

Shopping List: 5 Healthy Side Dishes for Entertaining

Fresh Produce

1 small head of lettuce
2 medium cucumbers
2 bunches of mint
2 bunches parsley
1 bunch of cilantro
1 head of garlic
6 medium carrots
1 small onion
2 bunches green onions
1.5 lbs red potatoes (about 8 potatoes)
1 red bell pepper
1 green bell pepper
3 small tomatoes
1 mango
3 large lemons
2 limes

Rice vinegar
White vinegar
Corn starch
Ground cumin
Garlic powder
Curry powder
Salt
Ground black pepper
Garlic salt

Dry Goods

1 bottle light Italian dressing
1 (8-10 oz) package dried rice vermicelli
noodles
12 (8-inch) rice paper wrappers
1 jar hoisin sauce
1 jar peanut butter
1 box dark or golden raisins
1 jar spicy brown mustard
2 cups bulgur wheat
1 (15 oz) can blackeye peas

Meat or Substitutes

½ lb medium shrimp (fresh or frozen)
8 oz boneless pork loin or chicken
breast

Pantry Staples

*Add items to list if you don't already have
them*

Olive oil
Vegetable oil

Pork and Shrimp Spring Rolls

Makes 4 servings. 3 spring rolls per serving.
Ready in 45 minutes.

Ingredients

Spring Rolls:

- ½ pound medium shrimp (frozen or fresh)
- ½ pound (8-oz) boneless pork loin or chicken breast
- 1 (8-10 oz) package of dried rice vermicelli noodles or "rice sticks", cooked to package instructions
- 1 small head of lettuce
- 1 medium cucumber, cut into thin strips
- 1 bunch of mint
- 1 bunch cilantro
- 12 (8-inch) rice paper wrappers (can be found in Asian supermarkets)

Peanut Sauce:

- 1 teaspoon of vegetable or canola oil
- 1 teaspoon of minced garlic
- ½ cup hoisin 2 heaping tablespoons peanut butter
- ¼ cup of water
- 1 teaspoon rice vinegar
- ½ teaspoon of corn starch + 1 Tablespoon of water (stir well until the all dissolved)

Directions

1. For the hoisin peanut dip: sauté minced garlic with oil in a saucepan until slightly golden. Then, add the hoisin sauce, peanut butter, rice vinegar, and ¼ cup of water. Lower heat to medium until boil. Once it reaches a boil, add the cornstarch mixture to thicken the sauce.
2. Cook the dried rice vermicelli noodles to package instructions. Once cooked, strain the noodles and rinse it with cold water.
3. Bring a medium pot of water to boil and add pork or chicken breast. Boil the pork or chicken on medium heat for about 15-25 minutes or until the meat is cooked. Remove from water; allow it to cool and then slice the meat into thin strips.
4. For the shrimp, boil in a different pot for 3-5 minutes. Rinse in cold water using a strainer. Peel off the shells and slice each shrimp lengthwise in half.
5. Gather all of your filling ingredients on plates: noodles, shrimp, pork, lettuce, cucumber, herbs and rice paper wrappers.
6. Add warm water to a large bowl. Lay the rice sheet on a plate. Use clean hands to spread a little bit of water all over the rice paper. It should not be soaked. With time, the paper will soften.

7. Lay your lettuce first on the soft spring roll wrapper, and then add the herbs, cucumber, noodles and pork/chicken.
8. Roll each spring roll like a burrito until you have about 1/3 of rice paper left, then lay about 2-3 pieces of shrimp, cut side up, in a row and finish rolling. The shrimp will lie on the outside of the spring roll when you are finished rolling.
9. Serve with the hoisin peanut sauce.

Nutrition information per serving: Calories 281, Total Fat 6g, Saturated Fat 1g, Carbohydrate 31g, Dietary Fiber 1.6g, Protein 24g, Sodium 702mg

Recipe Source: Leah's Pantry

Moroccan Carrot Salad

This sweet salad is packed with vitamin A, which keep your eyes healthy.

Makes 6 servings. $\frac{3}{4}$ cup per serving.

Ready in 20 minutes.

Ingredients

6 medium carrots
 $\frac{1}{2}$ small onion
1 large lemon
3 Tablespoons canola oil
1 teaspoon curry powder
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon ground black pepper
 $\frac{1}{4}$ cup dark or golden raisins

Directions

1. Rinse and peel carrots and onion.
2. Shred carrots with a grater. Dice onion.
3. Rinse lemon and cut in half. In a small bowl, squeeze juice. Discard seeds.
4. In a medium bowl, combine carrots and onions.
5. In a second small bowl, combine oil, curry powder, salt, pepper, and 2 Tablespoons of the lemon juice. Mix well. Let marinate 5 minutes.
6. Pour liquid mixture over carrots and onions. Stir in raisins. Mix well.
7. For best taste, allow flavors to blend before serving. Let sit 15 - 20 minutes after you have mixed in the sauce in step 6.

Nutrition information per serving: Calories 110, Total Fat 7g, Saturated Fat 1g, Carbohydrate 12g, Dietary Fiber 2g, Protein 1g, Sodium 240mg

Recipe Source: Share Our Strength's Cooking Matters

Herbed Potato Salad

Fresh vegetables and a light vinaigrette give this salad a lively flavor.

Makes 6 servings. ½ cup per serving.
Ready in 20 minutes.

Ingredients

1½ lbs red potatoes (about 8 potatoes), cut into cubes
½ cup light Italian dressing
½ Tablespoon spicy brown mustard
1 Tablespoon fresh parsley, chopped
1 teaspoon garlic salt
¼ teaspoon ground black pepper
½ cup red bell pepper, chopped
½ cup green bell pepper, chopped
½ cup green onions, chopped

Directions

1. In a large pot, cook potatoes in boiling water until tender, about 10 minutes (do not overcook).
2. Drain well and let cool
3. Cut potatoes into bite-size pieces and place in a medium bowl.
4. In a small bowl, combine dressing, mustard, parsley, seasonings and whisk with fork; pour over potatoes and toss well.
5. Carefully stir in bell peppers and green onions. Cover and chill until ready to serve.

Nutrition information per serving: Calories 132, Total Fat 4g, Saturated Fat 1g, Carbohydrate 24g, Dietary Fiber 4g, Protein 2g, Sodium 441mg

Recipe Source: Nutrition Education and Obesity Prevention Branch (NEOPB)

Tabouleh

Serve tabouleh with whole wheat pita bread and hummus for a nutritious afternoon snack.

Makes 12 servings. 1 cup per serving.

Ready in 40 minutes.

Ingredients

2 cups bulgur wheat
2 cups very hot water
1 cucumber, chopped
1 small tomato, chopped
1 bunch green onions, chopped
½ cup fresh mint, chopped
2 cups fresh parsley, chopped
½ cup fresh lemon juice
1 Tablespoon olive oil
Black pepper to taste

Directions

1. Pour hot water over bulgur wheat and allow to stand until water is absorbed, about 30 minutes.
2. Combine the rest of the ingredients in a large bowl and mix well. Serve immediately or chill for up to 3 days.
3. Serve with whole wheat pita bread or homemade pita chips.

Nutrition information per serving: Calories 162, Total Fat 2.7g, Saturated Fat 0.5g, Dietary Fiber 5.1g, Sodium 12mg

Recipe Source: Leah's Pantry

Mango and Blackeye Pea Salsa

This beautifully flavored salsa will be a hit at any fiesta.

Makes 10 servings. ½ cup per serving.

Ready in 15 minutes.

Ingredients

- 1 (15½-ounce) can blackeye peas, drained and rinsed
- 1½ tomatoes, finely chopped
- 1 mango, peeled and finely chopped
- 2 green onions, chopped
- 1 Tablespoon vegetable oil
- 1 Tablespoon white vinegar juice of half a lime
- 1 teaspoon ground cumin
- ½ teaspoon garlic powder

Directions

1. In a large bowl, combine all ingredients and mix well.
2. Serve immediately or cover and refrigerate for up to 4 hours to allow the flavors to blend.
3. Serve with baked pita or corn chips.

Nutrition information per serving: Calories 83, Total Fat 2g, Saturated Fat 0g, Carbohydrate 14g, Dietary Fiber 3g, Protein 4g, Sodium 108mg

Recipe Source: Nutrition Education and Obesity Prevention Branch (NEOPB)