

# Quick and Easy Meals

## **RECIPES**

# Broccoli Salad

### Makes 8 Servings

4 cups chopped broccoli 1/4 cup sliced/chopped walnuts

1/4 cup raisins

1/4 cup mayonnaise, low fat 6 ounces vanilla yogurt, low fat

1/4 cup thinly sliced red onion (optional)

Mix together all ingredients and refrigerate overnight.

# Fruit and Yogurt Breakfast Shake

### Makes 2 Servings

1 banana (medium, very ripe, peeled)
6 ounces pineapple juice
1/2 cup vanilla yogurt, low fat
1/2 cup strawberries
(remove stems and rinse)

Put banana, pineapple juice, yogurt, and strawberries in a blender. Blend until smooth.

Pour into two glasses. Serve immediately.

# Hawaiian Delight

### Makes 6 servings

8 ounces mandarin oranges, packed in juice 15 ounces pineapple chunks, packed in juice 1/8 cup coconut, shredded 1/8 cup pecans, chopped 6 ounces vanilla yogurt, low fat Drain juice from mandarin oranges and pineapple. Place fruit in a big bowl. Add coconut, pecans, and yogurt to the bowl and mix.

# **Pumpkin Muffins**

### Makes 18 Servings

1 box spice cake mix 15 ounces pure pumpkin, canned Preheat oven to 350°F.
Mix the spice cake mix and pumpkin together and drop by heaping tablespoons into greased muffin cups.
Bake at 350°F 18–22 minutes or until a knife comes out cleanly.

For more information, contact your county Extension office. Visit www.aces.edu/directory.

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