

Waldorf Salad

Makes: 6 servings

Ingredients

- 1/4 cup** walnuts (chopped)
- 2** apple (cored and diced)
- 1 cup** celery (diced)
- 1/2 cup** raisins
- 1/4 cup** plain yogurt (non-fat)
- 1/2 teaspoon** sugar
- 1 teaspoon** lemon juice

Directions

1. Preheat oven to 350 degrees.
2. Place chopped walnuts on a baking sheet and bake for 12-15 minutes. Stir occasionally until they are evenly toasted.
3. Combine apples, celery, nuts, and raisins.
4. Stir together yogurt, sugar, and lemon juice. Pour over apple mixture and toss lightly.
5. Refrigerate leftovers within 2 hours.

Notes

Serve this dish with a whole wheat roll for a hearty meal.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	110	
Total Fat	3.5 g	5%
Protein	2 g	
Carbohydrates	18 g	6%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	25 mg	1%

Cranberry Ham Slice

Makes: 6 Servings

Ingredients

1 cup brown sugar, firmly packed
1/2 tablespoon cornstarch
1/2 teaspoon allspice
1 pint cranberry juice cocktail
2 tablespoons lemon juice
1/4 cup raisins, seedless
2 ham slices, 1-inch thick

Directions

1. Set dial of temperature controlled burner at 225°F. Combine brown sugar, cornstarch, and allspice in a saucepan.
2. Gradually add the next three ingredients and stir. Cook until sauce thickens and boils.
3. Place one slice of ham in greased baking dish. Pour one half of the sauce over the ham slice. Top with second slice. Add remaining sauce.
4. Bake, covered in 350°F oven for 45 minutes.

Brown Rice Pilaf with Sage, Walnuts and Dried Fruit

Rating: ★★★★★

Makes: 8 servings

Ingredients

1 canola cooking spray (as needed)
1 onion (medium, chopped)
1 celery (medium stalk, ends trimmed and chopped)
2 cups rice (brown, uncooked)
2 1/2 cups water
2 cups vegetable broth (fat-free, reduced sodium)
1/4 cup raisins (dark)
1/4 cup apricots (dried, chopped)
4 cups walnuts (chopped, optional)
1 teaspoon sage (dried)
2 tablespoons sage (fresh, chopped)
salt (to taste, optional)
pepper (to taste, optional)

Directions

1. Spray the large skillet with canola cooking spray. Heat skillet over medium heat.
2. Sauté onion and celery until tender, about 5 minutes. Add brown rice and sauté for 5 minutes.
3. Add water, broth, raisins, and apricots; heat to boiling. Reduce heat to low, cover and simmer until rice is tender and liquid is absorbed, about 50 minutes.
4. Stir in walnuts if desired, sage, salt and pepper.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	220	
Total Fat	1.5 g	2%
Protein	5 g	
Carbohydrates	47 g	16%
Dietary Fiber	4 g	16%
Saturated Fat	0 g	0%
Sodium	130 mg	5%

5. Transfer to serving dish. Garnish with fresh sage and serve immediately.

Dutch Green Beans

Makes: 4 servings

Ingredients

- 1 can** green beans (15 ounces)
- 1/4 cup** brown sugar
- 1 teaspoon** cornstarch
- 1/3 cup** vinegar
- 1** onion (small, sliced)

Directions

1. Drain the beans, and save the liquid from the can in small bowl.
2. Pour 1/2 cup bean liquid into the saucepan.
3. Add the cornstarch in the bean liquid. Stir well.
4. Add the vinegar and brown sugar.
5. Put on medium heat and bring to a boil.
6. Turn the heat to low.
7. Add the green beans and onions. Heat and serve.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	80	
Total Fat	0 g	0%
Protein	1 g	
Carbohydrates	20 g	7%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	360 mg	15%

Maple Sweet Potatoes

Makes: 2 servings

Ingredients

- 2 sweet potatoes (large)
- 2 **tablespoons** yogurt, non-fat
- 1 **tablespoon** maple syrup
- 1 **tablespoon** orange juice

Directions

1. Prick potato skins with a fork. Microwave on high for 3 to 4 minute until soft and easily pierced with a knife.
2. Scoop out the pulp into a medium bowl. Mash the pulp and stir in the yogurt, maple syrup, and orange juice. Transfer to a microwave safe serving bowl and microwave for 1 to 2 minutes to heat through.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	150	
Total Fat	0 g	0%
Protein	3 g	
Carbohydrates	35 g	12%
Dietary Fiber	4 g	16%
Saturated Fat	0 g	0%
Sodium	80 mg	3%

Deep Dish Apple Cranberry Pie

Rating: ★★★★★

Makes: 10 servings

Ingredients

- 4 apple (large, peeled, cored, and sliced)
- 2 1/2 cups cranberries (fresh or frozen)
- 3/4 cup sugar
- 1/4 cup flour (all purpose)
- 1 teaspoon apple pie spice
- 1 pie crust (prepared)

Directions

1. Stir all ingredients together in a medium sized mixing bowl and place in a 10-inch deep dish pie pan.
2. Place one pie crust on top of the fruits. Cut 3 or 4 slits to allow the steam to escape.
3. Bake at 375 degrees for about an hour. Serve warm with a slice of pie crust over top of the fruit. Refrigerate any leftovers.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	240	
Total Fat	8 g	12%
Protein	1 g	
Carbohydrates	42 g	14%
Dietary Fiber	3 g	12%
Saturated Fat	1.5 g	8%
Sodium	115 mg	5%