September Recipes

Market Basket of the month

Creamy Broccoli Apple Salad

Ingredients:
2 cups broccoli florets
¼ cup carrots, shredded
¼ red onion, sliced thin
1 apple, diced
¼ cup pecans, chopped
¼ cup dried cranberries
½ cup plain Greek yogurt*
1 Tbsp. lemon juice
½ Tbsp. honey
Salt and pepper, to taste

Directions:

1. In large bowl, combine broccoli, carrots, onion, apples, pecans and cranberries.
2. In separate bowl, whisk together yogurt, lemon juice and honey.
3. Combine yogurt mixture with vegetable mixture and toss well. Season to taste with salt and pepper.
4. Chill until ready to serve.

*May substitute with low-fat regular or Greek yogurt

Makes 4 servings (1 cup). Per serving: 160 calories, 6 g total fat (1 g saturated fat, 0 g trans fat), 5 mg cholesterol, 26 g carbohydrates, 3 g protein, 4 g dietary fiber, 330 mg sodium, 20 g sugar.

Broccoli Toppings:
Steam or microwave broccoli until just tender but still a little crunchy. Sprinkle with one of the following:
- Toasted almond slivers
- Toasted sesame seeds
- Lemon juice or zest
- Low-fat Parmesan cheese

One Pan Chicken Alfredo

Ingredients:
1 large chicken breast, cubed (about 1 cup)
2 T. oil
2 T. flour
1 ¾ C. chicken broth
1 ¾ C. nonfat or 1% milk
1 tsp. garlic powder
½ tsp. onion powder
½ tsp. dried basil
3 C. dry penne pasta
2 C. broccoli, chopped (fresh or frozen)
1 C. grated parmesan cheese

Directions:

1. In a skillet over medium-high heat, brown chicken in oil.
2. Add flour, broth, milk, spices and pasta to skillet and stir well.
3. Bring to a boil; cover; reduce heat; simmer until pasta is almost tender, stirring occasionally.
4. Add broccoli, cover, and cook until broccoli is tender.
5. Remove from heat and stir in cheese.

Tip: Use whole wheat pasta to increase fiber and
make this a whole grain meal.
Source: FoodHero.org
Video link: https://youtu.be/blwAE1k761Q

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