

Take a Walk on the Healthy Side

Written by Debbi Covington

Tuesday, 26 August 2014 15:10



I always gain weight in the summer. It has happened every single summer for as long as I can remember. It's so hard to be active in 95 degree weather when you're a non-athlete, like me.

Besides, catering slows down a good bit during the hot summer months. So, Vince and I tend to eat out more often and take afternoon naps and stay in the air conditioning – and the next thing I know, my jeans are beginning to feel a bit snug. Thankfully, it's not so hard to reverse the damage with just a small change in diet. I eat soup to shed a few extra pounds in the winter and salads to shed a few extra pounds in the summer. The recipes this week are simple and delicious. Eaten as a side dish or entree, each one is satisfying and will help keep unwanted weight gain at bay. p.s. This certainly doesn't mean I've given up sweets. I have a dessert column coming up in the next few weeks. Bon Appetit!

Arugula and Berry Salad with Raspberry Vinaigrette (above)

For the vinaigrette:

5 tablespoons seedless red raspberry jam

¼ cup red wine vinegar

1 clove garlic, minced

½ teaspoon salt

¼ teaspoon pepper

1/3 cup vegetable oil

For the salad:

Arugula

Fresh strawberries, hulled and quartered

Fresh blueberries

Fresh raspberries

Green seedless grapes, halved

Blue cheese, crumbled

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Chopped walnuts, toasted

Place jam, vinegar, garlic, salt and pepper in a blender. Pulse until blended. With blender running, pour vegetable oil through lid in a slow, steady stream; process until smooth. Place arugula in a large bowl; toss with vinaigrette. Top with berries and grapes. Sprinkle with crumbled blue cheese and chopped walnuts. Refrigerate any unused vinaigrette.

Chickpea Salad



2 (16-ounce) cans chickpeas, drained and rinsed
2 cucumbers, peeled, seeded and diced
1 large ripe tomato, seeded and diced
1 small red onion, finely diced
1 bunch fresh Italian parsley, leaves only
1 (7-ounce) jar kalamata olives, drained and roughly chopped
1 (3.5-ounce) jar capers, drained
1 cup crumbled feta cheese
5 tablespoons red wine vinegar
2 tablespoons extra-virgin olive oil
Splash of fresh lemon juice
Sea salt
Freshly ground black pepper

Place chickpeas, tomato, red onion, parsley, olives, capers and feta cheese in a large bowl. Drizzle with red wine vinegar, extra-virgin olive oil and fresh lemon juice. Toss to combine. Season with sea salt and freshly ground black pepper.

Oriental Chicken Salad

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For those like debbi who isn't a big fan of cheddar (she didn't like it) or for those who are looking for a healthy, low-calorie, and easy-to-make dish, this salad is a perfect choice. It's a great way to incorporate more vegetables and healthy fats into your diet.



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