

Enjoy These Red Foods And Drinks

On National Wear Red Day® Make Every Part Of Your Celebration “Red”

Frozen Watermelon Bites

Alternate frozen cubes of watermelon and mint leaves on a skewer and serve cold.

Ravin’ Red Smoothie

Blend 1 cup low-fat yogurt, ½ cup frozen strawberries, ½ cup frozen raspberries and 1 frozen banana.

Red Pasta

Cook whole-wheat spaghetti and top with low-sodium marinara sauce, diced tomatoes and sun-dried tomatoes.

Baked Red Apple Dessert

Fill 1 whole red apple (cored) with ¼ cup chopped almonds, ¼ cup dried cranberries, 1 tsp. honey and 1 tsp. brown sugar. Bake for 15 minutes at 350° or until sugar bubbles.

Perfect Polenta

Cook polenta and mix with roasted cherry tomatoes, roasted red bell pepper and sun-dried tomato.

Stuffed Red Bell Peppers

Stuff 1 red bell pepper (cored) with ½ cup cooked brown rice, ¼ diced red onion, ¼ cup ground turkey (browned), 1 tbsp. parsley, salt and pepper. Bake at 350° for 15 minutes or until pepper is heated through.

Red Bean Salsa

Combine 2 cups red beans, ½ cup diced red onions, 1 cup diced red tomato, ¼ cup diced jalapeño (remove seeds), ¼ cup chopped parsley, 2 tbsp. lemon juice, salt and pepper.

Roasted Red Cabbage Salad

In a large bowl, combine 2 cups chopped red cabbage (roasted), ½ cup red onion (thinly sliced and sautéed), ¼ cup red wine vinegar, 1 tbsp. olive oil and sea salt.

Try This Heart-Healthy Recipe:

Fresh-Fruit ‘Sangría’

4 servings (1 1/3 cups/serving)

Ingredients

3 cups unsweetened cranberry apple juice blend, or 2 cups unsweetened cranberry juice and 1 cup unsweetened apple juice, chilled

1 cup sparkling water, chilled

1 small apple, such as Red or Golden Delicious, Gala, or Fuji, diced

1/2 cup raspberries

1/2 cup blueberries

1 small lemon, cut into 8 slices

1 small lime, cut into 8 slices

1 cup crushed ice



Preparation

1. In a small pitcher or other container with a pouring spout, stir together the juice and sparkling water.
2. In a small bowl, gently stir together the apple, raspberries, and blueberries. Spoon into glasses. Place 2 lemon slices and 2 lime slices in each glass. Spoon the ice over the fruit. Pour in the juice mixture.®

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Nutrition Analysis (per serving)

Calories 128
Total Fat 0 g
Saturated Fat 0 g
Monounsaturated Fat 0 g
Polyunsaturated Fat 0 g

Sodium 29 mg
Carbohydrates 32 g
Fiber 2 g
Sugars 26 g
Protein 0 g

Dietary Exchanges
2 fruit

Take action at

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