

THIS WEEK'S RECIPE

As seen on hdnews.net



Tropical Fruit and Dip - Book in a Bag

A combination kids will love!

Ingredients:

- Fruit tray with bananas, pineapple, oranges, apples, grapes, melon - Produce
- 2 cups fat-free sour cream
- 1 cup pina colada or other fruit flavor yogurt
- 1/2 of 4-ounce package french vanilla instant pudding (dry mix)

Directions:

1. Wash and prepare bite-size pieces of fruit.
2. Combine sour cream, yogurt and dry pudding mix in a medium bowl. Mix well and chill.



Nutrition Facts

Serving Size 1/2 cup (131g)
Servings Per Container 6

Amount Per Serving		% Daily Value*	
Calories	150	Calories from Fat	15
Total Fat	1.5g		2%
Saturated Fat	1g		5%
Cholesterol	10mg		3%
Sodium	200mg		8%
Total Carbohydrate	28g		9%
Dietary Fiber	0g		0%
Sugars	19g		
Protein	6g		
Vitamin A	10%	Vitamin C	2%
Calcium	15%	Iron	0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Location of Ingredients

(at Vine Street Dillon's)

- | | |
|---|---------|
| ITEM | AISLE |
| Bananas, Pineapple, Oranges, Apples, Grapes, Melon..... | Produce |
| Sour Cream | Dairy |
| Fruit Flavor Yogurt..... | Dairy |
| Vanilla Instant Pudding..... | 5 |

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THIS WEEK'S RECIPE

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Farmer's Market Salsa

Ingredients:

- ½ cup corn, fresh cooked or frozen
- 1 can (15 ounce) black beans, drained and rinsed
- 1 cup fresh tomatoes, diced
- ½ cup onion, diced
- ½ cup green pepper, diced
- 2 tablespoons lime juice
- 2 cloves garlic, finely chopped
- ½ cup picante sauce

Directions:

1. Combine all ingredients in a large bowl. Chill until serving time.
2. Drain before serving.
3. Serve with lowfat baked tortilla chips or fresh vegetables. -2 or Produce



Nutrition Facts

Serving Size 1/2 cup (125g)
Servings Per Container 8

Amount Per Serving

Calories 70 **Calories from Fat** 5

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 230mg **7%**

Total Carbohydrate 13g **4%**

Dietary Fiber 4g **15%**

Sugars 2g

Protein 4g

Vitamin A 4% • Vitamin C **30%**

Calcium 2% • Iron 8%

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	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Location of Ingredients

(at Vine Street Dillon's)

ITEM	AISLE
Corn.....	Produce or 7
Black Beans.....	7
Tomatoes.....	Produce
Onion.....	Produce
Green Pepper.....	Produce
Lime Juice	5
Garlic.....	Produce
Picante Sauce	9



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