

Spinach salad with balsamic dressing – serves 6

Low calorie and rich in iron

Salad ingredients

6 cups fresh baby spinach leaves

Dressing ingredients

¼ cup Aged Balsamic Vinegar

2 tablespoons honey

¼ cup canola oil

1 tablespoon minced shallot

1 clove garlic, minced

1 teaspoon chopped chives (optional)

½ teaspoon kosher salt

½ teaspoon freshly ground black pepper

Preparation

To prepare dressing, combine the vinegar and honey in a small bowl; stir with a whisk.

Gradually add canola oil, stirring with a whisk until blended. Add shallots, garlic, chives, salt, and freshly ground black pepper; set aside. Put fresh spinach in a large bowl. Pour vinaigrette over salad; toss gently to coat.

Nutritional information: Serving Size: 1 cup; Calories 137; Fat 10g; Sat Fat: 1g; Sodium 213mg; Carbohydrate 12g; Fiber 1g; Protein 2g; Iron 7%

Serve immediately.

Mango and black bean salsa – serves 4

Ingredients for the salsa

- 1 whole ripe mango, halved
- 2 ½ tablespoons olive oil, divided
- ¼ cup thinly sliced scallions (greens and whites)
- ⅓ cup finely diced jicama (optional)
- ½ jalapeno, seeds and ribs removed, finely minced
- 1 cup canned black beans, rinsed and drained
- ¼ cup dried sweet cherries
- 1 tablespoon rice wine vinegar
- 1 tablespoon honey
- ½ lime, juiced
- ¼ teaspoon sea salt

Preparation

Preheat a grill or grill pan over medium-high heat. Optional to use cooking spray to prevent sticking.

Running your knife along the pit, cut the mango into two halves. Lightly brush the flesh sides with ½ tablespoon of olive oil and place onto the grill for 2-3 minutes. Remove. Allow to cool. Once cool enough to handle, cut the flesh away from the skin and dice. Combine the diced mango in a large bowl with the scallions, jicama (if using), jalapeno, black beans, and cherries in a bowl. Whisk together the remaining 2 tablespoons of olive oil, rice vinegar, honey, lime juice and sea salt. Pour into the bowl and stir to combine. Set aside.

Grilled cauliflower steaks - serves 4

Ingredients

¼ cup olive oil
2 teaspoons smoked paprika
2 tablespoons honey
1 teaspoon garlic salt
1 lime, juiced
2 medium heads cauliflower

Preparation:

Preheat a grill or grill pan over medium-high heat. Optional to use cooking spray to prevent sticking.

In a small bowl, whisk together the olive oil, smoked paprika, honey, garlic salt and the lime juice until emulsified. Set aside.

Trim the bottom stem of the cauliflower until it is flush with the bottom florets. Remove any remaining leaves. Stand the head up on the stem and slice about a quarter from the left and the right sides of the cauliflower (set the florets aside). Carefully slice the remaining head into 2 “steaks”, each about 1-inch thick. Brush the smoked paprika mixture all over the cauliflower steaks to coat.

Grill the cauliflower steaks for 3-4 minutes per side. Remove the steaks from the grill with a wide spatula. Top each steak with the Mango and Black Bean salsa and serve immediately.

Nutritional information – including the salsa: Per Serving: Calories 392; Fat 16g (sat 3g); Protein 11g; Cholesterol 0mg; Fiber 12g; Sodium 480mg; Carbohydrate 56g

Grilled pineapple with greek yogurt- serves 8

Rich in calcium and antioxidants

Ingredients

1 firm pineapple, sliced into four wedges or pre-cut fresh pineapple spears

Marinade

1 tablespoon olive oil

¼ teaspoon ground cloves

1 teaspoon ground cinnamon

1 tablespoon honey or agave

1 tablespoon fresh lime juice

4 cups low-fat/nonfat plain or vanilla Greek yogurt (whipped with a whisk)

¼ cup chopped pistachios

Preparation:

Preheat a grill or grill pan over medium-high heat. Optional to use cooking spray to prevent sticking.

Prepare the marinade in a large bowl by combining the olive oil, cloves, cinnamon, honey and lime juice; whisk to blend and set aside. Cut the top and base of the pineapple; stand pineapple upright and peel removing any remaining skin. Cut it in half lengthwise. Place each pineapple half cut side down and cut each half lengthwise creating four long wedges (if too large, cut in half again to create 8 spears). Place pineapple in the bowl with the marinade and stir to coat the pineapple. Place on the grill for 4-5 minutes basting once or twice with the remaining marinade. Grill until golden, then slice. Divide yogurt among bowls and top with grilled pineapple and pistachios.

Nutritional information: Serving size: ¾ cup (½ cup yogurt and 1/4 cup fruit), Calories 102; Fat 4; Protein 1g; Cholesterol 0mg; Calcium 23mg; Sodium 1mg; Fiber 2g; Carbohydrate 18g

Equipment needed

- Grill or grill pan
- Chef's knife and cutting board
- 2 small bowls
- 2 large bowls
- Whisk or small handheld electric whisk

Mise en place

Cooking along? Have the following items prepped in advance of the demo. Arrange all other ingredients at your workspace so they are readily accessible and have measuring utensils and equipment handy. Pro tip! Arrange your ingredients from left to right in order they appear in the recipe.

Spinach salad with balsamic dressing:

- Chop the shallot, garlic and chives.

Mango and black bean salsa:

- Preheat a grill or grill pan over medium-high heat.
- Chop the scallions, jicama (if using), and jalapeno pepper.
- Drain and rinse the black beans.

Grilled cauliflower steaks

- Preheat a grill or grill pan over medium-high heat.

Grilled pineapple with greek yogurt

- Preheat a grill or grill pan over medium-high heat.
- Cut the pineapple into 4-8 wedges with the skin removed.
- Whip the yogurt using a whisk or small handheld electric whisk.