



SWISS CHARD TZATZIKI

PREP TIME: 15 minutes

SERVING SIZE: ¼ cup

COOK TIME: 10 minutes

SERVES: 5

INGREDIENTS

- 1 cup green or red Swiss Chard, stemmed and finely chopped
- 1 garlic clove
- ¼ teaspoon salt
- 1 cup low-fat Greek yogurt
- 1 tablespoon olive oil
- 1 tablespoon fresh lemon juice

PREPARATION

1. Prepare an ice bath by adding ice and cold water to a large bowl.
2. Bring a large saucepan of water to a boil.
3. Add Swiss chard and cook until just tender, about 3-5 minutes. Drain water.
4. Immediately submerge chard in ice bath to stop the cooking. Drain water.
5. Grind the garlic and salt into a paste using a mortar and pestle (can use the bottom of a coffee cup and a cutting board to grind).
6. Combine chard, yogurt, garlic paste, oil, and lemon juice in a medium size bowl.
7. Refrigerate and serve cold with toasted whole wheat pitas.



Nutrition Facts

5 servings per container	
Serving size	1/4 cup
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 160mg	7%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 1mcg	6%
Calcium 105mg	8%
Iron 0mg	0%
Potassium 33mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SOURCE

www.marthastewart.com

Recipe modified by CHOICES Nutrition Education Program

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PLÁTANO EN UNA MANTA

TIEMPO DE PREPARACIÓN: x minutos

TAMAÑO DE PORCIÓN: 1 blanket

TIEMPO PARA COCINAR: x minutos

PORCIONES: 5

INGREDIENTES

- ½ (6 pulgadas) tortilla de trigo integral
- 1 cucharada mantequilla de cacahuete reducida de grasa
- ½ plátano mediano
- 1 cucharadita jarabe de arce o miel
- 1 cucharada cereal crujiente de pepita de nuez o granola

PREPARACIÓN

1. Coloque tortilla sobre un plato. Esparcir la mantequilla de cacahuete lisamente sobre la tortilla. Rociar el cereal sobre la mantequilla de cacahuete.
2. Pelar y colocar el plátano sobre la tortilla y enrollar la tortilla. Lloviznar encima con el jarabe de arce o miel.

Opcional: Adornar encima con más cereal.

FUENTE

fruitsandveggiesmorematters.org

Receta modificada por CHOICES Programa Educativo de Nutrición

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