



Broccoli & Bok Choy Stir-Fry

1¼ tablespoons peanut, olive, or vegetable oil
 2 red bell peppers, cut into matchsticks
 2 green bell peppers, cut into matchsticks
 2 bunches of green onions, chopped
 2 cup broccoli florets
 2 two-inch pieces of ginger, grated
 Pinch of salt and pepper
 2 pound bok choy, shredded
 4 tablespoons sherry wine or orange juice
 2 tablespoons low-sodium soy sauce

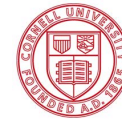
1. Heat oil in a wok or deep skillet. Stir-fry peppers, green onions, broccoli, ginger, salt and pepper until broccoli softens slightly (about 3-4 min.).
2. Add bok choy and sherry or orange juice. Cook for 2 minutes.
3. Sprinkle with soy sauce and serve.



Makes: 4 servings

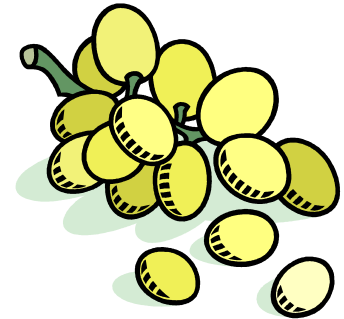
Nutrition Information:

CALORIES 160 (28% from fat); FAT 5g (sat 1g); CHOLESTEROL 0mg; SODIUM 500mg; CARBOHYDRATE 24g; FIBER 8g; PROTEIN 8g; CALCIUM 35%; IRON 30%



Grapes & Barley Salad

1¼ tablespoons olive or vegetable oil
 2 tablespoons lemon juice
 1 tablespoon orange juice
 2 cups cooked barley
 1½ cups seedless grapes
 ½ cup sliced celery
 ¼ cup sliced green onion
 Pinch of salt and pepper



1. In a mixing bowl, whisk together oil, lemon and orange juices.
2. Add barley, grapes, celery and onions to the bowl, tossing to coat.
3. Season with salt and pepper; chill until serving time.

Makes: 4 servings

Nutrition Information:

CALORIES 180 (22% from fat); FAT 4.5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 75mg; CARBOHYDRATE 34g; FIBER 4g; PROTEIN 2g; CALCIUM 2%; IRON 8%