

The Healthy Cook

Rainbow Carrot Salad

 SERVES 4

- 4 cups of ribbon- or spiral-cut rainbow carrots
- 1 scallion, sliced
- 1 Tbs. olive oil
- 1 Tbs. red wine vinegar
- ¼ tsp. kosher salt
- ¼ cup chopped mixed fresh herbs (parsley, cilantro, mint, dill)



1. In a large bowl, toss together all the ingredients.

PER SERVING (1 cup): calories 80 | total fat 3.5 g | sat fat 0.5 g | carbs 12 g | fiber 4 g | total sugar 6 g | added sugar 0 g
protein 1 g | sodium 210 mg

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Here are three zippy dips for raw or roasted veggies. The curry yogurt and spicy pepper are also great on chicken or fish.

Caramelized Onion-Curry Yogurt

 MAKES 1 CUP

- 1 Vidalia or other sweet onion, finely diced
- 2 Tbs. grapeseed or olive oil
- 1 tsp. curry powder
- ½ tsp. kosher salt
- ½ cup 2% plain greek yogurt



1. Sauté the onion in the oil over medium heat, stirring often, until golden brown, 8-10 minutes.
2. Stir in the curry powder and cook for 30 seconds.
3. Remove to a bowl and stir in the salt and yogurt.

PER SERVING (2 Tbs.): calories 50 | total fat 4 g | sat fat 0.5 g | carbs 4 g | fiber 1 g | total sugar 3 g | added sugar 0 g
protein 2 g | sodium 130 mg

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Spicy Roasted Pepper

 MAKES 1 CUP

- 2 red bell peppers
- 1 red chile pepper
- ¼ cup toasted slivered almonds
- 2 Tbs. extra-virgin olive oil
- 1 Tbs. sherry vinegar or red wine vinegar
- ½ tsp. kosher salt



1. Cut the bell and chile peppers in half and lay them on a baking sheet, cut side down. Broil until the skin is browned in spots, 5-10 minutes. Let cool, then remove the skin and seeds.
2. Blend all the ingredients in a small food processor.

PER SERVING (2 Tbs.): calories 60 | total fat 5 g | sat fat 0.5 g | carbs 3 g | fiber 1 g | total sugar 2 g | added sugar 0 g
protein 1 g | sodium 120 mg

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Avocado Hummus

 MAKES 1 CUP

- 1 avocado
- $\frac{3}{4}$ cup no-salt-added chickpeas
- 2 Tbs. extra-virgin olive oil
- 1 tsp. lemon zest
- 2 Tbs. fresh lemon juice
- $\frac{1}{2}$ tsp. kosher salt

1. Blend all the ingredients in a small food processor until smooth.



PER SERVING (2 Tbs.): calories 80 | total fat 6 g | sat fat 1 g | carbs 6 g | fiber 2 g | total sugar 0 g | added sugar 0 g
protein 2 g | sodium 125 mg