



Asian Green Bean Salad

Salad:

- 3 ounces uncooked linguine
- 1 pound green beans, trimmed
- 2 cups celery, sliced
- 1 cup red bell pepper, thinly sliced
- ½ cup green onions, chopped
- 1/3 cup fresh cilantro, chopped



Dressing:

- ¼ cup rice wine vinegar
- ¼ cup low-sodium soy sauce
- 2 Tbsp sesame oil
- 2 Tbsp fresh ginger, peeled and grated
- ½ tsp sugar
- ¼ tsp ground black pepper
- 3 garlic cloves, minced

1. To prepare salad, break linguine in half and cook according to package directions (omit salt and fat). Add beans during last 3 minutes of cooking. Drain and rinse with cold water. Place mixture in large bowl. Stir in celery, bell pepper, onions, and cilantro.
2. To prepare dressing, combine all dressing ingredients in a small bowl. Whisk until blended.
3. Add dressing to salad, toss well.

Makes: 8 servings

Nutrition Information:

CALORIES 110 (27% from fat); FAT 4g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 410mg; CARBOHYDRATE 16g; FIBER 2g; PROTEIN 3g; CALCIUM 2%; IRON 4%

Grilled Corn-on-the-Cob

- 8 ears of fresh corn, in their husks
- Ground black pepper, to taste

1. Prepare the grill, gas or charcoal, with direct, high heat, about 550°F.
2. Place the corn (in their husks) on the hot grill. Cover. Turn the corn occasionally, until the husks are charred on all sides, about 15-20 minutes.
3. Remove the corn from the grill. Let sit for 5 minutes. Use a hand towel to protect your hands while removing the silks and charred husks from the corn.
4. Serve hot, add pepper to taste.



Makes: 8 servings

Nutrition Information:

CALORIES 70 (14% from fat); FAT 1g (sat 0g); CHOLESTEROL 0mg; SODIUM 0mg; CARBOHYDRATE 16g; FIBER 2g; PROTEIN 3g; CALCIUM 8%; IRON 2%