



MyPyramid Food Group Focus: Vary Your Veggies

Very Veggie Oriental Slaw

2 cups cauliflower florets	1/2 cup white-wine vinegar
1 small, firm green cabbage, shredded	2 Tbsp. reduced-sodium soy sauce
1 large carrot, shredded	1 Tbsp. dark sesame oil
1/2 green bell pepper, chopped	2 tsp. peeled, grated fresh ginger root
4 radishes, trimmed and thinly sliced	2 garlic cloves, minced
4 scallions, trimmed and thinly sliced	1/4-1/2 tsp. red-pepper flakes
1 Tbsp. toasted sesame seeds	

1. Steam cauliflower until tender-crisp, about 5 minutes. Place vegetables in a large bowl.
2. Place vinegar, soy sauce, sesame oil, ginger, garlic and red-pepper flakes in a blender and process until smooth. Stir in sesame seeds. Pour the dressing over the vegetables and toss well. *(The slaw can be made up to 24 hours ahead and refrigerated.)*

To toast sesame seeds: Cook sesame seeds in a heavy, dry skillet over medium-high heat, stirring constantly, for 2 to 3 minutes, or until lightly browned. Cool. *Makes 8 servings. Per serving: 67 calories, 3 gm fat, 3 gm protein, 10 gm carbohydrate, 4 gm fiber, 0 mg cholesterol, 71 mg calcium, 1.2 mg iron, 168 mg sodium*

Veggie Roll-Ups

6 whole wheat tortillas (10 inch)	20 sugar snap peas
3/4 cup light garlic and herb cheese spread*	Fresh spinach leaves (about 12 per roll-up)
1 sweet red bell pepper, seeded and cut into thin strips	

Blanch sugar snap peas in boiling water for 30 seconds. Drain and chill in ice water to stop the cooking process. Drain and pat dry. Spread 2 tablespoons cheese spread over a tortilla. Layer fresh spinach leaves over the bottom half of the tortilla. Place a row of red pepper strips and a row of sugar snap peas across the middle of the tortilla. Roll the tortilla tightly and wrap in plastic wrap. For best results refrigerate 2-3 hours. To serve cut each tortilla into eight 1 inch pieces.

Makes about 48 appetizers. Per piece: 37 calories, 1 gm protein, 5 gm carbohydrate, 1 gm fat, 3 mg cholesterol, .3 mg iron, 27 mg calcium, 64 mg sodium

* You can use our recipe for Herbed Yogurt Cheese or the brand Alouette light found in the deli section.

Sweet Potato Bread with Cranberries

2 large eggs, slightly beaten	1 tsp. vanilla extract
1-1/3 cup sugar	1-1/2 cup all-purpose flour
1/3 cup canola oil	1 teaspoon ground cinnamon
1 cup mashed sweet potatoes, canned or cooked	1/4 teaspoon ground allspice
1 cup chopped cranberries	1 teaspoon baking soda

1. Preheat oven to 350 degrees. Coat a 9 inch loaf pan with nonstick cooking spray and dust with flour.
2. In a large bowl, combine eggs, sugar, oil, sweet potatoes and vanilla.
3. In a separate bowl, combine flour, cinnamon, allspice, and baking soda. Make a well in the center. Pour the sweet potato mixture into the well. Mix just until moistened. Stir in cranberries.
4. Spoon batter into prepared loaf pan and bake for 1 hour or until a toothpick in the center comes out clean.

Makes 12 slices. Per slice: 222 calories, 3 gm protein, 7 gm fat, 38 gm carbohydrate, 1 gm fiber, 35 mg cholesterol, 15 mg calcium, 1 mg iron, 132 mg sodium.