



## Nutrition Basics Recipes

### **Banana Split Salad**

Yields: 2 servings

- 1 banana
- ½ cup low-fat cottage cheese
- ½ cup fruit cocktail, canned in its own juices

1. Wash hands and cooking area.
2. Wash, peel and slice banana lengthwise. Place in a bowl.
3. Top banana with cottage cheese.
4. Pour fruit cocktail over top.

Per serving (excluding unknown items): 133.4 Calories; 1.3g Fat (23.1% calories from fat); 8.4g Protein; 23.0g Carbohydrate; 4.5mg Cholesterol; 235mg Sodium.

MyPyramid: ¾ cups Fruit; ¼ cup Milk

### **Spinach Spread**

Yields: 3 cups.

- 1 10-oz. package frozen chopped spinach
- 1 cup fat-free cream cheese
- ½ cup low-fat yogurt
- ¼ cup onions, minced
- ½ fresh tomato, minced
- 2 tablespoons almonds, sliced
- 1 teaspoon salt
- ¼ teaspoon garlic powder
- pepper to taste

1. Squeeze frozen spinach by hand to remove all moisture or wrap in paper towels and squeeze. For a smoother texture, chop spinach or use food processor.
2. In a bowl, combine spinach, cream cheese, yogurt, onions, tomato, almonds, salt, garlic powder and pepper to taste, mix well.
3. Spread can be served immediately or covered and refrigerated for later use.

1 serving = 2 Tablespoons

Per serving (excluding unknown items): 39.6 Calories; 1.1g Fat (24.7% calories from fat); 4.2g Protein; 3.6g Carbohydrate; 2mg Cholesterol; 304mg Sodium. MyPyramid: ½ Lean Meat; ½ Vegetable.

### **Almost a Pyramid Sundae**

Yield: 1 sundae

- ½ cup fresh, sliced strawberries or other fresh fruit cut into bite-sized pieces
- 1 Graham Cracker square (2 ½ -inches), crushed
- ½ cup low-fat frozen yogurt, any flavor
- 1 tablespoon chopped nuts, any type

1. Wash your hands and clean your cooking area.
2. Wash and slice fruit.
3. In a plastic sandwich bag or bowl, crush the graham cracker square.
4. In a small bowl, layer the crushed graham cracker, frozen yogurt, fruit and nuts.

Per serving (excluding unknown items): 200.6 Calories; 6.0g Fat (25% calories from fat); 7.0g Protein; 31.8g Carbohydrate; 1.5mg Cholesterol; 108mg Sodium. MyPyramid: ¼ ounce Grains, ½ cup Fruits, ½ cup Milk, ¼ ounce Meat & Beans