

## **Breakfast Polenta**

Yield: 4 servings (adapted from myrecipes.com)

### **Ingredients:**

3 cups skim milk  
½ cup dry instant polenta  
2 TBSP sugar  
Dash salt

### **Directions:**

- Bring milk to boil in a medium saucepan. Slowly add polenta, stirring constantly with a whisk.
- Stir in sugar and salt. Cook 5 minutes or until thick, stirring constantly.
- Serve with Berry sauce.

## **Mixed Berry Compote/Sauce**

Yield: 6 servings (adapted from eatingwell.com)

### **Ingredients:**

3 cups berries (fresh or frozen; strawberries, blueberries, raspberries)  
2 tsp cornstarch  
1 ½ TBSP maple syrup

### **Directions:**

- Place all ingredients in a large microwave safe bowl and toss to combine.
- Microwave on high for 2 minutes. Stir. Continue to microwave until slightly thickened and bubbly (~3 more minutes).

## **Strawberry Avocado Pasta Salad**

Yield: 8 servings

### **Ingredients:**

1 pound dry bow-tie pasta, whole grain if possible  
4-6 cups packed torn salad greens  
1 pound fresh strawberries, hulled and halved  
2 ripe avocados, peeled and diced  
1 TBSP chopped fresh mint  
1 tsp poppy seeds  
Salt and pepper to taste  
2 tsp olive oil  
3 TBSP Balsamic Glaze (Store bought or home prepared. You can also substitute Balsamic Vinaigrette dressing)

### **Directions:**

- Cook pasta according to package directions. Drain and rinse with cold water to cool.
- Add cold pasta to salad bowl; toss pasta with salad greens, berries, avocado and mint.
- Add poppy seeds, olive oil and balsamic glaze. Season with salt/pepper.

## **Strawberry-Avocado Salsa**

Yield: 12 servings (3 TBSP each) (adapted from myrecipes.com)

### **Ingredients:**

2 ripe avocados, peeled and finely chopped (~1 ½ cups)  
1 cup finely chopped strawberries  
2 TBSP minced fresh cilantro  
1 tsp minced, seeded jalapeno pepper  
2 tsp lime juice  
Dash salt

### **Directions:**

- Combine all ingredients. Stir gently to combine. Serve with pita or tortilla chips (Cut pita or tortillas into small pieces. Spray with non-stick cooking spray. Bake for 10 minutes at 350°.)

## **Raspberry Oatmeal Bars**

Yield: 12 servings (from www.foodhero.org)

### **Ingredients:**

#### **Crust and topping:**

1/2 cup white wheat flour  
1/4 cup brown sugar  
1 cup quick oats  
3 Tablespoons butter  
2 Tablespoons unsweetened applesauce  
1 Tablespoon orange juice

#### **Filling:**

1 Tablespoon flour  
1 Tablespoon brown sugar  
1 1/2 teaspoons orange juice  
2 cups raspberries (fresh or frozen)

### **Directions:**

- Preheat oven to 375 degrees. Spray or lightly oil an 8”x 8” baking pan.
- **Crust and topping:** Mix flour and sugar in a bowl. Cut butter into mixture until crumbly. Mix in oats. Set half aside for topping.
- To remaining mixture, stir in applesauce and orange juice. Press in bottom of baking pan.
- **Filling:** Combine flour, sugar, juice and raspberries. Mix well.
- Spread filling on crust. Sprinkle with topping.
- Bake 40-45 minutes. Cool. Cut into 12 bars.