

## Autumn Salad

... Brook Harmon MS, RD, LD

Prep: 20 minutes

Cook: 10 minutes

10 servings

1 cup	apple juice
2 T	cider vinegar
1 tsp	extra virgin olive oil
¼ tsp	black pepper
10 cups (10 oz)	mixed salad greens
1 cup	seedless grapes, halved
1 medium	Pomegranate, seeds removed
1 medium	Bartlett pear, cored and cut into 18 wedges
¼ cup (1 oz)	reduced fat cheddar cheese, shredded

1. Place apple juice in a small saucepan and bring to a boil over medium-high heat. Cook until reduced to about 3 tablespoons (about 10 minutes). Combine reduced apple juice, vinegar, oil and pepper, stirring with a whisk.
2. Combine greens, grapes, pomegranate seeds and pear in a large bowl. Drizzle with dressing and toss gently to coat. Sprinkler with cheese.

### Nutrition Information (1 cup):

61 calories (13% from fat)

1 g fat

0 g saturated fat

13 g carbohydrates

2 g fiber

2 g protein

45 mg sodium

## Berry Crisp

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5 cups	mixed berries, defrosted
½ cup	oatmeal, uncooked
¼ cup	brown sugar, packed
2 TB	whole wheat flour
¼ cup	almonds, chopped
1 tsp	cinnamon
¼ cup	Smart Balance, chopped

1. Preheat oven to 350 °F.
2. In a medium bowl, combine oatmeal, brown sugar, flour, almonds and cinnamon. Blend butter into the dry ingredients until the mixture resembles coarse crumbs.
3. Pour fruit into a 9 X 13 inch baking dish. Cover with crumb mixture and bake 30-45 minutes.
4. Remove and let stand for 10 minutes to cool.

### Nutrition Facts (1/2 cup)

114 calories (30% from fat)

4g fat

0.6g saturated fat

20g carbohydrates

11g sugar

3g fiber

2g protein

59mg sodium

## Corn and Tomato Soup

... Brook Harmon MS, RD, LD

Prep: 10 min

Cook: 10 min

6 servings

1 package (10 oz)	frozen cream-style corn
1 tbs	margarine (Smart Balance)
1 medium	onion, chopped (3/4 cup)
1	garlic clove, minced
1 can (14 oz)	reduced-sodium vegetable broth
1 can (14 ½ oz)	diced tomatoes seasoned with garlic and onion
2 cups	frozen yellow or white corn kernels
Black pepper to taste	

1. Make small slip to vent in plastic pouch of cream corn. Microwave for 3 min on high.
2. Meanwhile, melt margarine in 4 ½ quart Dutch oven over medium heat. Peel and coarsely chop onion. Add to pot.
3. Cook onion, stirring occasionally, until crisp-tender, about 3 minutes. Add garlic, stir and cook for 30 seconds.
4. Add broth, tomatoes undrained, frozen corn kernels and defrosted cream-style corn. Season with black pepper.
5. Raise to high heat and bring to a boil, stirring occasionally. Reduce heat to medium and cook a moderate boil, stirring frequently for 5 minutes.
6. Can be served over corn muffins or with cornbread as a side.

### Nutrition Information (1 cup):

137 calories (30% from fat)

5g fat

1g saturated fat

24g carbohydrates

3g fiber

4g protein

238mg sodium