

# RECIPES TO HELP YOU MAKE SMART CHOICES FOR THE WINTER MONTHS



Shop Smart, Eat Smart



## Nutrition Facts

5 servings per container	
<b>Serving size</b>	<b>1 serving (75.43g)</b>
<b>Amount per serving</b>	<b>Calories 100</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 4g	
Includes 1g of Added Sugars	<b>2%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 41mg	<b>4%</b>
Iron 1mg	<b>4%</b>
Potassium 215mg	<b>4%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Quick Tips:

- ◆ Try adding mushrooms or apple slices to the salad for a different flavor.
- ◆ You can replace the walnuts with almond slices.
- ◆ Cook what you have on hand. Learning to substitute foods in recipes can save you money!

(Recipe from Pennsylvania Nutrition Education Network Website Recipes, as listed at: <https://www.whatscooking.fns.usda.gov>.)

## Winter Greens Salad

### Ingredients:

- 4 cups greens, such as kale, spinach, or swiss chard, torn
- 1 orange, peeled and sectioned
- 3 tablespoons walnuts, chopped
- 2 tablespoons canola oil
- 2 tablespoons distilled vinegar
- 2 tablespoons onion, finely chopped
- 1 tablespoon orange juice
- 1 teaspoon honey
- ¼ teaspoon ground black pepper

### Directions:

- Add the greens, orange, and walnuts to a bowl. Toss to mix.
- In a separate bowl, whisk together oil, vinegar, onion, juice, and honey.
- Drizzle over salad and season with ground black pepper. Toss to combine.

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## Nutrition Facts

12 servings per container	
<b>Serving size</b>	<b>1 serving (78.59g)</b>
<b>Amount per serving</b>	<b>Calories 70</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 16g	
Includes 11g of Added Sugars	<b>22%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	<b>0%</b>
Calcium 7mg	<b>0%</b>
Iron 0mg	<b>0%</b>
Potassium 88mg	<b>0%</b>

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## Quick Tips:

- ◆ Add pecans or almonds for a crunch or celery to make cranberry relish.
- ◆ Cranberries have been shown to be beneficial to urinary health.
- ◆ Cranberries contain dietary fiber, essential vitamins, and minerals.

(Recipe adapted from: <https://www.oceanspray.com>.)

## Fresh Cranberry Sauce

### Ingredients:

- 1 cup orange juice
- ½ cup honey
- 12 ounces fresh cranberries
- 1 apple, diced
- 1 teaspoon vanilla extract
- 3 whole cloves (optional)
- ¼ teaspoon ground cinnamon

### Directions:

- Combine orange juice and honey in a saucepan. Bring to a boil.
- Add remaining ingredients to the saucepan and gently boil for 12-15 minutes or until the cranberries burst, stirring occasionally.
- Once cooled, remove the cloves. Cover and chill. Refrigerate until serving.

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