

Apple Cranberry Salad Toss

- 1 head lettuce (about 10 cups)
- 2 medium sliced apples
- 1/2 cup chopped walnuts
- 1 cup dried cranberries
- 1/2 cup sliced green onions
- 3/4 cup vinaigrette dressing

Toss lettuce, apples, walnuts, cranberries, and onions in large bowl. Add dressing; toss to coat. Serve immediately. Makes eight servings.

Creative Recipes for Less Familiar
USDA Commodities Used by Household Programs



Chicken and Cranberry Salad

- 1 1/2 cups chicken, cooked and diced
- 1/2 cup vinaigrette dressing
- 1 cup dried cranberries or cherries
- 2 tablespoons sliced almonds
- 1 head lettuce, chopped

Toss chicken, cranberries, and almonds with dressing. Serve on a mound of chopped lettuce. Makes four servings.

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Holiday Rice Pilaf

- 1 cup chopped onion
- 1-1/2 cups brown rice
- 3 cups water
- 1 cup frozen bell pepper slices or mixed vegetables
- 1 cup whole cooked cranberries, drained and rinsed
- 1 teaspoon oregano
- 1/2 teaspoon thyme
- black pepper to taste
- sprig of fresh parsley

Spray a large Dutch-oven style pan with cooking oil spray and heat over medium-high heat. Sauté the onion until golden, about 2-3 minutes. Add the rice and water and bring to a boil. Lower heat to simmer and cook covered for 15 minutes. Add the vegetables and seasonings and cook until the rice is done, about 15 more minutes. Add the ooked cranberries, stir and serve hot. Garnish with a sprig of fresh parsley.

Serves 6. Each 1 cup serving: 192 calories, 1.5 g fat, 0 g saturated fat, 0 mg cholesterol, 41 g carbohydrate, 3.5 g fiber, 4.5 g protein. Diabetic exchange:

2 bread, 1 veg.

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