



# NEWS RELEASE

## Defense Commissary Agency

Office of Communication

1300 E Avenue □ Fort Lee, VA 23801-1800

Tel: (804) 734-8000, Ext. 4-8524 DSN: 687-8000, Ext. 4-8524

FAX: (804) 734-8248 DSN: 687-8248

[www.commissaries.com](http://www.commissaries.com)

---

**Release Number:** 41-10  
**Date:** April 19, 2010  
**Contact:** Kay Blakley, DeCA home economist  
**Tel.:** (804) 734-8000, Ext. 8-6243  
**E-mail:** [kay.blakley@deca.mil](mailto:kay.blakley@deca.mil)

## Colors to crunch and munch

### Fruits, veggies are low-calorie sources of nutrients

*By Kay Blakley,  
DeCA home economist*

**FORT LEE, Va.** – When the warm days of spring and summer roll around, do you start craving those marvelous fruits and vegetables you just can't get during the cold season months? Me, too! If you're looking for an easy way to keep your weight at the right level, while supplying your body with important nutrients it needs, you'll want to become good friends with as many of these as your taste buds will accommodate.

Low in calories and high in fiber, fruits and vegetables are sure to do a body good, almost any way you prepare them. Count on their vibrant colors to lend "curb appeal," and their crispy crunch to excite the tongue. Just be sure to go easy on any added sugar, salt and fat. Those principles are apparent in all the recipes in this week's collection.

Mango and black beans might not seem a likely combination, but they blend together deliciously in Julie's Black Bean and Mango Relish. Carrots are a typical staple in most home refrigerators, so shred a few, or better yet, buy a bag already shredded, and mix up a batch of Carrot and Feta Salad.

Mango takes center stage again in Randi's Mango Salsa, and it's always a crowd pleaser, whether served as an accompaniment to chicken or fish, or simply as a dip for chips. Another unique partner for chips is the Fennel Salsa recipe. Even if you think you don't like fennel, you're sure to love it prepared this way. Finally, if you've wondered what to do with

those huge white radishes your commissary carries, try the Pickled Daikon Radish recipe. It's a super side for any sandwich.

Get the ingredients at your local commissary, where you're sure to find the best prices in town on fresh produce and a whole lot more! Come to Kay's Kitchen at <http://www.commissaries.com> and check out the recipes below and others for easy-to-prepare ideas to turn your next meal into a tasty, nutritious feast.

\*\*\*\*\*

### **Carrot and Feta Salad (serves 4)**

1 (8 to 12 ounces) package shredded carrots, about 2¾ to 3½ cups

¼ cup orange juice

¼ teaspoon ground cumin

¼ teaspoon salt

¼ teaspoon pepper

⅛ teaspoon ground cinnamon

1 (3 ounces) block feta cheese

1. Combine all ingredients, except feta cheese, in a large bowl. Toss gently until well combined.
2. Crumble feta cheese over carrot mixture and serve.

### **Fennel Salsa (makes about 4 cups)**

*This is a refreshing change of pace from other tomato-based salsas. Serve with hint of lime.*

3 cups finely diced fresh fennel bulbs (about 2 small)

1 cup diced seeded tomatoes

⅛ cup chopped brine-cured black olives

¼ cup chopped fresh basil

3 tablespoons extra-virgin olive oil

2 tablespoons capers, drained and chopped

1 tablespoon balsamic vinegar

1. Combine all ingredients in large bowl; toss to blend.
2. Season to taste with salt and pepper.
3. Cover and refrigerate at least 2 hours or up to 24 hours, tossing occasionally.

## **Randi's Mango Salsa (serves 4)**

Submitted by: Randi R.

*This dish is always a crowd pleaser, whether served as an accompaniment to chicken or fish, or simply as a dip for tortilla chips.*

1 large mango, peeled, seeded and roughly chopped

1/4 cup finely chopped red bell pepper

1 green onion, finely chopped

2 tablespoons chopped fresh cilantro

1 fresh jalapeno pepper, seeds and membrane removed and discarded; then finely chopped

2 tablespoons fresh lime juice

1 tablespoon fresh lemon juice

1. Combine all ingredients in a medium bowl; gently toss until well combined.
2. Let stand at room temperature for 30 minutes and serve, or cover and refrigerate for up to 24 hours.

## **Pickled Daikon Radish (serves 4)**

Submitted by: Hai E.

*If you've wondered what to do with those huge white radishes your commissary carries, try this recipe. It makes a super side dish for any sandwich. Use the same recipe for pickled carrots, but pickle them separately so they don't discolor the daikon.*

1½ cups shredded daikon radish

¾ teaspoon salt

1 tablespoon rice vinegar

¼ teaspoon ground black pepper

¼ teaspoon sesame oil (optional)

1. In a mixing bowl, toss daikon with salt.
2. Cover and refrigerate until water is released (a tablespoon or two), about 30 minutes.
3. Drain and rinse daikon thoroughly.
4. Pat dry with a paper towel, return to the bowl, and stir in remaining ingredients.
5. Cover and refrigerate at least 8 hours or overnight. Will keep for several days in the refrigerator.

## **Julie's Black Bean and Mango Relish**

- 1 (15 oz) can black beans, rinsed and drained
- 1 medium fully ripe mango, peeled, seeded and cut into  $\frac{3}{4}$  inch cubes
- $\frac{1}{2}$  each, red, yellow and green bell peppers, all roughly diced
- $\frac{1}{4}$  cup finely chopped sweet red onion
- $\frac{1}{4}$  cup coarsely chopped fresh cilantro
- Diced jalapeno peppers, to taste (fresh or jarred)
- $\frac{1}{4}$  teaspoon ground cumin (or more, to taste)
- $\frac{1}{4}$  cup olive oil
- Juice of one fresh lime
- Dash cayenne pepper (optional)
- 1. Combine all ingredients in medium bowl.
- 2. Chill for several hours or overnight.
- 3. Serve as a side dish.

**-DeCA-**

**About DeCA:** *The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth about \$3,300 annually for a family of four. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.*