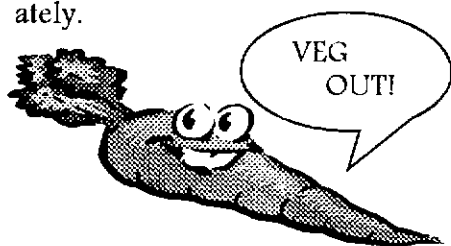


ON THE MENU

Curried Chicken Salad

3 cups dried cooked chicken breast
 1 carrot, grated
 1 onion, finely chopped
 2 celery stalks, chopped
 ½ cup raisins
 3 tablespoons lemon juice
 2 teaspoons curry powder
 1 tablespoon honey
 ¼ cup light mayonnaise
 1 small head romaine lettuce, washed and dried
 2 tomatoes, cored and sliced into wedges
 1 cup julienned radish

In large bowl, combine chicken, carrot, onion, celery and raisins. In separate small bowl, combine lemon juice, curry, honey and mayonnaise. Stir curry mixture into chicken mixture, blending well. Chill for 1 hour. To serve, line plates with romaine lettuce leaves, mound chicken salad on the lettuce, and garnish the sides with tomato wedges and julienned radish. Serve immediately.



Prep time: 25 minutes Chilling time: 1 hour

Yield: about 6 cups Serving size: 1 cup

Per serving: 229 calories, 21 grams CHO, 23 grams PRO, 6 grams FAT

Exchanges per serving: 1 fruit, 1 vegetable, 3 lean meat

Spinach Salad

¾ cup sun-dried tomatoes
 1 ½ cup hot water
 1 small cucumber, thinly sliced
 6 cups fresh spinach, torn into bite-size pieces
 1 small red onion, sliced and separated into rings
 1 cup sliced fresh mushrooms
 Bottled fat-free or light creamy Italian salad dressing

Combine tomatoes and hot water in a small bowl, let stand 15 minutes to soften. Meanwhile, combine cucumber, spinach, onion, and mushrooms; toss gently. Drain tomatoes and chop, add to spinach mixture and toss again. Arrange salad evenly on 6 salad plates. Drizzle 2 tablespoons dressing over each plate.

Prep. Time: 15 minutes

Yield: 9 cups Serving size: 1 ½ cup

Per serving: 78 calories, 11 grams CHO, 3 grams PRO, 3 grams FAT

Exchanges: 2 vegetables, ½ fat



Blueberry Freeze

½ cup chilled evaporated skim milk
 1 packet artificial sweetener
 ½ teaspoon vanilla
 1 cup blueberries

Put first three ingredients into blender. Add blueberries a few at a time and whirl after each addition until thick and creamy. Makes one serving.

One serving: 189 calories, 35 grams CHO, 12 grams PRO, 1 gram FAT

Exchange per serving: 1 ½ fruit, 1 skim milk

DASH to better Blood Pressure cont. from page 10

it is not as hard as you think! Here are a few ideas to help you get it all in: make a pizza with low-fat Mozzarella cheese and lots of vegetable, always serve vegetables with your lunch and dinner, have a bowl of cereal and 1% or skim milk topped with slices of bananas, always

drink 1% or skim milk for lunch and dinner, have low-fat yogurt mixed with peaches, have a latte with skim milk, try extra vegetables on a sandwich with low-fat cheese, this list can go on and on!

The bottom line is that incorporating 3 servings of low-

fat dairy products and 8-10 servings of fruits and vegetables may help prevent high blood pressure and may help decrease mild high blood pressure.

If you are thinking this sounds pretty good and are wanting to give it a try, please contact your physician before beginning the DASH diet!