

Creamy Carrot Salad

Makes 5 servings, (1/2 cup portion)

Ingredients:

- 1½ C pineapple chunks (packed in their own juice)
- 1¼ C shredded carrot
- ½ C dried cranberries
- 3 T pineapple juice
- ½ tsp sugar
- 3 T low-fat mayonnaise

Directions on back



Veggie Chow Mein

Makes 6 servings

Ingredients:

- 6 oz rice noodles or thin flat egg noodles
- 1 medium onion, finely chopped
- 2 cloves garlic, finely chopped
- 1 C carrots, matchstick cut or prepackaged
- 2 tsp chicken bouillon
- 1 tsp hot pepper sauce
- 1 C broccoli, cut into small pieces
- 1 C celery, chopped
- 1 C green or red pepper, chopped
- 4 tsp soy sauce, low sodium

Directions on back



Roasted Root Vegetables

Makes 4 servings

Ingredients:

- 1 red onion, diced
- 2 carrots, scrubbed and diced
- 2 russet potatoes or sweet potatoes (or one of each), scrubbed and diced
- 1 tablespoon olive oil
- ½ tsp salt
- ¼ tsp black pepper

Directions on back



Golden Glow Salad

Makes 4 servings

Ingredients:

- 4 C Romaine salad mix
- 1 20-oz. can pineapple chunks in 100% juice, drained (reserve juice)
- 1 C shredded carrots
- ⅔ C raisins
- ⅓ C reduced fat mayonnaise or vanilla yogurt
- ¼ C pineapple juice from canned pineapple chunks
- ¼ tsp cinnamon

Directions on back



1. Prepare noodles according to package directions. Drain and set aside.
2. Sauté onions and garlic with non-stick spray over medium/high heat for 1 min.
3. Add carrot, chicken bouillon and pepper sauce, stir.
4. Add broccoli, celery, and bell pepper. Continue stirring.
5. Reduce heat to low and add noodles and soy sauce. Mix well over low heat for 3-5 minutes.

Source: www.fruitsandveggiesthematters.org



Veggie Chow Mein
www.weisspan.org/marketbasket

1. Place one cup of Romaine salad mix on each of four salad plates.
2. Spoon ¼ of the drained pineapple chunks and ¼ cup of shredded carrots in the middle of each salad bed. Top with equal amounts of raisins and walnuts.
3. In a small bowl, make dressing by combining mayonnaise, pineapple juice and cinnamon.
4. Using a spoon, drizzle dressing over each salad and serve.

Source: www.fruitsandveggiesthematters.org



Golden Glow Salad
www.weisspan.org/marketbasket

1. Drain the pineapple chunks, reserving the juice for the recipe.
2. Place the cranberries in a bowl with 2 T. of the pineapple juice, stir to combine. Cover with plastic wrap and refrigerate for 20 minutes. Then pour any excess juice from the dried cranberries into a small bowl and set aside.
3. In a bowl, completely dissolve the salt and sugar in 1 T. pineapple juice. Next, blend in the mayonnaise and beat well. Add the plumped dried cranberries, carrots and pineapple to the bowl, and mix well to combine.
4. If the dressing is too thick, add juice saved from soaking the dried cranberries.

Creamy Carrot Salad

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1. Preheat the oven to 425 degrees.
2. Put the onion, carrots, potatoes, olive oil, salt, and pepper in the bowl and mix well.
3. Dump the contents of the bowl onto the baking sheet, making sure the vegetables are in a single layer not crowded on top of each other.
4. Bake until the vegetables are deeply colored on the outside and tender inside, about 45 minutes.
5. Serve right away or cover and refrigerate up to 2 days.

Tip: Top mixed greens with cold, left-over veggies and drizzle with a balsamic vinaigrette for a tasty salad!

Source: www.chopchopmag.org

Roasted Root Vegetables

www.weisspan.org/marketbasket

