



SMART SHOPPER TIPS & RECIPES

SPRING into salads

Add spring to your meal with these great salad recipes:

Sunburst Salad

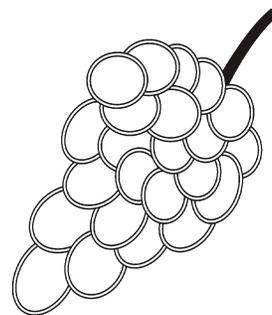
Jellied fruit is a sure way to get children to eat fruit. This can be served as a salad or dessert.

Serves 4 (One serving counts as a Vegetable & Fruit choice from Canada's Food Guide to Healthy Eating*)

Preparation Time: 10 minutes

Setting Time: 2 hours

1	package of orange jelly (or any other flavour)	1
1 cup	boiling water	250 ml
3/4 cup	cold water or juice from canned fruit or orange juice	200 ml
2 cups	cubed fruit (fresh or a combination of fresh and canned such as apples, grapes, bananas, or fruit cocktail)	500 ml



1. In a medium size mixing bowl, add jelly powder and boiling water.
2. Stir well, until all the crystals are dissolved.
3. Add cold water or fruit juice. Stir and put in fridge until thick and syrupy.
4. Stir in fruit and put back in fridge until jelly is set.
5. Spoon into dessert bowl or fancy clear glass and enjoy.

If you do not have a copy of *Canada's Food Guide to Healthy Eating*, call your local Health Unit at 1-866-888-4577 to have one mailed to you.



Snappy **SPRING** Coleslaw

This crisp salad has a pleasing sweet taste. Shred the cabbage for best results. Add chopped red apple, pineapple chunks or a few raisins to turn a basic coleslaw into a snappy spring salad.

Serves 8

Preparation Time: 15 minutes

½ cup	vinegar	125 ml
1 Tbsp	non-hydrogenated margarine	15 ml
¼ cup	sugar	60 ml
½ tsp	salt	2.5 ml
½ tsp	dry mustard powder	2.5 ml
1/8 tsp	black pepper	0.5 ml
¼ tsp	celery seed (optional)	1 ml
3 cups	shredded cabbage	750 ml
2	medium carrots, shredded	2

PLUS (choice of one)

1	apple chopped <u>OR</u>	1
½ cup	drained, unsweetened pineapple chunks <u>OR</u>	125 ml
¼ cup	raisins	60 ml

1. In a small pot, bring vinegar and margarine to a boil and then remove from heat.
2. Add sugar, salt, dry mustard, black pepper and celery seed (if using) to vinegar. Stir until sugar and salt are dissolved. Let cool.
3. In large bowl, toss cabbage, carrot and your choice of apple OR pineapple OR raisins.
4. Add cooled dressing over the cabbage mixture. Stir well.



Storage Tip

Beets, cabbage, carrots, celery, parsnips, rutabaga & turnip can be stored in the fridge covered for more than one week.

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Canada's Food Guide to Healthy Eating recommends 5 to 10 servings per day of vegetables and fruit.

For tips and practical suggestions, visit www.5to10aday.com

10