

WOMEN GO RED

On National Wear Red Day® make every part of your celebration “Red” by enjoying these 10 red foods and drinks too!

Red Berry Squares

Make strawberry-flavored gelatin mixed with fresh strawberries and raspberries. Cut into squares before serving.

Frozen Watermelon Bites

Alternate frozen cubes of watermelon and mint leaves on a skewer and serve cold.

Ravin’ Red Smoothie

Blend 1 cup low-fat yogurt, ½ cup frozen strawberries, ½ cup frozen raspberries and 1 frozen banana.

Red Pasta

Cook whole-wheat spaghetti and top with low-sodium marinara sauce, diced tomatoes and sun-dried tomatoes.

Baked Red Apple Dessert

Fill 1 whole red apple (cored) with ¼ cup chopped almonds, ¼ cup dried cranberries, 1 tsp. honey and 1 tsp. brown sugar. Bake for 15 minutes at 350° or until sugar bubbles.

Perfect Polenta

Cook polenta and mix with roasted cherry tomatoes, roasted red bell pepper and sun-dried tomato.

Stuffed Red Bell Peppers

Stuff 1 red bell pepper (cored) with ½ cup cooked brown rice, ¼ diced red onion, ¼ cup ground turkey (browned), 1 tbsp. parsley, salt and pepper. Bake at 350° for 15 minutes or until pepper is heated through.

Red Bean Salsa

Combine 2 cups red beans, ½ cup diced red onions, 1 cup diced red tomato, ¼ cup diced jalapeño (remove seeds), ¼ cup chopped parsley, 2 tbsp. lemon juice, salt and pepper.

Roasted Red Cabbage Salad

In a large bowl, combine 2 cups chopped red cabbage (roasted), ½ cup red onion (thinly sliced and sautéed), ¼ cup red wine vinegar, 1 tbsp. olive oil and sea salt.

TRY THIS HEART-HEALTHY RECIPE:

Grilled Tomato Gazpacho

Description

Grill the vegetables for this refreshing soup earlier in the day or even the night before. We sometimes serve the gazpacho in clear Spanish wine tumblers to show off the rich color.

Ingredients

- 2 pounds ripe plum tomatoes
- 1 small red bell pepper
- 1 English cucumber, peeled and seeded, divided
- ½ cup torn fresh or day-old country bread (crusts removed)
- 1 small clove garlic
- 2-3 tablespoons red-wine vinegar
- 1 tablespoon chopped fresh parsley
- ¼ teaspoon piment d’Espelette (see Cooking Tip) or hot Spanish paprika or pinch of cayenne pepper
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 2 tablespoons extra-virgin olive oil

Cooking Instructions

Preheat grill to medium-high.

Grill tomatoes and bell pepper, turning a few times, until they soften and the skins are blistered and charred in spots, about 8 minutes. Transfer the pepper to a plastic bag and let it steam until cool enough to handle. Peel off the skin; cut the pepper in half and discard the stem and seeds. Place one half in a blender. When the tomatoes are cool enough to handle, core and roughly chop. Add the tomatoes, skins and all, to the blender.

Add half the cucumber to the blender along with bread, garlic, vinegar to taste, parsley, piment d’Espelette (or paprika or cayenne), salt and pepper. Blend until smooth. Add oil and blend until well combined. Refrigerate until room temperature or chilled, at least 1 hour.

Before serving, finely dice the remaining cucumber and bell pepper; stir half of each into the gazpacho and garnish with the remaining cucumber and bell pepper.

Cook’s Tip

Piment d’Espelette is a sweet, mildly spicy pepper, from the French side of the Basque region, ground into powder.

To Make Ahead: Cover and refrigerate for up to 1 day. Stir to recombine and garnish just before serving.



HELP US MAKE AMERICA GO RED AND SAVE WOMEN’S LIVES!

Learn More at
GoRedForWomen.org/WearRedDay



Nutrition Analysis (per serving)	
Calories	.84
Total Fat	.5 g
Saturated Fat	.1 g
Monounsaturated Fat	.4 g
Sodium	.219 mg
Carbohydrates	.9 g
Fiber	.2 g
Protein	.2 g
Potassium	.405 mg

Dietary Exchanges	
1 ½ vegetable	1 fat

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