HEALTHY RECIPES

Artichoke Salad

1 package dry Italian-style salad dressing mix (such as Good Seasons)
1 Cup low fat sour cream
4 cups chopped romaine lettuce
1 cup chopped red bell pepper
1 cup chopped broccoli
1 cup sliced fresh mushrooms
1 (14 ounce) can artichoke hearts (packed in water), drained and chopped

FILLING
1/4 cup butter
1 cup white sugar
1/4 cup evaporated milk
1 1/2 cups marshmallow creme
1/4 cup creamy peanut butter
1 teaspoon vanilla extract
1 1/2 cups chopped salted peanuts

CARAMEL
1 (14 ounce) package individually wrapped caramels, unwrapped
1/4 cup heavy cream

Directions:
1. In a small bowl, whisk together the sour cream and Italian dressing mix.
2. 2. In a large bowl, toss together the lettuce, red pepper, broccoli, mushrooms, and artichoke hearts. Top with dressing and toss until evenly coated.

Makes 6 servings; approximately 100 kcals/serving

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HEALTHY RECIPES

Chicken Strawberry Salad

_ Cup reduced fat poppy seed dressing
_ cup reduced fat mayonnaise
3 _ cups chopped, cooked chicken
2 celery ribs, sliced
1 pint fresh strawberries, halved
_ avocado, cut into cubes
_ small red onion, thinly sliced
_ cup slivered almonds, toasted
1 (10-ounce) package mixed salad greens

DIRECTIONS:
Whisk together dressing and mayonnaise in a large bowl; cover and chill 30 minutes.

Add chopped chicken and next 5 ingredients to dressing mixture, gently tossing to coat. Serve over mixed salad greens.

Makes 6 servings; approximately 475 calories/serving.

HEALTHY RECIPES

Greek Pasta Salad

1 (8-ounce) package sliced fresh mushrooms
4-5 shallots, chopped (or _ small onion)
6 tablespoons olive oil, divided
2 tablespoons lemon juice
3 tablespoons light mayonnaise
1 tablespoon Greek seasoning
1 (8-ounce) package penne pasta, cooked
1 (2.5-ounce) can sliced ripe black olives, drained
1 (4-ounce) jar diced pimiento, drained

DIRECTIONS:
Whisk together remaining 4 tablespoons oil, juice, mayonnaise, and seasoning in a large bowl, blending well. Add cooked pasta, mushroom mixture, olives and pimiento, tossing to coat. Cover and chill.

Makes 6 servings; approximately 350 kcals/serving.

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