

Layered Greek Dip

- Makes 28 Servings

You need:

- 1 container (13.4 ounce) flavored hummus, about one cup
- ½ cucumber, chopped
- 1 plum tomato, chopped
- ½ cup crumbled feta cheese
- ¼ cup sliced black olives
- 3 tablespoons sliced green onions

Prepare:

1. Spread hummus on a 10-inch serving platter.
2. Top with cucumber, tomato, feta cheese, olives and onions.
3. Cover and refrigerate at least 1 hour. Serve with chips, vegetables or pita bread.

Nutrition per serving: Calories: 35, Carbohydrate: 3 g, Cholesterol: 0 mg, Dietary Fiber: 1 g, Fat: 2.5 g, Protein: 1 g, Saturated Fat: 0.5 g, Sodium: 100 mg, Trans fats: 0 g

Source: Hy-Vee Dietitians

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○ Grilled Salmon with Lemon Dill Sauce

Makes 4, 6 ounce servings

You need:

- 2 tablespoons light mayonnaise
- 2 tablespoons freshly squeezed lemon juice
- 1 teaspoon Dijon mustard
- 1 tablespoon chopped fresh dill weed
- 1 ½ pounds salmon fillets (four 6-ounce)
- 1 tablespoon olive oil
- 1 teaspoon freshly ground black pepper
- 1 lemon, cut into wedges

Prepare:

1. Prepare sauce by combining mayonnaise, lemon juice, mustard and dill weed in a small bowl; stir with wire whisk until blended. Set sauce aside.

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Grilled Salmon with Lemon Dill Sauce

2. Grill skin side down over medium-high heat, 10-12 minutes, until cooked to medium-rare or when fish flakes easily.
3. Divide fillets among four plates and spoon sauce over salmon. Garnish with lemon wedges.

Nutrition per serving: Calories: 340, Carbohydrate: 5 g, Cholesterol: 88 mg, Dietary Fiber: 2 g, Fat: 20 g, Protein: 34 g, Saturated Fat: 6 g, Sodium: 157 mg

Source: adapted from Hy-Vee Test Kitchen

○ Fresh Mozzarella Bread Salad

Makes 8 servings

You need:

- ½ cup red wine vinegar
- ¼ cup extra virgin olive oil
- Freshly ground pepper
- ¼ cup thinly sliced red onion
- ½ cup pitted green or black olives
- ¼ teaspoon crushed red pepper flakes
- 8 ounce ball of fresh mozzarella, cubed
- ½ loaf French baguette, cut into bite-sized cubes, about two cups
- 1 bag mixed baby or field greens
- 1 red or yellow bell pepper, sliced into matchsticks
- 1 cup halved grape tomatoes
- Sea salt, to taste



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Fresh Mozzarella Bread Salad

Prepare:

1. Whisk together vinegar, oil and pepper.
2. Add onion, olives, crushed red pepper flakes and mozzarella to vinaigrette and marinate for 10 to 20 minutes.
3. Combine bread, salad greens, bell pepper and grape tomatoes in large bowl.
4. Combine marinated ingredients with salad greens mixture and sprinkle with sea salt.

Nutrition per serving: Calories: 218, Carbohydrate: 14 g, Cholesterol: 19 mg, Dietary Fiber: 2 g, Fat: 14 g, Protein: 8 g, Saturated Fat: 5 g, Sodium: 285 mg, Trans fats: 0 g

Source: adapted from BelGioioso

○ Sweet Balsamic Berries with Grilled Peaches

Makes 6 servings

You need:

- 1 pound fresh strawberries, hulled and halved
- 2 peaches, halved and pitted
- 2 tablespoons balsamic vinegar
- 2 tablespoons powdered sugar

Prepare:

1. Place peaches on hot (and very clean) grill and cook for 7 to 10 minutes, rotate 45 degrees midway through for nice grill marks.
2. While the peaches grill, pour balsamic vinaigrette onto a plate or bowl. Dust powdered sugar onto a separate plate or bowl.
3. Arrange strawberries and grilled peaches on a platter. Dip into balsamic vinegar and then powdered sugar. Enjoy!

Nutrition per serving: Calories: 60, Carbohydrate: 14 g, Cholesterol: 0 mg, Dietary Fiber: 2 g, Fat: 0 g, Protein: 1 g, Saturated Fat: 0 g, Sodium: 0 mg, Trans fats: 0 g

Source: Hy-Vee Dietitians



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