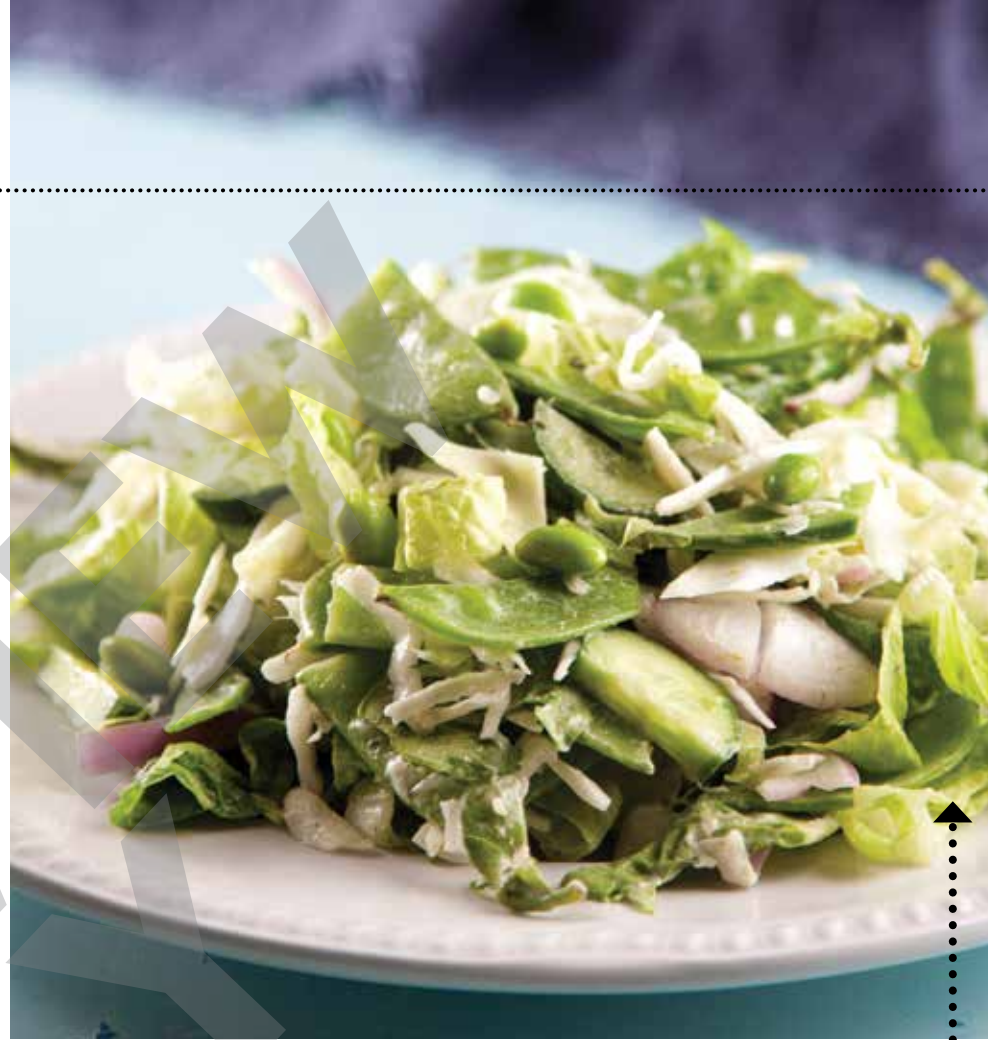




Great Tosses

Looking for more ways to include fresh veggies in your diet? These crunchy and colorful salads, courtesy of Suri Engelberg from Toss It, in Brooklyn, NY, are sure pleasers



Crunchy Cabbage Salad

- 2 16-oz (450-g) pkgs red cabbage, shredded
- ½ lb (225 g) honey-glazed pecans
- ½ lb (225 g) dried apricots, cut into strips
- ½ lb (225 g) dried cranberries
- 1 purple onion, thinly sliced into rings, optional
- barbecue-flavor croutons (the small squares), for garnish

DRESSING

- ½ cup regular oil or olive oil
- 3 Tbsp mayonnaise
- 3 Tbsp sugar
- 1 tsp soy sauce
- 1 tsp mustard
- ½ tsp pepper
- 1 frozen garlic cube
- ½ cup water

Blend dressing ingredients with a hand blender. In a separate bowl, combine salad ingredients and pour dressing on top.

Green Goodness Salad

- 1 16-oz (450-g) pkg romaine lettuce, shredded
- 1 16-oz (450-g) pkg green cabbage, shredded
- ½ lb (225 g) Persian cucumbers, sliced into moon shape
- ½ lb (225 g) snow peas
- ½ lb (225 g) snap peas
- ½ lb (225 g) dry edamame beans
- 1 red onion, thinly sliced

DRESSING

- 1 cup low-fat mayo
- 1 box fresh dill or 6 cubes frozen dill
- 4 garlic cubes
- 1 cube basil
- 1 cube parsley
- 1 tsp sugar, optional

Layer salad ingredients in a large bowl. In a separate bowl, mix dressing ingredients well or blend in a blender. Pour over salad immediately before serving.

Healthy Fillers

Among the many diets touted for promoting weight loss, health, and quality of life, there are many different foods that are on- or off-limits. This recipe, with its variations, contains ingredients that are not only allowed by all diets but also unlimited and encouraged by most. It also helps that it comes with the highest ratings from adults, teens, and children.

An interesting twist on this is that they are baked in muffin top pans so they are uniform, extra crispy, and beautiful looking.



Baked Cauliflower or Broccoli Patties Yields 24 patties (serves 6)

- 1 small onion
- 3 eggs
- 1 tsp kosher salt
- ¼ tsp black pepper
- 24 oz (680 g) frozen cauliflower or broccoli, semi defrosted

Preheat oven to 450°F (230°C).

Mince onion with a kugel blade (the grater piece with rounder holes) and add eggs, salt, and pepper. Change to an S blade and finely chop the cauliflower or broccoli. Mix well.

Spray muffin top tins with cooking spray. Fill cavities till the top (patties will shrink). If you don't have muffin top pans, you can use regular muffin pans filled with a heaping tablespoon of mixture. Spray once more with cooking spray. Bake for 15 minutes. Lower to 425°F (220°C) and bake for about ½ an hour or until golden brown and crispy.

Program Equivalents: Unlimited veggies, trace of fat and protein.



Zesty Zucchini Patties Yields 12 patties (serves 2-3)

- ½ small onion
- 1 large zucchini
- 1 large egg
- ¼ tsp kosher salt
- ⅓ tsp black pepper

Preheat oven to 450°F (230°C)

Mince onion and zucchini with a kugel blade in the food processor or with a hand grater. Transfer to a bowl and add egg, salt, and pepper. Stir to combine.

Spray muffin top tins with cooking spray. Fill cavities till the top (patties will shrink). If you don't have muffin top pans, you can use regular muffin pans filled with a heaping tablespoon of mixture. Spray once more with cooking spray. Bake for 15 minutes. Lower to 425°F (220°C) and bake for about ½ hour or until golden brown and crispy.

Optional: Add some chopped sautéed mushrooms to the mixture.