

# Cilantro Lime Dressing

## Ingredients:

- 1 cup plain, fat-free or low-fat yogurt
- 1 Tablespoon minced cilantro
- 2 Tablespoons minced scallions
- 2 tablespoons fresh lime juice
- Salt to taste

## Preparation:

In a small bowl, combine the yogurt, cilantro, scallions and lime.

Add salt to taste.

Set aside for at least an hour to allow flavors to blend. Will keep for 3 to 4 days in refrigerator. Pairs well with cucumbers or taco salad.

*Recipe from: Nation Dairy Council*



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# Roasted Beet, Fennel and Citrus Salad

8 servings

## Ingredients:

6 medium beets	3 Tablespoons extra-virgin olive oil
2 medium oranges	3 Tablespoons white wine vinegar
2 medium ruby red grapefruits	1 tablespoon finely chopped shallot
2 medium bulbs fennel, trimmed, cored, and thinly sliced	2 teaspoons honey
4 cups lightly packed mixed greens	1/2 teaspoon salt
	1/4 teaspoon freshly ground black pepper



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- Preheat the oven to 400°F.
  - Slice any stems and leaves off of the beets, leaving about a half inch of stem on the beet. Scrub the beets well, then wrap each beet in foil and place on a baking sheet. Bake until easily pierced with a fork, about 1 hour. Allow to cool until you can handle them comfortably, then peel the beets using your fingers and paring knife as needed. Cut the stems off and discard, then slice the beets thinly into half-moons.
  - Cut the oranges and grapefruits into segments by slicing off the top and bottom of the fruit, then, standing it on one end, cut downward, following the line of the fruit, to remove the

peel and white pith. With a paring knife, working over a bowl, remove the fruit segments from their membranes. Separate the juice and the segments, reserving both.

- In a small bowl, whisk together the oil, vinegar, shallot, honey, salt, pepper, and 3 tablespoons of the reserved citrus juice.
- In a large bowl, gently toss the beets, citrus segments, and fennel with the dressing. Serve over the mixed greens.

**Serving size:** 3/4 cup salad and 1/2 cup greens

**Per serving:** Calories 130; Total Fat 5g (Mono Fat 3.8g, Poly Fat 0.6g, Sat Fat 0.8g); Protein 2g; Carb 22g; Fiber 7g; Sodium 220mg.

*Recipe from: The Splendid Table*

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# Asparagus Salad

4-6 Servings

## Salad Ingredients:

1-2 bunches asparagus  
2 cups couscous (uncooked)  
1/2 cup Kalamata olives  
1/2 cup feta  
1/2 cup toasted pine nuts  
Handful of fresh mint, tarragon  
or Italian parsley  
Zest from one lemon

## Dressing Ingredients:

1/3 cup olive oil  
3 Tablespoon whole grain mustard  
2 Tablespoon red wine vinegar  
2 Tablespoon lemon juice  
1 teaspoon salt  
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- Preheat the oven to 400°F.
  - Trim the tough ends of the asparagus off. Lay them on a baking sheet and drizzle with 1-2 Tablespoons olive oil, sprinkle with a generous pinch of salt and cracked pepper, and half of the lemon zest. Roast in the oven until just tender, about 20-25 minutes. Cut into bite size pieces.
  - Bring a large pot of salted water to a boil. Add 2 cups couscous and cook until al dente.

- While couscous is cooking, make the dressing. In a small bowl stir all ingredients together.
- Drain couscous, and place in a large bowl. Toss it with the dressing, olives, asparagus, feta, pine nuts, fresh herbs and lemon zest.
- Serve chilled.

**Per serving:** Calories 440kcal, Fat 22g (saturated fat 4.5g), Cholesterol 0mg, Sodium 848mg, Carbohydrate 31.2g, Fiber 4.4g, Protein 9g

*From: Feasting at Home*

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