*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* ***Potluck Sign Up Sheet***

<When Here>

<Location Here>

Join us for a department potluck! Bring your healthy dish and the recipe. Please just keep it healthy (low fat, low sugar, low sodium, high nutrition) for a delicious and well‐deserved break!

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|  |  |  |  |  |  |  |  |  |  |  |  | ***Name*** |
|  | ***Appetizers*** |  |  |  |
|  |  | **Balsamic Roasted Baby** |  | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |
|  |  | **Tomatoes on Crostini** |  |  | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |
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|  |  | **White Bean Dip** |  | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |
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|  | ***Side Dishes/Salads*** |  |  |  |
|  |  | **Quick Citrusy Salad** | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |
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|  | **Herbed Potato Salad** |  |
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|  | ***Main Dishes*** |  |  |  |
|  |  | **Roast chicken** |  | **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |  |
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|  | ***Desserts*** |  |  |  |
|  |  | **Fruit Skewers** | **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |  |
|  |  | **Fruit Dip** | **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |  |
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|  | ***Drinks*** |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | **Spa Water** |  |  | **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |  |
|  |  | **Real Fruit Punch** |  | **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |  |
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**Sample Potluck Recipes**

**Quick Citrusy Salad (provided permission from FoodDay.org)**

***Ingredients***

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8 cups (5 oz.) of loosely packed mixed greens 2 Tbs. minced red onion

1 Tbs. red wine vinegar

2 Tbs. extra‐virgin olive oil ¼ tsp. kosher salt

½ cup chopped avocados 2 Tbs. sunflower seeds

***Directions***

Combine onion, vinegar, olive oil and salt. Toss with mixed greens. Top with 3 sliced clementines, avocado, and sunflower seeds.

**Balsamic Roasted Baby Tomatoes on Crostini (provided permission from FoodDay.org) *Ingredients***

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1 pint cherry tomatoes 1 tablespoon olive oil 1/8 teaspoon sea salt

2 tablespoons balsamic vinegar

100% whole grain baguette, cut into slices and lightly toasted

***Directions***

Preheat oven to 225° F. Line a rimmed baking tray with parchment paper or a non‐stick baking mat. Cut the tomatoes in half and place cut side up on the pan. Lightly spray the tomatoes with the olive oil spray, dust with sea salt and bake for 2.5 hours. Turn the oven setting up to broil and broil for another 3‐5 minutes or until they begin to brown. Transfer the tomatoes to large bowl and add the balsamic. Gently toss tomatoes and scoop on to crostini bread.

**White Bean Dip (provided permission from FoodDay.org)**

***Ingredients***

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15 oz. can (drained and rinsed) Great Northern, navy, or other white beans 2 Tbs. extra virgin olive oil

1 clove garlic

a squeeze of fresh lemon juice

***Directions***

Purée all ingredients in a food processor. Serve with carrot sticks or whole wheat pita bread

**Herb Potato Salad (provided by CA Champions for Change)**

***Ingredients***

1½ pounds red potatoes (about 8 potatoes), cut into cubes ½ cup light Italian dressing

½ tablespoon spicy brown mustard 1 tablespoon chopped fresh parsley 1 teaspoon garlic salt

¼ teaspoon ground black pepper ½ cup chopped red bell pepper ½ cup chopped green bell pepper ½ cup chopped green onions

***Directions***

In a large pot, cook potatoes in boiling water until tender, about 10 minutes (do not overcook). Drain well and let cool. Cut potatoes into bite‐size pieces and place in a medium bowl.

In a small bowl, combine dressing, mustard, parsley, and seasonings; pour over potatoes and toss well.

Carefully stir in bell peppers and green onions. Cover and chill until ready to serve.



**Citrus Cucumber Water (provided by Healthier SF, SFUSD)**

***Ingredients***

1 sliced lemon 1 sliced orange 2 sliced limes

1 sliced cucumber

***Directions***

Fill pitcher halfway with ice. Add fruit & cucumber. Fill with water. Chill for at least 20 minutes before serving. Store in refrigerator and drink within 24 hours.



**Real Fruit Punch (provided by Champions for Change)**

***Ingredients***

(14–ounce) can 100% fruit juice concentrate, thawed 2 liters club soda

1 (8–ounce) can pineapple chunks packed in 100% juice

4 cups (about 1 pound) frozen, mixed fruit, or strawberries, raspberries, mango, or peach slices Ice cubes

***Directions***

Empty juice concentrate into a pitcher or punch bowl. Add club soda to the juice concentrate. Gently stir. Add pineapple, other fruit, and ice cubes.



**Fruit Dip (provided by Champions for Change)**

Makes 4 servings. ¼ recipe per serving. Prep time: 15 minutes

***Ingredients***

1 (8‐ounce) container lowfat vanilla yogurt 2 tablespoons 100% orange juice

1 tablespoon lime juice

½ tablespoon brown sugar

***Directions***

In a small bowl, combine yogurt, orange juice, lime juice, and brown sugar; mix well. Serve dip in a bowl on a large plate and surround with fruit or fruit skewers.