

Secret Foods for Health

Carrot Salad

Makes 6 Servings

1-1/2 cups finely grated carrots
8 ounces crushed pineapple, drained
1/2 cup dried cranberries
1/2 cup walnuts, chopped
1/2 cup light mayonnaise

Toss carrots, fruit, and walnuts lightly.
Add mayonnaise. Stir gently.
Chill.

Spinach Egg Burrito

Makes 2 Serving

oil to moisten pan and
prevent sticking
2 eggs
5 spinach leaves, torn into small pieces
1 slice American cheese
1 whole-wheat tortilla

Heat oiled skillet.
Cook eggs with spinach.
Top with cheese.
Serve on a tortilla.



Sunshine Bowl

Makes 5 servings

15 ounces tropical fruit salad, drain
8 ounces mandarin oranges, drain

Mix together and refrigerate until ready to serve.



Yogurt Pie

Makes 8 Servings

8 ounces fruit-flavored, low fat yogurt
(with sugar)
8 ounces low fat whipped topping
1 graham cracker pie crust
fresh fruit

Mix yogurt and whipped topping.
Put yogurt mixture in graham cracker
crust. Chill or freeze.
Top with fresh fruit.