

Curried Crab Salad

Makes: 3 servings

Start to Finish: 20 minutes

Ingredients

- **2** cups cut-up fresh fruit (such as pineapple, cantaloupe, honeydew melon, and/or strawberries)
- **1** 6-ounce package frozen crabmeat, thawed
 - **3/4** cup sliced celery
- **1/4** cup light mayonnaise dressing or salad dressing
 - **1/4** cup plain low-fat yogurt
 - **2** tablespoons fat-free milk
 - **1/2** teaspoon curry powder
- **4** cups torn mixed salad greens

Directions

In a large bowl combine fresh fruit, crabmeat, and celery; set aside.

For dressing, in a small bowl stir together mayonnaise dressing, yogurt, milk, and curry powder.

Divide salad greens among 3 salad plates. Top with crab mixture and drizzle with dressing.

Nutrition facts per serving:

- Servings Per Recipe 3 servings
 - Calories 200
 - Total Fat (g) 9
 - Saturated Fat (g) 2
 - Cholesterol (mg) 58
 - Sodium (mg) 361
 - Carbohydrate (g) 17

Cilantro Three-Bean Salad

Makes: 14 servings

Prep: 20 minutes

Chill: 2 to 24 hours

Ingredients

- **1/2** cup cider vinegar
- **3** tablespoons salad oil
- **2** teaspoons packed brown sugar
- **1/4** teaspoon salt
- **1/4** teaspoon ground black pepper
- **1** 15-ounce can garbanzo beans (chickpeas), rinsed and drained
- **1** 15-ounce can small white beans, rinsed and drained
- **1** 10-ounce package frozen baby lima beans, thawed
 - **3** medium carrots, coarsely chopped
 - **1/3** cup snipped fresh cilantro
- **1** to 2 fresh jalapeno or serrano chile peppers, seeded and finely chopped*
 - Snipped fresh cilantro (optional)

Directions

1. For dressing, in a large bowl, whisk together cider vinegar, oil, brown sugar, salt, and pepper. Stir in garbanzo beans, white beans, lima beans, carrots, the 1/3 cup snipped cilantro, and the chile peppers. Cover and chill for 2 to 24 hours, stirring occasionally. Tote salad in an insulated container with ice packs.
2. Transfer bean mixture to a serving bowl. If desired, garnish with additional snipped cilantro.

Nutrition facts per serving:

- Servings Per Recipe 14 servings
 - Calories 107
 - Total Fat (g) 3
 - Saturated Fat (g) 0
 - Cholesterol (mg) 0
 - Sodium (mg) 205
 - Carbohydrate (g) 16

Garlic-Herb Mushrooms

Makes: 6 to 8 side-dish servings

Prep: 15 min.

Cook: 12 min.

Ingredients

- 3 cloves garlic, minced
- 3 shallots, peeled and cut into thin wedges
- 2 Tbsp. olive oil or canola oil
- 1 1/4 pounds maitake, shiitake, oyster, or white button mushrooms, broken into clusters or sliced (about 8 cups)
- 1/4 cup snipped fresh mixed herbs such as tarragon, rosemary, basil, oregano, and/or parsley
- 1/4 tsp. coarse salt or salt
- 1/4 tsp. cracked black pepper

Directions

In a large skillet cook garlic and shallots in hot oil over medium-high heat for 2 minutes. Add maitake mushrooms. Cook, carefully stirring occasionally, for 10 to 12 minutes until tender. Button and oyster mushrooms will take a total of 6 to 8 minutes; shiitake mushrooms need only 4 minutes. Stir in herbs, salt, and cracked pepper.

Nutrition facts per serving:

- Servings Per Recipe 6 to 8 side-dish servings
 - Calories 81
 - Total Fat (g) 5
 - Saturated Fat (g) 1
 - Monounsaturated Fat (g) 3
 - Polyunsaturated Fat (g) 0
 - Cholesterol (mg) 0
 - Sodium (mg) 118
 - Carbohydrate (g) 5
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