

Curried Chicken Salad Wraps

3 cups (750 ml)	cubed cooked chicken
1 cup (250 ml)	chopped celery
1 cup (250 ml)	halved seedless red or green grapes
½ cup (125 ml)	toasted slivered almonds
1 tbsp (15 ml)	lemon juice
¾ tsp (4 ml)	curry powder
⅔ cup (150 ml)	light mayonnaise
	salt and pepper to taste
10	lettuce leaves
10	large (10-inch/25cm) flour tortillas

Directions:

1. In a large bowl, stir together chicken, celery, grapes, almonds, lemon juice, curry powder, mayonnaise, salt, and pepper.
2. Place 1 lettuce leaf on each tortilla. Divide chicken mixture evenly along center of each lettuce leaf. Fold up bottom and roll up tortilla.

Yields: 10 wraps

Nutrient Analysis Per Serving

366 Calories

38 g Carbohydrates

19 g Protein

15 g Fat

Source: Dietitians of Canada *Cook Great Food* Cookbook

Italian Pasta, Beef and Bean Soup

1 lb	lean ground beef
1 cup (250 ml)	sliced carrots
½ cup (125 ml)	chopped celery
2	garlic cloves, minced
½ tsp (2 ml)	salt
1 (19-oz) can	navy beans, drained, rinsed
1 (15-oz) can	red kidney beans, drained, rinsed
1 (14.5-oz) can	diced tomatoes with basil, garlic and oregano, undrained
1 (14.5-oz) can	ready-to-serve beef broth
6 cups (1.5 L)	water
¼ cup (50 ml)	chili sauce
4 oz (1 cup)	uncooked elbow macaroni

Directions:

Brown ground beef in large non-stick skillet over medium-high heat until thoroughly cooked, stirring frequently. Drain.

Reduce heat to medium. Add carrots, onion, celery, garlic, and salt; mix well. Cook 5-8 minutes or until vegetables are crisp-tender, stirring occasionally.

Add all remaining ingredients except macaroni; mix well. Bring to a boil. Reduce heat to medium-low; simmer 15 minutes to blend flavours.

Add uncooked macaroni; cover and cook 8-10 minutes or until macaroni is of desired doneness, stirring occasionally.

Yields: 8 (1½ cup) servings

Nutrient Analysis Per Serving

275 Calories

35g Carbohydrates

18g Protein

7g Fat

Source: Unknown

Tomato-Dill Grilled Cheese Sandwiches

4 tsp (20 ml)	Margarine
4 slices	bread
4 slices (1-oz each)	dill Havarti cheese
4 slices	tomato

Directions:

Spread margarine on one side of each slice of bread. On 2 bread slices, margarine side down, layer cheese, tomato slices and another slice of cheese. Top with remaining bread slices, margarine side up.

Heat large skillet over medium heat until hot. Add sandwiches; cook 2-3 minutes or until golden brown. Turn; cover and cook an additional 2-3 minutes or until golden brown and cheese is melted.

Yields: 2 sandwiches

Nutrient Analysis Per Serving

373 Calories

35g Carbohydrates

19g Protein

18g Fat

Source: Unknown

Healthy Chicken Nuggets & Pineapple-Orange Dipping Sauce

1	egg
2 tbsp (30 ml)	milk
3½ cups	cornflakes, crushed
1 pound	boneless, skinless chicken breast, cut into nugget size pieces

Directions:

1. Whisk the egg and milk together in a small mixing bowl.
2. Place cornflakes in a plastic bag.
3. Dip chicken pieces in egg mixture; place chicken in plastic bag and shake.
4. Place coated chicken pieces on baking sheet.
5. Bake in 400°F (200°C) oven for 15 minutes.
6. Serve chicken nuggets with warm pineapple-orange dipping sauce (recipe below)

Dipping Sauce

1 can (8 ounces)	sliced or crushed pineapple in juice
1 tbsp (15 ml)	cornstarch
¼ cup (50 ml)	orange juice
¼ cup (50 ml)	barbeque sauce

Directions:

1. Pour undrained pineapple into blender. Secure lid and process until it's a thick puree.
2. Pour pineapple into the saucepan and add cornstarch; blend.
3. Add orange juice and barbeque sauce; blend.
4. Bring to a boil, then reduce heat and simmer; stirring until sauce thickens, about 3 minutes
5. Remove from heat and set aside.

Yields: 4 servings

Nutrient Analysis Per Serving

256 Calories

34g Carbohydrates

23g Protein

3g Fat

Source: Dole 5 A Day (www.dole5aday.com)

Spunky Vegetable Pizza

¾ cup (175 ml)	pizza sauce
1	12-inch (30 cm) pizza shell
1 cup (250 ml)	chopped broccoli
1 cup (250 ml)	shredded carrots
½ cup (125 ml)	sliced red or green bell pepper
1 cup (250 ml)	shredded part-skim mozzarella cheese

Directions:

1. Place pizza shell on non-stick baking sheet or pizza pan.
2. Spread pizza sauce over crust
3. Arrange vegetables over sauce.
4. Sprinkle on the cheese.
5. Bake in 450°F (230°C) oven for 10 minutes
6. When baked, cool pizza for 3 minutes before slicing. Cut into 8 wedges.

Yields: 8 servings

Nutrient Analysis Per Serving

240 Calories

29g Carbohydrates

13g Protein

8g Fat

Source: Dole 5 A Day (www.dole5aday.com)