

Quick and Easy Meals

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.

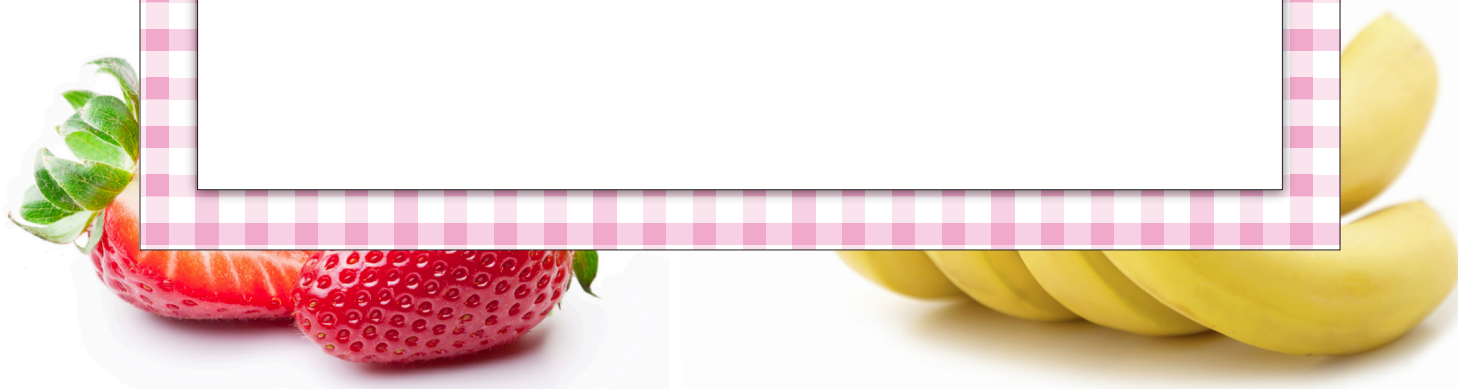


FRUIT AND YOGURT BREAKFAST SHAKE

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.



The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) is an equal opportunity educator and employer. Everyone is welcome!