



A New Beginning

Spring is not only a time to clean house—it's also time to change your diet. This time of year brings us delicious seasonal fruits and vegetables that can bring a breath of spring to your kitchen and give your immune system a boost. Spring is also a time to begin exercising or taking up where you left off during those cold winter months.

—Judy Mayer DTR

Day One

Breakfast

Mango-Ginger-Strawberry Smoothie

Serves 2

Ginger can calm your stomach and warm your soul!

- 1 cup mango, peeled and chopped
- 1 cup hulled strawberries
- $\frac{3}{4}$ cup crushed ice
- $\frac{1}{2}$ cup vanilla low-fat yogurt
- $\frac{1}{4}$ cup cold water
- 2 teaspoons crystallized ginger, minced
- 2 teaspoons honey

1. Combine all the ingredients in a blender and purée until well blended.
2. Pour into 2 glasses.

Per serving: 133 calories, 1g sat fat, 27g carbohydrates, 4g protein, 49mg sodium, 3g fiber

Lunch

Orzo Salad with Chickpeas, Dill, and Lemon

Serves 4

- 1 cup uncooked orzo (found in the bulk foods aisle at Outpost)
- $\frac{1}{2}$ cup green onions, thinly sliced

- $\frac{1}{2}$ cup (2 ounces) crumbled feta cheese
- $\frac{1}{4}$ cup fresh dill, chopped
- 1 19-ounce can garbanzo beans, drained
- 3 tablespoons fresh lemon juice
- $1\frac{1}{2}$ tablespoons olive oil
- 1 tablespoon cold water
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon bottled minced garlic

1. Cook orzo according to directions in Outpost's grains brochure, omitting salt and fat. Drain and rinse with cold water, drain. (Grains brochure is located in the bulk foods aisle and at the customer service desk.)
2. Combine orzo, onions, cheese, dill and garbanzo beans in a large bowl, tossing gently to combine.
3. Combine lemon juice and remaining ingredients in a small bowl and stir with a wire whisk. Drizzle over pasta mixture, toss gently to coat.

Per serving: 327 calories, 10g fat, 48g carbohydrates, 11g protein, 5g fiber, 641mg sodium



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Dinner

Fresh Tuna Salad

Serves 4

Fresh or canned, tuna is a great source of low-fat protein.

- 2 slices multigrain bread
- 1½ teaspoons olive oil or cooking oil spray
- 1 1-pound tuna steak, about ¾-inch thick
- ½ teaspoon salt
- ½ teaspoon black pepper
- ⅓ cup low-fat Italian salad dressing
- ½ teaspoon dried tarragon
- 8 cups salad greens
- 2 cups cherry tomatoes, halved
- ¼ cup red onion, sliced

1. Lightly coat both sides of bread with olive oil or cooking spray; toast. Cut into 1-inch pieces.
2. Sprinkle tuna with salt and pepper and ¼ teaspoon olive oil or cooking oil spray.
3. Heat a nonstick skillet over medium-high heat. Cook tuna 2 minutes on each side or until desired degree of doneness. Cool for 5 minutes. Cut into 1-inch cubes.
4. Combine dressing and tarragon in a small bowl.
5. Combine greens, tomatoes and onion in a bowl, toss with dressing. Add tuna and bread; toss well to combine.

Per serving: 214 calories, 4g total fat, 15g carbohydrates, 30g protein, 601mg sodium, 4g fiber, 3mg iron, 98mg calcium

Day Two

Breakfast

The “I’m running late for work” Bagel

Serves 1

- 1 small whole-wheat bagel, toasted
- 1 tablespoon natural peanut butter
- 1 small ripe banana, diced

1. Cut bagel in half and toast.
2. Spread peanut butter over bagel, placed banana slices on top, and enjoy.
3. Get to work on time.

Per serving: 354 calories, 9g total fat, 1g sat fat, 62g carbohydrates, 11g protein, 357mg sodium, 9g fiber

Lunch

Pita Pockets with Avocado and Sprouts

Serves 1

- 1 whole-wheat pita bread, cut in half
- 1 ripe avocado
- ¼ teaspoon onion powder
- ¼ teaspoon garlic powder
- 1 teaspoon chicken broth powder
- ¼ teaspoon cayenne pepper
- Salt to taste
- 1 tablespoon lemon juice
- 2 teaspoons honey
- ¼ sweet onion, thinly sliced
- 1 medium tomato, sliced thin
- ½ cup cucumber, sliced thin
- 1 cup alfalfa sprouts

1. Remove skin and pit from the avocado and then mash it.
2. Mix the onion powder, garlic powder, chicken broth powder, cayenne pepper, salt, lemon juice and honey into the mashed avocados.
3. Spread the avocado mixture evenly into the halved pita breads.
4. Evenly layer the onion, tomato and cucumber into the halved pita breads. Top with alfalfa sprouts. Serve immediately.

Per serving: 278 calories, 10g mono fat, 32g carbohydrates, 7g protein, 188mg sodium, 7g fiber

Dinner

Lemony Pasta with Chicken and Spinach

Serves 4

- 3 tablespoons olive oil
- 3 skinless, boneless chicken breast halves
- 3 medium red onions, thinly sliced
- ½ cup golden raisins
- 1½ tablespoons lemon rind, grated
- 2 teaspoons peeled fresh ginger, minced
- 1½ teaspoons balsamic vinegar
- 2 teaspoons salt
- ¼ teaspoon freshly ground black pepper
- 9 ounces uncooked spinach fettuccine
- 1 6-ounce package baby spinach
- Optional—pine nuts, toasted

1. Heat oil in a large nonstick skillet over medium-high heat. Add chicken, cook 5 minutes per side or until done. Transfer to a cutting board. Cool, shred with hands.

2. Reduce heat to medium. Combine onions, raisins, lemon rind, ginger, vinegar, salt and pepper and add to skillet. Cook for 5 minutes, stirring frequently,
3. Cook fettuccine according to package directions. Stir in spinach just before draining.
4. Drain pasta and spinach, return to pot.
5. Add chicken and onion mixture to pot. Toss well before serving. Garnish with pine nuts, if desired.

Per serving: 588 calories, 14g fat, 8g mono fat, 85 carbohydrates, 32g protein, 651mg sodium, 12g fiber, 4mg iron

Easter Brunch

Red Pepper, Goat Cheese, and Fresh Mint Wraps Serves 4

1 4-ounce package goat cheese, crumbled
 4 tablespoons fresh mint, chopped
 4 8-inch spinach tortillas
 1/2 cup bottled roasted red bell peppers, chopped
 1/4 teaspoon salt

1. Combine cheese and mint in bowl.
2. Wrap tortillas in paper towel. Microwave on high 20 seconds. Spread each tortilla with 2 tablespoons cheese mixture.
3. Divide peppers evenly among tortillas; sprinkle with salt.
4. Roll up tortillas. Optional: Wrap each tightly in plastic wrap to enhance the flavors, twisting ends to secure. Chill 1 hour. Unwrap tortillas.
5. Cut each wrap into 4 pieces.

Per serving: 254 calories, 9g fat, 3g mono fat, 33g carbohydrates, 10g protein, 406mg sodium, 3g fiber

Raspberry Asparagus Medley Serves 6

1 tablespoon white wine vinegar
 2 tablespoons raspberry preserves
 1 1/2 teaspoons Dijon mustard
 1/2 teaspoon lemon rind, grated
 2 1/2 cups asparagus, sliced into 1-inch pieces
 1 1/2 cups fresh raspberries
 2 tablespoons finely chopped pecans, toasted

1. Combine first 3 ingredients in a small saucepan, bring to a boil. Remove from heat, stir in lemon rind.
2. Cook asparagus in boiling water 2 minutes or until crisp-tender. Drain and plunge into ice water, drain. Combine preserves mixture, asparagus, and raspberries in a bowl, toss gently to coat. Sprinkle with pecans.

Per serving: 65 calories, 2.2g fat, 0.2g sat fat, 11g carbohydrates, 2g protein, 34mg sodium, 4g fiber

Granola Fruit Kabobs

Serves 4

One serving provides 25% of the vitamin A you need for the day.

1 1/2 cups granola
 1/2 cup low-fat vanilla yogurt
 2 cups assorted fresh fruit, cut into bite-sized pieces (apricots, strawberries, cantaloupe, mango, and/or pineapple)

1. Place granola in a shallow bowl.
2. Insert toothpick into each piece of fruit.
3. Dip each piece of fruit into yogurt, coating all sides. Roll in granola, coating completely. Serve immediately.

After cutting the fruit, you can have your children make this while you finish preparing the rest of the brunch. In order to keep the granola crunchy and the fruit fresh, wait until the rest of your brunch is almost ready before dipping the fruit in yogurt and granola.

Per serving: 234 calories, 3g fat, 47 carbohydrates, 6g protein, 58mg sodium, 4g fiber

Crock Pot Lamb and Carrot Casserole with Barley Serves 6

1 1/2 pounds lamb stew meat
 1 tablespoon olive oil
 2 medium yellow onions, thinly sliced
 1 1/2 pounds carrots, cut into 1/2 inch pieces
 5 celery sticks, sliced
 3 cloves garlic, minced
 3 tablespoons pearled barley
 Salt and pepper to taste
 1 teaspoon dried thyme
 2 1/2 cups low sodium vegetable broth

1. Trim fat from lamb. Heat oil in pan and add lamb, saute' until browned. Remove with slotted spoon and set aside.
2. Slice the onions and saute' for 5 minutes until golden. Add the carrots, celery and garlic and cook for 3 to 4 minutes. Transfer vegetables to a crockpot and set slow cooker to high.
3. Sprinkle the pearled barley over the vegetables in the crock pot and arrange the lamb pieces on top. Lightly season with salt, pepper and thyme. Pour the vegetable broth over the meat so that all of the meat is covered.

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- Cover the slow cooker and cook on high for 2 hours. After 2 hours, turn the slow cooker to low and cook for 4 to 6 hours or until meat, vegetables and barley are tender.

Per serving: 261 calories, 6g fat, 74mg cholesterol, 21g carbohydrates, 356mg sodium, 7g fiber

Two Grain Vegetable Casserole

Serves 6

2 cups carrots, halved lengthwise & thinly sliced
1 cup white button mushrooms, quartered
1 cup soybeans, canned (or black beans)
1 cup corn kernels, canned or frozen
1 cup vegetable broth
½ cup pearly barley
¼ cup bulgur
⅓ cup parsley, chopped
¼ cup onion, chopped
¼ teaspoon garlic salt
Optional: ½ cup shredded cheddar cheese

- In a 1½ quart casserole, combine all ingredients except cheese. Cover and bake in a 350-degree oven about 1 hour or until bulgur and barley are tender, stirring once halfway through the baking time.
- If desired, sprinkle with cheese. Cover and let stand about 5 minutes or until cheese is melted.

Per serving: 183 calories, 1g fat, 9g protein, 38g carbohydrates, 389mg sodium, 9g fiber. Adding the cheddar cheese will add 2 grams of saturated fat per serving.

Strawberry Bruschetta

Serves 4

This dessert recipe only takes 15 minutes to make, and it's light enough to follow a large brunch.

4 thick slices whole-wheat bread
6 tablespoons light brown sugar
1 teaspoon lemon zest, grated
2 teaspoons lemon juice
3 cups strawberries, hulled and sliced or diced
4 tablespoons mascarpone (Italian cream cheese)

- Toast bread in a toaster.
- Meanwhile, heat a large skillet over high heat. Add sugar, lemon zest and lemon juice and cook, stirring until the sugar melts and the mixture begins to bubble, 30 seconds to 1 minute. Add strawberries and stir until juices begin to exude and the berries are heated through, 30 seconds to 1 minute.
- Spread 1 tablespoon mascarpone on each piece of toast. Top with the warm berries.

Per serving: 203 calories, 5g total fat, 2g sat fat, 40g carbohydrates, 4g protein, 153mg sodium, 4g fiber

Meet Judy Mayer DTR, Outpost Nutritionist

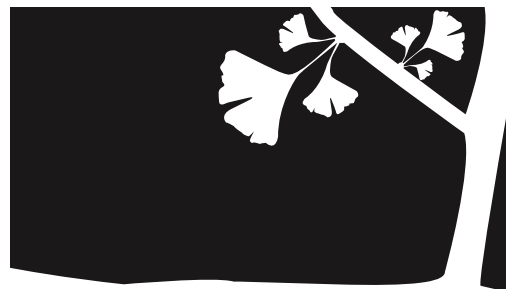
Judy's nutritional philosophy centers on the pleasures and tastes of natural foods, and the belief that simple healthy dietary changes offer dramatic differences.

Take a Nutri-Tour

You'll enjoy a one and a half hour, food-filled journey through the aisles of one of our beautiful natural food markets! You'll receive great recipes, food tips, food samples and have your questions answered by our own staff nutritionist, Judy Mayer.

Nutritional Counseling Services

Judy is available for one-on-one nutritional and wellness consultations.
Call (414) 431-3377 extension 118
or email judy@outpostnaturalfoods.coop
for more information.



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