

Recipes

Quick Toaster Oven Pizza

Serves 1

Ingredients

- 1 8-inch whole-wheat tortilla
- 1 teaspoon plus 1 tablespoon extra-virgin olive oil, divided
- 5 thin slices of tomato
- 3 thin slices of red onion
- 3 tablespoons shredded mozzarella cheese
- 1 tablespoon chopped fresh basil or 1 teaspoon dried
- 2 teaspoons balsamic vinegar
- 2 cups packed mixed salad greens



Photo courtesy of <http://www.eatingwell.com/recipe/260713/quick-toaster-oven-pizza/>

How to Make It

1. Lay tortilla on a foil-lined toaster-oven pan. Brush 1 teaspoon oil over the tortilla. Top with tomato, onion and mozzarella. Toast until the cheese is melted and the tortilla is starting to crisp, 7 to 9 minutes. Remove from the oven and top with basil. Cut into wedges.
2. Drizzle the remaining 1 tablespoon oil and vinegar over the greens and serve with the pizza.

Nutrition Information

- Serving size: 1 pizza & 2 cups salad
- Per serving: 424 calories; 26 g fat(6 g sat); 6 g fiber; 36 g carbohydrates; 12 g protein; 147 mcg folate; 17 mg cholesterol; 9 g sugars; 0 g added sugars; 3,898 IU vitamin A; 30 mg vitamin C; 288 mg calcium; 3 mg iron; 507 mg sodium; 601 mg potassium
- Nutrition Bonus: Vitamin A (78% daily value), Vitamin C (50% dv), Folate (37% dv), Calcium (29% dv)
- Carbohydrate Servings: 2½
- Exchanges: 4 fat, 2 vegetable, 1½ starch, ½ medium-fat protein

Recipes

Macaroni Salad with Creamy Avocado Dressing

Serves 12

Ingredients



Photo courtesy of <http://www.eatingwell.com/recipe/265067/macaroni-salad-with-creamy-avocado-dressing/>

- 8 ounces whole-wheat elbow macaroni (about 2 cups)
- 1 cup chopped red bell pepper
- ½ cup thinly sliced celery
- 2 scallions, chopped
- 2 tablespoons chopped fresh parsley or cilantro
- 1 ripe medium avocado
- ¼ cup mayonnaise
- 2 tablespoons rice vinegar
- ¾ teaspoon salt
- ½ teaspoon dried minced garlic
- ¼ teaspoon ground pepper

How to Make It

1. Cook macaroni in a large pot of boiling water according to package directions. Drain, rinse with cold water; drain again. Transfer to a large bowl. Add bell pepper, celery, scallions and parsley (or cilantro).
2. Halve avocado, remove pit and scoop flesh into a mini food processor or blender. Add mayonnaise, vinegar, salt, dried garlic and pepper. Process until smooth. Add the avocado dressing to the large bowl with the macaroni salad and stir until well coated.

Nutrition Information

- Serving size: ½ cup
- Per serving: 130 calories; 6 g fat(1 g sat); 3 g fiber; 17 g carbohydrates; 3 g protein; 34 mcg folate; 2 mg cholesterol; 1 g sugars; 0 g added sugars; 513 IU vitamin A; 19 mg vitamin C; 16 mg calcium; 1 mg iron; 182 mg sodium; 173 mg potassium
- sugars; 0 g added sugars; 5,724 IU vitamin A; 7 mg vitamin C; 181 mg calcium; 4 mg iron; 568 mg sodium; 446 mg potassium
- Nutrition Bonus: Vitamin A (114% daily value), Folate (38% dv), Iron (22% dv)
- Carbohydrate Servings: 3
- Exchanges: 2½ starch, 2 fat, 1 vegetable, ½ lean protein