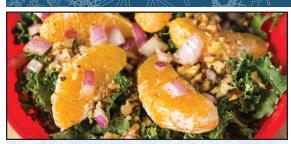
# RECIPES TO HELP YOU MAKE SMART CHOICES FOR THE WINTER MONTHS



## **Shop Smart, Eat Smart**



#### **Nutrition Facts**

5 servings per co Serving size 1 serving (75.43g)

Amount per serving Calories

100

	% Daily Value
Total Fat 8g	10%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 20mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 4g	

#### Protein 2g Vitamin D 0mcq 0% Calcium 41mg 4% Iron 1mg 4%

Includes 1g of Added Sugars

The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet

#### **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
- orange, peeled and sectioned
- 3 tablespoons walnuts, chopped
- tablespoons canola oil
- tablespoons distilled vinegar
- tablespoons onion, finely chopped
- 1 tablespoon orange juice
- 1 teaspoon honey
- 1/4 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 containe Serving size 1 serving (78.59g) Amount per servi 70 % Daily Value Total Fat 0g Saturated Fat 0g 0% Trans Fat 0g Cholesterol 0mg Sodium 0mg 0% Total Carbohydrate 19g 7% Dietary Fiber 1g Total Sugars 16g Includes 11g of Added Sugars Protein 0g Vitamin D 0mcg Calcium 7mg 0% Iron 0mg

### **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:**

- cup orange juice
- cup honey
- 12 ounces fresh cranberries
- 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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