

Northwest Salmon Salad



Nutrition Facts:

1 serving equals 305 calories, 18 g fat (4 g saturated fat), 67 mg cholesterol, 571 mg sodium, 13 g carbohydrate, 3 g fiber, 25 g protein. Diabetic Exchanges: 3 lean meat, 2 fat, 1 starch.

Ingredients

1 salmon fillet (1 pound)
 1/2 teaspoon salt
 1/2 teaspoon plus 1/8 teaspoon coarsely ground pepper, divided
 2 tablespoons lemon juice, divided
 4 fresh dill sprigs
 1 cup chopped peeled cucumber
 1/2 cup reduced-fat sour cream
 1/4 cup finely chopped sweet red pepper
 1/4 cup snipped fresh dill
 3 tablespoons capers, drained
 8 cups torn Bibb lettuce
 1 medium peach, peeled and sliced
 1/4 cup chopped hazelnuts
 1/4 cup fresh blueberries
 4 thin slices red onion, separated into rings

Directions

- Place salmon on a greased baking sheet; sprinkle with salt and 1/2 teaspoon pepper. Drizzle with 1 tablespoon lemon juice; top with dill sprigs.
- Bake, uncovered, at 425° for 15-18 minutes or until fish flakes easily with a fork. Flake salmon into large pieces.
- In a small bowl, combine the cucumber, sour cream, red pepper, snipped dill, capers and remaining pepper and lemon juice.
- Divide lettuce among four plates. Top with peach, hazelnuts, blueberries, onion and salmon. Serve with dressing.

Yield: 4 servings.



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Sugar-Free Holiday Nog



Nutrition Facts:

One serving equals 107 calories, 1 g fat (0 saturated fat), 1 mg cholesterol, 187 mg sodium, 15 g carbohydrate, 0 fiber, 10 g protein. Diabetic Exchanges: 1 fat-free milk, 1/4 starch.

Directions

Combine pudding mix, 2 cups of milk, vanilla and sugar substitute in a bowl; mix according to pudding directions. Pour into a half-gallon container with a tight-fitting lid. Add 3 cups of milk; shake well. Add evaporated milk and shake. Add remaining milk; shake well. Chill.

Yield: 8 servings.

Ingredients

1 package (1 ounce) sugar-free instant vanilla pudding mix
 7 cups fat-free milk, divided
 1 to 2 teaspoons vanilla extract or rum extract
 2 to 4 packets sugar substitute
 1 cup fat-free evaporated milk



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HOLIDAY FAVORITES

Spicy Oil and Vinegar Bread Dip

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Ingredients:

1 cup Extra Virgin Olive Oil
 2/3 cup Traditional Balsamic Vinegar
 3 cloves garlic, minced
 1 1/2 tablespoons dried basil
 1 tablespoon dried oregano
 1 teaspoon dried thyme
 1 1/2 teaspoons kosher salt
 1/4 teaspoon freshly ground black pepper

Directions:

In a bottle with a lid, mix the olive oil, balsamic vinegar, garlic, basil, oregano, thyme, kosher salt, and pepper. Seal bottle, and refrigerate mixture 8 hours, or overnight. Shake well before serving. Store in the refrigerator.

GINGER SPICE COOKIES

Ingredients:

2 cups all purpose flour
 2 1/2 teaspoons ground ginger
 2 teaspoons baking soda
 1 teaspoon ground cinnamon
 1 teaspoon ground cloves
 3/4 teaspoon salt
 3/4 cup chopped crystallized ginger
 1 cup (packed) dark brown sugar
 1/2 cup vegetable shortening, room temperature
 1/4 cup (1/2 stick) unsalted butter, room temperature
 1 large egg
 1/4 cup mild-flavored (light) molasses
 Sugar

PREPARATION

Combine first 6 ingredients in medium bowl; whisk to blend. Mix in crystallized ginger. Using electric mixer, beat brown sugar, shortening and butter in large bowl until fluffy. Add egg and molasses and beat until blended. Add flour mixture and mix just until blended. Cover and refrigerate 1 hour. Preheat oven to 350°F. Lightly butter 2 baking sheets. Spoon sugar in thick layer onto small plate. Using wet hands, form dough into 1 1/4-inch balls; roll in sugar to coat completely. Place balls on prepared sheets, spacing 2 inches apart. Bake cookies until cracked on top but still soft to touch, about 12 minutes. Cool on sheets 1 minute. Carefully transfer to racks and cool. (Can be made 5 days ahead. Store airtight at room temperature.)



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