

## Lunch Menu

Spinach Berry Salad  
Honey Crusted Chicken  
Brown Rice Pilaf with Asparagus and Mushroom  
Grilled Angel Food Cake

### Recipe: Spinach Berry Salad

By Mayo Clinic staff - Serves 4

#### Ingredients

4 packed cups torn fresh spinach	2 tablespoons white wine vinegar, or cider vinegar
1 cup sliced fresh strawberries	2 tablespoons balsamic vinegar
1 cup fresh, or frozen, blueberries	2 tablespoons honey
1 small sweet onion, sliced	2 teaspoons Dijon mustard
1/4 cup chopped pecans, toasted	1 teaspoon curry powder (can be omitted)
Salad Dressing	1/8 teaspoon pepper

#### Directions

In a large salad bowl, toss together spinach, strawberries, blueberries, onion and pecans. In a jar with a tight-fitting lid, combine dressing ingredients. Shake well. Pour over salad and toss to coat. Serve immediately.

#### Nutritional Analysis

Calories	158	Cholesterol	0 mg
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Protein	4 g	Sodium	197 mg
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Carbohydrate	25 g	Fiber	4 g
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Total fat	5 g	Potassium	173 mg
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Saturated fat	0.5 g	Calcium	77 mg
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Monounsaturated fat	3 g		
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# Honey Crusted Chicken

By Mayo Clinic staff - Serves 2

## Ingredients

- 8 saltine crackers, each about 2 inches square
- 1 teaspoon paprika
- 2 boneless, skinless chicken breasts, each 4 ounces
- 4 teaspoons honey

## Directions

Preheat the oven to 375 F. Lightly coat a baking dish with cooking spray. Crush the crackers on a cutting board, using the back of a knife. Place crackers in a small bowl and add paprika. Stir to mix well. In a separate bowl, add the chicken and honey. Toss to coat evenly. Add the cracker mixture. Mix and press the chicken into the cracker mixture until it's evenly coated on both sides. Place the chicken in the prepared baking dish. Bake until lightly browned and cooked through, about 20 to 25 minutes. Serve immediately.

## Nutritional Analysis

Serving size: 1 chicken breast

Calories	224	Cholesterol	66 mg
Protein	27 g	Sodium	231 mg
Carbohydrate	21 g	Fiber	1 g
Total fat	3 g	Potassium	338 mg
Saturated fat	1 g	Calcium	30 mg
Monounsaturated fat	1 g		

# Brown Rice Pilaf with Asparagus and Mushrooms

By Mayo Clinic staff - Serves 6

## Ingredients

- 1 tablespoon olive oil
- 1 cup brown rice
- 3 cups water
- 1 teaspoon low-sodium chicken-flavored bouillon granules
- 1 small onion, chopped
- 1/2 pound fresh mushrooms, thinly sliced
- 1/8 teaspoon ground nutmeg
- 1/2 pound asparagus tips
- 2 tablespoons finely grated Swiss cheese
- 1/2 cup fresh parsley, chopped

## Directions

In a large saucepan, heat the olive oil over medium heat. Add the rice and sauté until it begins to "toast." Grains will begin to turn golden brown. Slowly, add the water, bouillon granules, onion, mushrooms and nutmeg. Bring mixture to a boil, reduce heat, cover and simmer for 30 minutes. Add water as needed to keep the mixture from drying out. Cut asparagus into 1-inch pieces, discarding the woody stems. Stir asparagus into the rice mixture, cover and cook another 5 minutes. Stir in the grated cheese and garnish generously with parsley. Serve immediately.

## Nutritional Analysis

Calories	230	Cholesterol	10 mg
Protein	12 g	Sodium	550 mg
Carbohydrate	30 g	Fiber	3 g
Total fat	7 g	Potassium	600 mg
Saturated fat	2 g	Calcium	126 mg
Monounsaturated fat	4 g		

# Grilled Angel Food Cake

By Mayo Clinic staff - Serves 6

## Ingredients

- 1 1/2 cup strawberries, chopped
- 3/4 cup chopped rhubarb
- 1/2 cup sugar
- 6 tablespoons water
- 1 3/4 teaspoons vanilla
- 1/8 teaspoon cinnamon
- 1 prepared angel food cake, cut into 6 pieces
- 3/4 cup reduced-fat whipped topping

## Directions

Prepare a hot fire in a charcoal grill or heat a gas grill or broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source. To make the sauce, in a saucepan, combine the strawberries, rhubarb, sugar, water, vanilla and cinnamon. Cook on medium heat until the mixture just starts to boil, about 5 minutes. Remove the saucepan from the heat and set aside. Place the angel food cake toward the edge of the grill rack where there is less heat or on the broiler pan. Grill or broil until each side turns brown, about 1 to 3 minutes. Place the angel food cake on individual serving plates. Top each piece with 1/4 cup of the strawberry-rhubarb sauce and 2 tablespoons of the whipped topping. Serve immediately.

## Nutritional Analysis

Calories	228	Cholesterol	0 mg
Protein	3 g	Sodium	255 mg
Carbohydrate	51 g	Fiber	1 g
Total fat	trace	Potassium	168 mg
Saturated fat	trace	Calcium	61 mg
Monounsaturated fat	trace		