

DAY 5 RECIPES

Tropical Morning Treat *Makes 4—1cup servings*

- 1 cup 100% orange juice
- 2 apples
- 2 oranges
- 2 bananas

1. Place orange juice in bowl.
2. Wash apples and dry. Remove the core, seeds and dice. Coat apple surfaces with orange juice to prevent browning.
3. Peel oranges and break into sections. Cut sections into small pieces.
4. Peel and slice bananas into 1/4 inch circles.
5. Combine all fruit and orange juice lightly in a bowl and mix together. Chill or serve immediately.

Apple Coleslaw *Makes 4—1 cup servings*

- 2 cups cabbage, shredded
- 1 medium carrot
- 1/2 green bell pepper
- 1 apple

Dressing:

- 5 Tablespoons plain low-fat yogurt
- 1 Tablespoon mayonnaise, low-fat or fat-free
- 1 teaspoon lemon juice
- 1/4 teaspoon celery seed
- 1/8 teaspoon black pepper

1. Wash the cabbage.
2. Peel the carrot. Grate it with a grater.
3. Chop green pepper into small pieces.
4. Remove the core, and chop the apple.
5. Put the cabbage, carrot, green pepper, and apple in a large mixing bowl. Stir together.
6. Combine yogurt, mayonnaise, lemon juice, and celery seed in a small bowl. Stir together to make a dressing.
7. Pour the dressing over the salad. Toss to mix.
8. Add pepper to taste.

Salmon Shepherd's Pie *Makes 4—3 ounce servings*

- 1 can (14 3/4 ounce) salmon, low sodium
- 11 ounces frozen, mixed vegetables, thawed
- 1/2 cup tomato, diced

- 3/4 teaspoon dill weed
- 2 cups cooked mashed potatoes
- 1/8 teaspoon paprika (optional)

1. Preheat oven to 400 degrees.
2. Drain the salmon, keeping 2 tablespoons of liquid.
3. Mix the salmon with mixed vegetables, tomato, salmon liquid and dill weed.
4. Place the salmon mixture in a 1-quart baking dish.
5. Spread the mashed potatoes over the top of the salmon mixture.
6. Bake at 400 degrees for 20 to 25 minutes or until heated through.
7. Sprinkle with paprika before serving.

Delicious Greens *Makes 4—1/2 cup serving*

1/2 pound mustard or collard greens rinsed,
stems removed and coarsely shredded
2 cups shredded cabbage
1 Tablespoon olive oil

2 Tablespoons minced garlic
1 onion, chopped
1 Tablespoon vinegar

1. In a large saucepan, boil 3 quarts of water.
2. Add mustard greens, return to a boil and cook 3 minutes. Add cabbage and cook one more minute. Drain in colander.
3. Heat a large nonstick skillet over medium high heat. Add oil and sauté onion until nutty brown, about 3 minutes. Add minced garlic and brown for an additional 1 minute.
4. Add greens and vinegar and cook briefly, about 3 minutes or until desired tenderness.
5. Serve hot.