

Tasty Cookout Side Dishes:

Tropical Fruit Salsa



Pineapple, mango, kiwifruit, and mandarin oranges are tossed with a zesty dressing in this low-calorie side dish. Serve it with grilled beef, chicken, or fish.

- 1 tablespoon snipped fresh mint
- 2 teaspoons seasoned rice vinegar
- 2 teaspoons lime juice
- 1/2 - 1 teaspoon grated fresh ginger
- 1/8 teaspoon crushed red pepper (optional)
- 1/2 cup chopped fresh pineapple
- 1/2 cup chopped mango or peach
- 2 kiwifruit, peeled, quartered lengthwise, and sliced
- 1 - 5 ounce container mandarin orange sections, drained (about 1/2 cup)

MAKES: 8 servings
SERVING SIZE: 1/4 cup
YIELD: 2 cups

Nutrition Facts Per Serving:
Servings Per Recipe: 8
Calories: 30
Carbohydrate(gm): 8
Dietary Fiber, total(gm): 1
Sodium(mg): 14

1. In a medium bowl, combine mint, rice vinegar, lime juice, ginger, and, if desired, crushed red pepper. Add pineapple, mango, kiwifruit, and mandarin orange sections; toss gently to coat. Makes 2 cups (8, 1/4-cup servings).

Make Ahead Tip

Prepare as directed. Cover and chill for up to 24 hours. Serve with a slotted spoon.

Calorie-Trimmed Potato Salad

MAKES: 14 servings

Seasonings blend with low-cal silken tofu in a mayonnaise substitute for this classic side salad. Tofu, which takes on the flavor of foods it's mixed with, stays in the background in this recipe.



- 3 pounds round red or Yukon gold potatoes
- 1 12.3 ounce package soft, silken-style tofu (fresh bean curd)
- 3 tablespoons lemon juice
- 1 tablespoon yellow mustard
- 1 clove garlic, minced
- 1 teaspoon salt
- 2 tablespoons olive oil
- 1 cup chopped celery
- 1 medium red sweet pepper, chopped
- 3 hard-cooked eggs, peeled and coarsely chopped
- 1/2 cup sliced green onions
- 1/2 cup chopped dill pickles
- Salt and ground black pepper
- Milk or pickle juice

1. In a 4-quart Dutch oven place potatoes and enough lightly salted water to cover. Bring to boiling; reduce heat. Simmer, covered, for 20 to 25 minutes or until potatoes are just tender. Drain well; cool slightly. Peel and cube the potatoes.

2. Meanwhile, for dressing, in a food processor or blender combine tofu, lemon juice, mustard, garlic, and the 1 teaspoon salt. Process or blend until smooth. With the processor or blender running, add oil in a thin, steady stream. When necessary, stop processor or blender and scrape down sides. Set aside.

3. In a very large bowl combine cubed potatoes, celery, sweet pepper, eggs, onions, and pickles. Add dressing, tossing lightly to coat. Season to taste with additional salt and pepper. Cover and chill for 4 to 24 hours. Before serving, add milk or pickle juice, 1 tablespoon at a time, to reach desired consistency.

Nutrition Facts Per Serving:

Servings Per Recipe: 14
Calories: 113
Protein(gm): 4
Carbohydrate(gm): 16
Fat, total(gm): 4
Cholesterol(mg): 46
Saturated fat(gm): 1
Monosaturated fat(gm): 2
Polyunsaturated fat(gm): 1
Dietary Fiber, total(gm): 2
Sugar, total(gm): 2

Courtesy of Helen Long, Nutritionist

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