

Feel Good Recipes

Berry and Spinach Salad

Makes 6 Servings

6 cups spinach leaves, torn into small pieces
1/4 cup red onions, chopped
2 cups fresh strawberries, hulled and halved
1/4 cup fresh blueberries or raspberries
1/4 cup raspberry vinaigrette dressing
1/4 cup walnuts (optional)

In a large bowl, toss spinach with red onions.
Rinse strawberries, blueberries, and raspberries.
Add berries to spinach.
Lightly coat the salad with raspberry vinaigrette dressing.
Top with walnuts.

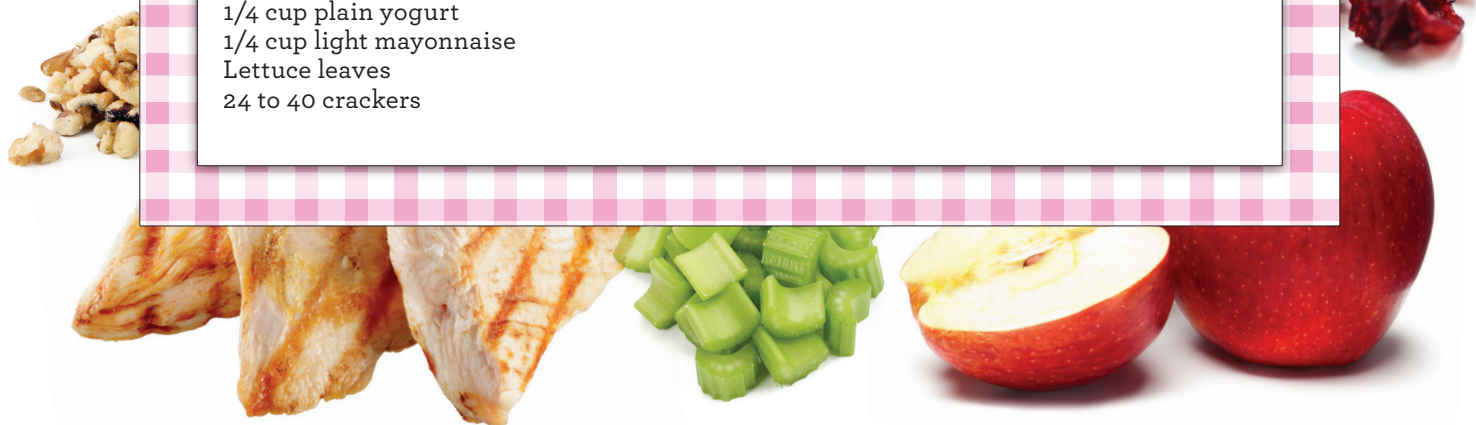


Crunchy Chicken Salad

Makes 8 Servings

2 cups canned or home-cooked chicken, chopped
1 cup apple, chopped (leave the peel on)
1/3 cup dried cranberries or raisins
1/2 cup celery, chopped
1/4 cup walnut pieces
1/4 cup plain yogurt
1/4 cup light mayonnaise
Lettuce leaves
24 to 40 crackers

In a mixing bowl, combine chicken, apple, dried cranberries or raisins, celery, walnuts, yogurt, and mayonnaise and stir.
Serve on a crisp lettuce leaf with four crackers on each plate.



Hawaiian Melt

Makes 4 Servings

2 English muffins, split in half
8 thin slices ham
4 canned pineapple rings, drained
4 slices cheddar cheese

Preheat oven or broiler to medium high.
Toast muffins until golden brown.
Top toasted muffin halves with ham,
pineapple, and cheese.
Transfer muffins to an oven tray.
Place tray in preheated oven or broiler.
Cook until cheese has melted.

Veggie Omelet

Makes 2 Servings

2 eggs
2 tablespoons water
1 teaspoon oil or nonstick cooking spray
vegetables: chopped mushrooms,
tomatoes, onions, or green pepper
1/8 teaspoon salt (optional)
pepper to taste (optional)

In a small bowl, beat eggs and water.
In a skillet, heat oil or nonstick cooking
spray.
Pour in eggs.
Add vegetables.
Carefully push edges of eggs toward
center with a spatula so uncooked portion
can cook.
When no liquid egg remains, fold omelet
in half.
Cut in half and serve.