

# BON APPÉTIT

EAST

JULY 2024



## COCHRAN'S HOURS

| Monday - Thursday                                                                                                                                                                                                   | Friday & Saturday                                  | Sunday |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|--------|
| Breakfast<br>8-9:30am<br><br>Lunch & Dinner<br>11:30am-6pm                                                                                                                                                          | Breakfast<br>8- 9:30am<br><br>Lunch<br>11:30am-2pm | CLOSED |
| <p><b>Delivery 210.568.5173</b></p> <p>If you have been approved by Resident Services for delivery, you must call Dining Services by 10:30am each day to place your order. Deliveries will be sent out at noon.</p> |                                                    |        |



## SKY LOUNGE HOURS

| Thirsty Thursday | Friday & Saturday                                                                                                                                     | Sunday Brunch                                                                                                                              |
|------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|
| 4-6pm            | Sky Lounge Bar<br>4-5pm<br><i>Cocktails available at your table after 5pm</i><br><br>Dinner: 5-7pm<br>To-Go: 4:30-5pm<br><b>Reservations Required</b> | 10:30am-1:30pm<br><br>To-Go:<br>10:30-11am<br>and<br>1-1:30pm<br><b>Reservations Required</b><br><i>Anytime menu will not be available</i> |

### Dining Services General Manager:

JMack

**Executive Chef:** Avin Bhajan

### Dining Room Advisory Council (DRAC)

**Chair:** Carol Hernandez

**Vice Chair:** Nell Montgomery

**Co-Secretaries:** Vicki Abel and Kathleen Sheehan

**Members:** Gerlinda Lindsey, Anne Null, Betty Petranoff, Suzanne Slater, Nancy Smith, Judy Wetzel

## RESERVATION OPTIONS:

Reservations can be made starting 14 days in advance, and end by 2pm the day prior to your desired reservation date.

Res Easy Reservation Line:

210.568.5045 or

[bstefoodreservations@blueskiestx.org](mailto:bstefoodreservations@blueskiestx.org)

Monthly BA&NC Dinner: 2nd Tuesday of each month; Cochran's will close at 2pm to prepare.

REMINDER: We kindly ask all residents an/or guests to depart Cochran's main dining room at the following times: Breakfast 10:15am and Dinner 6:45pm. Please feel free to relocate to section A outside the dining room.

## National Food Days

Saturday, **July 6**: National Fried Chicken Day!

Sunday, **July 7**: World Chocolate Day!

Friday, **July 12**: National Pecan Pie Day!

Tuesday, **July 16**: National Ice Cream Day!

Tuesday, **July 23**: National Hot Dog Day!

Thursday, **July 25**: National Wine & Cheese Day!

Friday, **July 26**: National Olympic Burger Day!

Tuesday, **July 30**: National Cheesecake Day!

Wednesday, **July 31**: National Avocado Day!

**July Superfood: Herbs & Spices**

**July Pop-Up Specials**  
**Culinary Innovation!**

**Dietitian's Dish!**

**French American Heritage!**

## Always Available Sides

**Coleslaw** (153 Cal) (328 Na) (11 Carb)

**Mashed Potatoes** (162 Cal) (233Na) (19 Carb)

**Fries** (108 Cal) (470 Na) (24 Carb)

**Onion Rings** (261 Cal) (395 Na) (31 Carb)

**Vegetable Crudité**

**Side Fruit, Salad, or Soup can be substituted for 2 sides or \$1.50 upcharge**

**Drinks:** Coffee, Tea, Iced Tea, and Soda




= SPICY

SR = Sodium Reduced

## BSTE Bon Appetite Menu Monday, 1 July - Saturday, 6 July

**Monday - Saturday Weekly Special:** Shrimp Cocktail  
**Green of the Week:** Steamed Sweet Peas

**Breakfast Special:** Cheddar Grits Bowl  
**Pie Special:** Strawberry Cream Pie

|                  | <b>Monday<br/>1 July</b>                                   | <b>Tuesday<br/>2 July</b>                                | <b>Wednesday<br/>3 July</b>                                  | <b>Thursday<br/>4 July</b>                                                                                                                           | <b>Friday<br/>5 July</b>                             | <b>Saturday<br/>6 July</b>                   |
|------------------|------------------------------------------------------------|----------------------------------------------------------|--------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|----------------------------------------------|
| <b>Soup</b>      | Cream of Cauliflower and Cheese<br>(226Cal)(343Na)(11Carb) | SR Split Pea<br>(118Cal)(190Na)(16Carb)                  | Tomato Soup<br>(56Cal)(323Na)(13Carb)                        | Food Service is Closed in Observance of July 4 <sup>th</sup><br> | New England Clam Chowder<br>(265Cal)(1224Na)(17Carb) | Pepper Cabbage<br>(97Cal)(461Na)(8Carb)      |
| <b>Entrée 1</b>  | Beef Enchiladas<br>(647Cal)(1802Na)(48Carb)                | Turkey Pot Pie with Biscuits<br>(470Cal)(1543Na)(55Carb) | Chicken Jalfrezi (Curried Chicken)<br>(332Cal)(599Na)(7Carb) |                                                                                                                                                      | White Chili with Turkey<br>(292Cal)(401Na)(24Carb)   | Beef Sauerbraten<br>(317Cal)(553Na)12Carb)   |
| <b>Entrée 2</b>  | Tomato Basil Baked Cod<br>(101Cal)(423Na)(3Carb)           | Ham Cheddar Quiche<br>(237Cal)(642Na)(15Carb)            | Grilled Teriyaki Tilapia<br>(165Cal)(200Na)(4Carb)           |                                                                                                                                                      | Cajun Blackened Catfish<br>(190Cal)(447Na)(1Carb)    | Buffalo Wings<br>(692Cal)(1983Na)(5Carb)     |
| <b>Starch</b>    | Seasoned Pinto Beans<br>(167Cal)(16Na)(31Carb)             | Potato Hash<br>(398Cal)(591Na)(32Carb)                   | Garlic Naan<br>(380Cal)(950Na)(62Carb)                       |                                                                                                                                                      | Corn Bread<br>(189Cal)(223Na)(29Carb)                | Tater Tots<br>(353Cal)(685Na)(30Carb)        |
| <b>Starch</b>    | Couscous with Parsley<br>(90Cal)(5Na)(19Carb)              | Garlic Chive Mash Potatoes<br>(274Cal)(608Na)(27Carb)    | Fried Rice<br>(122Cal)(98Na)(20Carb)                         |                                                                                                                                                      | Dirty Rice<br>(155Cal)(47Na)(18Carb)                 | Buttered Orzo<br>(241Cal)(129Na)(48Carb)     |
| <b>Vegetable</b> | Steamed Corn Kernels<br>(93Cal)(1Na)18Carb)                | Orange Glazed Carrots<br>(51Cal)(53Na)(11Carb)           | Roasted Yellow Squash<br>(38Cal)(2Na)(4Carb)                 |                                                                                                                                                      | Vegetable Medley<br>(38Cal)(27Na)(8Carb)             | Roasted Golden Beets<br>(48Cal)(87Na)(6Carb) |
| <b>Vegetable</b> | Green Beans<br>(50Cal)(103Na)(6Carb)                       | Snap Peas with Red Pepper<br>(39Cal)(79Na)(3Carb)        | Steamed Bok Choy<br>(6Cal)(29Na)(1Carb)                      |                                                                                                                                                      | Fried Okra<br>(195Cal)(374Na)(22Carb)                | Steamed Carrots<br>(34Cal)(57Na)(8Carb)      |

## BSTE Bon Appetite Menu Monday, 8 July - Saturday, 13 July

**Monday - Saturday Weekly Special:** Broccoli Carrot Salad  
**Green of the Week:** Fried Zucchini

**Breakfast Special:** Buttermilk Pancakes with Blueberries  
**Pie Special:** Peach Pie

|                  | <b>Monday<br/>8 July</b>                          | <b>Tuesday<br/>9 July</b>                    | <b>Wednesday<br/>10 July</b>                     | <b>Thursday<br/>11 July</b>                                                           | <b>Friday<br/>12 July</b>                                 | <b>Saturday<br/>13 July</b>                        |
|------------------|---------------------------------------------------|----------------------------------------------|--------------------------------------------------|---------------------------------------------------------------------------------------|-----------------------------------------------------------|----------------------------------------------------|
| <b>Soup</b>      | SR Turkey Noodle Soup<br>(112Cal)(299Na)(13Carb)  | Tortilla Soup<br>(308Cal)(1028Na)(38Carb)    | Beef Noodle Soup<br>(99Cal)(603Na)(13Carb)       | Broccoli Cheese Soup<br>(82Cal)(193Na)(11Carb)                                        | New England Clam Chowder<br>(265Cal)(1224Na)(17Carb)      | Chicken Noodle Soup<br>(61Cal)(529Na)(7Carb)       |
| <b>Entrée 1</b>  | BBQ Pork Loin<br>(145Cal)(538Na)(15Carb)          | Honey Lime Chicken<br>(164Cal)(158Na)(8Carb) | Chipotle Orange Pork<br>(296Cal)(432Na)(4Carb)   | Sweet Italian Sausage<br>(272Cal)(672Na)(1.6Carb)                                     | Baked Cod Filet<br>(213Cal)(660Na)(0.7Carb)               | Turkey Meatloaf<br>(224Cal)(230Na)(10Carb)         |
| <b>Entrée 2</b>  | Oven Fried Chicken<br>(229Cal)(257Na)(8Carb)      | Beef Picadillo<br>(301Cal)(244Na)(9Carb)     | Herb Crusted Tilapia<br>(187Cal)(200Na)(6Carb)   | Thai Basil Shrimp Stir-fry<br>(306Cal)(1302Na)(19Carb)                                | Lemon Rosemary Chicken Breast<br>(186Cal)(143Na)(1.2Carb) | Tuna Casserole<br>(509Cal)(937Na)(31Carb)          |
| <b>Starch</b>    | Cheese Grits<br>(86Cal)(189Na)(13Carb)            | SR Couscous<br>(116Cal)(27Na)(18Carb)        | Whipped Sweet Potatoes<br>(90Cal)(179Na)(14Carb) | Cheese Tortellini<br>(252Cal)(280Na)(37Carb)<br>Jasmine Rice<br>(110Cal)(2Na)(24Carb) | Wild Rice Blend<br>(103Cal)(342Na)(17Carb)                | Smashed Red Potatoes<br>(112Cal)(118Na)(18Carb)    |
| <b>Starch</b>    | Loaded Mashed Potatoes<br>(282Cal)(112Na)(50Carb) | Spanish Rice<br>(82Cal)(55Na)(14Carb)        | Rice Pilaf<br>(135Cal)(164Na)(28Carb)            | Pork Egg Roll<br>(152Cal)(200Na)(12Carb)                                              | Roasted Yukon Potatoes<br>(173Cal)(494Na)(23Carb)         | Steamed Corn on the Cob<br>(58Cal)(0.6Na)(13Carb)  |
| <b>Vegetable</b> | Succotash<br>(100Cal)(50Na)(18Carb)               | Grilled Asparagus<br>(24Cal)(134Na)(2Carb)   | Lima Beans<br>(97Cal)(97Na)(18Carb)              | Green Beans<br>(50Cal)(103Na)(6Carb)                                                  | Sauteed Broccoli<br>(27Cal)(48Na)(4Carb)                  | Seasoned Garden Vegetables<br>(29Cal)(40Na)(6Carb) |
| <b>Vegetable</b> | SR Sauteed Spinach<br>(54Cal)(48Na)(2Carb)        | SR Sauteed Zucchini<br>(41Cal)(6Na)(2Carb)   | Seasoned Carrots<br>(70Cal)(271Na)(9Carb)        | Thyme Roasted Mushrooms and Onions<br>(71Cal)(59Na)(8Carb)                            | Roasted Brussel Sprouts<br>(44Cal)(140Na)(6Carb)          | Roasted Cauliflower<br>(36Cal)(106Na)(2Carb)       |

## BSTE Bon Appetite Menu Monday, 15 July - Saturday, 20 July

**Monday - Saturday Weekly Special:** Chilled Tofu Salad  
**Green of the Week:** Steamed Garlic Broccoli

**Breakfast Special:** Down South Scramble  
**Pie Special:** Cherry Pie

|                  | <b>Monday<br/>15 July</b>                                | <b>Tuesday<br/>16 July</b>                                                             | <b>Wednesday<br/>17 July</b>                          | <b>Thursday<br/>18 July</b>                     | <b>Friday<br/>19 July</b>                            | <b>Saturday<br/>20 July</b>                        |
|------------------|----------------------------------------------------------|----------------------------------------------------------------------------------------|-------------------------------------------------------|-------------------------------------------------|------------------------------------------------------|----------------------------------------------------|
| <b>Soup</b>      | Minestrone Soup<br>(90Cal)(144Na)(16Carb)                | SR Cream of Spinach Soup<br>(191Cal)(230Na)(11Carb)                                    | French Onion Soup<br>(99Cal)(226Na)(13Carb)           | Black-Eyed Pea Soup<br>(133Cal)(391Na)(23Carb)  | New England Clam Chowder<br>(265Cal)(1224Na)(17Carb) | Vegetable Soup<br>(58Cal)(419Na)(9Carb)            |
| <b>Entrée 1</b>  | Chicken and Mushroom Meatballs<br>(207Cal)(330Na)(9Carb) | Sesame Chicken<br>(201Cal)(576Na)(8Carb)                                               | Carolina BBQ Pork Sandwich<br>(504Cal)(830Na)(64Carb) | Shrimp Creole<br>(116Cal)(234Na)(9Carb)         | Baked Fish Vera Cruz<br>(163Cal)(470Na)(6Carb)       | Spaghetti and Meatballs<br>(575Cal)(723Na)(66Carb) |
| <b>Entrée 2</b>  | Crab Cakes<br>(158Cal)(563Na)(4Carb)                     | Indian Lamb Curry<br>(403Cal)(1089Na)(21Carb)                                          | Sweet Chili Glazed Salmon<br>(268Cal)(411Na)(9Carb)   | Braised Beef Tips<br>(208Cal)(112Na)(10Carb)    | Ham with Pineapple<br>(215Cal)(1007Na)(29Carb)       | Tri-Tip Steak<br>(241Cal)(75Na)(1Carb)             |
| <b>Starch</b>    | Scalloped Potatoes<br>(199Cal)(302Na)(29Carb)            | Lo Mein Noodles<br>(115Cal)(186Na)(20Carb)<br>Pork Egg Roll<br>(100Cal)(200Na)(12Carb) | Rice Pilaf<br>(119Cal)(37Na)(24Carb)                  | Herb Polenta<br>(78Cal)(192Na)(15Carb)          | Wild Rice<br>(90Cal)(112Na)(17Carb)                  | Garlic Breadstick<br>(85Cal)(127Na)(12Carb)        |
| <b>Starch</b>    | Penne Pasta<br>(105Cal)(76Na)(18Carb)                    | Jasmine Rice<br>(110Cal)(2Na)(24Carb)                                                  | Sweet Potato Fries<br>(326Cal)(285Na)(38Carb)         | Buttered Egg Noodles<br>(146Cal)(124Na)(25Carb) | Mashed Yukon Potatoes<br>(99Cal)(182Na)(15Carb)      | Toasted Barley Pilaf<br>(120Cal)(89Na)(26Carb)     |
| <b>Vegetable</b> | Peas and Mushrooms<br>(77Cal)(71Na)(11Carb)              | Ginger Scallion Bok Choy<br>(49Cal)(272Na)(2Carb)                                      | Sautéed Broccoli<br>(27Cal)(48Na)(4Carb)              | Tomato Basil Squash<br>(42Cal)(77Na)(5Carb)     | Peas and Carrots<br>(74Cal)(97Na)(11Carb)            | Grilled Zucchini<br>(54Cal)(119Na)(3Carb)          |
| <b>Vegetable</b> | Coleslaw<br>(68Cal)(320Na)(10Carb)                       | Steamed Cauliflower<br>(16Cal)(20Na)(3Carb)                                            | Asparagus with Lemon Sauce<br>(129Cal)(299Na)(9Carb)  | Seasoned Cabbage<br>(38Cal)(234Na)(8Carb)       | SR Collard Greens<br>(33Cal)(45Na)(6Carb)            | Onions and Peppers<br>(127Cal)(91Na)(7Carb)        |

# BSTE Bon Appetite Menu Monday, 22 July – Saturday, 27 July

**Monday - Saturday Weekly Special: Crispy Baja Fish Tacos**  
**Green of the Week: Fried Okra**

**Breakfast Special: Cajun Shrimp Scramble**  
**Pie Special: Coconut Cream Pie**

|                  | <b>Monday<br/>22 July</b>                        | <b>Tuesday<br/>23 July</b>                     | <b>Wednesday<br/>24 July</b>                  | <b>Thursday<br/>25 July</b>                           | <b>Friday<br/>26 July</b>                            | <b>Saturday<br/>27 July</b>                           |
|------------------|--------------------------------------------------|------------------------------------------------|-----------------------------------------------|-------------------------------------------------------|------------------------------------------------------|-------------------------------------------------------|
| <b>Soup</b>      | Tomato Florentine<br>(92Cal)(143Na)(17Carb)      | Minestrone<br>(90Cal)(144Na)(16Carb)           | Stuffed Pepper<br>(175Cal)(529Na)<br>(12Carb) | Borscht<br>(165Cal)(459Na)(11Carb)                    | New England Clam Chowder<br>(265Cal)(1224Na)(17Carb) | Thai Forbidden Chicken<br>(240Cal)(670Na)<br>(19Carb) |
| <b>Entrée 1</b>  | Chicken Fricassee<br>(146Cal) (295Na)(4Carb)     | Salisbury Steak<br>(315Cal)(1108Na) (12Carb)   | Mojo Pork<br>(149Cal)(97Na)(1Carb)            | Hungarian Beef Stew<br>(241Cal)(205Na)(16Carb)        | Pork Dijonnaise<br>(132Cal)(689Na)(4Carb)            | Sweet and Sour Chicken<br>(266Cal)(553Na)<br>(29Carb) |
| <b>Entrée 2</b>  | Salmon Croquettes (457Cal)<br>(481Na)(47Carb)    | Crunchy Baked Cod<br>(458Cal)(481Na)(47Carb)   | Jerk Shrimp<br>(64Cal)(205Na)(1Carb)          | Chicken Cordon Bleu<br>(430Cal)(780Na)(17Carb)        | Shrimp Etouffee<br>(276Cal)(1224Na)(13Carb)          | Teriyaki Pot Rost<br>(244Cal)(351Na)<br>(13Carb)      |
| <b>Starch</b>    | Fettuccine Pasta<br>(112Cal) (93Na)(34Carb)      | Herbed Rice Pilaf<br>(28Cal)(125Na)(26Carb)    | Smashed Plantain<br>(16Cal)(366Na)(29Carb)    | Bowtie Pasta<br>(110Cal)(1Na)(22Carb)                 | Cornbread Stuffing<br>(159Cal)(187Na)(23Carb)        | Vegetarian Egg Roll<br>(135Cal)(1137Na)<br>(20Carb)   |
| <b>Starch</b>    | Herbed Barley<br>(169Cal) (82Na)(21Carb)         | Loaded Baked Potato<br>(121Cal)(260Na)(18Carb) | Cuban Black Beans<br>(86Cal)(249Na)(14Carb)   | Dijon Roasted Potato Salad<br>(241Cal)(531Na)(30Carb) | Brown Rice<br>(159Cal)(5Na)(33Carb)                  | Jasmine Fried Rice<br>(260Cal)(102Na)<br>(46Carb)     |
| <b>Vegetable</b> | Fried Green Tomatoes<br>(122Cal) (194Na)(13Carb) | Sauteed Swiss Chard<br>(43Cal)(232Na)(5Carb)   | Pickled Okra<br>(20Cal)(633Na)(4Carb)         | Green Beans<br>(50Cal)(103Na)(6Carb)                  | Steamed Broccoli<br>(24Cal)(23Na)(5Carb)             | Seasoned Edamame<br>(83Cal)(81Na)(6Carb)              |
| <b>Vegetable</b> | Roasted Asparagus<br>(25Cal) (40Na)(3Carb)       | SR Roasted Carrots<br>(57Cal)(63Na)(9Carb)     | Roasted Tomatoes<br>(20Cal)(95Na)(2Carb)      | Steamed Yellow Squash<br>(41Cal)(30Na)(3Carb)         | Okra and Tomato<br>(45Cal)(64Na)(8Carb)              | Vegetable Stir Fry<br>(69Cal)(34Na)(6Carb)            |

# BSTE Bon Appetite Menu Monday, 28 July - Saturday, 3 August

**Monday - Saturday Weekly Special:** Chopped Caprese Salad  
**Green of the Week:** Steamed Garlic Brussels

**Breakfast Special:** Migas  
**Pie Special:** Strawberry Rhubarb

|                  | <b>Monday<br/>29 July</b>                                  | <b>Tuesday<br/>30 April</b>                              | <b>Wednesday<br/>31 July</b>                                 | <b>Thursday<br/>1 August</b>                               | <b>Friday<br/>2 August</b>                           | <b>Saturday<br/>3 August</b>                 |
|------------------|------------------------------------------------------------|----------------------------------------------------------|--------------------------------------------------------------|------------------------------------------------------------|------------------------------------------------------|----------------------------------------------|
| <b>Soup</b>      | Cream of Cauliflower and Cheese<br>(226Cal)(343Na)(11Carb) | SR Split Pea<br>(118Cal)(190Na)(16Carb)                  | Tomato<br>(56Cal)(323Na)(13Carb)                             | Italian Wedding<br>(88Cal)(557Na)(4Carb)                   | New England Clam Chowder<br>(265Cal)(1224Na)(17Carb) | Pepper Cabbage<br>(97Cal)(461Na)(8Carb)      |
| <b>Entrée 1</b>  | Beef Enchiladas<br>(647Cal)(1802Na)(48Carb)                | Turkey Pot Pie with Biscuits<br>(470Cal)(1543Na)(55Carb) | Chicken Jalfrezi (Curried Chicken)<br>(332Cal)(599Na)(7Carb) | Honey Bourbon Pork Loin<br>(201Cal)(428Na)(12Carb)         | White Chili with Turkey<br>(292Cal)(401Na)(24Carb)   | Beer Sauerbraten<br>(317Cal)(553Na)(12Carb)  |
| <b>Entrée 2</b>  | Tomato Basil Baked Cod<br>(101Cal)(423Na)(3Carb)           | Ham Cheddar Quiche<br>(237Cal)(642Na)(15Carb)            | Grilled Teriyaki Tilapia<br>(165Cal)(200Na)(4Carb)           | Shrimp Scampi<br>(308Cal)(484Na)(4Carb)                    | Cajun Blackened Catfish<br>(190Cal)(447Na)(1Carb)    | Buffalo Wings<br>(692Cal)(1983Na)(5Carb)     |
| <b>Starch</b>    | Seasoned Pinto Beans<br>(167Cal)(16Na)(31Carb)             | Potato Hash<br>(398Cal)(591Na)(32Carb)                   | Garlic Naan<br>(380Cal)(950Na)(62Carb)                       | Roasted Sweet Potato<br>(141Cal)(89Na)(24Carb)             | Corn Bread<br>(189Cal)(223Na)(29Carb)                | Whipped Potatoes<br>(160Cal)(58Na)(28Carb)   |
| <b>Starch</b>    | Couscous with Parsley<br>(90Cal)(5Na)(19Carb)              | Garlic Chive Mash Potatoes<br>(274Cal)(608Na)(27Carb)    | Fried Rice<br>(122Cal)(98Na)(20Carb)                         | Garlic Butter Linguine<br>(200Cal)(167Na)(35Carb)          | Dirty Rice<br>(155Cal)(47Na)(18Carb)                 | Buttered Orzo<br>(241Cal)(129Na)(48Carb)     |
| <b>Vegetable</b> | Steamed Corn Kernels<br>(93Cal)(1Na)(18Carb)               | Orange Glazed Carrots<br>(51Cal)(53Na)(11Carb)           | Roasted Yellow Squash<br>(38Cal)(2Na)(4Carb)                 | Green Peas<br>(79Cal)(2171Na)(14Carb)                      | Vegetable Medley<br>(38Cal)(27Na)(8Carb)             | Roasted Golden Beets<br>(48Cal)(87Na)(6Carb) |
| <b>Vegetable</b> | Green Beans<br>(50Cal)(103Na)(6Carb)                       | Snap Peas with Red Pepper<br>(39Cal)(79Na)(3Carb)        | Steamed Bok Choy<br>(6Cal)(29Na)(1Carb)                      | Creamy Cheddar Cauliflower Grits<br>(239Cal)(486Na)(6Carb) | Fried Okra<br>(195Cal)(374Na)(22Carb)                | Steamed Carrots<br>(34Cal)(57Na)(8Carb)      |

# Superfood of the Month: Herbs & Spices

Herbs and spices are small additions that have major impact on our taste buds with little to no sugar, salt, or calories. They pack a flavor punch alone or combined, fresh or dried.

## Green Goddess Dressing (Serves 12)

### INGREDIENTS

- ½ cup Light Mayo
- ½ cup Plain, Fat Free Greek Yogurt
- 2 tbsp. Fresh Lemon Juice
- ¼ cup Skim Milk
- ½ tsp. Hot Sauce
- ½ tsp. Fresh Garlic, minced
- 1 tbsp. Fresh Scallions, chopped
- 3 Tbsp. Fresh Parsley, chopped
- 1 tsp. Fresh Tarragon, chopped
- 1/2 tsp. Salt
- 1/4 tsp. Ground Black Pepper



### INSTRUCTIONS

1. Combine all ingredients in a blender or food processor and blend until smooth.
2. Serve chilled.

**Calories:** 91

**Fat:** 9g

**Carbohydrates:** 1.1g

**Sugar:** 0.5g

**Fiber:** 0.1g

**Protein:** 0.8g

