

## Mediterranean Bean Salad

10 Servings

**You'll Need -**

**1/3 cup SLENDA Granular**  
**1/2 cup white wine vinegar**  
**2 tablespoons extra virgin olive oil**  
**1 (15 oz.) can lima beans, rinsed and drained**  
**1 (15 oz.) can red kidney beans, rinsed and drained**  
**1 (15 oz.) can garbanzo beans, rinsed and drained**  
**1/4 cup capers, drained**  
**3 cloves garlic, minced**  
**1/2 cup artichoke hearts, drained**  
**1/2 cup red onion, minced**  
**3/4 cup fresh parsley, chopped**

**Take Out -**

**measuring cups**  
**measuring spoons**  
**whisk**  
**medium mixing bowl**  
**large mixing bowl**  
**spoon**  
**knife**

**1. Whisk the SLENDA 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, 1/2 fat**

**Source: [www.Splenda.com](http://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

**You'll Need -**

**Take Out -**

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1 teaspoon corn starch  
3 tablespoons SLENDA Granular  
1/4 cup water

measuring spoons  
measuring cups  
small saucepan  
spoon  
blender

1 tablespoon fresh orange juice  
1 tablespoon fresh lime juice  
1/4 cup white wine vinegar  
2 teaspoons grated orange peel  
1/2 cup canola oil

1 teaspoon salt  
1/8 teaspoon white ground pepper  
4 5 oz. bags baby salad greens (approx. 2 oz. per serving)

1. Mix cornstarch, SLENDA 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](http://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

**You'll Need -**

**Take Out -**

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1 tablespoon soy sauce  
1 tablespoon rice vinegar  
1 tablespoon peanut oil  
1 tablespoon water  
1 tablespoon tahini (pureed sesame seeds)  
1 teaspoon chopped fresh ginger  
½ teaspoon chopped garlic  
1 tablespoon SLENDA Granular  
Pinch red pepper flakes  
48 medium-size asparagus spears trimmed, peeled and cleaned.

measuring spoons  
food processor  
knife  
large skillet w/ lid  
serving bowl

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](http://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 un 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 -**

**3 cups assorted greens  
2 navel oranges, peeled and  
separated into sections  
½ cup thinly sliced celery  
2 tablespoons chopped green onion  
¼ cup cider vinegar  
¼ cup SLENDA Granular  
2 teaspoons vegetable oil  
¼ cup toasted sliver almonds**

**Take Out -**

**measuring spoons  
measuring cups  
knife  
large bowl  
small mixing bowl  
whisk**

- 1. Combine greens, orange sections, celery, and green onion in a large bowl. Set aside.**
- 2. Combine vinegar, SLENDA 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](http://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 -**

**Take Out -**

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1-7 oz. bag baby spinach greens  
½ cup fat free salad croutons  
¼ cup white vinegar  
¼ cup water  
¼ cup Dijon mustard  
3 tablespoons SLENDA Granular  
5 slices turkey bacon  
¼ cup chopped red onion  
2 cloves garlic, minced

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 SLENDA 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](http://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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**Reviewed by Connie Crawley July 2013**

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