



Couscous and Radish Salad

1¼ cups water
1 cup couscous, uncooked
½ tsp lemon zest
1/3 cup lemon juice
2 Tbsp water
1 Tbsp olive oil
1 clove garlic, crushed
2 cups radishes, trimmed and quartered
½ cup fresh parsley
1/3 cup fresh mint, or 1 Tbsp dried
2 Tbsp scallions, thinly sliced

1. Bring 1¼ cups of water to a boil. Stir in couscous. Cover, remove from heat, transfer to serving bowl, and set aside for 15 minutes. Fluff with fork, then set aside again.
2. Combine lemon zest, lemon juice, 2 Tbsp water, olive oil, and garlic. Stir vigorously and set aside.
3. Mince radishes, parsley, and mint. Transfer to bowl with couscous and toss. Add dressing and toss again.
4. Sprinkle with sliced scallions and serve.



Makes: 4 servings

Nutrition Information:

CALORIES 210 (17% from fat); FAT 4g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 40mg; CARBOHYDRATE 39g; FIBER 4g; PROTEIN 7g; CALCIUM 6%; IRON 10%



Creamed Spinach

20oz baby spinach, washed
2 Tbsp butter
1 onion, diced
2 cloves garlic, minced
3-4 Tbsp all purpose flour
2 cups skim milk
½ tsp nutmeg
¼ tsp salt



1. Cook the spinach in a pot of boiling water for just one minute, and transfer to a cold water bath to stop the cooking. Squeeze out the excess water from the leaves. Chop spinach and set aside.
2. Melt the butter in a saucepan. Add the garlic and onion, and cook until just soft. Add the flour, stirring it together to form a paste. Slowly whisk in the milk and cook until slightly thickened. Add salt.
3. Add sauce to the spinach, stir and serve.

Makes: 6 servings

Nutrition Information:

CALORIES 120 (29% from fat); FAT 4g (sat 2.5g); CHOLESTEROL 10mg; SODIUM 280mg; CARBOHYDRATE 19g; FIBER 5g; PROTEIN 6g; CALCIUM 15%; IRON 20%