

Heart Healthy Picnic Recipes

Confetti Slaw with Poppy-Seed Dressing



- 2 tablespoons cider vinegar
- 1 1/2 teaspoons honey
- 1 1/2 teaspoons Dijon mustard
- 1 1/2 teaspoons chopped fresh dill
- 1 teaspoon poppy seeds
- 1 teaspoon olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup thinly sliced green cabbage
- 1 cup thinly sliced red cabbage
- 1/2 cup pre-cut matchstick carrots

Combine first 8 ingredients in a bowl. Add cabbage and carrots; toss to coat. Serves 4.

Waldorf Salad



- 2 tablespoons vanilla yogurt
- 1 tablespoon lemon juice
- 1 small Gala or Fuji apples, cubed
- 1 cup seedless red grapes, halved
- 1/3 cup dried cranberries
- 1/4 cup coarsely chopped walnuts
- 1/4 cup thinly sliced celery, about 1 stalk
- 8 Boston or Bibb lettuce leaves

Combine yogurt and lemon juice in a medium bowl. Add apples, grapes, and cranberries; mix well. Add the walnuts and celery; mix well. Serve it on a bed of 2 lettuce leaves. The salad can be refrigerated up to 2 hours before serving. Serves 4.

Curried Chicken Salad Sandwiches



- ½ cup light mayonnaise
- ¼ cup plain low-fat yogurt
- 1 teaspoon curry powder
- 1 teaspoon lemon juice
- ½ teaspoon salt
- 4 cups shredded cooked chicken breast
- ½ cup seedless red grapes, halved
- ½ cup chopped walnuts, toasted
- 1 8-ounce can pineapple tidbits in juice, drained
- ¼ cup diced red onion
- 16 slices whole wheat double-fiber bread
- 8 lettuce leaves

Combine first 5 ingredients in a large bowl. Add chicken and next 4 ingredients; stir well to combine. Top each of 8 bread slices with 1/2 cup chicken salad. Top each with a lettuce leaf and a bread slice.

Raspberry Lemonade



- 1 cup fresh lemon juice
- ½ cup sugar
- 1 tablespoon fresh or frozen raspberry purée, strained
- ice cubes

In a bowl, whisk 2 cups water with the lemon juice, sugar, and raspberry purée until the sugar is dissolved. Fill 4 glasses half-full with ice and pour the lemonade over the ice to chill. Or chill mixture in the refrigerator until you're ready to serve.