

Spring Recipes

By Chef Dave Fouts



Dijon Garlic Asparagus

4 servings

1 pound asparagus, stalks peeled
1 tablespoon Dijon mustard
1/4 cup white wine
1 tablespoon garlic, minced
1/4 teaspoon fresh thyme, chopped
1/4 teaspoon pepper
1/4 teaspoon salt

Add asparagus to boiling, salted water and cook, covered, about 4 to 5 minutes or until tender. Drain. Combine mustard, white wine, garlic, thyme, pepper & salt; mix well. Pour over cooked asparagus.

Per serving: 50 calories, 3 grams protein, 0.5 grams fat (0 grams saturated), 0 mg cholesterol, 6 grams carbohydrate, 2 grams fiber, 200 mg sodium

Zesty Lemon Garlic Egg Salad

6 servings

6 large hard boiled eggs, peeled and chopped fine
1/2 teaspoon celery seed
1 clove fresh garlic, minced
1 teaspoon fresh dill, chopped fine
1 teaspoon fresh lemon juice
1/2 cup light mayonnaise
1/4 cup low-fat plain yogurt

Place all ingredients into a large mixing bowl. Salt and pepper to taste. Mix well. Chill and serve.

Per serving: 150 calories, 7 grams protein, 12 grams fat (1.5 grams saturated), 220 mg cholesterol, 4 grams carbohydrate, 0 grams fiber, 240 mg sodium

Ginger Blueberry-Melon Toss

6 servings

1/2 tablespoon honey
1 tablespoon fresh lime juice
1/2 teaspoon grated lime peel
1/8 teaspoon ground ginger
2 cups fresh or frozen blueberries
1 cup diced cantaloupe

In a large bowl, combine honey, lime juice, lime peel and ginger until well blended. Add blueberries and cantaloupe. Toss to coat. Serve chilled.

Per serving: 45 calories, 1 gram protein, 0 grams fat, 0 mg cholesterol, 11 grams carbohydrates, 1 gram fiber, 0 mg sodium



ABOUT THE OBESITY ACTION COALITION (OAC)

The Obesity Action Coalition (OAC) is a National non-profit organization dedicated to giving a voice to individuals affected by obesity and helping them along their journey toward better health. Our core focuses are to elevate the conversation of weight and its impact on health, improve access to obesity care, provide science-based education on obesity and its treatments, and fight to eliminate weight bias and discrimination.



VIBRANT COMMUNITY



NATIONAL AWARENESS CAMPAIGNS



ANNUAL CONVENTION



ADVOCACY



PUBLIC EDUCATION

LEARN, CONNECT, ENGAGE

The OAC knows that the journey with weight can be challenging but we also know that great things happen when we learn, connect and engage. That is why the OAC Community exists. Our Community is designed to provide quality education, ongoing support programs, an opportunity to connect, and a place to take action on important issues.

Through the OAC Community, you can get access to:

- Weight & Health Education • Community Blogs
 - Community Discussion Forum
 - Ongoing Support • Meaningful Connections
- AND MUCH MORE**



JOIN TODAY: GO TO OBESITYACTION.ORG/JOIN

info@obesityaction.org

(800) 717-3117 | (813) 872-7835 | Fax: (813) 873-7838



@ObesityActionCoalition

@ObesityAction