

Cilantro Lime Dressing

(serves 8, 2-Tbsp serving)

This dressing made our staff go “yum!” and “so tasty!” We served it over salad, but it is a great marinade for meat.

Ingredients

1/4 cup packed cilantro leaves
1/4 cup lime juice
2 tsp apple cider vinegar
1/4 cup honey
1 clove garlic, sliced

2 Tbsp minced red onion
1/4 teaspoon salt
1/4 teaspoon pepper
1/2 cup extra virgin olive oil



Directions

1. Wash hands.
2. Wash cilantro. Remove leaves and throw out stems. Measure to 1/4 cup.
3. Combine all ingredients, except olive oil, in blender until slightly combined.
4. With blender running, slowly add olive oil until it is incorporated into the dressing.
5. Cover and refrigerate until ready to serve. Use within 4 days.

Tip: Top a salad of lettuce greens, corn, black beans, sliced tomatoes, sliced avocado, leftover cooked chicken, and cheddar cheese with the dressing.

Nutritional analysis per serving: 160 calories, 14g total fat (2g saturated fat), 75mg sodium, 10g carbohydrate, 0g fiber, 0g protein

Recipe by Caitlin Mellendorf, MS, RD, Nutrition & Wellness Educator, 2016

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Honey Glazed Carrots

(serves 6)

Orange compliments the carrots in this quick, microwaved vegetable side dish. Try them with your favorite cut of pork and a baked potato for a simple meal.



Ingredients

1 lb fresh baby carrots
1/3 cup water
1/2 cup orange juice

1 tsp cornstarch
2 Tbsp butter (or margarine)
2 Tbsp honey

Directions

1. Wash hands.
2. Place carrots in a microwave-safe casserole dish and add water. Cover and microwave on high for 10 to 12 minutes or until tender. Drain any liquid from carrots and set aside.
3. In a separate microwave-safe bowl, stir the orange juice and cornstarch until smooth. Add the butter and honey, cover, and microwave on high for 30 seconds or until the mixture is thick.
4. Stir the honey mixture and the carrots together, cover, and microwave on high for 1 minute. Serve hot.

Tip: Don't have baby carrots? Use regular carrots in their place.

Nutrition Facts per serving: 120 calories, 6g fat, 180mg sodium, 16g carbohydrate, 5g fiber, 2g protein

Recipe by Caitlin Mellendorf, MS, RD, Nutrition & Wellness Educator, 2020

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Lemon Bars

(serves 16)

Try this dessert with a bright lemon flavor! And for a dessert, check out how little fat or sodium is in each serving.



Ingredients

Crust

1/2 cup white or regular whole wheat flour
1/3 cup all-purpose flour
1/3 cup granulated sugar
1/8 teaspoon salt
1/4 cup butter, softened
1 tsp lemon zest

Filling

1/2 cup granulated sugar
2 tsp lemon zest, divided
1/4 cup lemon juice
2 large eggs
1 Tbsp all-purpose flour

Topping

2 Tbsp powdered sugar (optional)

Directions

1. Wash hands.
2. Preheat oven to 350°F. Coat an 8x8-inch square baking pan with cooking spray.
3. Stir flours, sugar and salt in a medium bowl. Stir in butter and lemon zest until crumbly. Press the mixture down evenly in the bottom of the prepared baking pan. Bake the crust until it has puffed up slightly, about 15 minutes.
4. While crust is baking, prepare filling. Whisk sugar, lemon zest, lemon juice, eggs, and flour in a medium bowl until smooth. When crust has finished baking, pour the filling mixture evenly over the hot crust.
5. Return the pan to the oven and bake until set, about 15-20 minutes. Let cool in the pan on a wire rack for about 1 hour, then refrigerate for at least another hour before serving.
6. To serve, cut into squares or triangles with a lightly oiled knife. Dust with powdered sugar just before serving.

Nutritional analysis per serving: 105 calories, 4g total fat (2g saturated fat), 19mg sodium, 17g carbohydrate, 1g fiber, 2g protein

Recipe adapted from Leia Flure, MS, RD, University of Illinois Extension, 2014

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