



Low Saturated Fat Recipes

Apple Cranberry Waldorf Salad
Asian Asparagus Salad
Asparagus Tomato Salad
Asparagus Tomato Stir-Fry
Awesome Watermelon Salad
Bacon & Tomato Dip
Balsamic Stir Fry Vegetables
Big Blue Muffins
Blackberry & Basil Spritzer
Blackberry & Cucumber Salad
Blackberry Coffee Cake
Blueberry Cream Cheese Pound
Cake
Blueberry French Toast Bake
Broccoli & Beef Stir-Fry
Broccoli & Grape Pasta Salad
Broccoli Salad with Creamy Feta
Dressing
Brussels Sprouts with Ham
Cabbage Rolls
Cauliflower Casserole
Cauliflower Mushroom Poppers
Cauliflower on the Side

Look for this
symbol for recipes
containing 5% or
less of the % Daily
Value for saturated
fat.



Cheesy Broccoli Potatoes
Corn & Sweet Potato Confetti
Salad
Country Ham & Broccoli Grits
Cucumber Corn & Bean Salsa
Curried Chicken & Melon Salad
Fall Harvest Salad
Fresh Corn Salad
Fresh Green Bean Stir-Fry
Glazed Butternut Squash with
Carrots
Green Bean Medley
Green Beans with Feta & Dill
Grilled Sweet Potatoes

For these and other recipes visit:
<http://plateitup.ca.uky.edu>

Herbed Pasta with Roasted
Cherry Tomatoes
Kale & Potato Soup
Kickin' Greens
Lean Green Lettuce Tacos
Melon Berry Smoothie
Pumpkin Apple Muffins
Red Potato Salad
Red Potato Salad with Creamy
Pesto Dressing
Roasted Root Vegetables
Spring Harvest Salad
Squash Supreme
Strawberry Green Tea
Strawberry Salsa
Summer Corn & Couscous Salad

Summer Veggie & Wild Rice
Bake
Sweet & Spicy Butternut Squash
Sweet & Savory Cucumber Salad
Sweet & Spicy Brussels Sprouts
Tex-Mex Quinoa Salad
Tomato Basil Bruschetta
Tomato Basil Salad
Turnip Green Soup
Very Berry Salsa
Watermelon Salsa
Watermelon Tomato Salad
Zippy Corn Chowder
Zippy Zucchini Cakes

Visit us on Facebook and Instagram
[@plateitupKYproud](#)
or watch our Plate it up! Kentucky Proud channel
on YouTube.

