

No Bake Strawberry Stack

Serves 1

Ingredients

½ cup sliced fresh strawberries
1 sheet low-fat graham cracker
½ cup fat-free Cool Whip topping



Directions

1. Break graham cracker sheet into eight smaller pieces.
2. Place Cool Whip topping in a zip-top plastic bag and cut a small piece out of the bottom corner. This creates a piping bag (you can also use a piping bag if you have those at home).
3. Layer 1/3 of the graham cracker pieces into the bottom of a small glass or bowl.
4. Top with 1/3 of the Cool Whip topping.
5. Then place 1/3 of the strawberries on top of the Cool Whip layer.
6. Repeat 3 times, finishing with strawberries on top.
7. Cover and let sit in the refrigerator for at least 4-6 hours, or overnight.

Note: Instead of making individual stacks, you can make this using a 9x13 pan. For this method, you would leave the graham crackers whole and layer as directed above until container is filled.

Nutrition Information per Serving: Calories: 100, Total Fat: 0gm, Saturated Fat: 0gm, Trans Fat: 0gm, Cholesterol: 0mg, Carbs: 21gm, Fiber: 2gm, Protein: 1gm, Sodium: 45mg

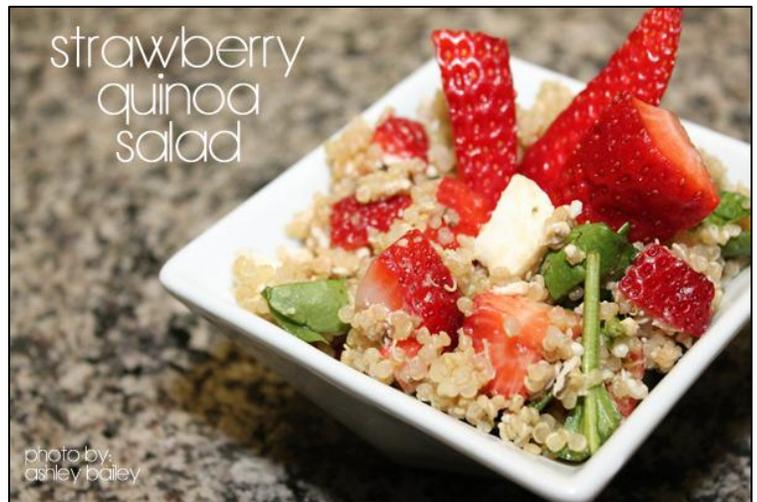
Strawberry Quinoa Salad

Recipe Adapted From: domesticfits.com

Serves 4

Ingredients

- 1 cup quinoa, cooked
- 1 cup strawberries, chopped
- 3 ounces reduced-fat feta cheese crumbles
- ½ cup chopped spinach
- 1 Tbsp dried or fresh basil
- 1 Tbsp balsamic vinegar
- 1 Tbsp honey
- ⅛ tsp salt



Directions

1. In a bowl, combine strawberries, feta cheese, spinach, and basil.
2. Once quinoa has cooled completely, add to bowl and toss to combine.
3. In a separate bowl, whisk together balsamic vinegar, honey, and salt. Drizzle over quinoa and strawberry mixture and toss until well combined.
4. Serve immediately. Store any leftovers in the refrigerator and serve cold.

Note: Cook quinoa in chicken or vegetable stock for added flavor instead of water.

Nutrition Information per Serving: Calories: 140, Total Fat: 4gm, Saturated Fat: 2gm, Trans Fat: 0gm, Cholesterol: 5mg, Carbs: 20gm, Fiber: 3gm, Protein: 7gm, Sodium: 380mg