



Zesty Three-Bean Salad

Ingredients:

¼ cup vinegar
2 tablespoons honey Dijon mustard
1 tablespoon honey
2 teaspoons canola oil
1 teaspoon celery seeds
1 medium garlic clove, minced
¼ teaspoon salt
1 15-ounce can no-salt-added kidney beans, rinsed and drained
1 15-ounce can no-salt-added pinto beans, rinsed and drained
1 14.5-ounce can no-salt-added green beans, drained
2/3 cup chopped red onion
½ cup chopped green bell pepper

Nutritional Information:

- Servings: 12
- Servings size: ½ cup
- Calories: 90 kcal
- Fat: 1 g
- Saturated Fat: 0 g
- Unsaturated Fat: 0.5 g
- Cholesterol: 0 mg
- Sodium: 54 mg
- Carbohydrates: 16 g
- Fiber: 4 g
- Sugar: 5 g
- Protein: 5 g

Instructions:

1. In a large re-sealable plastic bag, thoroughly combine the vinegar, mustard, honey, oil, celery seeds, garlic, and salt. Add the remaining ingredients, seal the bag, and turn gently several times to coat. Refrigerate for at least 2 hours, turning several times, before serving. (Can be prepared a day ahead.)



Turkey Burger Sliders

Ingredients:

12 two-ounce ground turkey patties
12 dinner rolls

Instructions:

1. In a large skillet over medium heat cook patties until browned and cooked through (165°F), about 5 minutes per side.
2. Serve on rolls.
3. Top with desired toppings—cheese, lettuce, tomatoes, ketchup, mustard, etc.

Nutritional Information:

- Servings: 6
- Servings size: 2 sliders
- Calories: 360 kcal
- Total Fat: 12 g
- Saturated Fat: 2.5 g
- Trans Fat: 0 g
- Cholesterol: 80 mg
- Sodium: 355 mg
- Carbohydrates: 34 g
- Fiber: 2 g
- Sugar: 6 g
- Protein: 28 g

*information for plain slider



Chocolate Avocado Ice Cream

Ingredients:

- 2 avocados
- ½ cup 0% fat Greek yogurt
- 1 tsp vanilla extract
- 7 oz. sweetened condensed milk
- 1 cup 1% milk
- 4 tbsp unsweetened cocoa powder

Nutritional Information:

- Servings: 8
- Servings size: ½ cup
- Calories: 197 kcal
- Carbohydrates: 22 g
- Sugar: 17 g
- Protein: 6 g
- Fat: 10 g
- Saturated Fat: 3 g
- Unsaturated Fat: 7 g
- Fiber: 4 g
- Sodium: 52 mg
- Cholesterol: 80 mg

Instructions:

1. Deseed avocado and remove from skin.
2. Combine all ingredients in blender.
3. Blend until smooth.
4. Pour into ice cream maker (follow devices instructions)
 - a. If you're not using an ice cream maker, pour mixture into a freezer-safe bowl. Stir every hour and freeze until firm.
5. Top with your favorites like peanuts, sliced bananas, toasted coconut or crushed peppermint candies.



American Flag Fruit Kabob

Ingredients:

12 wooden bamboo skewers
1 pound strawberries
6 ounces blueberries
3 bananas

Instructions:

1. Rinse and dry berries. Peel bananas.
2. Chop the stems off strawberries and cut into bite-size pieces.
3. Slice bananas into 1" slices.
4. Insert skewer into fruit and repeat.
5. Starting with the blueberries, skewer six on top and alternate between banana and strawberry slices until you reach the end of the skewer. Continue with blueberries first on the skewer for 4-5 skewers. Then the rest of the skewers alternate remaining bananas and strawberries to complete the American flag.
6. Place on a platter and keep refrigerated until serving. If not serving immediately—use lemon juice on bananas to prevent browning.

Nutritional Information:

- Servings: 12
- Servings size: 1 skewer
- Calories: 51 kcal
- Carbohydrates: 12 g
- Sugar: 8 g
- Protein: < 1g
- Fat: < 1 g
- Saturated Fat: <1 g
- Unsaturated Fat: <1 g
- Fiber: 2 g
- Sodium: 1 mg
- Cholesterol: 0 mg

*Average of all fruit