



Fit & Flavorful
Artichoke and Celery Salad
Recipe from Executive Chef Nick Weimer



Calories: 76 Protein: 2.4g Carbohydrates: 8.5g Total Fat: 3.6g
Saturated Fat: 0.5g Unsaturated Fat: 3.1g Trans Fat: 0g
Cholesterol: 0.0mg Sodium: 367.2mg Fiber: 4.6g

Yield: 4 servings

Mayo Clinic Exchange: 2 vegetable, ¼ fat

Ingredients

1 can quartered artichoke hearts, drained
4 ribs celery, sliced thin
2 tomatoes, rough chopped
1 Tbsp. basil, chiffonade
¼ cup red wine vinegar
1 Tbsp. olive oil
Black pepper to taste

Preparation

Place all ingredients in a bowl and toss to combine. Serve.



Fit & Flavorful
Asian Vegetable Salad
Recipe by Executive Chef Mark Beland



Calories: 98 Protein: 3g Carbohydrates: 13g Total Fat: 4g
Saturated Fat: 1g Unsaturated Fat: 3g Trans Fat: 0g
Cholesterol: 0mg Sodium: 175mg Fiber: 4g

Yield: 4 servings (side dish)

Mayo Clinic Exchange: 3 vegetables, 1 fat

Ingredients

1 ½ c. snow peas, cleaned
1 ½ c. carrot, julienne
1 ½ c. bok choy, julienne
1 ½ c. spinach, chiffonade
½ c. yellow onion, julienne
2 tsp. low sodium soy sauce
2 tsp. toasted sesame oil
1 Tbsp. cilantro
1 Tbsp. garlic, minced
1 ½ Tbsp. cashews, chopped

1 c. red cabbage, julienne
½ c. red bell pepper, julienne

Preparation

Toss all together in large bowl.



Fit & Flavorful
Baby Field Green Salad with Balsamic Macerated
Berries and Goat Cheese



Recipe from Executive Chef Nick Weimer

Calories: 120 Protein: 5g Carbohydrates: 18g Total Fat: 3g
Saturated Fat: 2g Unsaturated Fat: 1g Trans Fat: 0g
Cholesterol: 6.5mg Sodium: 73mg Fiber: 4g

Yield: 4 servings

Mayo Clinic Exchange: 1 vegetable, ½ fruit and ½ dairy

Ingredients

12 oz baby greens	2 oz Chevre
2 cups Assorted Fresh Berries	½ cup julienne red onion
1/3 cup Balsamic vinegar	½ cup julienne red or daikon radish

Preparation

Wash and prep berries and place in small mixing bowl. Add balsamic vinegar and mix well. Slice onion and radish, and set aside. Place 3 oz field greens on plate. Top with macerated berries, onion, and radish. Slice chevre into thin slices and place on top of salad.



Fit & Flavorful
Black Bean and Cocoa Salad
Recipe from Executive Chef Nick Weimer



Calories: 206 Protein: 9.8g Carbohydrates: 34.8g Total Fat: 5.1g
Saturated Fat: 0.9g Unsaturated Fat: 4.2g Trans Fat: 0g
Cholesterol: 0.0mg Sodium: 27.5mg Fiber: 11.4g

Yield: 4 servings

Mayo Clinic Exchange: 1 protein, 2 vegetable, 1 fat

Ingredients

2 cups cooked black beans	Juice of 1 lemon
½ cup yellow onion, diced	1 Tbsp. olive oil
2 bell peppers, diced (1 ½ cups)	1 Tbsp. honey
1 small tomato, diced (¾ cup)	
1 Tbsp. chili powder	
1 Tbsp. paprika	
½ tsp. ancho chili powder	
2 Tbsp. cocoa powder	
½ Tbsp. cumin powder	

Preparation

Place all ingredients in a bowl and mix thoroughly. Can also be served as a bean dip.



Fit & Flavorful
Bleu Cheese and Walnut Spinach Salad
Recipe by Executive Chef Mark Beland



Calories: 74 Protein: 4g Carbohydrates: 7g Total Fat: 4g
Saturated Fat: 1g Unsaturated Fat: 3g Trans Fat: 0g
Cholesterol: 2mg Sodium: 100mg Fiber: 2g

Yield: 12 servings

Mayo Clinic Pyramid Servings: 1 vegetable, 1 fat

Ingredients

Salad

2 LBS. Spinach roughly chopped ½ c. sliced red onion
¼ c. walnuts, chopped ¼ c. bleu cheese crumbles
1 ½ c. sliced cucumbers 1 ½ c. grape tomatoes

Dressing

4 tsp. olive oil 2 Tbs. balsamic vinegar
1 Tbs. Maple syrup ¼ tsp. nutmeg
3 tsp. plain low-fat yogurt

Preparation

Dressing: Emulsify in a blender or food processor.

Salad: Toss spinach greens with dressing and layer vegetable, walnuts, and bleu cheese crumbles.



Fit & Flavorful
Butternut Squash and Apple Salad
Recipe by Executive Chef Mark Beland



Calories: 125 Protein: 4g Carbohydrates: 25g Total Fat: 2g
Saturated Fat: 0.5g Unsaturated Fat: 1.5g Trans Fat: 0g
Cholesterol: 1mg Sodium: 95mg Fiber: 5g

Yield: 6

Mayo Clinic Exchange: 2 ½ vegetables, ½ fruit, ½ carbohydrate

Ingredients

1 butternut squash, peeled/seeded, cut ½ in. pieces	<u>Dressing:</u>
2 tsp. olive oil	½ c. low-fat plain yogurt
2 apples of choice, cored, cut ½ inch pieces	2 tsp. balsamic vinegar
6 oz. spinach, chopped	1 ½ tsp. honey
1 ½ c. celery, chopped	1 tsp. nutmeg
6 oz. arugula, chopped	
2 c. carrots, chopped	

Preparation

Toss squash in olive oil, roast in 400 degree oven for 20-30 minutes until golden brown and soft. Cool completely. Place all vegetables in large bowl. Mix together yogurt, vinegar, honey and nutmeg and whisk until smooth. Pour dressing over salad and toss.



Fit & Flavorful
Caesar Salad



Recipe from Executive Chef Richard Johnson

Calories: 75 Protein: 4gm Carbohydrates: 8gm Total Fat: 3gm
Saturated Fat: 1gm Monounsaturated Fat: 1gm Polyunsaturated Fat: 1gm
Cholesterol: 5mg Sodium: 200mg Fiber: 2gm
(Mayo Clinic Pyramid Servings: 1 vegetable & 1 fat)

Yield: 8 servings

Dressing:

2 cloves garlic, minced
1 Tablespoon fresh squeezed lemon juice
1 Tablespoon red wine vinegar
1.5 teaspoons Worcestershire sauce
1/3 cup fat-free mayonnaise
1 teaspoon extra virgin olive oil
2 Tablespoons water
1 teaspoon fresh ground black pepper

Salad:

1 head Romaine lettuce
2 slices whole wheat bread,
toasted & cubed
1.5 ounces Parmigiano
Reggiano, grated

Preparation

Mince garlic, and put it in a bowl. Add lemon juice, red wine vinegar, Worcestershire sauce, and mayonnaise. Whip together until smooth. Gradually add olive oil and water while stirring. Season to taste with fresh ground black pepper.

Wash and cut romaine lettuce into bite sized pieces. Drain thoroughly and place the lettuce in a large bowl. Toss the lettuce with the dressing, the croutons, and 1/2 the grated cheese.

Divide onto 8 plates. Top with remaining cheese. Finish with fresh ground black pepper to taste.



Fit & Flavorful
Calico Bean Salad
Recipe from Chef Mark Beland



Calories: 67 Protein: 3.8 gm Carbohydrates: 11 gm Total Fat: 0.8gm
Saturated Fat: 0.1 gm Unsaturated Fat: 0.7 gm Trans Fat: 0 gm
Cholesterol: 0 mg Sodium: 21.4 mg Fiber: 3.5 gm
(Mayo Clinic Pyramid Servings: 1 vegetable, ½ carbohydrate)

Yield: 12 servings

Ingredients

½ c. cooked black beans	½ c. cooked pinto beans
½ c. cooked kidney beans	½ c. green beans
½ c. cooked chickpeas, or garbanzo beans	1 tsp. ground cumin
1 green bell or sweet pepper, chopped	1 carrot, shredded
½ c. sliced radish	½ c. chopped spinach
2 TBS. white wine vinegar	2 TBS. crushed tomatoes

Preparation

Mix all together, chill for 1 hour.



Fit & Flavorful
Capresi Salad
Recipe by Executive Chef Mark Beland



Calories: 400 Protein: 18g Carbohydrates: 55g Total Fat: 13g
Saturated Fat: 1g Unsaturated Fat: 9g Trans Fat: 0g
Cholesterol: 18mg Sodium: 350mg Fiber: 13g

Yield: 2 servings (Entrée)

Mayo Clinic Exchange: 4 vegetable, 1 fruit, 1 carbohydrate, 1 protein, 1.5 fat

Ingredients

3 ½ c. Roma tomatoes, cut in wedges 2 slices whole grain bread
3 c. spinach, chiffonade
1 ½ c. red onion, julienne
1 c. basil, chiffonade
2 Tbsp. Italian parsley, chopped
1 Tbsp. garlic, minced
1 Tbsp. olive oil
2 Tbsp. balsamic vinegar
2 oz. skim fresh mozzarella, cut in strips
2 small apples sliced

Preparation

Toss all together except bread and serve with a slice of whole grain bread.



Fit & Flavorful
Carolina Fish Muddle
Recipe by Executive Chef Mark Beland



Calories: 120 Protein: 14g Carbohydrates: 15g Total Fat: 2g
Saturated Fat: 0g Unsaturated Fat: 2g Trans Fat: 0g
Cholesterol: 40mg Sodium: 120mg Fiber: 13g

Yield: 6 servings

Mayo Clinic Pyramid Servings: 1 vegetables, 1 protein

Ingredients

3 IBS tomatoes chopped	1 bell pepper, chopped
1 yellow onion chopped	2 ribs celery, chopped
2 cloves garlic, chopped	1 leek, chopped
2 c. kale, chopped	1 Tbsp. black pepper
¼ c. white wine or vinegar	2 Tbsp. basil, chopped
2 oz. scallops	
2 oz. shrimp, peeled and deveined	
4 oz. snapper or rock fish	
4 oz. cod or pollock	

Preparation

Add all vegetables and herbs to pot, slowly bring to simmer. Simmer for one hour to reduce by about one quarter. Add shellfish and fish, cut in bite size pieces. Simmer for additional 20 minutes.



Fit & Flavorful
Crispy Citrus Salad
Recipe by Executive Chef Mark Beland



Calories: 373 Protein: 22g Carbohydrates: 50g Total Fat: 12g
Saturated Fat: 2g Unsaturated Fat: 10g Trans Fat: 0g
Cholesterol: 37mg Sodium: 215mg Fiber: 13g

Yield: 2 servings (Entrée portions)

Mayo Clinic Exchange:

Ingredients

1 ½ c. spinach, chiffonade	½ whole orange
1 ½ c. Kolarabi, julienne	6 oz. baked or broiled cod
1 c. celery, julienne	1 Tbsp. Italian parsley, minced
1 ½ c. carrot, julienne	2 Tbsp. Basil, chiffonade
¾ c. red pepper, julienne	1 tsp. black pepper
1 Tbsp. garlic, minced	1 ½ Tbsp. olive oil
1 lime, zested and juiced	
1 orange, zested and juiced	
1 lemon, zested and juiced	
1 c. pink or red grapefruit	

Preparation

Toss all ingredients together in large bowl except for grapefruit, orange and cod. Divide into two plates and top with grapefruit and orange slices as well as cod.



Fit & Flavorful
Edamame & Summer Bean Salad
Recipe from Mayo Clinic Cookbook



Calories:130 Protein:9 gm Carbohydrates:12 gm Total Fat:5 gm
Saturated Fat:1 gm Monounsaturated Fat: gm Polyunsaturated Fat: gm
Cholesterol:0 mg Sodium:196 mg Fiber: 4gm
(Mayo Clinic Pyramid Servings: 1 vegetable, 1 protein)

Yield: servings 8

Ingredients

¾ pound wax beans	2 cups shelled edamame
2 green (spring) onions	2 tomatoes, seeded and diced
1 tablespoon chopped fresh basil	1 tablespoon chopped fresh basil
1 tablespoon rice vinegar	1 tablespoon fresh lime juice
1 teaspoon honey	1 teaspoon Dijon mustard
2 teaspoons olive oil	½ teaspoon salt
¼ teaspoon freshly ground black pepper	

Preparation

Trim the wax beans and cut crosswise into thirds. In a large pot fitted with a steamer basket, bring 1 inch water to a boil. Add the wax beans and edamame, cover and steam until both are tender-crisp, about 5 minutes. Drain, rinse with cold water and drain again.

Trim the green onions, then thinly slice on the diagonal, including the tender green tops.

In a large bowl, combine the steamed edamame and wax beans, green onions, tomatoes and basil. Toss to mix evenly.

In a small bowl, combine the vinegar, lime juice, honey and mustard. Whisk in the olive oil. Add the dressing to the vegetables and toss to coat. Season with the salt and pepper. Serve chilled or at room temperature



Fit & Flavorful
Fresh Tomato Salad
Recipe from Executive Chef Nick Weimer



Calories: 78 Protein: 1.9g Carbohydrates: 7.7g Total Fat: 5.4g
Saturated Fat: 0.8g Unsaturated Fat: 4.6 g Trans Fat: 0g
Cholesterol: 0.0mg Sodium: 12.1mg Fiber: 3.9g

Yield: 4 servings (1 ½ cups per serving)

Mayo Clinic Exchange: 1 ½ vegetable, 1 fat

Ingredients

2 cups fresh tomato (any variety)
1 Avocado
Juice of ½ lime
Black pepper to taste
2 T. basil, chiffonade
4 ounces spring greens

Preparation

Core and cut tomatoes into eighths. Peel avocado and remove pit, place in blender with lime juice and puree. Add all ingredients but spring greens in a mixing bowl and combine thoroughly. Place tomatoes over spring greens.



Fit & Flavorful
Grilled Anti Pasto

Recipe from Executive Chef Mark Beland



Calories: 90 Protein: 2.7g Carbohydrates: 11.6g Total Fat: 3.9g
Saturated Fat: 0.5g Unsaturated Fat: 3.4g Trans Fat: 0g
Cholesterol: 0 mg Sodium: 146.1mg Fiber: 3.6g

Yield: 5 servings – 1 cup per serving

Mayo Clinic Exchange: 2 vegetables, 1 fat

Ingredients

1 pound red bell pepper, sliced	½ cup artichoke hearts, quartered
1 cup mushrooms, cleaned	½ cup cherry tomatoes
1 cup broccoli florets	1 Tablespoon olive oil
2 cups Chard, julienne	¼ cup olives (Nicoise, Greek, green, etc.)
1 clove garlic, minced	2 Tablespoons Italian parsley, chopped
2 Tablespoons Basil, chiffonade	2 Tablespoons aged balsamic vinegar

Preparation

Toss the red bell pepper, mushrooms, broccoli, artichoke hearts and tomatoes in oil. Grill or broil for 3-5 min, until lightly caramelized. Chill for use later.

Next, toss the **chilled** grilled vegetables with the remaining ingredients. Serve and enjoy!



Fit & Flavorful
Grilled Tangerine and Spinach Salad
Recipe from Executive Chef Tim Cockram



Calories: 92 Protein: 2.1g Carbohydrates: 8.7g Total Fat: 6.3g
Saturated Fat: 0.7g Unsaturated Fat: 5.6g Trans Fat: 0g
Cholesterol: 0.0mg Sodium: 45.0mg Fiber: 2.2g

Yield: 8 servings (1 ½ cup per serving)

Mayo Clinic Exchange: ½ vegetables, 1 fat, ½ fruit

Ingredients

4 medium Tangerines or Naval Oranges
10 oz. Spinach trimmed, washed, well drained
8 oz. Bibb lettuce
2 T. extra virgin olive oil
2 T. cider vinegar
½ tsp. honey
1 tsp. Dijon mustard
1 oz. (18-20 halves) toasted pecans
1/8 tsp. fresh ground black pepper

Preparation

Coarsely grate 1 tangerine and set aside for use later. Cut remaining peel from tangerines and discard. Prepare your grill to 400 degrees, then lightly oil grates. Cut tangerine in half and place the flat side directly on the hot side of the grill for 2-3 minutes or until it lightly caramelizes. Place pecans in pan on indirect side of grill and toast for 3-5 minutes or until fragrant. Once the pecans are toasted set aside for garnish.

Next, prepare the greens by cutting or ripping into small bite size pieces and reserve. Prepare the vinaigrette. In large bowl with wire whisk or fork, mix the olive oil, vinegar, honey, mustard, pepper and grated tangerine peel. Add the greens and tangerines to the dressing and top with toasted pecans.

**Remember any grilled veggies can be added to this dish.



Fit & Flavorful
Garden Vegetable Salad
Recipe from Executive Chef Nick Weimer



Calories: 69 Protein: 1.5g Carbohydrates: 9.3g Total Fat: 2.7g
Saturated Fat: 0.4g Unsaturated Fat: 2.3g Trans Fat: 0g
Cholesterol: 0.0mg Sodium: 69.6mg Fiber: 3.8g

Yield: 4 servings

Mayo Clinic Exchange: ½ fat, 2 vegetable

Ingredients

2 medium carrots, julienne
8 oz. radishes, julienne
4 oz. spinach, julienne
1 bell pepper, diced
2 T. chive or green onion
1 Lg. tomato, seeded and roughly chopped
Juice of 1 lime
2 t. olive oil
Black pepper to taste
1 T. cilantro

Preparation

Place tomato, lime juice, olive oil, and pepper in a food processor or blender and blend to combine to desired consistency. Combine all other ingredients in a large mixing bowl and toss to combine with dressing, serve.



Fit & Flavorful
Gurkensalat

Recipe from Executive Chef Nick Weimer



Calories: 63 Protein: 1.1g Carbohydrates: 6.9g Total Fat: 3.5g
Saturated Fat: 0.5g Unsaturated Fat: 3.0g Trans Fat: 0g
Cholesterol: 0.0mg Sodium: 17.0mg Fiber: 0.7g

Yield: 4 servings (1 cup)

Mayo Clinic Exchange: ½ fat, 1 vegetable

Ingredients

2 English cucumbers, thinly sliced
½ red onion, julienne
2 T. fat free sour cream
2 T. red wine vinegar
1 T. dill
Pepper to taste
1 T. olive oil
1 tsp. turbinado sugar

Preparation

Add all ingredients together and mix thoroughly.



Fit & Flavorful
Lentil Salad



Recipe from Executive Chef Nick Weimer

Calories: 234 Protein: 14.4g Carbohydrates: 24.3g Total Fat: 9.0g
Saturated Fat: 4.0g Unsaturated Fat: 5.0g Trans Fat: 0g
Cholesterol: 14.9mg Sodium: 86.2mg Fiber: 8.6g

Yield: 4 servings

Mayo Clinic Exchange: 1 vegetable, 1 fat, 1.5 protein

Ingredients

2 cups prepared lentils
1 shallot, chopped
1 Tbsp. basil, chiffonade
1 tsp. thyme
¼ cup champagne vinegar
1 Tbsp. olive oil
1 tsp. Dijon mustard
6 oz. spring mix
2 oz. Chevre
Black pepper to taste

Preparation

Place the shallot, vinegar, olive oil, and Dijon in a food processor and puree. Add thyme and pulse to combine. Toss lentils in dressing and place on top of 1.5 oz. spring mix. Top with crumbles of Chevre.



Fit & Flavorful
Orange Zested Baby Beet Salad
Recipe by Executive Chef Nick Weimer



Calories: 76 Protein: 1.9g Carbohydrates: 11.6g Total Fat: 3.1g
Saturated Fat: 0.4g Unsaturated Fat: 2.7g Trans Fat: 0g
Cholesterol: 0mg Sodium: 83.4mg Fiber: 3.5g

Yield: approx. 4 servings

Mayo Clinic Pyramid Servings: 1 ½ vegetable, ¼ fruit, ¼ fat

Ingredients

2 bunches baby beets with greens (1 cup beets, 2 cups greens)
2 ribs celery (1/2 cup)
1 small yellow onion (1/2 cup)
2 oranges (1 T. zest, 1 cup orange flesh)
¼ head napa cabbage (1 ½ cups)
½ T. olive oil
Black pepper to taste

Preparation

Cut greens off of beets and reserve. Steam, boil, or roast beets. Cool and slice. Cut greens into strips and place into mixing bowl. Slice celery, napa cabbage, and dice onion. Add to bowl. Zest and juice 1 orange. Cut the other into thin slices and add to mixing bowl. Add olive oil and black pepper and toss to combine.



Fit & Flavorful
Pear Arugula and Blue Cheese Salad
Recipe from Executive Chef Nick Weimer



Calories: 196 Protein: 5.3g Carbohydrates: 23.8g Total Fat: 10.0g
Saturated Fat: 3.3g Unsaturated Fat: 6.9g Trans Fat: 0g
Cholesterol: 10.6mg Sodium: 214.8mg Fiber: 3.7g

Yield: 4 servings (2 cup serving size)

Mayo Clinic Exchange: 1 vegetable, 1 fruit, ½ protein/dairy, 1 fat

Ingredients

2 ripe pears, sliced (2 cups)
½ red onion, thinly sliced
2 cups baby arugula
1 cup baby spinach, chiffonade
½ head radicchio, chiffonade (1 ½ cups)
¼ cup fresh cranberries
2 T. dried cherries
2 oz. aged blue cheese (your choice)
2 T. walnuts, chopped
1 T. olive oil
¼ cup balsamic vinegar

Preparation

Mix all ingredients together in a bowl and serve.



Fit & Flavorful
Pear, Fig and Spinach Salad
Recipe from Executive Chef Nick Weimer



Calories: 253 Protein: 3.7g Carbohydrates: 43.2g Total Fat: 9.3g
Saturated Fat: 1.0g Unsaturated Fat: 8.3g Trans Fat: 0g
Cholesterol: 0.0mg Sodium: 28.7mg Fiber: 10.1g

Yield: 4 servings

Mayo Clinic Exchange: 1 ½ vegetable, 1 ½ fruit, 2 fat

Ingredients

2 bartlett pears	1 Jicama or daikon radish, chopped
4 fresh figs, quartered	1 Tbsp. olive oil
4 pecans, chopped	¼ c. champagne or white wine vinegar
1 head butter lettuce	1 tsp. black pepper
1 radicchio	1 Tbsp. honey
2 c. spinach	¼ c. cranberries, fresh or frozen

Preparation

Toast pecans in 350 degree oven for 3-4 minutes or until golden. Julienne jicama. Chiffonade spinach, radicchio and butter lettuce and mix together in a bowl. Place lettuces in a pile on 4 plates. Thinly slice pears, and quarter figs and arrange on top of lettuces. In a blender, puree cranberries, vinegar, olive oil, honey and pepper and drizzle over salad. Sprinkle pecans over top of salad and enjoy..



Fit & Flavorful
Potato Salad



Recipe from Executive Chef Nick Weimer

Calories: 83 Protein: 1.5g Carbohydrates: 15.7g Total Fat: 1.7g
Saturated Fat: 0.3g Unsaturated Fat: 1.4g Trans Fat: 0g
Cholesterol: 1.9mg Sodium: 98.6mg Fiber: 1.7g

Yield: 8 servings

Mayo Clinic Exchange: 1 carbohydrate, ½ fat

Ingredients

1 lb potatoes, diced and boiled or steamed
1 large yellow onion, minced (1 cup)
1 large carrot, diced (1/2 cup)
2 ribs celery, diced (1/2 cup)
2 Tbsp. dill, minced
1 tsp. black pepper
¼ cup low calorie mayonnaise
1 Tbsp. Dijon mustard
2 Tbsp. red wine vinegar

Preparation

Place all ingredients in a bowl and mix thoroughly.



Fit & Flavorful
Roasted Acorn Squash, Watercress & Frisee Salad
Recipe from Executive Chef Tim Cockram



Calories: 144 Protein: 2.9g Carbohydrates: 19.6g Total Fat: 6.5g
Saturated Fat: 1.8g Unsaturated Fat: 4.7g Trans Fat: 0.0g
Cholesterol: 5.0mg Sodium: 92.5mg Fiber: 2.4g

Yield: 6 servings – 1.5 cups per serving

Mayo Clinic Exchange: ½ carbohydrate, 1 fat, ½ fruit, 1 vegetable

Ingredients

3 acorn squash halved, seeded, and cut into 4 wedges each
3 Tablespoons maple syrup, divided
3 Tablespoons red wine vinegar
3 teaspoons Dijon mustard
2 Tablespoons extra virgin olive oil
4 ounces 100% unsweetened apple juice
1 bunch watercress (approx. 2 cups)
3 cups Frisee (or endive), chopped small
1 shallot, diced
½ cup pomegranate seed
1 oz. goat cheese

Preparation

Heat oven to 400F. Line 2 baking sheets with parchment paper. Place goat cheese in freezer until firm. Arrange squash, cut side up, in single layer on prepared pans. Brush with half the maple syrup and bake in oven for about 40 minutes or until soft. Let cool on pans.

Dressing: Whisk together the maple syrup, vinegar, mustard, oil and apple juice until well combined (makes ¾ cup).

Toss the greens and the shallot in the dressing and place on plate. Then cube up the cooled roasted squash and place on top of the salad. Next, sprinkle the seeds on top and grate the goat cheese to finish.



Fit & Flavorful
Roasted Beet Salad
Recipe from Executive Chef Nick Weimer



Calories: 98 Protein: 2.1g Carbohydrates: 13.0g Total Fat: 3.8g
Saturated Fat: 0.5g Unsaturated Fat: 3.3g Trans Fat: 0g
Cholesterol: 0.0 mg Sodium: 89.6mg Fiber: 5.0g

Yield: 4 servings

Mayo Clinic Exchange: 3 vegetable, ½ fat

Ingredients

1 large yellow pepper
2 medium beets, peeled and sliced
1 tsp. canola oil
1 small jicama, julienne
3 oz. baby arugula
3 oz. spinach
1 small carrot, julienne or grated
4 Tbsp. white wine vinegar
2 tsp. olive oil
1 tsp. black pepper

Preparation

Preheat oven to 400 degrees. Place yellow pepper directly on oven rack and roast for 30 minutes. Peel and slice beets into thin half moons, and toss in canola oil to coat. Place on a cookie sheet and roast in 400 degree oven for 20 minutes until soft and caramelized. Allow beets and pepper to cool. Peel yellow pepper and place in blender with olive oil, pepper and vinegar, puree. Roughly chop spinach and arugula and arrange on 4 plates. Top with beets, jicama, and carrots. Drizzle yellow pepper vinaigrette over top of salad. Enjoy.



Fit & Flavorful
Salmagundi
Recipe by Executive Chef Mark Beland



Calories: 404 Protein: 25g Carbohydrates: 55g Total Fat: 12g
Saturated Fat: 2g Unsaturated Fat: 10g Trans Fat: 0g
Cholesterol: 40mg Sodium: 130mg Fiber: 13g

Yield: 2 servings

Mayo Clinic Pyramid Servings: 3 vegetable, 3 fat, 1 protein, 1 carbohydrate

Ingredients

1 head Romaine
½ chicken breast, cooked and chopped
½ c. red onion, chopped
1 Tbsp. tarragon, chopped
1 ½ c. pear, chopped
1 ½ c. carrot, chopped
¾ c. red skin potatoes, cooked and chopped
1 ½ c. snow peas, chopped
2 ½ tsp. olive oil
2 Tbsp. vinegar of choice
4 Tbsp. almonds, chopped

Preparation

Wash and separate romaine leaves, set aside to dry. On large serving platter, arrange chopped ingredients in rows or otherwise attractive arrangements. Shingle romaine leaves around edge of platter, drizzle platter with oil and vinegar. Use lettuce leaves to scoop chopped salad contents, the idea being to get many different tastes and textures.



Fit & Flavorful
Spiced Melon Salad
Recipe from Executive Chef Nick Weimer



Calories: 61 Protein: 1.7g Carbohydrates: 11.9g Total Fat: 0.6g
Saturated Fat: 0.3g Unsaturated Fat: 0.3g Trans Fat: 0g
Cholesterol: 1.8mg Sodium: 31.6mg Fiber: 0.8g

Yield: 4 servings

Mayo Clinic Exchange: $\frac{3}{4}$ fruit, $\frac{1}{4}$ dairy

Ingredients

2 cups assorted melon, diced
1/2 cup plain or vanilla low fat or fat free yogurt
1/4 tsp. nutmeg
1/4 tsp. mace
1/8 tsp. clove
1/8 tsp. cinnamon
Zest and juice of $\frac{1}{2}$ orange

Preparation

Place all ingredients in a bowl and mix thoroughly.



Fit & Flavorful
Spinach & Citrus Salad
Recipe from Executive Chef Nick Weimer



Calories: 117 Protein: 2.7g Carbohydrates: 15.3g Total Fat: 5.6g
Saturated Fat: 0.7g Unsaturated Fat: 4.9g Trans Fat: 0g
Cholesterol: 0.0mg Sodium: 82.5mg Fiber: 5.1g

Yield: 4 servings

Mayo Clinic Exchange: 1 vegetable, 1 fruit, 1 fat

Ingredients

3 oz. spinach, roughly chopped
3 oz. rainbow chard, roughly chopped
½ cup kumquats, quartered
2 blood oranges
1 T. olive oil
½ fennel bulb thinly sliced
Black pepper to taste
2 T. pistachios
3 green onions, thinly sliced

Preparation

Place spinach and chard on 4 plates. Slice 1 blood orange into disks and arrange on plates along with quartered kumquat and fennel. Squeeze juice from other blood orange over salad and drizzle olive oil over the top. Sprinkle each plate with green onion, pistachio and black pepper (if desired).



Fit & Flavorful
Spinach Watermelon Salad with Citrus Vinaigrette
Recipe from Executive Chef Tim Cockram



Calories: 86 Protein: 1.6g Carbohydrates: 7.8g Total Fat: 5.3g
Saturated Fat: 1.2g Unsaturated Fat: 4.1g Trans Fat: 0g
Cholesterol: 4.2mg Sodium: 138.5mg Fiber: 1.7g

Yield: 8 servings (1/2 cup produce with 2.5 tablespoon dressing)

Mayo Clinic Exchange: 1/2 vegetables, 1 fat, 1/2 fruit

Ingredients

Salad

8 oz fresh baby spinach, torn
1 cup seeded, cubed watermelon
1/2 cup halved green grapes
1/2 cup fresh raspberries
1/4 cup sliced almonds
1/4 cup feta cheese

Dressing

1/3 cup rice wine vinegar
1/3 cup orange juice
1 lime juiced
3 Tbsp. olive oil
2 Tbsp. chopped fresh cilantro
1 Tbsp. Dijon mustard
2 tsp. minced garlic
1 tsp. honey

Preparation

Whisk together the vinegar, orange juice, oil, cilantro, mustard, garlic, and honey in a bowl; store in refrigerator.

In a salad bowl, combine the spinach, watermelon, grapes and raspberries; sprinkle with almonds. Serve with vinaigrette.



Fit & Flavorful
Spring Green Salad

Recipe from Executive Chef Tim Cockram



Calories: 79 Protein: 2.8g Carbohydrates: 14.5g Total Fat: 0.5g
Saturated Fat: 0.1g Trans Fat: 0.0g
Cholesterol: 0.3mg Sodium: 81.3mg Fiber: 3.4g

Yield: Approx. 4 salads, approx.. 1.5 cups per salad

MC Healthy Weight Pyramid serving: 3 vegetables

Ingredients

1 bunch Swiss chard, chiffonade (2 cups)
3 oz. spinach, chiffonade (1 cup)
1 bunch Kale, chiffonade (1 ½ cups)
1 carrot, julienne (1/2 cup)
1 cup Jicama or Daikon radish, julienne
¼ cup fresh or frozen mangoes
¼ cup orange juice
¼ cup plain yogurt
2 Tbsp. fresh grated ginger
¼ cup champagne vinegar
1 tsp. black pepper

Preparation

Place mango, orange juice, ginger, vinegar and pepper in blender and puree until very smooth. Then, place greens in large bowl and toss with dressing. Place on 4 salad plates, top with carrot and Jicama.



Fit & Flavorful
"Super" Green Salad
Recipe from Executive Chef Nick Weimer



Calories: 66 Protein: 2.7g Carbohydrates: 12.7g Total Fat: 0.6g
Saturated Fat: 0.2g Unsaturated Fat: 0.4 g Trans Fat: 0g
Cholesterol: 0.9mg Sodium: 78.6mg Fiber: 3.5g

Yield: 4 servings

Mayo Clinic Exchange: 2 ¼ vegetable, 1/8 fruit

Ingredients

1 bunch swiss chard, chiffonade (2 cups)
3 oz. spinach, chiffonade (1 cup)
1 bunch Kale, chiffonade (1 ½ cups)
1 carrot, julienne (1/2 cup)
1 cup Jicama or Daikon, julienne
½ cup fresh or frozen mangoes
¼ cup plain yogurt
¼ cup Champagne vinegar
1 tsp. black pepper

Preparation

Place greens on 4 salad plates, top with carrot and Jicama. Place mango, yogurt, vinegar and pepper in blender and puree until very smooth. Top each salad with dressing and serve.



Fit & Flavorful
 Tomato Cucumber Crunch Salad
Recipe from Executive Chef Tim Cockram



Calories: 112 Protein: 5.7g Carbohydrates: 22.6g Total Fat: 0.6g
 Saturated Fat: 0.0g Trans Fat: 0.0g
 Cholesterol: 0.0mg Sodium: 14.2mg Fiber: 5.5g

Yield: Approx. 9 servings

MC Healthy Weight Pyramid serving: 1 carbohydrate, 2 vegetable

Ingredients

2 c. cucumber, seeded, small dice
 ½ c. red onion, small dice
 ½ c. radishes, thin slice
 2 c. tomato grape, cut in half
 2 c. wheat berries, prepared
 1 c. cranberry beans, prepared
 1 c. Swiss chard, chiffonade

Optional ingredients for maximum excitement

Spicy crunch nuts: 1 Tbsp, olive oil, 1 tsp pepper flakes, coriander & black pepper, ¾ c. toasted walnuts (garnish)

Nut preparation: in medium saucepan over medium heat, combine oil, coriander, black pepper. Add walnuts, reduce to low heat, cook 3-5 min. until aromatic.

Prepare wheat berries w/tea or veg stock

Garnish with goat cheese, freeze and grate with microplane

Preparation

Add all the salad ingredients and toss gently with dressing (*use Orange Sherry Vinaigrette—found under “Condiments”*). Serve immediately.

Technique: Chiffonade – bunch or roll leaves and cut in thin slices.

Taste: Add your own spices if you want to kick it up a little more

Try: Using tea bags to flavor your cooking liquids for your grains is a great way to add another dimension of flavor.

Tip: Cucumbers are a low calorie food that contain phytonutrients that may have anti inflammatory properties.



Fit & Flavorful
Wild Rice and Squash Salad
Recipe from Executive Chef Nick Weimer



Calories: 98 Protein: 3.1g Carbohydrates: 13.4g Total Fat: 3.9g
Saturated Fat: 0.5g Unsaturated Fat: 3.4g Trans Fat: 0g
Cholesterol: 0.0mg Sodium: 20.9mg Fiber: 2.2g

Yield: 4 servings (1 cup)

Mayo Clinic Exchange: $\frac{1}{2}$ carbohydrate, 1 vegetable, $\frac{3}{4}$ fat

Ingredients

1 cup cooked wild rice
1 $\frac{1}{2}$ cups squash, cubed
3 tsp. olive oil
3 oz. spinach, chiffonade
1 shallot, sliced thin
1 T. Italian parsley, minced
1 tsp. sage, minced
1 tsp. oregano, minced
Black pepper to taste
 $\frac{1}{4}$ cup red wine vinegar

Preparation

Toss squash in 1 tsp. olive oil and roast in 400 degree oven for 30-40 minutes or until golden brown on edges, allow to cool to 40 degrees. Toss all ingredients together in a mixing bowl and serve.



Fit & Flavorful
Yellow pear and cherry tomato salad
Recipe from The Mayo Clinic Cookbook



Calories: 47	Protein: 1gm	Carbohydrates: 6gm	Total Fat: 3gm
Saturated Fat: 0gm	Unsaturated Fat: 2gm	Sodium: 108mg	Trans Fat: 1gm
Cholesterol: 0mg	(Exchange 1 vegetable, 1 fat)		Fiber: 1gm

Yield: 6 servings

Ingredients

For the vinaigrette:

2 tablespoons sherry vinegar or red wine vinegar
1 tablespoon minced shallot
1 tablespoon extra-virgin olive oil
1/4 teaspoon salt
1/8 teaspoon freshly ground black pepper

Salad:

1 1/2 cups yellow pear tomatoes, halved
1 1/2 cups orange cherry tomatoes, halved
1 1/2 cups red cherry tomatoes, halved
4 large fresh basil leaves cut into slender ribbons

Preparation

To make the vinaigrette, in a small bowl, combine the vinegar and shallot and let stand for 15 minutes. Add the olive oil, salt and pepper and whisk until well blended.

In a large serving or salad bowl, toss together all the tomatoes. Pour the vinaigrette over the tomatoes, add the basil shreds and toss gently to mix well and coat evenly. Serve immediately.