



Minted Cucumber and Melon Yogurt Salad

- 2 cucumbers, peeled, quartered lengthwise, then sliced
- 2 cups honeydew melon, chopped
- 2 cups plain, fat free yogurt
- 1 Tbsp fresh mint, chopped

1. Mix all ingredients in a serving bowl, toss gently to combine.
2. Serve and enjoy!



Makes: 4 servings

Nutrition Information:

CALORIES 130 (4% from fat); FAT 0.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 115mg; CARBOHYDRATE 24g; FIBER 2g; PROTEIN 9g; CALCIUM 30%; IRON 8%



Spinach and Arugula Stuffed Mushrooms

- 10 ounces spinach
- 5 ounces arugula
- 1½ lbs. extra large button mushrooms
- ½ cup minced onions
- 1 tsp olive, canola, or vegetable oil
- 1 cup fat free cottage cheese
- 2 Tbsp fat free parmesan cheese
- 1 tsp dill
- 1 Tbsp low sodium soy sauce
- ¼ tsp black pepper



1. Preheat oven to 400°F. Wash spinach and arugula and remove thick stems. While leaves are still wet, place in a large pot, cover, and steam until wilted, 3-5 minutes. Cool, squeeze out excess moisture and chop finely.
2. Remove stems from mushroom caps. Place caps, stem side up, in a lightly oiled baking dish.
3. In a large non-stick frying pan, sauté onions in oil until soft. Finely chop mushroom stems and add to the pan. Sauté for 3 minutes. Remove from heat and in stir in spinach, arugula, cottage cheese, parmesan, dill, soy sauce, and pepper.
4. Divide mixture among mushroom caps. Bake for 20 minutes or until lightly browned.

Makes: 6 servings

Nutrition Information:

CALORIES 100 (10% from fat); FAT 0g (sat 0g); CHOLESTEROL 0mg; SODIUM 340mg; CARBOHYDRATE 15g; FIBER 4g; PROTEIN 10g; CALCIUM 15%; IRON 15%