



Festive Tuna Roll-ups

Bright red or green pepper rings dress up this easy appetizer made from familiar ingredients. Keep the fat content low by choosing tuna packed in water rather than oil.

Ingredients:

- 1 6-ounce can white tuna in water, drained and flaked
- 1 tablespoon light mayonnaise
- 4 tortillas, spinach (green), tomato (red), or whole-wheat
- 8 dill pickle spears
- 4 carrots, shredded
- 8 pepper rings, green or red

Directions:

Mix tuna and mayonnaise in a small bowl. Lay out each tortilla. Spread tuna in a line down the center of each. Top tuna with 2 pickles per tortilla and carrots. Roll each tortilla burrito-style; keep closed by wrapping 2 pepper rings around each tortilla. Cut each rollup in half and center a pepper ring on each half.

Serves 8. Approximate per serving: 190 calories; 3 grams of fat.

Energizing Smoothie

This tofu drink is packed with protein, calcium, vitamin C, potassium, and fiber, so it will boost your energy level any time of the day. Tofu is also a great source of soy.

Ingredients

- 1-1/2 cups sliced ripe banana (approx. 3 bananas)
- 1-1/2 cups frozen sweetened sliced strawberries, partially thawed
- 1-1/2 cups soft silken tofu, drained (about 3 oz.)
- 1-1/2 cups low-fat vanilla yogurt

Directions

Combine all ingredients in a blender or food processor and process until smooth. Makes approximately 5 cups.

Serves 8. Approximate per serving: 180 calories; 2 grams of fat.

Isoflavones in soy may have protective effects against breast and prostate cancer. Studies on individual soy components are currently underway.

Marinated Artichoke and Potato Salad

The marinated artichoke featured in this recipe is neither a fruit nor vegetable. It's a thistle, a member of the sunflower family, and the artichoke itself is a flower bud or immature flower head. Artichokes are good sources of potassium.

Ingredients:

- 2 pounds small red potatoes, quartered
- 2 cups green beans, cut into 1/2-inch pieces (about 1/2 pound)
- 1 6-ounce bottle marinated artichoke hearts
- 2 tablespoons chopped, pitted Kalamata olives
- 2 tablespoons white wine vinegar
- 2 tablespoons fresh parsley, chopped
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Directions

Place potatoes in a large saucepan and cover with water. Bring to a boil and cook 20 minutes or until very tender. Add beans and cook 2 minutes or until beans are crisp-tender. Drain potato and bean mixture. Drain artichokes in a colander over a bowl, reserving 2 tablespoons of marinade. Chop artichokes. Add artichokes and olives to potato-bean mixture. Combine reserved 2 tablespoons of artichoke marinade with vinegar, parsley, salt, and pepper. Drizzle dressing over salad, tossing to coat. Cover and chill.

Serves 8. Approximate per serving: 126 calories; 3.8 grams of fat.

