Mediterranean Bean Salad

10 Servings

You’ll Need -                                                                 Take Out -

1/3 cup SPLENDA Granular                                                                measuring cups
½ cup white wine vinegar                                                                measuring spoons
2 tablespoons extra virgin olive oil                                                                                      whisk
1 (15 oz.) can lima beans, rinsed and drained                                                                 medium mixing bowl
1 (15 oz.) can red kidney beans, rinsed and drained                                                                 large mixing bowl
1 (15 oz.) can garbanzo beans, rinsed and drained                                                                 spoon
1/4 cup capers, drained                                                                                           knife
3 cloves garlic, minced                                                                                              
½ cup artichoke hearts, drained                                                                                   
½ cup red onion, minced                                                                                        
3/4 cup fresh parsley, chopped                                                                                 

1. Whisk the SPLENDA Granular, vinegar and oil together in a medium-sized mixing bowl.

2. Combine remaining ingredients together in a large mixing. Add dressing and stir until ingredients are coated. Refrigerate a minimum of 3 hours or overnight before serving.

Calories 170 Sodium 280 milligrams Carbohydrate 27 grams
Protein 7 grams Fat 3.5 grams Exchanges per serving: 2 starch, ½ fat

Source: www.Splenda.com
Points to Remember about the Mediterranean Bean Salad Recipe:

1. The beans give this salad a nutritional punch, providing a good source of protein, antioxidants, and fiber.

2. Extra virgin olive oil provides not only flavor, but also an excellent source of heart-healthy monounsaturated fat.

3. Splenda provides sweetness without the carbohydrate of sugar.
### Spring Greens with Citrus Vinaigrette

**10 Servings**

<table>
<thead>
<tr>
<th>You’ll Need</th>
<th>Take Out</th>
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<tbody>
<tr>
<td>1 teaspoon corn starch</td>
<td>measuring spoons</td>
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<tr>
<td>3 tablespoons SPLENDA Granular</td>
<td>measuring cups</td>
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<tr>
<td>1/4 cup water</td>
<td>small saucepan</td>
</tr>
<tr>
<td>1 tablespoon fresh orange juice</td>
<td>spoon</td>
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<tr>
<td>1 tablespoon fresh lime juice</td>
<td>blender</td>
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<tr>
<td>1/4 cup white wine vinegar</td>
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<tr>
<td>2 teaspoons grated orange peel</td>
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<tr>
<td>½ cup canola oil</td>
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<td>1 teaspoon salt</td>
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<tr>
<td>1/8 teaspoon white ground pepper</td>
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<tr>
<td>4 5 oz. bags baby salad greens (approx. 2 oz. per serving)</td>
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1. Mix cornstarch, SPLENDA Granular and water in a small saucepan. Heat over medium high heat. Stir constantly until mixture thickens. Set aside until cool (approx. 10 minutes).

2. Place orange juice, lime juice, vinegar and grated orange peel in the jar of a blender. Mix briefly on high.

3. Turn blender on low and drizzle canola oil into juice mixture. Add starch mixture to juice mixture and briefly blend on low.

4. Season with salt and pepper.

5. Toss finished dressing with greens. Refrigerate remaining dressing up to 5 days.

**Calories 110  Sodium 250 milligrams  Carbohydrate 3 grams  Fat 10 grams  Protein 1 gram  Exchanges per serving: 1 vegetable, 2 fat**

Source: www.splenda.com
Points to Remember about the Spring Greens with Citrus Vinaigrette Recipe:

1. This salad with citrus vinaigrette is a refreshing choice to accompany most any meal.

2. Canola oil is used because it has little taste, and therefore does not distract from the citrus flavor of the dressing. It’s also a good source of heart-healthy monounsaturated fats.

3. Salt can be omitted to reduce the sodium in this recipe.
Asparagus with Sesame-Ginger Sauce

7 Servings

<table>
<thead>
<tr>
<th>You’ll Need -</th>
<th>Take Out -</th>
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<tbody>
<tr>
<td>1 tablespoon soy sauce</td>
<td>measuring spoons</td>
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<tr>
<td>1 tablespoon rice vinegar</td>
<td>food processor</td>
</tr>
<tr>
<td>1 tablespoon peanut oil</td>
<td>knife</td>
</tr>
<tr>
<td>1 tablespoon water</td>
<td>large skillet w/ lid</td>
</tr>
<tr>
<td>1 tablespoon tahini (pureed sesame seeds)</td>
<td>serving bowl</td>
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<tr>
<td>1 teaspoon chopped fresh ginger</td>
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<tr>
<td>1/2 teaspoon chopped garlic</td>
<td></td>
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<tr>
<td>1 tablespoon SPLENDA Granular</td>
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<tr>
<td>Pinch red pepper flakes</td>
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<tr>
<td>48 medium-size asparagus spears trimmed, peeled and cleaned.</td>
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</tbody>
</table>

1. In a food processor, combine everything except the asparagus and mix until thoroughly blended. Set aside.

2. Cut the asparagus into two-inch pieces, on the diagonal.

3. Half fill large skillet with water, cover and bring to a boil. Add the asparagus and simmer just until crisp-tender, approximately four to five minutes. Drain well but do not rinse.

4. Transfer to serving bowl. Pour the sauce over the hot asparagus and toss to coat. Serve warm or at room temperature.

Calories 70        Sodium 150 milligrams          Carbohydrate 6 grams
Protein 3 grams         Fat 4 grams       Exchanges per serving: 1 vegetable, 1 fat

Source: www.splenda.com
Points to Remember about the Asparagus with Sesame-Ginger Sauce Recipe:

1. This Asian-inspired dish offers a nice change of pallets and dresses up any meal.

2. Ground ginger is not a good substitute for fresh ginger in this recipe due to the difference in taste.

3. Tahini (ground sesame seeds) is used frequently in Middle East cooking. It can be found in well-stocked food stores.

4. This recipe is low in calories, providing a good source of monounsaturated fat from the peanut oil.
Orange-Almond Salad

4 Servings

You’ll Need -  Take Out -

3 cups assorted greens  measuring spoons
2 navel oranges, peeled and  measuring cups
  separated into sections  knife
½ cup thinly sliced celery  large bowl
2 tablespoons chopped green onion  small mixing bowl
1/4 cup cider vinegar  whisk
1/4 cup SPLENDA Granular
2 teaspoons vegetable oil
1/4 cup toasted sliver almonds

1. Combine greens, orange sections, celery, and green onion in a large bowl. Set aside.

2. Combine vinegar, SPLENDA Granular, and vegetable oil in a small mixing bowl. Stir with a whisk until well blended. Drizzle dressing mixture evenly over greens mixture. Toss gently to coat.

3. To serve place 1 cup salad mixture on a serving plate and garnish by sprinkling 1 Tablespoon almonds over the top of the salad. Serve immediately.

Calories 123  Sodium 25 milligrams  Carbohydrate 16 grams
Protein 3 grams  Fat 7 grams  Exchanges per serving: 1 fruit, 1 fat

Source: www.splenda.com
Points to Remember about the Orange-Almond Recipe:

1. The oranges and almonds add not only color and texture to salad greens, but also healthy nutrients like vitamin C, and antioxidants.

2. Toast slivered almonds by baking on a cookie sheet at 350°F for 8-10 minutes.

3. Canned mandarin oranges can be substituted for the naval oranges.
Warm Spinach Salad

4 Servings

You’ll Need -  
1-7 oz. bag baby spinach greens 
½ cup fat free salad croutons 
1/4 cup white vinegar 
1/4 cup water 
1/4 cup Dijon mustard 
3 tablespoons SPLENDA Granular 
5 slices turkey bacon 
1/4 cup chopped red onion 
2 cloves garlic, minced

Take Out - 
measuring cups 
measuring spoons 
serving bowl 
electric mixer 
medium saucepan 
knife

1. Place spinach greens in a bowl. Remove any undesirable leaves or large stems. Add croutons.

2. Blend together vinegar, water, mustard and SPLENDA Granular. Set aside.

3. Finely slice bacon into small strips. Place in a medium sized saucepan and fry over medium high heat until crispy (approx. 3-4 minutes).

4. Add onion and garlic and cook over medium high heat for 102 minutes.

5. Add vinegar mixture and simmer 1-2 minutes. Pour over spinach and croutons. Toss well. Serve immediately.

Calories 190   Sodium  790 milligrams   Carbohydrate 25 grams 
Protein 4 grams  Fat 3.5 grams   Exchanges per serving:  2 vegetable, 1 starch, one lean meat

Source:  www.splenda.com
Points to Remember about the Warm Spinach Salad recipe:

1. Spinach is one of the best greens to use in salads because it’s packed with vitamins and antioxidants that may help prevent heart disease and other chronic diseases.

2. Turkey bacon is a good substitute for traditional bacon because it contains less fat and calories.

3. The dressing provides a lot of flavor from Dijon mustard, garlic, vinegar, onion, and Splenda sweetener, with basically no fat.
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