

Illinois Extension

Winter Fruit and Spinach Salad

(serves 4)

Make this a main dish by adding cooked chicken or garbanzo beans and a whole-grain roll or crackers on the side.



Ingredients

4 cups fresh spinach leaves	1/4 cup oil
1 medium ripe pear, thinly sliced	1/4 cup orange juice
1/4 cup dried cranberries	1 tsp orange zest (optional)
Quarter of a red onion, thinly sliced	1 tsp sugar or honey
2 Tbsp chopped pecans or other nuts (optional)	1/4 teaspoon ground black pepper
1/4 cup parmesan cheese, shaved	

Directions

1. Wash hands with soap and water.
2. Gently rub produce under cold running water.
3. Add spinach leaves to a serving bowl.
4. Top with pear slices, dried cranberries, onion slices, nuts (if using), and cheese.
5. Make dressing: add oil, orange juice, orange zest (if using), sugar or honey, and black pepper to a small bowl. Whisk dressing with a fork to combine.
6. Pour dressing over salad and serve.

Tip: This is an easy recipe to change for personal taste. For example, use mixed spring greens instead of spinach, or apple slices instead of pears.

Nutrition Facts per serving (with nuts): 250 calories, 18g fat (3g saturated fat), 125mg sodium, 20g carbohydrate, 3g fiber, 4g protein

Nutrition Facts per serving (without nuts): 220 calories, 16g fat, 125mg sodium, 19g carbohydrate, 3g fiber, 3g protein

Recipe by: Eat.Move.Save., Illinois Nutrition Education Programs, University of Illinois Extension.

The University of Illinois Extension Nutrition & Wellness program encourages individuals, families and communities to live healthier through in-person classes or online. Learn about managing diabetes and heart disease, safely preserving foods, being food-safe at home and making healthier choices when shopping, cooking and meal planning. More information is available at go.illinois.edu/dmp or find us on Facebook or Twitter @uie_DMP

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Fruit and Nut Granola Bar Clusters

(serves 12)

Enjoy a cookie-shaped granola bar that is easy to make.



Ingredients

1 1/2 cup quick oats
1/2 cup bran flakes
1/3 cup dried fruit, such as raisins or dried cranberries
1/2 cup nuts, such as sliced almonds or roasted peanuts
1/4 cup mini chocolate chips
3/4 cup smooth peanut butter
1/4 cup maple syrup
1/2 cup unsweetened applesauce
1 tsp vanilla extract

Directions

1. Preheat oven to 375°F.
2. Wash hands with soap and water.
3. Mix together oats, bran flakes, dried fruit, nuts, and mini chocolate chips together in a medium bowl. Set aside.
4. In a separate bowl, combine peanut butter, maple syrup, applesauce, and vanilla until smooth.
5. Add wet ingredients to dry ingredients and combine together.
6. Spray a 9x13 inch baking pan with non-stick cooking spray. Form mixture into 12 clusters and place into pan.
7. Bake for 20-25 minutes, until slightly browned. Let cool and store in air-tight container.

Tip: To make into a bars or squares, press down into an 8x8 inch pan that has been coated with non-stick cooking spray and cook for 20-30 minutes.

Nutrition Facts per serving: 200 calories, 10g fat, 50mg sodium, 22g carbohydrate, 3g fiber, 6g protein

Recipe by: Eat.Move.Save., Illinois Nutrition Education Programs, University of Illinois Extension.

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Spiced Nuts

(serves 12)

This combination of sweet, savory, and spicy makes a great snack or salad topper.

Ingredients

3 cups assorted nuts, unsalted and unroasted
1 Tbsp maple syrup
1/2 tsp each: curry powder, ground ginger, ground allspice, ground cinnamon, dried ground thyme
1/4 tsp salt
1/8 tsp cayenne



Directions

1. Preheat oven to 200°F.
2. Wash hands with soap and water.
3. Place nuts in a medium-sized bowl. Add the maple syrup, spices, salt and toss to combine.
4. Spray a baking sheet with *cooking spray*. Then transfer coated nuts to baking sheet and spread evenly in 1 layer.
5. Bake 15 to 20 minutes, stirring once, until nuts are fragrant and lightly toasted.
6. Let cool and move to an air-tight container.

Nutrition Facts per serving: 200 calories, 19g fat, 50mg sodium, 5g carbohydrate, 2g fiber, 4g protein

Recipe by: Elizabeth Verzeo, former Extension Educator, University of Illinois Extension.

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Broccoli Salad with Blueberries and Feta

(serves 4)

Pair this salad with a bowl of soup or a sandwich for a full meal.

Salad Ingredients

2 cup fresh baby spinach leaves
1 cup raw broccoli, chopped
1/2 cup fresh blueberries
1/2 cup crumbled feta cheese
1/4 cup chopped walnuts



Homemade Ranch-Style Dressing

1 cup plain Greek yogurt
1/2 cup buttermilk
1/2 cup light mayonnaise
2 Tbsp lemon juice
2 tsp dried dill (or 1 Tbsp fresh dill)

Directions

1. Wash hands with soap and water.
2. Gently rub produce under cool running water.
3. Combine salad ingredients in a large serving bowl or on a large platter.
4. Add dressing ingredients to a pint jar. Cover with lid and shake well. Drizzle dressing over salad.
5. Season with *salt* and *ground black pepper*, to taste.

Tip: Blanch broccoli for less crunch, Bring a pot of water to a boil. Add broccoli and boil for 3 minutes. Remove broccoli with a slotted spoon and add to a container of ice water. Let cool for 3 minutes. Remove broccoli and dry with a clean cloth or paper towel.

Nutrition Facts per serving: 200 calories, 14g total fat (4g saturated fat), 400mg sodium, 13g carbohydrate, 3g fiber, 8g protein

Recipe by: Susan Glassman, MS Ed., Extension Educator, University of Illinois Extension.

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Pumpkin Pie Granola

(serves 16, approx. 1/4 cup per serving)

In place of the chopped almonds, Kristin also likes to use almond pulp that is left over from when she makes almond milk.

Ingredients

2 cups rolled oats
1/2 cup shredded coconut, unsweetened
1/2 cup chopped almonds
1/4 cup chopped walnuts (optional)
1 tsp cinnamon
1/2 tsp pumpkin pie spice
1/3 cup coconut oil
1/3 cup maple syrup
1/3 cup pumpkin puree



Directions

1. Preheat oven to 350°F.
2. Wash hands with soap and water.
3. In a large bowl, add oats, coconut, almonds, walnuts (if using), cinnamon, and pumpkin pie spice. Mix well.
4. Heat coconut oil, maple syrup and pumpkin puree over low heat until melted.
5. Pour pumpkin mixture over dry ingredients and stir to combine, mixing well.
6. Spread the granola onto a rimmed baking sheet and bake for 25-30 minutes, stirring half-way through to prevent burning. When finished, the granola will be lightly toasted and golden brown.
7. Once cooled, store granola in an air-tight container and use within 1 week for best quality.

Nutrition Facts per serving (including walnuts): 170 calories, 14g total fat (5g saturated fat), 0mg sodium, 18g carbohydrate, 3g fiber, includes 4g added sugar, 3g protein

Recipe by: Kristin Bogdonas, MS, Extension Educator, University of Illinois Extension.

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Apple Tuna Salad

(serves 6)

For a finer salad, chop the apples, celery and nuts into small pieces.

Ingredients

1 can (12 ounces) water packed tuna, drained
1 cup apples*, unpeeled, diced
1/2 cup celery, chopped
1/4 cup nuts, chopped
1/2 cup low-fat mayonnaise or plain yogurt



*We recommend using a snacking variety of apple such as Honeycrisp, Gala, Granny Smith, Fuji, or Pink Lady

Directions

1. Wash hands with soap and water.
2. Gently rub produce under cool running water.
3. Combine all ingredients and chill.
4. Serve on lettuce or in a sandwich.

Tip: Also try this recipe with canned chicken instead of tuna.

Nutrition Facts per serving: 170 calories, 10g total fat, 380mg sodium, 5g carbohydrate, 1g fiber, 14g protein

Recipe by: Eat.Move.Save., Illinois Nutrition Education Programs, University of Illinois Extension.

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