



# Have a Healthy St. Patrick's Day



St. Patrick's Day is a festive opportunity to make some traditional favorite dishes. It also can be a fun opportunity to try some festive new ideas to brighten up your table and give a healthy boost to your diet.

## Serve Up the Green

- **Leprechaun Dip:** Make a bean dip with edamame that is not only green, but also contains protein, vitamins and minerals. Puree steamed and shelled edamame with olive oil, lime juice and cilantro. Serve with crisp green vegetables or low-salt tortilla chips.
- **Shamrock Mini Pizzas:** Spread pizza sauce and cheese over split English muffins. Place one bell pepper slice on each mini pizza, and bake until the cheese melts.
- **Cabbage and corned beef:** Make the veggie the focus by giving this classic dish a modern twist. Shred raw cabbage, add grated carrots and toss the mixture with a dash of salt and a tablespoon of sugar. Let sit at room temperature for 30 minutes. Drain any water that forms in the dish and toss the cabbage with a bit of vinegar. Sprinkle diced corned beef or bacon bits on top for a fresh, healthy cabbage and corned beef dish.
- **Celtic pasta with peas:** For a meatless main dish, toss cooked whole-grain pasta with pesto and green peas.

## Embrace Ireland's Favorite Veggie- The Potato!

- **Potato Soup:** Make a healthy potato soup by substituting fat-free evaporated milk for heavy cream. This reduces the fat, while keeping the creaminess of this comforting dish.

### **This Month's Featured Vegetable:**

### Carrots

Carrots are crunchy, tasty and highly nutritious. Delicious fresh, steamed, or cooked into stews and casseroles, carrots are very versatile in the kitchen.

Contrary to popular belief, carrots are not overly high in carbohydrates (with only 10 grams of carbs per one whole fresh carrot). They are however a great source of Vitamin A, Vitamin K, fiber, and antioxidants.

Potential health benefits of carrots include reduced cholesterol, lower risk of heart attacks, improved vision, and healthy skin.



- **Baby Boiled Potatoes:** Put garlic cloves, bay leaf and a pinch of salt in a pot of water. Drop in the baby potatoes and boil until soft. Toss with olive oil and chopped parsley or rosemary. Cut each potato in half and spear with a toothpick
- **Sprouts & Potatoes:** Cut baby potatoes and Brussels sprouts in half. Toss in olive oil and a pinch of salt and pepper. Broil until lightly brown. Serve on skewers, alternating potato and sprout.
- **Mashed Potatoes — the Healthy Way:** whip up creamy mashed potatoes using low-fat milk, light sour cream and chives. Serve as a side dish or use as a topping for a traditional Shepherd's Pie prepared with lean ground beef or turkey.

## Serve a Pot 'o Gold for Dessert

- **Pot 'o Gold:** Make up fruit skewers with green grapes and kiwi slices. Place a pineapple chunk at each end to serve as the "pot 'o gold."
- **Honeydew Sorbet:** Make a green sorbet using honeydew melon.