

Mary's Club Night Recipes

Anyone attending Club Nights admire the food being served, especially the salads. Many of these salads are prepared for each Club Night by Mary Johansen.

"I have had a lot of requests from members of GRYC to see if I would share my recipes that I use for Club Nights. I get a lot of my ideas from Canadian Living, Kraft recipes and ones that I have acquired from friends. Please enjoy them as much as I have." - Mary

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Grilled Vegetable Couscous Salad

(This recipe came from [Canadian Living](#))

This colourful salad makes a great summer side dish or vegetarian main course (makes 4 servings).

Ingredients:

3 tbsp (50 mL) balsamic vinegar
2 tbsp (25 mL) prepared pesto
1 tbsp (15 mL) extra-virgin olive oil
1/2 tsp (2 mL) pepper
3/4 cup (175 mL) whole wheat couscous
1 can (19 oz/540 mL) chickpeas, drained and rinsed
1 green onion, sliced
1 eggplant
1 zucchini
1 sweet yellow pepper, quartered
1 cup (250 mL) halved grape or cherry tomatoes

Preparation:

- In small bowl, whisk together vinegar, pesto, oil and pepper; set aside.
- In large bowl, combine couscous with 3/4 cup (175 mL) boiling water; cover and let stand for 5 minutes. Fluff with fork; fold in chickpeas and green onion.
- Cut eggplant and zucchini lengthwise into 1/4-inch (5 mm) thick slices. Place eggplant, zucchini and yellow pepper on greased grill over medium-high heat; close lid and grill, turning once, until

tender-crisp, about 10 minutes.

•Cut eggplant and zucchini into 1-inch (2.5 cm) wide strips. Cut pepper into 1-inch (2.5 cm) cubes. Add grilled vegetables and tomatoes to couscous. Add pesto mixture; toss to combine.

Pasta Salad

Ingredients:

375 g rotini noodles
1 c Canadian Swiss cheese diced
1/2 c chopped dried apricots
1/2 c chopped dates
1/2 c sliced almonds
1 unpeeled apple cubed
1/4 c chopped raw baby spinach

Vinaigrette:

1/3 c orange juice
1/3 c olive oil
1/4 c rice vinegar
1 tsp zest of orange
1 tbsp liquid honey

Curried Lentil, Wild Rice and Orzo Salad

(This recipe came from [Canadian Living](#))

This innovative, cool salad partners deliciously with any main dish (makes 12 servings).

Ingredients:

1/2 cup (125 mL) wild rice
2/3 cup (150 mL) green lentils or brown lentils
1/2 cup (125 mL) orzo pasta
1/2 cup (125 mL) currants
1/4 cup (50 mL) finely chopped red onion
1/3 cup (75 mL) slivered almonds, toasted

Dressing:

1/4 cup (50 mL) white wine vinegar
1 tsp (5 mL) ground cumin
1 tsp (5 mL) Dijon mustard
1/2 tsp (2 mL) granulated sugar
1/2 tsp (2 mL) salt
1/2 tsp (2 mL) ground coriander
1/4 tsp (1 mL) turmeric
1/4 tsp (1 mL) paprika
1/4 tsp (1 mL) nutmeg
1 pinch cinnamon
1 pinch cloves
1 pinch cayenne pepper
1/3 cup (75 mL) canola oil or vegetable oil

Preparation:

- In large pot of boiling salted water, cover and cook wild rice for 10 minutes.
- Add lentils; boil for 20 minutes. Add orzo; cook just until tender, about 5 minutes. Drain well and transfer to large bowl. Add currants and onion.

Dressing:

- In small bowl, whisk together vinegar, cumin, mustard, sugar, salt, coriander, turmeric, paprika, nutmeg, cinnamon, cloves and cayenne; whisk in oil. Pour over rice mixture and toss gently.
 - Let cool; cover and refrigerate until chilled, at least 4 hours. (Make-ahead: Refrigerate for up to 24 hours.) To serve, sprinkle salad with almonds.
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Kent's Indonesian Rice Salad

Salad Ingredients:

- 1 cup heaped cup raw brown rice
- 1-3/4 c water
- 5 Tbsp raisins
- 5 Tbsp peanuts
- 5 Tbsp cashews
- 5 dried apricots, chopped
- 4 green onions, chopped
- 1 stalk celery, chopped
- 1 medium red pepper, diced
- 1 carrot, peeled and chopped into thin rings. Serve warm or cold.

Dressing Ingredients:

- 1 1/2 Tbsp peanut oil
- 1 1/2 Tbsp sesame oil
- 5 Tbsp orange Juice
- 2-4 cloves garlic, crushed
- 1/4 tsp red chilli pepper
- 1 Tbsp soy sauce
- 1 Tbsp cider vinegar

Directions:

- Cook rice in 1 3/4 cup water.
 - Mix dressing ingredients together, pour over rice when cooked and still warm so sauce may be absorbed. Add remaining ingredients to dressed rice.
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Donna's Strawberry Pasta Salad (Gluten Free)

Salad Ingredients:

- 1 qrt fresh strawberries, washed and hulled
- 1 cup rottini cooked until done (gluten free pasta)
- 1 stalk celery diced
- 1/2 English cucumber
- 1/3 c vegetable oil
- 2 chopped green onions

Dressing Ingredients:

2 Tbsp red cider vinegar or strawberry vinegar
1 tsp sugar
1/4 tsp tarragon or parsley leaves
dash of pepper
1/3 c vegetable oil

Preparation:

- Combine pasta, celery, cucumber and green onions
 - In a jar, combine vinegar, sugar, salt, tarragon and pepper. Shake until mixed. Add vegetable oil and shake. Pour over pasta mixture. Let marinate for 1 hour. Add strawberries before serving.
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Apple Fennel Celery Salad

(This recipe came from [Canadian Living](#))

Ingredients:

1/2 cup thinly sliced fennel
1/2 cup sliced celery
1/2 cup red seedless grapes,
1 Red Delicious apple, peeled, cored and chopped
1/4 cup toasted chopped walnuts

Poppy Seed Dressing:

1/4 cup Balkan-style plain yogurt
1 tbsp liquid honey
2 tsp lemon juice
1/2 tsp Dijon mustard
1/4 tsp poppy seeds
1 pinch salt
1 pinch paprika

Preparation:

- Poppy Seed Dressing: In large bowl, whisk together yogurt, honey, lemon juice, mustard, poppy seeds, salt and paprika until smooth.
 - Add fennel, celery, grapes and apple; toss to coat. Serve sprinkled with walnuts.
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Mushroom Marinade

1/4 c oil
1/3 c lemon juice
1 tbsp sugar
1 tbsp cider vinegar
1 clove garlic
Grated lemon peel (optional)
1/4 tsp cayenne
2 tsp salt

Combine. Good for around 2 lbs mushrooms. Excellent on chicken as well.

Quinoa Salad

1 c water
1 c apple juice
1/2 tsp cinnamom
1 c quinoa, well rinsed and drained
2 large red apples
1 c chopped celery
1/2 c dried cranberries
1/2 c chopped walnuts
1 c non fat vanilla yogurt (I just add a little vanilla to plain yogurt)

- Bring 1st four ingredients to a boil. Reduce heat, cover and cook for about 15 min. Refrigerate for 1 hour.
 - Add next four ingredients. Mix well.
 - Fold in yogurt
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Teriyaki Marinade

(This recipe came from allrecipes.com)

Ingredients:

1 cup soy sauce
1 cup water
3/4 cup white sugar
1/4 cup Worcestershire sauce
3 tablespoons distilled white vinegar
3 tablespoons vegetable oil
1/3 cup dried onion flakes
2 teaspoons garlic powder
1 teaspoon grated fresh ginger

Directions:

In a medium bowl, mix the soy sauce, water, sugar, Worcestershire sauce, vinegar, oil, onions, garlic powder, and ginger. Stir together until sugar dissolves

Warm Bulgur, Bean and Vegetable Salad

(This recipe came from Canadian Living)

Ingredients:

1 cup (250 mL) bulgur
3 tbsp (45 mL) vegetable oil
1 sweet green pepper, thickly sliced
1 sweet yellow pepper, thickly sliced
1 sweet red pepper, thickly sliced
1 zucchini, sliced
1 onion, sliced lengthwise

1/4 cup (50 mL) balsamic vinegar or wine vinegar
1/4 cup (50 mL) tomato juice
3/4 tsp (4 mL) salt
1/4 tsp (1 mL) pepper
1/4 tsp (1 mL) dried marjoram or dried oregano
1 clove garlic, minced
1 can (19 oz/540 mL) kidney bean kidney beans or black eyed peas, drained and rinsed

Preparation:

- In large bowl, pour 3 cups (750 mL) boiling water over bulgur; cover and let stand for 15 minutes. Drain and press out moisture; return to bowl.
 - In nonstick skillet, heat 1 tbsp (15 mL) of the oil over high heat; stir-fry yellow, green and red peppers, zucchini and onion for 5 to 7 minutes or until browned. Remove from heat. Toss with half of the vinegar.
 - Whisk together tomato juice, remaining oil and vinegar, salt, pepper, marjoram and garlic. Add to bulgur along with black-eyed peas; toss to combine. Top with vegetables.
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Spinach Salad

8 c spinach
1 c green grapes cut in half
1 can mandarin oranges, drained
1/4 c chopped red onion
1/4 c sliced almonds, toasted
1/3 c Kraft signature Mandarin Orange with Sesame Dressing

Combine all ingredients except dressing. Add dressing just before serving

Indian Confetti Rice Salad

(This recipe came from [Kraft Foods](#))

2 cups cooked basmati rice, cooled
1 cup frozen peas, cooked, cooled
1/2 cup shredded carrots
1/2 cup raisins
1/4 cup Kraft Signature Creamy Masala Dressing
2 Tbsp. finely chopped red onions
1/4 cup Back to Nature Sea Salt Roasted Almonds, chopped

Make It

COMBINE all ingredients except nuts in serving bowl.
TOP with nuts.

Special Extra

Serve with naan bread.

Butterscotch Bars

(This recipe came from [Kraft Foods](#))

Ingredients:

1 Cup unsalted butter
4 Cup brown sugar
4 eggs
3 Tablespoon vanilla extract
2 Cup all-purpose flour
2 Teaspoon baking powder
1 Teaspoon salt
1 Cup chopped walnuts
1 Cup unsweetened, shredded coconut

Preparation:

- Preheat oven to 375 F. Line an 11- x 17-inch sheet pan with parchment paper. Tip: Put a dab of butter in each corner of pan to stick paper down and keep it in place.
- In an electric mixer, cream butter and sugar together. Add in eggs one by one and then vanilla.
- Sift together dry ingredients and add to butter mixture, mixing until just combined. Mix in nuts and coconut.
- Spread batter out in pan as evenly as possible. Bake for 15 minutes, rotate 180 degrees and continue baking for another 15 minutes. Do not over bake.
- Cool in pan and then cut into bars or squares.

Serves 24-48

Spicy Noodle Salad

(This recipe came from Anne Lindsay's Light Kitchen available from [books.google.ca](#))

Ingredients:

1/2 lb thin noodles (spagettini or rice vermicelli)
1 c grated carrots
1 c frozen peas, thawed
1 sweet red pepper, cut into thin strips
2 c bean sprouts
1/4 c chopped fresh coriander or parsley

Dressing:

1/4 c rice vinegar, or lemon juice
1/4 c water
2 tbsp sodium reduced soy sauce
2 tbsp minced gingerroot
1 tbsp sesame oil
1 garlic clove, minced
1/2 tsp hot pepper sauce

Preparation:

- In a large pot of boiling water, cook noodles 'til tender, but firm, rinse under cold water, drain.
- Dressing: In salad bowl, combine vinegar, water, soy sauce, ginger, oil, garlic, sugar, and hot pepper sauce.

- Add noodles and toss. Add carrots, peas, red pepper, bean sprouts and coriander, toss.
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Balsamic Green Bean Salad

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Ingredients:

2 pounds fresh green beans, trimmed and cut into 1-1/2-inch pieces
1/4 cup olive oil
3 tablespoons lemon juice
3 tablespoons balsamic vinegar
1/4 teaspoon salt
1/4 teaspoon garlic powder
1/4 teaspoon ground mustard
1/8 teaspoon pepper
1 large red onion, chopped
4 cups cherry tomatoes, halved
1 cup (4 ounces) crumbled feta cheese

Preparation:

- Place beans in a Dutch oven and cover with water. Bring to a boil. Cover and cook for 8-10 minutes or until crisp-tender. Drain and immediately place beans in ice water. Drain and pat dry.
 - In a small bowl, whisk the oil, lemon juice, vinegar, salt, garlic powder, mustard and pepper. Drizzle over beans. Add the onion; toss to coat. Cover and refrigerate for at least 1 hour. Just before serving, stir in tomatoes and cheese.
 - Yield: 16 servings.
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Mediterranean barley rice salad

Source : Canadian Living Magazine: June 2010

Ingredients:

1 cup pearl barley, rinsed
1 cup basmati rice, rinsed
3 cups cherry tomatoes
1/2 large red onion
1 sweet red pepper sweet red peppers
1 English cucumber
14 cups baby spinach, coarsely chopped
1 pkg (200 g) feta cheese, crumbled

Dressing:

1/2 cup extra-virgin olive oil (125 mL)
1/2 cup lemon juice (125 mL)
1 tsp dried oregano (5 mL)
1 tsp salt (5 mL)
1/2 tsp pepper(2 mL)

Preparation

- In saucepan of boiling salted water, cook barley until tender, about 20 minutes. Drain and rinse under cold water; drain well. Let stand for 10 minutes to dry. Transfer to large bowl.
 - Meanwhile, in separate saucepan, bring 1-1/2 cups (375 mL) salted water to boil. Add rice; cover, reduce heat and simmer until tender and no liquid remains, about 15 minutes. Let stand for 5 minutes. Add to barley mixture; let cool.
 - Cut tomatoes in half; add to barley mixture. Cut onion, red pepper and cucumber into 1-inch (2.5 cm) chunks; add to barley, tossing to combine.
 - Dressing: In large bowl, whisk together oil, lemon juice, oregano, salt and pepper; pour over salad and toss to coat. Refrigerate for 30 minutes or for up to 24 hours.
 - To serve, stir in spinach and feta cheese.
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Pearl pasta with spinach, feta and toasted pine nuts

Pearl pasta or Israeli couscous is a toasted pasta made from semolina with a nutty flavour and a slightly chewy texture. Versatile enough to cook as you would pasta or risotto. Copyright © 2012 St. Joseph Media. All Rights Reserved.

Ingredients:

1 tablespoon olive oil
1/4 cup finely chopped onion
2 cups dried pearl pasta*
1 teaspoon minced garlic
3 cups vegetable broth
1 cup spinach leaves, cut into chiffonade
1/2 cup crumbled feta cheese
1/4 cup pine nuts, toasted
2 teaspoons lemon zest
1 tablespoon fresh lemon juice

Preparation

- In a pot, heat olive oil over medium heat. Add onion and cook until translucent, about 4 minutes.
- Add pasta and garlic. Continue to cook, stirring often, for 2 - 3 minutes or until pasta turns golden brown. Add broth, bring to a boil, reduce heat to low and cover.
- Cook for 10 - 12 minutes or until tender and broth has been absorbed. Remove from heat.
- Stir in remaining ingredients, season with salt and pepper, and serve.

Nutrients Per Serving

373 calories, 15 g fat, 13 g protein, 56 g carbs, 3 g fibre

Quick carrot slaw

Ingredients:

3 tbsp olive oil
2 tbsp thinly sliced green onions
3 tbsp lemon juice
2 tsp honey
1/4 tsp minced garlic
1/2 tsp ground cumin
4 cups coarsely grated carrot, (about 4 large)
2 tbsp chopped parsley

Preparation

In a large bowl, combine, green onion, lemon juice, 2 tablespoons parsley, 3 tablespoons olive oil, honey, garlic and cumin. Mix well and season to taste with salt and pepper. Add carrots and toss to combine.

Minty-watermelon cucumber salad

Source: Originally published as Minty-Watermelon Cucumber Salad in Healthy Cooking June/July 2010, p37

Ingredients (serves 16):

8 cups cubed seedless watermelon
6 green onions, chopped
2 medium English cucumbers, halved lengthwise and sliced
1/4 cup minced fresh mint
1/4 cup olive oil
1/4 cup balsamic vinegar
1/2 teaspoon salt
1/2 teaspoon pepper

Preparation

In a large bowl, combine the watermelon, cucumbers, onions and mint. In a small bowl, whisk the oil, vinegar, salt and pepper. Pour over watermelon mixture; toss to coat. Serve immediately or cover and refrigerate for up to 2 hours. Yield: 16 servings (3/4 cup each).

Nutritional Facts: 3/4 cup equals 60 calories, 3 g fat (trace saturated fat), 0 cholesterol, 78 mg sodium, 9 g carbohydrate, 1 g fiber, 1 g protein. Diabetic Exchanges: 1/2 fruit, 1/2 fat.

Wild rice apple salad

Source: From Reader's Digest Canada, May 2012 - Apple, celery and roast sunflower seeds pep up this nutty-flavoured salad.

Ingredients - serves 6 (7 cups):

1 cup (250 mL) wild rice
1/3 cup (75 mL) canola oil
3 tbsp (45 mL) cider vinegar
1 tbsp (15 mL) liquid honey
2 tsp (10 mL) Dijon mustard
1/4 tsp (1 mL) salt
1/4 cup (50 mL) minced shallots or red onion
1 large apple (such as Honeycrisp, Empire or Gala), diced
1 1/2 cups (375 mL) thinly sliced celery
2/3 cup (150 mL) diced aged cheddar cheese
1/4 cup (50 mL) dried cranberries
1/4 cup (50 mL) roasted, salted sunflower seeds

Preparation

In a saucepan of boiling salted water, cover and cook rice until tender and most of the rice is split, 30-45 minutes. Drain and let cool.

In a large bowl, whisk oil, vinegar, honey, mustard and salt; stir in shallots and let stand 5 minutes. Fold in rice, apple, celery, cheese, cranberries and sunflower seeds, tossing to coat.

Nutritional Facts: Per serving: 366 calories, 38.2 g carbs, 21 g fat, 9 g protein, 4.2 g fiber

Summertime barley salad

Source: Canadian Living Magazine: June 2012

Ingredients

1-3/4 cups pearl barley 1-3/4 cups(425 mL)
1 clove garlic, minced
1/4 cup cider vinegar (60 mL)
2 tbsp lemon juice (30 mL)
4 tsp Dijon mustard (18 mL)
3/4 tsp salt (4 mL)
1/4 tsp pepper (1 mL)
1/4 cup extra-virgin olive oil (60 mL)
(1 cup diced medium Gouda cheese (250 mL)) ****did not add to taste of salad**** 1/2 cup diced dried apricots (125 mL)
1/3 cup roasted salted pumpkin seeds (75 mL)
******* I added ~ 1 tsp jalapeno topping (with red bell peppers, onion & spices) (purchased at Costco) (And don't use the cheese)

Preparation

In large pot of boiling lightly salted water, cook barley according to package directions, 20 to 25 minutes. Drain and rinse under cold water; drain again.

In large bowl, combine garlic, vinegar, lemon juice, mustard, salt and pepper; gradually whisk in oil until combined. Add barley, Gouda cheese and apricots; stir to combine. Cover and refrigerate for 4 hours. (Make-ahead: Refrigerate for up to 24 hours.)

To serve, toss with pumpkin seeds.

Quinoa tabbouleh

Source: Canadian Living Magazine: March 2012

Ingredients

3/4 cup (175 mL) quinoa
1 cup chopped fresh flat-leaf parsley (250 mL)
1 cup chopped English cucumber (250 mL)
1/2 cup chopped green onions (125 mL)
1/4 cup chopped fresh mint (60 mL)
1 tomato, seeded and chopped

Dressing:

3 tbsp lemon juice (45 mL)
2 tbsp extra-virgin olive oil (30 mL)
1/4 tsp salt (1 mL)
1/4 tsp pepper (1 mL)

Preparation

Rinse quinoa under cold running water. In saucepan, bring 1-1/2 cups water to boil; add quinoa and return to boil. Reduce heat, cover and simmer until no liquid remains, 18 minutes.

Remove from heat; fluff with fork. Transfer to bowl; let cool. Add parsley, cucumber, green onions, mint and tomato.

Dressing: Whisk together lemon juice, oil, salt and pepper; pour over quinoa mixture and toss to coat. Serve at room temperature or cover and refrigerate for 1 hour.

Tandoori Chicken

From *Savoring India* by Julie Sahni (Williams-Sonoma/Oxmoor)

Classic tandoori chicken from India is marinated in yogurt, lemon juice,

Yield: 4 servings

Ingredients

1 (3-pound) chicken, cut into serving pieces, skinned and trimmed of all visible fat

1/2 cup plain yogurt

2 Tablespoons fresh lemon juice or malt vinegar

1 Tablespoon minced garlic

1 Tablespoon peeled and grated or crushed ginger root

1 Tablespoon ground cumin

1 teaspoon ground coriander

1/2 teaspoon cayenne pepper

1/4 teaspoon ground cardamom

1/4 teaspoon ground cloves

1/4 teaspoon fresh-ground black pepper

2 teaspoons salt, or to taste

Preparation

Prick the flesh of the chicken all over with a fork. Then, using a sharp knife, cut slashes in the flesh to allow the marinade to penetrate. Place the chicken in a nonreactive large, shallow dish.

In a nonreactive bowl, combine the yogurt, lemon juice or vinegar, garlic, ginger, cumin, ground coriander, cayenne pepper, cardamom, cloves, black pepper and salt. Stir until well-mixed, then pour the mixture over the chicken and rub it into the flesh, turning the chicken several times. Cover and refrigerate 8 hours or overnight. (Do not marinate for longer than 2 days.) Remove the chicken from the refrigerator at least 30 minutes before cooking.

The chicken may be grilled or roasted. If using a charcoal grill, prepare a fire for direct-heat cooking. Position the grill rack 5 inches from the fire. Allow the coals to burn until white ash covers them and the heat is moderate.

Remove the chicken from the marinade, pressing lightly to extract excess marinade, and brush with oil. Place the chicken pieces on a well-oiled grill rack and; grill, covered, with the vents open, turning 3 or 4 times, 45 minutes or until the juices run clear when a piece is pierced near the bone with a knife.

If roasting, preheat the oven to 450 degrees. Place the chicken on a rack in a roasting pan, brush with oil, and cook, turning once, 25 to 30 minutes until the juices run clear when a piece is pierced near the bone with a knife.

Beet, Carrot & Apple Salad

This gorgeous, colorful slaw bursts with good-for-you ingredients, and weighs in at a mere 118 calories per serving. When prepping beets, wear disposable gloves and an apron to prevent beet juice from staining your fingers and clothes.

8 servings

Total Time: 45 mins

Ingredients

Zest and juice of 1 orange

Zest and juice of 1 lime

2 tbsp sherry vinegar

3/4 cup extra-virgin olive oil

Sea salt and fresh ground black pepper

1 lb beets, peeled and cut in matchsticks

2 large carrots, peeled and cut in matchsticks

1 Granny Smith apple, cored, peeled and cut in matchsticks

1 turnip, peeled and cut in matchsticks

bunch flat-leaf parsley, stems removed

Preparation

In a large bowl, combine the orange zest and juice, lime zest and juice, and vinegar. Slowly whisk in the olive oil, then season with salt and pepper to taste.

In the same bowl, layer beets, carrots, apple, and turnip. Season with additional salt and pepper to taste. Toss salad right before serving, then top with parsley leaves.

To cut matchsticks Use a mandolin or a food processor that has either a julienne blade or large shredding blade.

Make Ahead Tip

Prepare, cover, and refrigerated dressing up to 3 days. Cut vegetables, then cover and store each vegetable separately, up to 24 hours.

Nutrition information

Per serving: Calories 118, Total Fat 10 g, Sodium 87 mg, Carbohydrate 7 g, Fiber 2 g, Protein 1 g, Percent Daily Values are based on a 2,000 calorie diet.