



DINNER BELLE

BY JIL UTTERBACK



The Get Healthy Bandera group is still meeting every Tuesday at the Arthur Nagel Clinic at 5:30 pm. We love talking about healthy food, recipes, snacks, shopping, reading labels and we really like having pot luck dinners! I love going and always learn so many things. Just for example -there are so many spices I have never heard of and after we discuss them I enjoy going to the grocery store and hit the spice aisle and buy something new. Please join us some Tuesday in the near future...summer fresh produce time is fast upon us! I have some new great healthy salad recipes to share with you this issue!

Mexican Corn Salad

- 1 15 oz can corn, drained
 - 1 large cucumber, peeled and diced
 - ½ cup finely chopped red onion
 - 1 medium red bell pepper, seeded and finely diced
 - ½ cup chopped fresh cilantro
 - 3 Tbsp seasoned rice vinegar
 - 1 Tbsp lemon or lime juice
 - 1 clove garlic, minced
 - 1 tsp ground cumin, 1 tsp ground coriander
 - 1/8 tsp cayenne
- Combine all and toss gently to mix.



Chickpea Salad Lettuce Wraps

- 1 ½ cup cooked or canned chickpeas
- ½ cup finely chopped or grated carrot
- ½ cup finely chopped celery
- 3 green onions, chopped
- 2-3 Tbsp low fat mayonnaise
- 1 Tbsp stone ground mustard
- ½ tsp salt, ¼ tsp pepper
- 4 Large romaine lettuce leaves
- 1 medium tomato, sliced or 6-8 cherry tomatoes cut in half. Coarsely mash the chickpeas with a fork, leaving some chunks. Add the rest of the ingredients except lettuce and tomato. Place 1/4 of the mixture on each lettuce leaf (the big leafy top, cut off the stalk part) and add ¼ of the tomato. Roll the lettuce around the filling. Makes 4.



**I love using this Chickpea Salad just as if it were tuna salad or chicken salad on a whole wheat bun or bread of your choice. It is so good...even to eat with a spoon from the bowl. This is a great option to take to work for your lunch! It will keep up to 3 days in the refrigerator.

Here is a very good healthy version of the classic Broccoli Salad that I had at a Get Healthy Bandera potluck dinner.

Broccoli Salad with Cashew Mayo

For the Dressing: ¾ cup raw cashews, ¼ cup water, 2 tbsp pure maple syrup, 2 tbsp apple cider vinegar, ½ tsp minced garlic, Heaping ½ tsp salt, Ground black pepper

For the Salad: 2 large Broccoli Crowns (florets only finely chopped)
1 ½ cup red grapes, halved, 1/3 cup roasted salted almonds, finely chopped
¾ cup diced red onion, ½ cup dried cranberries

Let me hear if you enjoy these recipes...jilu@indian-creek.net