

# Secret Foods RECIPES 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.



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

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