

Just Say Yes

To Fruits & Vegetables



Broccoli, Raisin, and Pasta Salad

Ingredients:

- 1 1/2 cups pasta shells, cooked and drained
- 1 cup chopped broccoli
- 1/2 cup raisins
- 1 chopped onion
- 1 chopped bell pepper
- 1/3 cup low-fat mayonnaise
- 1 tablespoon vinegar
- 1/2 teaspoon sugar
- Salt and black pepper, to taste

Instructions:

1. In a large bowl, add pasta, broccoli, raisins, onion and bell pepper.
2. In a small bowl, mix mayonnaise, vinegar and sugar.
3. Pour dressing over pasta salad in large bowl and mix well.
4. Add salt and pepper to taste.
5. Mix well and serve. Enjoy!
6. Refrigerate leftovers.

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Healthy Grilling This BBQ Season

Choose Lean Proteins

Grilled skinless chicken breast is a great option! Also, remember, your portions are 5 1/2 ounces a day or the size of your palm.

Make Half Your Plate Fruits and Veggies

Fruit salads, green leafy salads, grilled veggies, and yes, corn is a vegetable too.

Skip the Bun

Try having your burger on a lettuce wrap, with veggie toppings, or without the bun at all.

Beans

Beans are a great source of fiber, and they keep you fuller for longer. Be mindful about the salt content of canned beans.

Limit the Condiments

Ketchup and mayonnaise may make a great addition to your BBQ but contain a higher sugar and fat content.

Ketchup 1 tbsp = 3.7g sugar & Mayo 1 tbsp = 10g fat

JSY Health Tip

Swap mayonnaise with plain Greek yogurt for your salads. There is less fat and more protein!

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