

Mr. Food
TEST KITCHEN

Everyday
Diabetic Recipes

Delightful Deli Salads

27 Healthy Pasta Salad Recipes, Chicken Salad Recipes, & More

"OOH IT'S SO GOOD!!®"



A Free eCookbook from the Mr. Food Test Kitchen



Everyday Diabetic Recipes

Delightful Deli Salads: Healthy Pasta Salad Recipes, Chicken Salad Recipes & More

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Everyday Diabetic Recipes

Dear Friend,

Winter, summer, fall or spring, deli salads are great year-round. We love how you can make these recipes ahead of time and nibble on the leftovers for days. They're so easy to whip up and take anywhere. But not all deli salads are made with good-for-you, lightened-up ingredients, which is why we came up with this free eCookbook, *Delightful Deli Salads: 27 Healthy Pasta Salad Recipes, Chicken Salad Recipes & More*. This cookbook is full of easy and healthy deli salad recipes that are light, creamy, and oh so tasty!

How do you make a quick and easy lunch that will last for days? You whip up something like our **Garden Chicken Salad** (page 3). This low-carb chicken salad is simple and nutritious, so you can serve it with crusty pita chips, a dark leafy salad, or between two fluffy pieces of low-carb bread. This light and yummy deli salad will give you a satisfying midday boost, while keeping your diet on track for dinner. There's also our super tasty **Tuna Salad Surprise** (page 5). It's loaded with good-for-you fats, crisp apples, and crunchy pecans. Make a batch of this refreshing deli salad and you'll have a nourishing lunch for the next few days!

If you need a recipe for your next potluck supper, you can't go wrong with one of these lightened up pasta and potato salad recipes. Our 5-ingredient **Light Pasta and Bean Salad** (page 8) is tossed in fat-free Italian dressing for a classic pasta salad taste that goes nicely with any spread. And don't forget the potato salad! Low-fat yogurt, and fat-free mayo give our **Dill Potato Salad** (page 14) a creamy, low-calorie dressing, while Dijon mustard, garlic, and cider vinegar give a hint of tang.

Tired of the same old vegetable and bean side dishes? Then whip up an easy veggie recipe like our **Cauliflower Salad** (page 18). This medley of cauliflower, peas, celery, and onion is coated in a creamy dressing and topped with Cheddar and bacon. Hard to believe all that goodness is low-carb and only 60 calories, but it's true! And kick up your average green beans with our **Southern Three-Bean Salad** (page 21). Three kinds of beans and a few added surprises will have your entire gang requesting this recipe over and over again.

Enhance any meal with a chilled slaw recipe. Our **Amish Coleslaw** (page 24) is an old-country favorite that gives a pleasant crunch and taste to any dish. Add some to a warm autumn panini, a juicy summertime burger, a spicy taco, or any grilled meat. Or try our **Apple Cider Slaw** (page 26), which pairs great with pork and pretty much anything else! Plus, our coleslaw recipes make batches big enough to feed a crowd, so bring one to your next get together!

However you serve these healthy and scrumptious deli salad recipes, everyone will be saying...

"OOH IT'S SO GOOD!!®"

Kelly Howard Patty



P.S. Enjoy this eCookbook and remember, it's available FREE! *Delightful Deli Salad* is available with many other FREE eCookbooks at www.EverydayDiabeticRecipes.com. Go on, tell your friends to visit so they can get their own FREE copies!

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Creamy Dill Chicken Salad

Creamy reduced-fat sour cream adds lusciousness to our Creamy Dill Chicken Salad. Best part? It's a healthy diabetic recipe that's perfect for a light lunch, picnic, or really anytime at all.

What You'll Need:

Serves: 4

- 1/4 cup reduced-fat sour cream
- 2 tablespoons reduced-fat mayonnaise
- 1 tablespoon chopped fresh dill weed
- 2 cups shredded cooked chicken breast
- 1/2 red bell pepper, chopped
- 1/4 cup celery, chopped
- 1/4 teaspoon onion powder
- 1/8 teaspoon black pepper



What To Do:

1. In a medium bowl, stir together sour cream, mayo, dill weed, onion powder and pepper. Add chicken, red pepper, and celery and toss gently to combine.
2. Refrigerate until ready to serve.

Nutrition Facts

Amount Per Serving

Calories 153 Calories from Fat 43

% Daily Value*

Total Fat 4.8 g	7 %
Saturated Fat 2.0g	10 %
<i>Trans</i> Fat 0.0g	0 %
Protein 23g	46 %
Cholesterol 65mg	22 %
Sodium 128mg	5 %
Total Carbohydrate 3.2g	1 %
Dietary Fiber 0.6g	2 %
Sugars 1.3g	0 %

*Percent Daily Values are based on a 2,000 calorie diet

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Your Very Own Waldorf Salad

Yes, you can make Your Very Own Waldorf Salad and still stick to your diabetes diet. This lighter, healthier version includes cooked chicken, to hearty it up, and is sure to be one of your favorite main dish salads.

Serves: 8

Preparation Time: 5 min

What You'll Need:

- 2 red delicious apples with peels, cored, diced
- 1 tablespoon fresh lemon juice
- 1-1/2 cup seedless red or green grapes, halved
- 1 cup diced celery
- 3 cups cooked, cubed chicken breast
- 1/2 cup reduced-fat mayonnaise
- 1/2 teaspoon salt
- 1/2 teaspoon dried tarragon



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What To Do:

1. Sprinkle apples with lemon juice to prevent browning.
2. In a large bowl, combine all ingredients. Serve or chill until ready to serve.

Nutrition Facts

Amount Per Serving

Calories 167 Calories from Fat 63

% Daily Value*

Total Fat 7.0g	11 %
Saturated Fat 1.4g	7 %
<i>Trans</i> Fat 0.0g	0 %
Protein 17g	33 %
Cholesterol 50mg	17 %
Sodium 296mg	12 %
Total Carbohydrate 9.5g	3 %
Dietary Fiber 1.2g	5 %
Sugars 7.3g	0 %

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Garden Chicken Salad

This classic Garden Chicken Salad gets its tasty crunch from lots of fresh veggies. Its so good its hard to believe this will keep you looking your best. Say goodbye guilt, hello taste!

Serves: 4

Preparation Time: 5 min

What You'll Need:

- 1 cup chopped cooked chicken breast
- 1/4 cup reduced-fat mayonnaise
- 1/2 cup sliced celery
- 1/4 cup coarsely chopped red bell pepper
- 1/4 teaspoon salt
- 1/8 teaspoon pepper



What To Do:

1. Combine all ingredients in food processor or blender, pulse until well blended. Serve immediately or refrigerate until ready to serve.

Note:

- To keep it low-carb use carrots and celery for dipping, or use some Romaine lettuce to make lettuce wraps!

Nutrition Facts

Amount Per Serving

Calories 111 **Calories from Fat** 56

% Daily Value*

Total Fat 6.3g	10 %
Saturated Fat 1.1g	6 %
<i>Trans</i> Fat 0.0g	0 %
Protein 11g	22 %
Cholesterol 35mg	12 %
Sodium 283mg	12 %
Total Carbohydrate 2.2g	1 %
Dietary Fiber 0.4g	2 %
Sugars 1.3g	0 %

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Pilgrim Chicken Salad

Chicken salad is great! You can eat it many different ways, plus it keeps well in the fridge. That's why we created Pilgrim Chicken Salad, so we can eat it year-round. It's a classic summertime recipe with all the flavors of fall!

What You'll Need:

Serves: 4

- 2 cups chopped cooked chicken
- 1 cup chopped celery
- 1/3 cup sweetened dried cranberries
- 1/2 cup reduced-fat mayonnaise
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper



What To Do:

1. In a large bowl, combine all ingredients. Chill until ready to serve.

Nutrition Facts

Amount Per Serving

Calories 247

Calories from Fat
113

% Daily Value*

Total Fat 13g	19 %
Saturated Fat 2.3g	11 %
Trans Fat 0.0g	0 %
Protein 22g	44 %
Cholesterol 70mg	23 %
Sodium 420mg	17 %
Total Carbohydrate 11g	4 %
Dietary Fiber 1.0g	4 %
Sugars 8.2g	0 %

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Tuna Salad Surprise

Our Test Kitchen's lighter take on the classic tuna salad boasts the addition of everybody's favorite - apples! We've made sure to tone down the high fat and calories and ramp up the flavor in our Tuna Salad Surprise.

What You'll Need:

Serves: 4

- 2 (5-ounce) cans solid white albacore tuna in water, drained
- 2 tablespoons reduced-fat mayonnaise
- 1 red apple, cored and diced
- 1/2 cup diced celery
- 1/4 cup chopped pecans
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper



What To Do:

1. In a medium bowl, break up tuna.
2. Add remaining ingredients, toss until evenly coated, and serve.

Nutrition Facts

Amount Per Serving

Calories 198 Calories from Fat 67

% Daily Value*

Total Fat 7.5g	11 %
Saturated Fat 0.8g	4 %
<i>Trans</i> Fat 0.0g	0 %
Protein 24g	48 %
Cholesterol 47mg	16 %
Sodium 382mg	16 %
Total Carbohydrate 6.7g	2 %
Dietary Fiber 1.7g	7 %
Sugars 4.4g	0 %

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Garden Tuna Salad

This low-carb tuna salad is full of garden-fresh pickin's, like tomatoes, celery, fresh dill and more. Our Garden Tuna Salad makes a great outdoor picnic recipe 'cause there's so much fresh flavor in it!

Serves: 4

Preparation Time: 10 min

What You'll Need:

- 2 (5-ounce) cans tuna, in water, drained and flaked
- 1 celery stalk, thinly sliced
- 1 scallion, thinly sliced
- 1 tablespoon chopped fresh dill
- 3 tablespoons fat-free plain Greek yogurt
- 1 tablespoon Dijon mustard
- 1/2 teaspoon garlic powder
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 4 ripe tomatoes, tops cut off and center pulp and seeds removed



What To Do:

1. In a medium bowl, combine tuna, celery, scallion, and dill.
2. In a small bowl, mix yogurt, mustard, garlic powder, salt, and pepper. Pour yogurt dressing over tuna mixture; mix well.
3. Spoon a scoop of tuna mixture into each tomato. Serve or refrigerate until ready to serve.

Nutrition Facts

Amount Per Serving

Calories 94 Calories from Fat 0.6

% Daily Value*

Total Fat 0.1g	0 %
Saturated Fat 0.0g	0 %
<i>Trans</i> Fat 0.0g	0 %
Protein 18g	36 %
Cholesterol 32mg	11 %
Sodium 354mg	15 %
Total Carbohydrate 2.1g	1 %
Dietary Fiber 0.6g	2 %
Sugars 1.3g	0 %

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Tuna Salad Delight

The secret to the delightful taste in this Tuna Salad Delight lies in the lightly sweetened, dried cranberries. This tuna salad recipe is a great change of pace from any other tuna salad you've had before!

Serves: 2

Preparation Time: 10 min

What You'll Need:

- 2 tablespoons fat free mayonnaise
- 2 tablespoons nonfat plain Greek yogurt
- 1/2 teaspoon Dijon mustard
- 1/8 teaspoon curry powder
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1 (5-ounce) can water-packed tuna, drained and flaked
- 1-1/2 cup finely shredded green cabbage
- 1/4 cup finely chopped scallion
- 2 tablespoons reduced sugar dried cranberries, chopped



What To Do:

1. In a large bowl, whisk mayonnaise, yogurt, mustard, curry powder, salt, and pepper.
2. Add remaining ingredients and mix well. Serve or refrigerate until ready to serve.

Nutrition Facts

Amount Per Serving

Calories 273 Calories from Fat 4.7

% Daily Value*

Total Fat 0.5g	1 %
Saturated Fat 0.1g	1 %
<i>Trans</i> Fat 0.0g	0 %
Protein 43g	86 %
Cholesterol 33mg	11 %
Sodium 576mg	24 %
Total Carbohydrate 24g	8 %
Dietary Fiber 4.5g	18 %
Sugars 16g	0 %

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Light Pasta & Bean Salad

This light and refreshing pasta salad gets nutritional value from kidney beans and peas with a bit of a kick from fat-free Italian Dressing. Why not give our Light Bean Pasta Salad a spin at your next BBQ, potluck or picnic?

Serves: 6

Chilling Time: 1 hr

What You'll Need:

- 2 cups rotini pasta
- 1 cup frozen peas, thawed
- 1 (16-ounce) can red kidney beans, rinsed and drained
- 1 hard-boiled egg, chopped
- 1/2 cup fat-free Italian dressing



What To Do:

1. In a medium bowl, combine pasta, peas, kidney beans, and chopped egg. Add Italian dressing and mix gently to combine.
2. Cover and refrigerate 1 hour or until ready to serve.

Nutrition Facts

Amount Per Serving

Calories 172 **Calories from Fat** 16

% Daily Value*

Total Fat 1.8g	3 %
Saturated Fat 0.4g	2 %
<i>Trans</i> Fat 0.0g	0 %
Protein 8.8g	18 %
Cholesterol 31mg	10 %
Sodium 447mg	19 %
Total Carbohydrate 30g	10 %
Dietary Fiber 5.9g	24 %
Sugars 5.1g	0 %

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Picnic Pasta Salad

Nothing says summer more than a picnic-style salad, and this one borrows the ingredients from two favorites - chicken salad and macaroni salad. Our Picnic Pasta Salad is a perfect bring-along for any gathering!

Serves: 4

Cooking Time: 15 min

What You'll Need:

- 1 (16-ounce) package frozen broccoli, cauliflower and carrot blend
- 1-1/2 cup cooked reduced-carb pasta
- 2 (4-ounce) boneless skinless chicken breast halves, cooked, cubed
- 2 teaspoons light Asian sesame dressing



What To Do:

1. Cook vegetables according to package directions and drain.
2. Combine all ingredients in salad bowl and lightly toss.

Nutrition Facts

Amount Per Serving

Calories 192 **Calories from Fat** 18

% Daily Value*

Total Fat 2.0g	3 %
Saturated Fat 0.4g	2 %
Trans Fat 0.0g	0 %
Protein 16g	33 %
Cholesterol 36mg	12 %
Sodium 118mg	5 %
Total Carbohydrate 24g	8 %
Dietary Fiber 3.6g	14 %
Sugars 4.2g	0 %

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Summer Fresh Pasta Salad

With fresh veggies and low-fat cheese, this pasta salad won't leave you feeling guilty. That's why our recipe for Summer Fresh Pasta Salad is a perfect bring-along dish from your next BBQ, potluck, or picnic!

Serves: 4

Chilling Time: 1 hr

What You'll Need:

- 2 cups cooked rotini pasta, rinsed and drained
- 1 cup chopped fresh tomatoes
- 1 cup chopped cucumbers
- 1/3 cup shredded reduced-fat mozzarella cheese
- 1/4 cup fat-free ranch dressing
- 1 teaspoon Dijon mustard
- 1 tablespoon fresh chopped parsley



What To Do:

1. In a medium bowl, combine pasta, tomatoes, cucumbers, and cheese. Add Ranch dressing, mustard, and parsley. Mix gently to combine.
2. Cover and refrigerate 1 hour or until ready to serve.

Notes:

- 1-1/2 cups of uncooked rotini pasta makes about 2 cups cooked.

Nutrition Facts

Amount Per Serving

Calories 271 **Calories from Fat** 30

% Daily Value*

Total Fat 3.3g	5 %
Saturated Fat 1.1g	5 %
<i>Trans</i> Fat 0.0g	0 %
Protein 10g	20 %
Cholesterol 6.0mg	2 %
Sodium 220mg	9 %
Total Carbohydrate 49g	16 %
Dietary Fiber 2.7g	11 %
Sugars 4.5g	0 %

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Pasta Salad Primavera

Plenty of colorful and crunchy vegetables give our Pasta Salad Primavera a bright and healthy twist. It pairs perfectly with any spring or summer dish!

Serves: 8

Chilling Time: 3 hr

What You'll Need:

- 3 cups cooked rotini pasta, rinsed and drained
- 1 cup chopped carrots
- 1 cup chopped celery
- 1 cup frozen peas, thawed
- 1/2 cup diced green bell pepper
- 1/2 cup chopped onion
- 1 cup chopped broccoli
- 1/8 teaspoon lemon pepper seasoning
- 1 cup fat-free French dressing



What To Do:

1. In a large bowl, combine pasta, carrots, celery, peas, green pepper, onion, and broccoli. Add lemon pepper and French dressing. Mix well to combine.
2. Cover and refrigerate for 3 hours or until ready to serve.

Note:

- About 2-1/2 cups of uncooked rotini pasta usually makes about 3 cups cooked.

Nutrition Facts

Amount Per Serving

Calories 153 Calories from Fat 6

% Daily Value*

Total Fat 0.7g	1 %
Saturated Fat 0.1g	0 %
Trans Fat 0.0g	0 %
Protein 4.4g	9 %
Cholesterol 0mg	0 %
Sodium 321mg	13 %
Total Carbohydrate 32g	11 %
Dietary Fiber 3.5g	14 %
Sugars 8.7g	0 %

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Un-Beet-Able Potato Salad

Adding beets and peas to this Un-Beet-Able Potato Salad not only adds plenty of bright colors, but also kicks the flavor up a notch. Next time you're looking for a jazzed up potato salad, remember this one!

Serves: 6

Chilling Time: 30 min

What You'll Need:

- 2-1/2 cups diced cooked potatoes
- 1 (8-1/4-ounce) can diced beets, rinsed and drained
- 1/2 cup frozen peas, thawed
- 1/3 cup fat-free Ranch dressing
- 2 tablespoons fat-free mayonnaise
- 1 teaspoon onion powder
- 1/4 teaspoon black pepper



What To Do:

1. In a large bowl, combine potatoes, beets, and peas.
2. In a small bowl, combine Ranch dressing, mayonnaise, onion powder, and black pepper. Pour dressing mixture over vegetables; mix until evenly coated.
3. Refrigerate 30 minutes, or until ready to serve. Stir before serving.

Nutrition Facts

Amount Per Serving

Calories 70 Calories from Fat 4.6

% Daily Value*

Total Fat 0.5g	1 %
Saturated Fat 0.1g	1 %
<i>Trans</i> Fat 0.0g	0 %
Protein 1.7g	3 %
Cholesterol 1.4mg	0 %
Sodium 241mg	10 %
Total Carbohydrate 15g	5 %
Dietary Fiber 2.0g	8 %
Sugars 4.1g	0 %

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Avocado Potato Salad

Avocados are nutrient all-stars! They're loaded with good fat, which helps lower bad cholesterol! You and your family can enjoy the classic textures and flavors of potato salad with a good-for-you twist in our Avocado Potato Salad.

Serves: 10

Cooking Time: 20 min

What You'll Need:

- 2 pounds new white potatoes
- 2 ripe avocados, peeled and diced
- 1/4 cup chopped red onion
- 3 tablespoons chopped cilantro
- 2 tablespoons lemon juice
- 2 tablespoons light mayonnaise
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper



What To Do:

1. In a large pot of boiling water over medium-high heat, cook potatoes 20 to 25 minutes, or until fork-tender. Drain and let cool.
2. Cut potatoes into 1-inch chunks and place in a large bowl. Add remaining ingredients and toss until evenly coated. Cover and refrigerate until ready to serve.

Nutrition Facts

Amount Per Serving

Calories 139 **Calories from Fat** 63

% Daily Value*

Total Fat 7.0g	11 %
Saturated Fat 1.0g	5 %
<i>Trans</i> Fat 0.0g	0 %
Protein 2.4g	5 %
Cholesterol 1.1mg	0 %
Sodium 50mg	2 %
Total Carbohydrate 19g	6 %
Dietary Fiber 5.0g	20 %
Sugars 1.7g	0 %

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Dill Potato Salad

The key to making this red potato salad taste phenomenal is to use fresh dill. Our Dill Potato Salad recipe is a lightened-up version of one of your favorite potato salads. Everyone at your potluck will enjoy this tasty dish!

Serves: 10

Cooking Time: 20 min

What You'll Need:

- 2 pounds red potatoes
- 1/2 cup low-fat plain yogurt
- 2 tablespoons fat-free mayonnaise
- 1 tablespoon Dijon mustard
- 1 tablespoon cider vinegar
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 cup diced celery
- 1/4 cup chopped red onion
- 1 tablespoon chopped fresh dill



What To Do:

1. In a large pot of boiling water over medium-high heat, cook potatoes 20 to 25 minutes, or until fork-tender. Drain and let cool.
2. In a large bowl, whisk together yogurt, mayonnaise, mustard, vinegar, garlic powder, salt, and pepper.
3. Cut potatoes into 1-inch chunks, add to dressing along with remaining ingredients, and mix until well combined. Cover and refrigerate until chilled.

Nutrition Facts

Amount Per Serving

Calories 79 Calories from Fat 3.8

% Daily Value*

Total Fat 0.4g	1 %
Saturated Fat 0.2g	1 %
<i>Trans</i> Fat 0.0g	0 %
Protein 2.5g	5 %
Cholesterol 1.1mg	0 %
Sodium 206mg	9 %
Total Carbohydrate 17g	6 %
Dietary Fiber 1.8g	7 %
Sugars 2.5g	0 %

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One Bowl Cucumber Salad

French dressing and fresh parsley put a unique twist on this cucumber and onion salad. Best of all, when we call it One Bowl Cucumber Salad, we mean it!

Serves: 4

Chilling Time: 1 hr

What You'll Need:

- 1/4 cup fat-free French dressing
- 1 tablespoon fat-free mayonnaise
- 2 tablespoons chopped fresh parsley
- 1 tablespoon white vinegar
- 1 teaspoon garlic, chopped
- 1/2 teaspoon salt
- 2-1/4 cups thinly sliced cucumbers
- 1/4 cup finely chopped onion



What To Do:

1. In a medium bowl, combine French dressing, mayonnaise, vinegar, garlic, salt, and parsley. Add cucumbers and onion. Toss gently to combine.
2. Cover and refrigerate 1 hour or until ready to serve.

Nutrition Facts

Amount Per Serving

Calories 49 **Calories from Fat** 2.2

% Daily Value*

Total Fat 0.2g	0 %
Saturated Fat 0.1g	0 %
<i>Trans</i> Fat 0.0g	0 %
Protein 0.6g	1 %
Cholesterol 0.4mg	0 %
Sodium 461mg	19 %
Total Carbohydrate 9.1g	3 %
Dietary Fiber 1.0g	4 %
Sugars 4.4g	0 %

*Percent Daily Values are based on a 2,000 calorie diet

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Carrot Raisin Salad with Apples

Our Carrot Raisin Salad with Apples will be a hit at your next potluck, picnic or BBQ. Plenty of fresh fruit flavors make this salad bright and refreshing!

Serves: 4

Chilling Time: 1 hr

What You'll Need:

- 2 cups shredded carrots
- 2 small apples, cored and chopped
- 1/4 cup raisins
- 2 tablespoons chopped pecans
- 1/3 cup fat-free mayonnaise
- 1 packet Splenda
- 1/2 teaspoon apple pie spice
- 1 teaspoon lemon juice



What To Do:

1. In a medium bowl, combine carrots, apples, raisins, and pecans. Add mayonnaise, Splenda, apple-pie spice, and lemon juice. Toss lightly to combine.
2. Cover and refrigerate 1 hour or until ready to serve.

Note:

- If you don't have apple spice on-hand, you can use 1/4 teaspoon cinnamon, 1/8 teaspoon nutmeg, and 1/8 teaspoon ginger instead.

Nutrition Facts

Amount Per Serving

Calories 190 **Calories from Fat** 99

% Daily Value*

Total Fat 11g	17 %
Saturated Fat 1.0g	5 %
<i>Trans</i> Fat 0.0g	0 %
Protein 2.3g	5 %
Cholesterol 2.1mg	1 %
Sodium 198mg	8 %
Total Carbohydrate 24g	8 %
Dietary Fiber 4.9g	20 %
Sugars 16g	0 %

**Percent Daily Values are based on a 2,000 calorie diet*

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Confetti Corn Salad

We all know that cottage cheese is a super-healthy option, but it can get a bit boring. So we decided to add some excitement to it by tossing it with a rainbow of colorful veggies. So now it's a Confetti Corn Salad!

Serves: 6

Preparation Time: 10 min

What You'll Need:

- 1-1/3 cup frozen whole corn kernels
- 1/4 cup chopped red bell pepper
- 1/2 cup chopped celery
- 1/4 cup finely chopped onion
- 1 cup reduced-fat small curd cottage cheese, drained
- 1/3 cup reduced-fat sour cream
- 1 teaspoon fresh dill (or 1/8 teaspoon dried dill)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper



What To Do:

1. Prepare corn according to package instructions. Drain and cool.
2. In a salad bowl, combine corn, red pepper, celery and onions. Add cottage cheese and strain mixture, if needed, to remove excess liquid. Stir in sour cream, dill, salt and pepper. Cover and refrigerate until well chilled.

Nutrition Facts

Amount Per Serving

Calories 42 Calories from Fat 22

% Daily Value*

Total Fat 2.5g	4 %
Saturated Fat 1.4g	7 %
<i>Trans</i> Fat 0.0g	0 %
Protein 6.8g	14 %
Cholesterol 5.9mg	2 %
Sodium 267mg	11 %
Total Carbohydrate 11g	4 %
Dietary Fiber 1.2g	5 %
Sugars 2.7g	0 %

*Percent Daily Values are based on a 2,000 calorie diet

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Cauliflower Salad

They won't believe that this amazingly delicious deli salad is actually made with cauliflower! In fact, this Cauliflower Salad sort of tastes like a faux, loaded potato salad. Make this anytime you've got a group of folks to impress!

Serves: 8

Cooking Time: 8 min

What You'll Need:

- 1 head cauliflower, cut into florets
- 1/4 cup low-fat plain yogurt
- 1/4 cup fat-free mayonnaise
- 2 teaspoons yellow mustard
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup frozen peas, thawed
- 1 cup sliced celery
- 1/4 cup chopped onion
- 1/4 cup reduced-fat shredded Cheddar cheese
- 2 tablespoons bacon bits



What To Do:

1. In a large pot of boiling water, cook cauliflower 8 to 10 minutes, or until fork-tender. Drain and let cool.
2. In a large bowl, whisk yogurt, mayonnaise, mustard, salt, and pepper. Add cauliflower and remaining ingredients to dressing; mix well. Cover and refrigerate until ready to serve.

Nutrition Facts

Amount Per Serving

Calories 60 Calories from Fat 12

% Daily Value*

Total Fat 1.3g	2 %
Saturated Fat 0.5g	2 %
Trans Fat 0.0g	0 %
Protein 4.6g	9 %
Cholesterol 3.3mg	1 %
Sodium 270mg	11 %
Total Carbohydrate 8.6g	3 %
Dietary Fiber 2.8g	11 %
Sugars 3.8g	0 %

*Percent Daily Values are based on a 2,000 calorie diet

Low-Carb!

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South-of-the-Border Corn Salad

Our colorful South-of-the-Border Corn Salad looks bright and beautiful on a plate. Plus, the great combination of flavors and textures takes this fiesta all the way to your taste buds.

Serves: 8

Chilling Time: 2 hr

What You'll Need:

- 1 (16-ounce) package frozen corn, thawed
- 1 (16-ounce) can reduced-sodium pinto beans, drained and rinsed
- 1/4 cup chopped scallion
- 1/4 cup chopped red bell pepper
- 1/4 cup sliced black olives
- 2 tablespoons canola oil
- 1 tablespoon rice vinegar
- 2 teaspoons reduced-sodium taco seasoning mix
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper



What To Do:

1. In a medium bowl, combine corn, pinto beans, scallion, red pepper, and olives.
2. In a small bowl, combine oil, vinegar, taco seasoning mix, salt, and black pepper. Add to corn mixture, stirring until well combined.
3. Cover and refrigerate at least 2 hours, or until ready to serve.

Nutrition Facts

Amount Per Serving

Calories 42 Calories from Fat 38

% Daily Value*

Total Fat 4.2g	6 %
Saturated Fat 0.4g	2 %
<i>Trans</i> Fat 0.0g	0 %
Protein 2.8g	6 %
Cholesterol 0.0mg	0 %
Sodium 212mg	9 %
Total Carbohydrate 10g	3 %
Dietary Fiber 3.0g	12 %
Sugars 0.9g	0 %

*Percent Daily Values are based on a 2,000 calorie diet

Low-Carb!

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Easy Peasy Pea Salad

Because this salad is so easy to throw together, we've named it Easy Peasy Pea Salad! Simply toss all the nutritious ingredients together, let them chill and when ready to serve drizzle on the tangy basil dressing.

Serves: 8

Chilling Time: 3 hr

What You'll Need:

- 1 (16-ounce) package frozen petite peas, thawed
- 1 cup thinly sliced celery
- 1/4 cup finely chopped green onions with tops
- 1/2 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 1/4 cup fat-free balsamic vinaigrette
- 2 tablespoons fresh basil, chopped



What To Do:

1. Combine all ingredients in bowl. Refrigerate for at least 3 hours.
2. Drain excess dressing when ready to serve.

Nutrition Facts

Amount Per Serving

Calories 51 Calories from Fat 2.4

% Daily Value*

Total Fat 0.3g	0 %
Saturated Fat 0.1g	0 %
<i>Trans</i> Fat 0.0g	0 %
Protein 3.2g	6 %
Cholesterol 0.0mg	0 %
Sodium 96mg	4 %
Total Carbohydrate 9.3g	3 %
Dietary Fiber 2.9g	12 %
Sugars 3.6g	0 %

**Percent Daily Values are based on a 2,000 calorie diet*



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Southern Three-Bean Salad

What's a perfect addition to any antipasto platter? Our Southern Three-Bean Salad of course! The high-fiber content of the beans in this dish will help you stay on track with your diet too!

Serves: 8

Chilling Time: 2 hr

What You'll Need:

- 1 (16-ounce) can no-salt-added cut green beans, rinsed and drained
- 1 (16-ounce) can no-salt-added red kidney beans, rinsed and drained
- 1 (16-ounce) can garbanzo beans, rinsed and drained
- 1/2 cup sliced ripe olives
- 1/4 cup chopped fresh parsley
- 1/2 cup fat-free Italian dressing
- 1/2 teaspoon minced garlic powder
- 1/4 teaspoon black pepper



What To Do:

1. In a medium bowl, combine green beans, kidney beans, garbanzo beans, olives, and parsley.
2. Add Italian dressing, garlic, onion powder, and pepper; mix well.
3. Cover and refrigerate at least 2 hours, or until ready to serve.

Nutrition Facts

Amount Per Serving

Calories 117 Calories from Fat 18

% Daily Value*

Total Fat 2.0g	3 %
Saturated Fat 0.2g	1 %
<i>Trans</i> Fat 0.0g	0 %
Protein 6.2g	12 %
Cholesterol 0.3mg	0 %
Sodium 456mg	19 %
Total Carbohydrate 19g	6 %
Dietary Fiber 6.0g	24 %
Sugars 2.8g	0 %

**Percent Daily Values are based on a 2,000 calorie diet*

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Colorful Coleslaw

With cabbage, carrots, onions, peas and bacon bits, this Colorful Coleslaw is far from average. Plus, a dash of lemon pepper seasoning kicks it up a notch!

Serves: 8

Chilling Time: 2 hr

What You'll Need:

- 4 cups shredded cabbage
- 1-1/2 cup shredded carrot
- 1/2 cup diced onion
- 1 cup frozen peas, thawed
- 1/4 cup bacon bits
- 1/2 cup (1-1/2 ounces) grated Parmesan cheese
- 1 cup fat-free mayonnaise
- 1-1/2 packet Splenda
- 1/8 teaspoon lemon pepper seasoning



What To Do:

1. In a large bowl, combine cabbage, carrots, onions, peas, bacon bits, and Parmesan cheese.
2. In a small bowl, combine mayonnaise, Splenda, and lemon pepper seasoning. Pour mayonnaise mixture over cabbage; mix well.
3. Cover and refrigerate at least 2 hours or until ready to serve.

Nutrition Facts

Amount Per Serving

Calories 97 Calories from Fat 32

% Daily Value*

Total Fat 3.6g	5 %
Saturated Fat 1.5g	8 %
Trans Fat 0.0g	0 %
Protein 5.7g	11 %
Cholesterol 11mg	4 %
Sodium 469mg	20 %
Total Carbohydrate 12g	4 %
Dietary Fiber 3.1g	12 %
Sugars 5.7g	0 %

*Percent Daily Values are based on a 2,000 calorie diet

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Cabbage Patch Slaw

Make your own coleslaw with only "good-for-you" ingredients! Our Cabbage Patch Slaw is made fresh and tastes like it came from the garden every time you make it.

What You'll Need:

Serves: 8

- 6 cups shredded green cabbage
- 1/4 cup chopped green bell pepper
- 1/4 cup sliced scallions
- 1/3 cup low-fat coleslaw dressing
- 1/4 teaspoon black pepper
- 1/2 cup pineapple tidbits, drained



What To Do:

1. In a salad bowl, combine cabbage, bell pepper, and scallion. Cover and refrigerate until well chilled.
2. Just before serving, lightly toss cabbage mixture with pineapple tidbits, pepper, and dressing and serve.

Nutrition Facts

Amount Per Serving

Calories 59 Calories from Fat 21

% Daily Value*

Total Fat 2.3g	4 %
Saturated Fat 0.4g	2 %
<i>Trans</i> Fat 0.0g	0 %
Protein 0.8g	2 %
Cholesterol 2.8mg	1 %
Sodium 188mg	8 %
Total Carbohydrate 9.7g	3 %
Dietary Fiber 1.7g	7 %
Sugars 7.8g	0 %

*Percent Daily Values are based on a 2,000 calorie diet



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Amish Coleslaw

Let the Pennsylvania Dutch lead you in the right direction with our Amish Coleslaw. The sweet and tangy flavors of horseradish and white vinegar will excite friends and family who try this dish!

Serves: 6

Chilling Time: 1 hr

What You'll Need:

- 3-1/2 cups shredded cabbage
- 3/4 cup shredded carrots
- 1/2 cup finely diced celery
- 1/4 cup finely diced onion
- 1/2 cup fat-free mayonnaise
- 1/4 teaspoon lemon pepper seasoning
- 2 teaspoons jarred horseradish
- 2 packets Splenda
- 1 tablespoon white vinegar
- 1 teaspoon celery seed



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What To Do:

1. In a large bowl, combine cabbage, carrots, onions, peas, bacon bits, and Parmesan cheese.
2. In a small bowl, combine mayonnaise, Splenda, and lemon pepper seasoning. Pour mayonnaise mixture over cabbage; mix well.
3. Cover and refrigerate at least 2 hours or until ready to serve.

Nutrition Facts

Amount Per Serving

Calories 37 Calories from Fat 6.8

% Daily Value*

Total Fat 0.8g	1 %
Saturated Fat 0.1g	1 %
<i>Trans</i> Fat 0.0g	0 %
Protein 0.9g	2 %
Cholesterol 2.1mg	1 %
Sodium 198mg	8 %
Total Carbohydrate 7.5g	3 %
Dietary Fiber 2.2g	9 %
Sugars 4.0g	0 %

*Percent Daily Values are based on a 2,000 calorie diet

Low-Carb!

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French-Style Broccoli Slaw

We can't get enough of the tanginess of sweetened dried cranberries, so our Test Kitchen decided to add them to this healthy French-Style Broccoli Slaw. What a super autumn, holiday, or really anytime go-along!

What You'll Need:

Serves: 8

- 1 (12-ounce) package broccoli slaw, coarsely chopped
- 1/2 cup sweetened dried cranberries
- 1/4 cup dry roasted peanuts, coarsely chopped
- 1/2 cup olive oil
- 1/4 cup red wine vinegar
- 1 teaspoon Dijon-style mustard
- 1/2 teaspoon paprika
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper



What To Do:

1. In a small bowl, whisk together olive oil, vinegar, Dijon-style mustard, paprika, salt and pepper.
2. In a large bowl, toss together broccoli slaw, cranberries, and dressing. Sprinkle peanuts on top.

Nutrition Facts

Amount Per Serving

Calories 184 Calories from Fat 143

% Daily Value*

Total Fat 16g	24 %
Saturated Fat 2.2g	11 %
<i>Trans</i> Fat 0.0g	0 %
Protein 2.1g	4 %
Cholesterol 0.0mg	0 %
Sodium 132mg	6 %
Total Carbohydrate 9.8g	3 %
Dietary Fiber 1.9g	7 %
Sugars 6.1g	0 %

*Percent Daily Values are based on a 2,000 calorie diet

Low-Carb!

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Apple Cider Slaw

Apple Cider Slaw makes a great side dish or light lunch. It's a perfect partner for pork and pretty much everything else. Not to mention it's easy to make and can feed a crowd!

What You'll Need:

Serves: 16

- 1/2 of a medium head green cabbage, shredded (see Options)
- 1/2 of a medium head red cabbage, shredded (see Options)
- 2 apples, cored and chopped
- 2 large cucumbers, seeded and diced
- 1 medium onion, finely chopped
- 1 (15-1/4-ounce) can whole-kernel corn, drained
- 1/2 cup olive oil
- 1/2 cup apple cider vinegar
- 1/3 cup sugar
- 1-1/2 teaspoon salt



What To Do:

1. In a large bowl, toss together the green and red cabbage, the apples, cucumbers, onion, and corn.
2. In a small bowl, combine the remaining ingredients; pour over the cabbage mixture and toss well. Serve, or cover and chill until ready to serve.

Note:

- Go ahead and make this salad your own! Add peppers or carrots for extra crunch, or use prepared coleslaw mix for convenience.

Nutrition Facts

Amount Per Serving

Calories 131 Calories from Fat 65

% Daily Value*

Total Fat 7.2g	11 %
Saturated Fat 1.0g	5 %
<i>Trans</i> Fat 0.0g	0 %
Protein 1.8g	4 %
Cholesterol 0.0mg	0 %
Sodium 283mg	12 %
Total Carbohydrate 17g	6 %
Dietary Fiber 2.5g	10 %
Sugars 9.6g	0 %

*Percent Daily Values are based on a 2,000 calorie diet

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Creamy Crunchy Slaw

Whether you like your slaw creamy or crunchy, this one delivers both! Direct from the Mr. Food Test Kitchen, we've come up with a Creamy Crunchy Slaw for you to make that will have everyone green with envy!

What You'll Need:

Serves: 7

- 1 (16-ounce) package coleslaw mix
- 1/2 cup chopped green bell pepper
- 1/4 cup sliced scallion
- 1/2 cup reduced fat Mayonnaise
- 1 tablespoon Splenda
- 1 tablespoon apple cider vinegar
- 1/2 teaspoon celery seed



What To Do:

1. In a large bowl, combine coleslaw, bell pepper, and scallion.
2. To make the dressing, in a small bowl, mix together mayonnaise, Splenda, cider vinegar, and celery seed.
3. Add dressing and toss lightly.

Nutrition Facts

Amount Per Serving

Calories 75 Calories from Fat 52

% Daily Value*

Total Fat 5.7g	9 %
Saturated Fat 0.9g	5 %
<i>Trans</i> Fat 0.0g	0 %
Protein 1.1g	2 %
Cholesterol 6.0mg	2 %
Sodium 132mg	5 %
Total Carbohydrate 6.0g	2 %
Dietary Fiber 1.8g	7 %
Sugars 1.1g	0 %

*Percent Daily Values are based on a 2,000 calorie diet

Low-Carb!

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