2 tablespoons diced onion
- 1 tablespoon poppy seeds

Instructions

1. Whisk all of the dressing ingredients together in a small bowl, or shake together in a jar. Dressing can be stored in the refrigerator.
2. In a salad bowl, toss spinach with dressing. (You will not need to use all of the dressing).
3. Add strawberries and nuts, toss, and serve.



Makes: 8 servings; Nutrition Information: CALORIES 210 (150 from fat); FAT 17g (sat 1.5g); CHOLESTEROL 0mg; SODIUM 170mg; CARBOHYDRATE 15g; FIBER 3g; PROTEIN 3g; CALCIUM 10%; IRON 10%

Sweet Potato Soup

Ingredients

- 1 tablespoon olive oil
- 2 medium onions, chopped
- 3 garlic cloves, chopped
- 1/2 teaspoon ground cumin
- 1 teaspoon paprika
- 2 1/2 tablespoons flour
- 6 cups low-fat or skim milk
- 3 corn tortillas, broken into small pieces
- 1 can of corn plus the water in the can (don't drain the can)
- 2 large sweet potatoes, peeled and cut into 1/2-inch cubes
- Salt and pepper to taste
- Squeeze of lime (or lemon) juice
- 2 tablespoons, chopped cilantro (optional)

Instructions

1. Sauté onions, garlic, cumin, and paprika in oil for about 5 minutes, stirring frequently.
2. Add flour, stir for 30 seconds. Add milk (slowly, stirring), sweet potatoes, tortillas and corn water (just the liquid- save the corn for later!)
3. Simmer over low heat, stirring occasionally, for 20 minutes or until sweet potatoes are tender.
4. Add corn and simmer a few minutes. Add lime juice, and salt and pepper to taste.
5. Sprinkle with cilantro, and serve!

Makes: 6 servings

Nutrition Information: CALORIES 410 (11% from fat); FAT 5g (sat 1g); CHOLESTEROL 5mg; SODIUM 510mg; CARBOHYDRATE 76g; FIBER 7g; PROTEIN 19g; CALCIUM 60%; IRON 15%