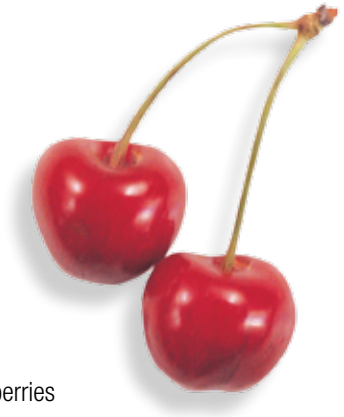
10 Foods in Red



Go Red for women™

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On National Wear Red Day®, make every part of your celebration "Red" by enjoying these 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°F 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°F for 15 minutes or until pepper is heated through.

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.

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.

For more heart-healthy recipes visit GoRedForWomen.org/betterU or visit ShopGoRed.org

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