



Quick, easy recipes for May, 2020



Strawberry Spinach Salad (4 – 6 servings)

Ingredients:

4 - 6 cups baby spinach (rinsed)

2 cups sliced strawberries (works well with pineapple chunks too)

2 - 4 tablespoons store-bought low-fat raspberry vinaigrette

Directions:

In a large bowl, toss the spinach and strawberries. Pour the vinaigrette over the spinach and strawberries and toss to coat.

Substitution: Don't have vinaigrette? Make your own. (Enough for 2 salads)

4 tablespoons vegetable oil (canola, sunflower or corn)

2 tablespoons white wine or apple cider vinegar

1 tablespoon sugar

1/8 teaspoon paprika (if you have it)

1 tablespoon sesame seeds (optional)

Sautéed corn, pepper and onion (4 servings)



Ingredients:

1 tablespoon olive oil

1 onion (sliced)

1 bell pepper (red, yellow, orange) sliced

10 oz. package frozen corn kernels (thawed)

½ teaspoon salt

¼ teaspoon pepper

Directions:

Cook sliced onion and bell peppers in 1 tablespoon olive oil for 6 – 8 minutes in a pan.

Add thawed corn and cook for 3 minutes.

Season with salt and pepper and serve.

Note: you can use frozen corn also; cook corn and vegetable mixture for 6 minutes or until thoroughly heated through.

Garlicky String (Green) Beans



Ingredients:

1 tablespoon olive oil

3-4 cloves of garlic, sliced

10 oz. package frozen green beans

½ teaspoon salt

Directions:

Heat pan on medium heat. Add olive oil and when hot, sauté garlic for 1 – 2 minutes

(be careful not to burn the garlic)

Add package of frozen string beans and cook 6-8 minutes

Season with salt

Substitutions:

Use fresh string beans- cut tips, rinse, then dry

Too much garlic in this recipe, substitute with ½ teaspoon garlic salt; omit garlic cloves and salt

Don't have string beans, use 10 oz bag of frozen broccoli florets

I haven't used canned green beans, but it should work. Drain canned beans and sauté in garlic until heated through, 2 – 3 minutes. Omit salt.



Whole wheat Couscous- Fast, easy and delicious (Makes 4 ½ c servings)

Look for whole wheat ground couscous- has 3X more fiber + more iron

Ingredients:

1 cup whole wheat couscous

1 ¼ cups chicken broth

1 tablespoon olive oil (optional)

Directions:

In a saucepan, bring chicken broth to a boil.

Add couscous, stir

Remove from heat and cover

Let stand for 5 minutes

Fluff with a fork before serving.

Drizzle olive oil over couscous.

Substitutions:

Don't have chicken broth, substitute with 1 ¼ cups water, ¼ teaspoon salt and 1 teaspoon butter or olive oil.

Can't find whole wheat couscous, use non- whole wheat type.

Serve with sautéed vegetables- onions, peppers, sliced mushrooms, zucchini – whatever vegetables are in your fridge.

Add protein with canned, rinsed and drained chickpeas.

Fun snack: Edamame in the pod (immature soybeans, high in Vitamin C)*



Ingredients:

10 oz bag frozen edamame in the pod

½ teaspoon Kosher salt

Directions:

Boil 2 cups of water

Add frozen edamame and cook 4 – 5 minutes

Let stand 1 – 2 minutes

Drain in colander and put in bowl.

Add 1/2 teaspoon kosher salt and stir.

Serve

Let your kids have fun removing the bean from the shell.

***Note: Edamame are immature soybeans so not for children with soy allergies**