



RED

Watermelon Salad

*Quick, easy, cool and refreshing...
perfect for any summer get-together!*

- 4 cups cubed watermelon
- fresh basil leaves
- 4 oz. crumbled feta cheese
- extra virgin olive oil
- black pepper

Toss together watermelon and feta. Top with basil leaves, drizzle with olive oil and garnish with pepper.

WHITE

Hidden Valley Yogurt Vegetable Dip

Only 10 calories per tablespoon!

- 3/4 tsp. Hidden Valley Original Mix
- 1 cup 0% fat plain Greek yogurt
- 2 tsp. parsley
- 2 tsp. dry onion or chives

Blend all ingredients and chill for at least 1 hour before using.

BLUE

Blueberry Meat Sauce

Serve over fish, pork, chicken or beef!

- 2 tsp. hot sauce
(adjust amount to your liking, mild to hot)
- 2 tbs. lemon juice
- salt and pepper to taste
- 1 tbs. red wine
- 1 tsp. garlic
- 1/4 cup blueberries
- 1/4 cup Worcestershire sauce
- 1/4 cup brown sugar

Combine all ingredients in sauce pan and bring to a boil over med-hi heat. Lower heat and simmer 15 minutes or until sauce is reduced by about 1/3 and slightly thickened.

Bring Them All Together!

Red, White and Blue Sangria

You can't get more summer than this!

- One bottle white wine of your choice
(I recommend Sauvignon Blanc or Pinot Grigio)
- 1/3 container of fruit juice concentrate
(choose white grape, apple cherry, or whatever your preference)
- 1/4 cup blueberries
- 1/4 cup raspberries
- 1/2 cup cleaned strawberries

Pour wine into large pitcher, add fruit concentrate and stir. Lightly muddle berries in large bowl until a bit of juice starts to form. Add fruit to the wine mixture and stir. Serve chilled.

RECIPES continued on page 22

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Aneurysm
Leg Circulation
(PAD)

Risk Factors...

- 50 years+
- Family History of Vascular Disease
- Smoking
- High Blood Pressure & Cholesterol
- Diabetic
- Lack of Exercise

\$40 FEE

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No physician referral necessary.