

Recipes for Main Dishes															
Recipe Name		Specific fruit, vegetable or culinary herb with a facts sheet													
from the Fix It Fresh! Fruits and Vegetables Recipes Series that calls for the produce marked	Apples	Broccoli	Carrots	Cauliflower	Cucumbers	Culinary Herbs	Grapes	Lettuce	Onions	Peppers, Sweet Bell	Spinach	Summer Melons	Summer Squash	Sweet Potatoes	Tomatoes
Beef, broccoli & cauliflower stir-fry		•		•					•	•					
Chicken, fresh vegetables and pasta salad					•	Chives; Parsley		•	•		•				•
Chicken quesadillas										•					
Chicken, rice and fruit salad	•					Parsley	•	•				•			
Garden chili									•	•					•
Garden vegetables with beef and rice			•			Oregano			•		•				•
Glazed pork and sweet potatoes									•					•	
Italian vegetable casserole		•	•			Oregano; Rosemary			•		•		•		
Meaty stuffed potatoes		•	•						•						
Tempting tostadas			•					•	•						•

Research and Extension



A child could wash the vegetables.

## Beef, Broccoli, and Cauliflower Stir-fry

Yield: 3 servings

enough uncooked white or brown\* instant rice to yield 1 1/2 cups cooked

1 small red sweet bell pepper, with seeds removed

2 tablespoons chopped dry-roasted unsalted peanuts

1 cup raw coarsely chopped broccoli florets

1 cup raw coarsely chopped cauliflower

1/4 cup chopped green onions

1/2 pound raw beef round steak, fat and bones removed

1/2 cup unsweetened orange juice

1/2 cup cold water

1 tablespoon lite soy sauce (reduced sodium)

2 tablespoons cornstarch

1/8 teaspoon ground black pepper

1 tablespoon salad oil

\*Note: Try using instant brown rice, a quick-cooking whole grain, instead of white rice in this recipe to add extra color, flavor, texture and nutrients.

- 1. Wash your hands and work area.
- 2. Cook rice according to package directions, without added salt.
- 3. Meanwhile, cut pepper into bite size strips. Add chopped peanuts. Set aside.

(continued on reverse side)

This healthy hot main dish cooks very quickly after all of the ingredients are ready. It is low in calories, cholesterol and sodium, and is high in vitamins C and A and in iron.

Nutri Serving Size Servings Per	1 1/2 cu	ps (330g)	
Amount Per Ser	ving		
Calories 340	) Calo	ries from	Fat 100
		% Da	ily Value*
Total Fat 11	g		17%
Saturated	Fat 2g		10%
Trans Fat	0g		
Cholesterol	40mg		13%
Sodium 220	mg		9%
Total Carbo	hydrate	37g	12%
Dietary Fil	per 3g		12%
Sugars 7g			
Protein 23g			
) (i) 1 00	0.4		1500/
Vitamin A 30		Vitamin (	150%
Calcium 4%		Iron 20%	
*Percent Daily Va diet. Your daily va depending on you	alues may b	e higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran	Less than Less than Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

2 1/2 carbohydrate choices per serving

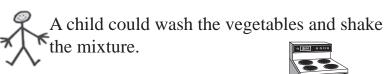
Diabetic exchanges per serving: 2 starch, 2 vegetable, 2 lean meat and 1 fat

Recipe by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition. Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS. Contents of this publication may be reproduced for educational purposes. All other rights reserved. For more information about healthy eating, contact your local extension office. Kansas State University is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777.

## Beef, Broccoli, and Cauliflower Stir-fry (continued)

- 4. In a separate container, combine broccoli, cauliflower and onion and set aside.
- 5. In a third container, cut beef into bite size strips. Set aside.
- 6. In a jar with a tight fitting lid, combine juice, water, soy sauce, cornstarch and black pepper. Shake well. Set aside.
- 7. Heat oil in a large skillet or wok over high heat. When hot, add beef strips. In about 4-5 minutes, or when brown on both sides, place beef into a clean bowl. Do not drain skillet. Set meat aside.
- 8. Add broccoli, cauliflower and onions to hot skillet and cook about 3-5 minutes, turning vegetables frequently.
- 9. Stir in sweet pepper, nuts and cooked beef. Reduce heat to low.
- 10. Shake cornstarch mixture again and stir into skillet mixture until well-blended. Stirring constantly, cook until sauce thickens.
- 11. Serve hot beef and vegetable mixture over rice.
- 12. Cover and refrigerate leftovers within 2 hours.





## Chicken, Fresh Vegetables and Pasta Salad

Yield: 3 servings

1 cup cooked, cooled short noodles, such as macaroni, penne, rotini or bow-tie noodles (cooked without salt)

6 ounces (about 1 1/4 cups) chopped, cooked, cooled plain chicken or turkey (no skin or bones)

1/2 cup bite size ripe tomato chunks

1/2 cup chopped, peeled and seeded cucumber

1/4 cup chopped green onions

2 tablespoons sliced almonds or shelled unsalted peanuts

2 ounces black olives, rinsed and drained

1 clove finely minced garlic

2 tablespoons fresh (or 2 teaspoons dried) chopped parsley

1 tablespoon fresh (or 1 teaspoon dried) chives

1 tablespoon salad oil

2 teaspoons vinegar

1 teaspoon lemon juice

1 teaspoon sugar

1/4 teaspoon ground black pepper

1 cup clean, torn lettuce and/or fresh spinach leaves, in bite size pieces

(continued on reverse side)

This low-sodium cold main dish salad is high in vitamin C and is a good source of vitamin A and iron. (If made with spinach instead of iceberg lettuce, it would be high in vitamin A.)

Nutrit Serving Size 1 Servings Per 0	1/2 cup	s (226g)	
Amount Per Servi	ng		
Calories 290	Calor	ies from	Fat 130
		% Da	ily Value*
Total Fat 15g			23%
Saturated F	at 3g		15%
Trans Fat 0	g		
Cholesterol 5	0mg		17%
Sodium 270m	g		11%
Total Carbohy	drate 2	21g	7%
Dietary Fibe	er 3g		12%
Sugars 3g			
Protein 19g			
Vitamin A 15%	• \	/itamin C	25%
Calcium 6%	• 1	ron 15%	
*Percent Daily Valu diet. Your daily valu depending on your	ies may be calorie nee	e higher or l eds:	ower
	alories:	2,000	2,500
Saturated Fat Louis Cholesterol Louis	ess than ess than ess than ess than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
Calories per gram: Fat 9 • Car	bohydrate	4 • Prote	ein 4

1 1/2 carbohydrate choices per serving

Diabetic exchanges per serving: 1 starch, 1 vegetable, 2 lean meat and  $1 \frac{1}{2}$  fat

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## Chicken, Fresh Vegetables and (continued) Pasta Salad

- 1. Wash your hands and work area.
- 2. In a serving bowl, combine cooled noodles, cooked chicken, fresh tomatoes, cucumber, onion, nuts, olives, garlic, parsley and chives.
- 3. In a jar with a tight fitting lid, combine oil, vinegar, juice, sugar and pepper. Shake well.
- 4. Pour dressing over chicken mixture and toss gently.
- 5. Serve cold on a bed of lettuce and/or fresh spinach leaves.
- 6. Cover and refrigerate leftovers within 2 hours.





A child could wash the vegetables and measure the toppings.



## **Chicken Quesadillas**

Yield: 3 servings

3 flour tortillas, 7 inches each chopped cilantro leaves, to taste 6 ounces (about 1 1/4 cups) cooked chopped chicken, without skin or bones

3/4 cup shredded cheddar cheese

3/4 cup raw chopped red and green sweet bell peppers prepared salsa, as desired

- 1. Wash your hands and work area.
- 2. Spray a skillet with non-stick cooking spray and heat over medium heat.
- 3. Place a tortilla in the skillet.
- 4. Top with a dash of cilantro leaves and 1/3 each of the chicken, cheese and peppers.
- 5. Cook in the pan until cheese begins to melt, about 1 minute. Fold tortilla in half.
- 6. Continue to cook on both sides until crispy, another 1-2 minutes.
- 7. Repeat with remaining tortillas.
- 8. Serve warm, with prepared salsa, if desired.
- 9. Cover and refrigerate leftovers within 2 hours.

Original recipe from Month of Menus, developed by Lisa Martin, Shawnee County Extension Agent

This hot main dish is an excellent source of vitamin C and calcium. The use of salsa will

change the nutrition facts.

Serving Size 1 quesadilla (146g)

Servings Per Container 3									
Amount Per Serving									
Calories 320	) Calo	ries from	Fat 130						
		% Da	ily Value*						
Total Fat 15	g		23%						
Saturated	Fat 7g		35%						
Trans Fat	0g								
Cholesterol	80mg		27%						
Sodium 450	mg		19%						
Total Carbo	hydrate	18g	6%						
Dietary Fil	ber 1g		4%						
Sugars 2g	l								
Protein 27g									
Vitamin A 15	i% •	Vitamin 0	2 50%						
Calcium 25%		Iron 10%							
*Percent Daily Vadiet. Your daily vadiet. Your daily vadepending on yo	alues may b	e higher or							
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per grar Fat 9 • 0	Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g						

1 carbohydrate choice per serving

Diabetic exchanges per serving: 1 starch, 1/2 vegetable, 3 lean meat, 1 fat

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A child could wash the fruit and help remove the seeds.



## Chicken, Rice and Fruit Salad

Yield: 3 servings

1 cup cooked, plain, white or brown\* rice, without added salt, or enough uncooked rice to yield 1 cup cooked

2 tablespoons fresh (or 2 teaspoons dried) finely chopped parsley

1/2 teaspoon ground black pepper

1/4 clove finely chopped garlic

1 tablespoon fat-free Ranch or French dressing

2 tablespoons fat-free mayonnaise

1 cup bite size fresh cantaloupe/muskmelon or apple chunks

1/3 cup red or purple grape halves, with seeds removed

1/2 cup chopped celery

6 ounces (about 1 1/4 cups) cooked, cooled chicken (no bones or skin), cut into bite-size pieces

6 lettuce leaves, if desired

(continued on reverse side)

\*Note: Try using instant brown rice, a quick-cooking whole grain, instead of white rice in this recipe to add extra color, flavor, texture and nutrients.



This healthy cold main dish salad is low in calories, fat and sodium It is high in vitamins A and C if made with cantaloupe/ muskmelon, and is a good source of vitamin C if made with apples. It is a good source of fiber if made with brown rice.

## **Nutrition Facts**

Serving Size 1 1/4 cups (243g) Servings Per Container 3

Amount Per Sei	rving		
Calories 210	0 Ca	lories fron	n Fat 25
		% Da	aily Value*
Total Fat 3g			5%
Saturated	Fat 0.5g	J	3%
Trans Fat	0g		
Cholesterol	50mg		17%
Sodium 210	mg		9%
Total Carbo	hydrate	26g	9%
Dietary Fil	ber 2g		8%
Sugars 8g	]		
Protein 20g			
Vitamin A 45	5% •	Vitamin (	C 40%
Calcium 4%	•	Iron 6%	
*Percent Daily Valiet. Your daily valeending on you	alues may	be higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
Calories per grar Fat 9 • 0	m: Carbohydra	te 4 • Prot	ein 4

2 carbohydrate choices per serving

Diabetic exchanges per serving: 1 starch, 1 fruit and 2 lean meat

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## Chicken, Rice and Fruit Salad (continued)

- 1. Wash your hands and work area.
- 2. If not using leftover or "planned-over" plain rice on hand, cook rice according to package directions, without added salt. Chill.
- 3. In a serving bowl, mix parsley, black pepper, garlic, dressing and mayonnaise together.
- 4. Add cooled rice, cantaloupe, grapes, celery and chicken. Stir gently.
- 5. Serve cold, on a bed of clean lettuce leaves, if desired.
- 6. Cover and refrigerate leftovers within 2 hours.





A child could wash the vegetables.



This main dish is high in vitamins C and A and in fiber, and is a good source of iron.

#### Garden Chili

Yield: 4 servings

3/4 pound raw (or about 9 ounces cooked) ground beef

1/2 cup chopped seeded green sweet bell pepper

1/2 large chopped onion

1/2 cup chopped celery

2/3 cup [1/2 of 1 can (15 ounces)] red beans, drained and rinsed

1/2 cup sweet corn (fresh, frozen or canned)

8 ounces tomato sauce

1 cup chopped fresh tomatoes dash black pepper

1/2 teaspoon garlic powder

2 teaspoons chili powder

- 1. Wash your hands and work area.
- 2. If using raw ground beef, place it in a skillet sprayed with non-stick cooking spray.

  Brown meat over medium-high heat until it is no longer pink, stirring occasionally to break it into pieces. Drain fat and blot meat with paper towels. Transfer beef into a colander and rinse with very hot water to further remove fat.
- 3. Add green pepper, onion and celery. Cook until softened.

(continued on the reverse side)

## **Nutrition Facts**

Serving Size 1 cup (274g) Servings Per Container 4

Servings Per	Contain									
Amount Per Serv	ring									
Calories 270 Calories from Fat 100										
		% Da	ily Value*							
Total Fat 11g	l		17%							
Saturated F	at 4g		20%							
Trans Fat 0	)g									
Cholesterol (	55mg		18%							
Sodium 390n	ng		16%							
Total Carbon	ydrate	21g	7%							
Dietary Fib	er 7g		28%							
Sugars 6g										
Protein 22g										
Vitamin A 25%	<b>%</b> •	Vitamin (	C 45%							
Calcium 4%	•	Iron 15%								
*Percent Daily Val diet. Your daily va depending on you	lues may b	e higher or								
Saturated Fat Cholesterol		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g							

1 1/2 carbohydrate choices per serving

Fat 9 • Carbohydrate 4 • Protein 4

Diabetic exchanges per serving: 1 starch, 1 1/2 vegetable, 2 lean meat and 1 fat

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## Garden Chili (continued)

- 4. Add beans, corn, tomato sauce, chopped tomatoes, pepper, garlic and chili powder
- 5. Cook mixture over low heat for 20 minutes.
- 6. Serve hot in bowls. Or serve as a dip with baked tortilla chips or on a bun.
- 7. Cover and refrigerate leftovers within 2 hours.

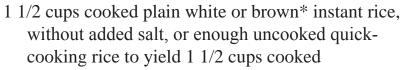




A child could wash the vegetables and sprinkle the cheese.

## **Garden Vegetables with Beef** and Rice

Yield: 3 servings



1/2 pound raw ground beef (or 6 ounces, or 1 1/4 cups chopped, plain, cooked beef without fat or bones)

1 medium onion, chopped

1 medium celery stalk, chopped

1/2 cup grated carrot

2 medium ripe, fresh tomatoes, chopped

1 clove minced garlic

1/4 teaspoon ground black pepper

3/4 teaspoon fresh (or 1/4 teaspoon dried) chopped oregano leaves

1 cup firmly packed fresh spinach leaves or other greens, coarsely chopped

2 tablespoons grated Parmesan cheese

\*Note: Try using instant brown rice, a quick-cooking whole grain, instead of white rice in this recipe to add extra color, flavor, texture and nutrients.

- 1. Wash your hands and work area.
- 2. If not using leftover or "planned-over" plain rice on hand, cook rice according to package directions, without added salt.

(continued on reverse side)



This healthy, lean main dish is low in calories, fat, and sodium. It is high in vitamins A and C and in iron. It is a good source of fiber, even when made with white rice.

## Nutrition Facts

Serving Size 1 1/2 cups (307g) Servings Per Container 3

Servings Fer Container 3	
Amount Per Serving	
Calories 270 Calories f	rom Fat 70
9	6 Daily Value*
Total Fat 8g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 135mg	6%
Total Carbohydrate 31g	10%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 19g	
Vitamin A 90% • Vitami	in C 30%
Calcium 10% • Iron 2	0%
*Percent Daily Values are based on a diet. Your daily values may be higher depending on your calorie needs: Calories: 2,000	
Total Fat	

2 carbohydrate choices per serving

Diabetic exchanges per serving: 1 1/2 starch, 1 1/2 vegetable and 2 lean meat

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## Garden Vegetables with Beef (continued) and Rice

- 3. Meanwhile, if using raw ground beef, place it in a skillet sprayed with non-stick cooking spray. Brown meat over medium-high heat until it is no longer pink, stirring occasionally to break it into pieces. Drain fat and blot meat with paper towels. Transfer beef into a colander and rinse with very hot water to further remove fat. Set aside.
- 4. Spray a wide skillet or saucepan that has a cover with non-stick cooking spray. Cook onion, celery and carrot over medium heat until tender.
- 5. Stir in tomatoes, garlic, pepper and oregano. Bring to a boil.
- 6. Stir in cooked meat and rice. After mixture begins to boil again, reduce heat to low.
- 7. Stir in spinach or other greens. Cover pan and let mixture steam until tender and hot, about 5-10 minutes.
- 8. Serve hot. Sprinkle each portion with 2 teaspoons Parmesan cheese.
- 9. Cover and refrigerate leftovers within 2 hours.





A child could scrub the sweet potatoes.

#### **Glazed Pork and Sweet Potatoes**

Yield: 2 servings

2 small sweet potatoes, or enough to make about 1 cup when peeled and cooked

5 ounces (about 1 cup) cooked plain diced pork, with fat and bones removed (or about 3/4 pound raw pork chops, measured with bones and fat)

1 small onion, sliced into strips

1 cup unsweetened apple juice, divided

1 tablespoon all purpose flour

1/4 teaspoon ground allspice, to taste

1/4 teaspoon ground black pepper

- 1. Wash your hands and work area.
- 2. Scrub sweet potatoes. Cut each into 4 pieces.
- 3. In a covered saucepan, boil sweet potatoes in just enough water to cover the pieces. When they are fork-tender, in about 15-20 minutes, drain. Remove skin and any bad spots.
- 4. Meanwhile, if using raw pork, cut off visible fat and remove bones. Cut pork into pieces. Cook meat in a skillet sprayed with non-stick cooking spray over medium-high heat for about 5 minutes on each side.
- 5. Combine cooked pork, onion strips and 1/2 cup apple juice in skillet.
- 6. Cover and cook over medium heat until onions are tender, stirring occasionally.

(continued on the reverse side)

This healthy lean main dish is low in sodium, fat, saturated fat and calories. It is high in vitamins A and C, and is a good source of fiber and iron.

#### **Nutrition Facts** Serving Size 1 1/2 cups (294g) Servings Per Container 2 Amount Per Serving Calories 240 Calories from Fat 25 % Daily Value\* Total Fat 3g Saturated Fat 1g Trans Fat 0g Cholesterol 50mg 17% Sodium 65mg 3% **Total Carbohydrate 34g** 11% Dietary Fiber 3g 12% Sugars 19g Protein 21g Vitamin A 230% · Vitamin C 25% Calcium 4% Iron 10% \*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,0 Total Fat Less than 65g 80g Saturated Fat Less than Cholesterol 300mg Less than 300mg 2,400mg 2.400mg Sodium Less than Total Carbohydrate Dietary Fiber

2 carbohydrate choices per serving

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Diabetic exchanges per serving: 1 starch, 1 fruit, 1 vegetable and 2 1/2 lean meat

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## Glazed Pork and Sweet Potatoes (continued)

- 7. In a jar with a tight fitting lid, combine remaining 1/2 cup apple juice, flour, allspice and pepper. Shake well.
- 8. Stir flour mixture into meat mixture until well-blended.
- 9. Place cooked, peeled sweet potato pieces in skillet.
- 10. Cover and cook over low heat about 10 minutes longer, spooning sauce over meat and vegetables occasionally, until pork reaches an internal temperature of 160° F. or more with a meat thermometer.
- 11. Serve hot.
- 12. Cover and refrigerate leftovers within 2 hours.

Original recipe from Meal time/Family time, K-State Research and Extension, www.oznet.ksu.edu/humannutrition/mtft/mtftord.htm





A child could wash the vegetables, stir the cheese mixture and sprinkle the

This low calorie, lean main dish is high in vitamins A and C and in calcium and is a good source of iron and fiber.

## **Italian Vegetable Casserole**

Yield: 6 servings

4 ounces dry (or 3 cups cooked, cooled) spaghetti or egg noodles

1 minced garlic clove

1 1/2 teaspoons fresh finely chopped (or 1/2 teaspoon dried) rosemary

1 1/2 teaspoons fresh (or 1/2 teaspoon dried) finely chopped oregano

16 ounces no- salt- added tomato sauce

1 1/2 cups diced zucchini

1 cup coarsely chopped broccoli

1/2 cup chopped onion

1 cup firmly packed fresh spinach leaves, coarsely chopped

1 cup grated carrots

8 ounces part-skim cottage cheese

2 eggs

2 tablespoons grated Parmesan cheese

2 cups (8 ounces) part-skim shredded mozzarella cheese

- Wash your hands and work area.
- If not using already-cooked noodles, cook 2. according to package directions only with no added salt. Drain. Rinse in cool water. Drain again. Cut spaghetti noodles into short pieces.

(continued on the reverse side)

## **Nutrition Facts**

Serving Size 2 1/2" x 4" (282g) Servings Per Container 6

Amount Per Serving						
Calories 290	Са	llories from Fat 90				
		% Daily Value*				
Total Fat 10g		15%				
Saturated Fat	15%					
Trans Fat 0g						
Cholesterol 75r	Cholesterol 75mg					
Sodium 410mg		17%				
Total Carbohyo	Irate	26g <b>9</b> %				
Dietary Fiber	3g	12%				
Sugars 8g						
Protein 21g						
Vitamin A 90%	•	Vitamin C 50%				
Calcium 8%	•	Iron 10%				
		pased on a 2,000 calori				

	Calories:	2,000	2,500		
Total Fat	Less than	65g	80g		
Saturated Fat	Less than	20g	25g		
Cholesterol	Less than	300mg	300mg		
Sodium	Less than	2,400mg	2,400mg		
Total Carbohydra	300g	375g			
Dietary Fiber		25g	30g		
Calories per grai					
Fat 9 • (	Carbobydrate	4 • Prote	oin ⊿		

depending on your calorie needs:

2 carbohydrate choices per serving

Diabetic exchanges per serving: 1 starch, 2 vegetable, 2 lean meat and 1/2 fat

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## Italian Vegetable Casserole (continued)

- 3. Preheat oven to 350° F.
- 4. Meanwhile, mix garlic, rosemary, oregano and tomato sauce. Set aside.
- 5. Cook zucchini, broccoli and onion in a skillet sprayed with non-stick cooking spray, over medium heat with 1/4 cup water until crisp-tender. (Or cook in microwave without water.)
- 6. Add spinach to vegetable mixture. Cook until just warm. Remove from heat. Stir in carrots. Set aside.
- 7. In a medium bowl, mix cottage cheese, egg, and Parmesan. Set aside.
- 8. In an 8 x 8" baking pan, sprayed with nonstick cooking spray, place noodles, then add cottage cheese mixture, followed by the cooked vegetable mixture, then tomato sauce mixture.
- 9. Sprinkle mozzarella over top.
- 10. If desired, cover, refrigerate and cook casserole later today or tomorrow.
- 11. Cover with aluminum foil and bake at 350° for 30-40 minutes, or until hot and bubbly. Remove cover and bake 10 minutes longer, or until the layer of cheese is light brown.
- 12. Remove casserole from oven. Wait 10 minutes before serving. Cut into 6 pieces. Serve hot.
- 13. Cover and refrigerate leftovers within 2 hours.

## Fix It Fresh! Fruits and Vegetables Recipes Series

**Recipe Category: Main Dishes** 





A child could wash the vegetables.

## **Meaty Stuffed Potatoes**

Yield: 3 servings

3 medium potatoes\*

5 ounces (about 1 cup) cooked plain diced meat, with bones, skin or fat removed (such as turkey, chicken, beef or pork)

1 cup coarsely chopped broccoli

1/2 cup chopped onion

1/2 cup thinly sliced carrots

3/4 cup hot water

3/4 cup skim milk

1 tablespoon flour

1/4 teaspoon ground black pepper

1/2 cup (2 ounces) shredded low-fat yellow cheese

- 1. Wash your hands and work area.
- 2. Scrub potatoes. Remove any bad spots. Do not peel. Cut each in half.
- 3. In a covered saucepan, boil potatoes in just enough water to cover the pieces. When they are fork-tender, in about 15-20 minutes, remove from heat and drain. Set aside. (Or pierce whole potatoes with a knife or fork in several places and cook in microwave without water until fork-tender, then cut each in half.)

\*Note: For variety, you may wish to substitute potatoes with 1 1/2 cups cooked white or brown rice.

(continued on the reverse side)

Research and Extension
This healthy, lean hot
main dish is low in

main dish is low in calories, cholesterol and sodium. It is high in vitamins A and C, and in fiber and calcium.

## **Nutrition Facts**

Serving Size 2/3 cup sauce & 1 potato (441g)

Servings Per Container

Servings Per	r Contail	ner 3	
Amount Per Sei	rving		
Calories 320	) Ca	lories fron	n Fat 20
		% Da	aily Value*
Total Fat 2.5	ōg		4%
Saturated	Fat 1g		5%
Trans Fat	0g		
Cholesterol	45mg		15%
Sodium 210	)mg		9%
Total Carbo	hydrate	49g	16%
Dietary Fil	ber 6g		24%
Sugars 8g	]		
Protein 26g			
Vitamin A 80	)% •	Vitamin (	C 90%
Calcium 20%	6 •	Iron 15%	
*Percent Daily Vadiet. Your daily value depending on yo	alues may	be higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per grar	Less than Less than ate m:	20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
	Carbohydra	ite 4 • Prot	ein 4

3 carbohydrate choices per serving

Diabetic exchanges per serving: 2 1/2 starch, 1/2 skim milk, 1 vegetable and 2 lean meat

Recipe by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition. Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS. Contents of this publication may be reproduced for educational purposes. All other rights reserved. For more information about healthy eating, contact your local extension office. Kansas State University is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777.

## Meaty Stuffed Potatoes (continued)

- 4. Meanwhile, in a skillet sprayed with non-stick cooking spray, combine cooked meat, broccoli, onion, carrots and water. Boil until vegetables are fork-tender, about 5 minutes. Reduce heat to low.
- 5. In a jar with a tight fitting lid, combine milk, flour and pepper. Shake well.
- 6. Stir flour mixture into meat mixture until well-blended.
- 7. Stir in cheese. Cook over low heat about 5 minutes longer or until sauce thickens, stirring frequently.
- 8. To serve, place 2 potato halves on each plate and mash the middle somewhat. Spoon about 1/3 cup meat mixture over each potato half.
- 9. Cover and refrigerate leftovers within 2 hours.

A child could wash the vegetables and add the toppings.

## **Tempting Tostadas**

Yield: 4 servings\*

4 corn tortillas, 6 inches each

2 teaspoons salad oil

1/4 cup fat free refried beans

8 ounces (about 1 2/3 cups) cooked chicken or turkey (no bones or skin) cut into bite-size pieces

1/2 cup shredded yellow or Monterey Jack cheese

1/2 cup fat-free sour cream

1/2 cup finely chopped onions

1/2 cup chopped ripe fresh tomatoes

1/2 cup grated carrots

1 cup shredded lettuce

1/4 cup prepared salsa (mild, medium or hot, according to taste)

- 1. Wash your hands and work area.
- 2. Heat oven to 375° F.
- 3. Lightly brush both sides of tortilla with a small amount of salad oil. Place tortillas on baking sheet. Bake 12-15 minutes or until crisp.
- 4. Spread 1 tablespoon refried beans and 2 oz. cooked chicken on each tortilla. Top each with 2 tablespoons cheese. (continued on reverse side)

\* Only those tostadas which will be eaten immediately should be assembled, since they do not store well.

This main dish is high in vitamin A and calcium, and is a good source of fiber.

Nutri Serving Size	1 tostada	a (230g)	cts
Servings Per	Containe	31 4	
Amount Per Ser	ving		
Calories 310	) Calor	ies from	Fat 100
		% Da	ily Value*
Total Fat 11	g		17%
Saturated	Fat 4g		20%
Trans Fat	0g		
Cholesterol	65mg		22%
Sodium 380	mg		16%
Total Carbo	hydrate 2	26g	9%
Dietary Fil	per 3g		12%
Sugars 5g			
Protein 25g	·		
Vitamin A 70	, ,	∕itamin 0	2 10%
Calcium 20%	6 • I	ron 6%	
*Percent Daily Vadiet. Your daily volume depending on your	alues may be	e higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
Calories per gran Fat 9 • 0	n: Carbohydrate	4 • Prote	ein 4

2 carbohydrate choices per serving

Diabetic exchanges per serving: 1 1/2 starch, 1 vegetable, 2 1/2 lean meat and 1/2 fat

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## Tempting Tostadas (continued)

- 5. Bake until cheese melts, about 2 minutes.
- 6. Top each tortilla with 2 tablespoons each sour cream, onions, tomatoes, and carrots, 4 tablespoons lettuce, and 1 tablespoon salsa. Serve immediately.
- 7. Cover and refrigerate leftovers within 2 hours.

Original recipe from K-State Research & Extension Family Nutrition Program, Kids a Cookin'



	Recipes for Side Dishes (Hot)																	
Recipe Name			Spe	cific	fru	it, v	egetabl	e or	culi	nar	y he	rb w	vith a	a fac	ets sl	heet		
from the Fix It Fresh! Fruits and Vegetables Recipes Series that calls for the produce marked	Berries	Broccoli	Brussels Sprouts	Cabbage	Carrots	Cauliflower	Culinary Herbs	Eggplant	Green Beans	Onions	Peaches	Peas	Peppers, Sweet Bell	Radishes	Spinach	Summer Squash	Sweet Potatoes	Tomatoes
Broccoli and cauliflower soup		•				•				•								
Broccoli and corn casserole		•								•								
Brussels sprouts with mustard butter			•															
Cabbage and garden vegetables				•						•			•			•		
Cooked carrots with parsley					•		Parsley											
Cooked greens and radishes with pasta										•				•	•			
Fabulous fruit muffins	•										•							
Green beans and peppers with lemony dressing							Parsley; Chives		•	•			•					
Green beans and 'toes									•	•								•
Grilled tomato kebabs							Oregano											•

## Finding produce used in the Fix It Fresh! Fruits and Vegetables Recipes Series



	Research and External Recipes for Side Dishes (Hot)																	
Recipe Name	Specific fruit, vegetable or culinary herb with a facts sheet																	
from the Fix It Fresh! Fruits and Vegetables Recipes Series that calls for the produce marked	Berries	Broccoli	Brussels Sprouts	Cabbage	Carrots	Cauliflower	Culinary Herbs	Eggplant	Green Beans	Onions	Peaches	Peas	Peppers, Sweet Bell	Radishes	Spinach	Summer Squash	Sweet Potatoes	Tomatoes
Italian eggplant casserole							Basil; Oregano	•		•								•
Mashed sweet potatoes							Thyme										•	
Pineapple 'mallow sweet potatoes																	•	
Potato spinach casserole Rice with raisins and carrots					•					•			•		•			•
Saucy vegetable pasta					•		Basil			•		•						
Seasoned green beans									•	•			•					
Zesty peas with carrots					•					•		•						

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A child could wash the vegetables and shake the milk mixture.





This healthy low fat, low cholesterol soup is high in vitamin C and is a good source of vitamin A and calcium.

## **Broccoli and Cauliflower Soup**

Yield: 4 servings

1 cup chopped broccoli
1 cup chopped cauliflower
1/4 cup chopped onion
1/2 cup chicken broth, low fat, low sodium
1 cup skim milk, divided
1 teaspoon cornstarch
1/4 cup (about 1 1/2 ounces) finely chopped cooked lean ham

1/8 teaspoon ground black pepper

2 tablespoons shredded Swiss or cheddar cheese

- 1. Wash your hands and work area.
- 2. In a covered saucepan, boil broccoli, cauliflower, and onion gently in the chicken broth until tender, about 3 minutes. Remove from heat.
- 3. Pour half of the mixture and 1/2 cup skim milk into a blender. Hold lid down and blend until smooth. Return blended mixture to pan.
- 4. In a jar with a tight fitting lid, place 1/2 cup skim milk. Add cornstarch and shake well. Pour into soup mixture.
- 5. Add ham and pepper to mixture. Boil over medium heat about 5 minutes, stirring occasionally.
- 6. Blend in cheese and stir until melted. Serve hot.
- 7. Cover and refrigerate leftovers within 2 hours.

Original recipe from Jan/Feb 1999 Nutrition Spotlight, K-State Research and Extension, Department of Human Nutrition

#### **Nutrition Facts** Serving Size 1/2 cup (158g) Servings Per Container 4 **Amount Per Serving** Calories 70 Calories from Fat 15 % Daily Value\* Total Fat 2g Saturated Fat 1g **5**% Trans Fat 0g Cholesterol 10mg 3% Sodium 190mg 8% 2% Total Carbohydrate 7g Dietary Fiber 1g 4% Sugars 4g Protein 7a

√itamin A 15%	•	Vitamin	C 50%
Calcium 10%	•	Iron 2%	)
Percent Daily Values a diet. Your daily values r depending on your calo	nay	be higher of	
Calori	es:	2,000	2,500

doponanig on yo	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydra	ate	300g	375g
Dietary Fiber		25g	30g
Calories per grar	n:		
Fat 9 • (	Carbohydrate	4 • Prote	ein 4

1/2 carbohydrate choice per serving.

Diabetic exchanges per serving: 1/4 skim milk, 1 vegetable and 1/2 lean meat

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## Fix It Fresh! Fruits and Vegetables Recipes Series

Recipe Category: Side Dishes (Hot)





A child could wash the vegetables and crush the crackers.

## **Broccoli and Corn Casserole**

Yield: 3 servings

3/4 cup coarsely chopped broccoli

3/4 cup whole kernel corn, without added salt

1 tablespoon chopped onion

2 tablespoons shredded (1/2 ounce) Swiss cheese

1 tablespoon milk

1/8 teaspoon ground black pepper

2 tablespoons crushed saltine crackers

- 1. Wash your hands and work area.
- 2. In a covered saucepan, boil broccoli, corn and onion in a small amount of water until just tender. Drain. (Or cook covered in a microwave without water.)
- 3. Stir in cheese, milk and pepper. Using low heat, cook until cheese melts, stirring occasionally.
- 4. Sprinkle crushed crackers over the top.
- 5. Serve hot.
- 6. Cover and refrigerate leftovers within 2 hours.

Original recipe from Meal time/Family time, K-State Research and Extension, www.oznet.ksu.edu/ humannutrition/mtft/mtftord.htm

This healthy hot side dish is low in fat, cholesterol and sodium. It is high in vitamin C.

## **Nutrition Facts**

Serving Size 1/2 cup (96g)

Servings Per (	Contain	er 3	
Amount Per Servi	ng		
Calories 80	Cald	ories fron	r Fat 20
		% Da	ily Value*
Total Fat 2g			3%
Saturated F	at 1g		5%
Trans Fat 0	g		
Cholesterol 5	mg		2%
Sodium 60mg			3%
Total Carbohy	ydrate	14g	5%
Dietary Fibe	er 2g		8%
Sugars 2g			
Protein 4g			
Vitamin A 15%	• '	Vitamin C	2 45%
Calcium 6%	•	Iron 4%	
*Percent Daily Valudiet. Your daily valudepending on your	ies may b	e higher or l	
Saturated Fat L Cholesterol L		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

1 carbohydrate choice per serving

Diabetic exchanges per serving: 1 starch

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## Fix It Fresh! Fruits and Vegetables Recipes Series

Recipe Category: Side Dishes (Hot)





A child could wash the vegetables.

## **Brussels Sprouts with Mustard Butter**

Yield: 2 servings

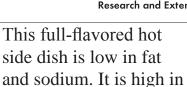
4 ounces (about 7 medium, or 1 cup bite size pieces) Brussels sprouts

1 teaspoon margarine

2 teaspoons Dijon-style mustard dash of ground black pepper, to taste

- 1. Wash your hands and work area.
- 2. Trim stem and peel off any discolored leaves from Brussels sprouts. Cut each sprout into two or more pieces, depending on size.
- In a covered saucepan, boil sprouts in just enough water to cover the pieces. When they are fork-tender, in about 5 minutes, drain. (Or cook covered in a microwave without water.) Place in a serving bowl. Set aside.
- 4. Using medium heat, melt margarine in the saucepan. Mix in mustard and cook about 30 seconds, stirring constantly. (Or cook covered in a microwave.)
- 5. Add sprouts to sauce and stir briefly to coat well with the mustard mixture. Shut off heat. Add black pepper to taste.
- 6. Serve hot.
- Cover and refrigerate leftovers within 2 hours.

Original recipe from Watch Your Garden Grow, University of Illinois Extension, www.urbanext.uiuc.edu



## **Nutrition Facts**

Serving Size 1/2 cup (64g)

vitamin C.

Servings Per	Servings Per Container 2					
Amount Per Ser	ving					
Calories 40	Cal	ories fron	n Fat 20			
		% Da	ily Value*			
Total Fat 2g			3%			
Saturated	Fat 0g		0%			
Trans Fat	0g					
Cholesterol	0mg		0%			
Sodium 100	mg		4%			
Total Carbo	hydrate	4g	1%			
Dietary Fil	oer 2g		8%			
Sugars 1g	l					
Protein 1g						
Vitamin A 10	0/.	Vitamin 0	2 60%			
Calcium 2%	70	Iron 4%				
	•					
*Percent Daily Vadiet. Your daily value on your depending on your	alues may b	oe higher or l				
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran	Less than Less than Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g			

0 carbohydrate choices per serving

Diabetic exchanges per serving: 1 vegetable and 1/2 fat

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A child could wash the vegetables.



This healthy fat-free hot side dish is low in calories and sodium. It is high in vitamin C.

## Cabbage and Garden Vegetables

Yield: 6 servings

- 1/4 head green cabbage (about 8 ounces), rinsed and drained
- 1/2 cup water or low-sodium, low-fat chicken, beef or vegetable stock
- 1/4 medium onion, or 2 green onions with green tops, chopped
- 1/2 cup chopped firm summer squash, such as zucchini or yellow crookneck
- 1/2 medium coarsely chopped red sweet bell pepper dash crushed red pepper flakes (optional)
- 1/2 clove finely chopped garlic
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1. Wash your hands and work area.
- 2. Cut cabbage into quarters and shred thinly.
- 3. In a saucepan with a lid, heat water or stock.
- 4. Add two handfuls of cabbage and stir for about 30 seconds. Continue adding cabbage and stirring at 30 second intervals until all of the cabbage is in the pot.
- 5. Cover immediately and continue cooking for about 15 minutes until cabbage is tender. Stir occasionally to keep from sticking.

## Nutrition Facts Serving Size 1/2 cup (83g)

Serving Size 1/2 cup (83g) Servings Per Container 6

Oct vings i e	Oontail	101 0			
Amount Per Se	rving				
Calories 15	С	alories fro	m Fat 0		
		% Da	ily Value*		
Total Fat 0g	l		0%		
Saturated	Fat 0g		0%		
Trans Fat 0g					
Cholesterol		0%			
Sodium 60mg 3					
Total Carbo	hydrate	4g	1%		
Dietary Fi	ber 1g		4%		
Sugars 2g	3				
Protein 1g					
\/``t====i== A 00	/	\	2.500/		
Vitamin A 89	<u></u>	Vitamin (	50%		
Calcium 2%	•	Iron 2%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:  Calories: 2,000 2,500					
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydr	Less than Less than Less than Less than ate	20g 300mg	80g 25g 300mg 2,400mg 375g		

0 carbohydrate choices per serving

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

30g

Diabetic exchanges per serving: 1 vegetable

Dietary Fiber

(continued on reverse side)

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## Cabbage and Garden Vegetables (continued)

- 6. Meanwhile, spray a skillet with non-stick cooking spray. Over medium high heat cook onions, summer squash and bell peppers until tender. Stir occasionally.
- 7. Add crushed red pepper, garlic, salt, and pepper. Continue to cook and stir for 15 seconds. Do not allow garlic to brown.
- 8. Combine mixtures and serve hot.
- 9. Cover and refrigerate leftovers within 2 hours.

Original recipe from Watch Your Garden Grow, University of Illinois Extension, www.urbanext.uiuc.edu





• A child could wash the carrots.



This healthy hot side dish is low in fat. It is very high in vitamin A.

## **Cooked Carrots with Parsley**

Yield: 5 servings

1 pound raw carrots

1 cup beef broth, low-sodium, low-fat

- 1 teaspoon honey
- 2 teaspoons margarine
- 2 tablespoons fresh (or 2 teaspoons dried) finely chopped parsley
- 1. Wash your hands and work area.
- 2. Scrub and peel carrots. Cut into pieces 2 to 3 inches long. Cut upper portions in half or quarters so that all pieces are about the same diameter.
- 3. In a medium saucepan, bring beef broth to a boil. Add carrots, honey, margarine and parsley. Cover and boil gently for 4 to 5 minutes until carrots are tender. Do not overcook.
- 4. Remove carrots to a warm plate. Continue to boil liquid, uncovered, stirring occasionally, until thickened (about 15 to 20 minutes.)
- 5. Return carrots to mixture and stir gently. Serve warm.
- 6. Cover and refrigerate leftovers within 2 hours.

Original recipe from Watch Your Garden Grow, University of Illinois Extension, www.urbanext.uiuc.edu

## Nutrition Facts Serving Size 1/2 cup (134g)

Serving Size 1/2 cup (134g) Servings Per Container 5

Amount Per Ser	ving			
Calories 50	Ca	lories fron	n Fat 15	
		% Da	aily Value*	
Total Fat 1.5	īg		<b>2</b> %	
Saturated	Fat 0g		0%	
Trans Fat	0g			
Cholesterol 0mg 0%				
Sodium 160	mg		7%	
Total Carbo	hydrate	9g	3%	
Dietary Fil	per 2g		8%	
Sugars 5g				
Protein 1g				
Vitamin A 27	0% •	Vitamin (	C 10%	
Calcium 2%	•	Iron 2%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:  Calories: 2,000 2,500				
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g	

1/2 carbohydrate choice per serving

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Diabetic exchanges per serving: 1 1/2 vegetable and 1/2 fat

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A child could rinse the vegetables and sprinkle the cheese.

## **Cooked Greens and Radishes with Pasta**

Yield: 4 servings

1/2 cup uncooked short pasta, such as macaroni, penne or shells

4 cups firmly packed fresh radish tops, spinach leaves and/or other coarsely chopped greens

1 cup thinly sliced (about 10-12 whole) radishes

1/2 medium onion

2 teaspoons salad oil

dash of salt

1/4 teaspoon ground black pepper

3 tablespoons grated Parmesan cheese

- 1. Wash your hands and work area.
- 2. Cook pasta as directed on package, except do not add salt. When done, drain and set aside.
- 3. Meanwhile, separate radishes from green tops. Rinse radishes and tops and/or other greens thoroughly to remove dirt. Discard any decayed greens. Trim radishes and slice thinly. Chop greens coarsely. Set aside.
- 4. Chop onion. Set aside.
- 5. Heat oil in a large skillet over medium-high heat. Add chopped onion and cook until it begins to soften.
- 6. Reduce heat to low. Add radish slices. Cover and let cook 3 minutes.
- 7. Add greens and cook 2 minutes, or until greens wilt and radishes look almost translucent.

(continued on the reverse side)



This hot side dish is high in vitamins A and C.

Nutri Serving Size Servings Per	3/4 cup (	(92g)	cts
Amount Per Ser	ving		
Calories 100	) Calc	ories fron	n Fat 35
		% Da	ily Value
Total Fat 4g			6%
Saturated	Fat 1g		5%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium 170	mg		7%
Total Carbo	hydrate 1	13g	4%
Dietary Fil	per 2g		8%
Sugars 2g			
Protein 4g			
Vitamin A 60	% • \	√itamin (	25%
Calcium 8%	•	ron 8%	
*Percent Daily Va diet. Your daily va depending on you	alues may b	e higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

1 carbohydrate choice per serving

Diabetic exchanges per serving: 1/2 starch, 1 vegetable and 1/2 fat

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## Cooked Greens and Radishes with Pasta (continued)

- 8. Remove from heat. Add salt, pepper, and drained pasta. Mix gently.
- 9. Serve hot. Sprinkle about 2 teaspoons cheese over each serving.
- 10. Cover and refrigerate leftovers within 2 hours.

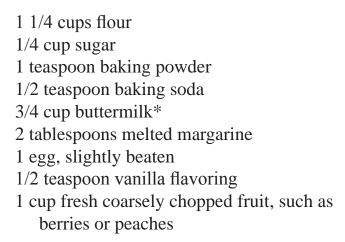




A child could wash the fruit and measure the ingredients.

## **Fabulous Fruit Muffins**

Yield: 9 muffins



- 1. Wash your hands and work area.
- 2. Heat oven to 400° F. Spray muffin tin with nonstick cooking spray.
- 3. In a large bowl, combine flour, sugar, baking powder, and baking soda. Stir well until all ingredients are blended.

\*Note: To substitute for buttermilk, use 3/4 cup skim milk minus 2 teaspoons, and add 2 teaspoons lemon juice or vinegar, then allow to stand for 5-10 minutes.

(continued on reverse side)



The nutrient content of these muffins depends to some extent on the fruit used. For instance, they are high in vitamin C if strawberries are used.

## **Nutrition Facts**

Serving Size 1 muffin (70g) Servings Per Container 9

oci vingo i ci	Ooritairi	C1 0	
Amount Per Serv	/ing		
Calories 130	Cal	ories from	n Fat 35
		% Da	ily Value*
Total Fat 3.5	g		5%
Saturated I	Fat 1g		5%
Trans Fat 0	Og		
Cholesterol 2	25mg		8%
Sodium 190r	ng		8%
Total Carboh	nydrate	20g	7%
Dietary Fib	er 1g		4%
Sugars 6g			
Protein 3g			
Vitamin A 4%	•	Vitamin C	20%
Calcium 4%	•	Iron 6%	
*Percent Daily Val diet. Your daily va depending on you	lues may b	e higher or l	
Saturated Fat Cholesterol		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
Fat 9 • Ca		e 4 • Prote	ein 4

1 1/2 carbohydrate choices per serving

Diabetic exchanges per serving: 1 starch, 1/2 fruit, and 1/2 fat

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## Fabulous Fruit Muffins (continued)

- 4. In another bowl, combine buttermilk, margarine, egg, and vanilla. Pour liquid mixture into the dry ingredients.
- 5. Using a large spoon, gently stir ingredients just until moist. (Do not overmix.) Add fruit and stir gently. (Do not overmix.)
- 6. Spoon the batter evenly into 9 muffin cups.
- 7. Bake 20 to 25 minutes or until golden brown.
- 8. Serve hot or cold.
- 9. Muffins may be frozen for later use.

Original recipe from "Small Fruit Crops for the Backyard" University of Illinois Extension, www.urbanext.uiuc.edu





A child could wash the vegetables and shake the mixture.

# 1899 1100

# **Green Beans and Peppers with Lemony Dressing**

Yield: 5 servings

- 2 cups (about 8 ounces) green beans1/2 cup red sweet bell pepper, cut into bite size strips
- 2 teaspoons minced fresh (or 3/4 teaspoon dried) parsley
- 1 tablespoon lemon juice
- 1 tablespoon fat-free plain yogurt
- 1 tablespoon finely chopped chives or finely chopped green onions with green tops
- 1/4 teaspoon black pepper
- 2 teaspoons salad oil
- 1. Wash your hands and work area.
- 2. Wash green beans and remove ends. Snap into bite size pieces.
- 3. Cook in boiling water for 3 minutes or until crisp tender. Drain immediately.
- 4. Toss with red pepper.
- 5. In a jar with a tight fitting lid, combine parsley, lemon juice, yogurt, chives, pepper and oil. Shake well.
- 6. Toss green beans and red peppers with dressing to coat vegetables and serve.
- 7. Cover and refrigerate leftovers within 2 hours.

Original recipe from Watch Your Garden Grow, University of Illinois Extension, www.urbanext.uiuc.edu

This healthy hot side dish is low in calories, fat and sodium. It is high in vitamin C.

## **Nutrition Facts**

Serving Size 1/2 cup (64g) Servings Per Container 5

Servings Pe	r Containe	er 5		
Amount Per Se	rving			
Calories 35	Cald	ories fron	n Fat 15	
		% Da	ily Value*	
Total Fat 2g			3%	
Saturated	Fat 0g		0%	
Trans Fat	0g			
Cholesterol	0mg		0%	
Sodium 5mg	g		0%	
Total Carbo	hydrate 4	4g	1%	
Dietary Fi	ber 2g		8%	
Sugars 1g	1			
Protein 1g				
Vitamin A 15	5% • \	Vitamin (	35%	
Calcium 2%	•	ron 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2 000 2 500				
Total Fat Saturated Fat Cholesterol Sodium	Less than Less than Less than Less than	2,000 65g 20g 300mg 2,400mg	2,500 80g 25g 300mg 2,400mg	

0 carbohydrate choices per serving

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

300g

375g

Total Carbohydrate

Dietary Fiber

Diabetic exchanges per serving: 1 vegetable and 1/2 fat

Recipe by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition. Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS. Contents of this publication may be reproduced for educational purposes. All other rights reserved. For more information about healthy eating, contact your local extension office. Kansas State University is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777.





A child could wash the vegetables.



#### **Green Beans and 'Toes**

Yield: 4 servings

1 cup (about 4 ounces) fresh green beans

1 fresh small white potato, cubed but not peeled

1/2 cup water

1/4 teaspoon salt

1/4 teaspoon ground black pepper

1/4 cup chopped onion

1 large chopped ripe tomato

1/2 clove minced garlic

- Wash your hands and work area. 1.
- Rinse vegetables and let drain. 2.
- Trim ends of green beans and snap into bite size pieces.
- Combine green beans, potato, water, salt and pepper in a saucepan.
- Cover and boil gently for 15 minutes or until 5. potato is tender.
- Meanwhile, spray skillet with non-stick cooking spray. Add onions and cook for one minute.
- 7. Add tomatoes and garlic. Cook for 1-2 more minutes.
- Combine mixtures and serve hot.
- Cover and refrigerate leftovers within 2 hours.

Original recipe from Watch Your Garden Grow, University of Illinois Extension, www.urbanext.uiuc.edu

This healthy fat-free hot side dish is an excellent source of vitamin C and a good source vitamin A.

## **Nutrition Facts**

Serving Size About 1/2 cup (146g) Servings Per Container 4

Servings Pel	Contain		
Amount Per Sei	rving		
Calories 50	Ca	alories fro	m Fat 0
		% Da	aily Value*
Total Fat 0g			0%
Saturated	Fat 0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 150mg			6%
Total Carbohydrate 11g 4			
Dietary Fil	ber 2g		8%
Sugars 2g	l		
Protein 2g			
Vitamin A 10	1% •	Vitamin (	C 25%
Calcium 2%	•	Iron 4%	
*Percent Daily Valiet. Your daily valeending on yo	alues may b	e higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per grar Fat 9 • 0	Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

1 carbohydrate choice per serving

Diabetic exchanges per serving: 1/2 starch and 1 vegetable

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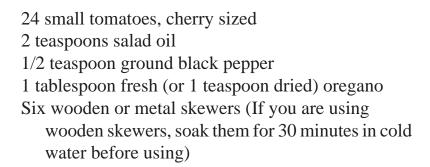




A child could wash the tomatoes.

#### **Grilled Tomato Kebabs**

Yield: 6 servings



- 1. Wash your hands and work area.
- 2. Start soaking skewers, if needed.
- 3. Rinse and drain tomatoes. Using a paper towel, dry each or spread on towels and allow to air dry so the oil will stick to the skins.
- 4. Place the dry tomatoes in a large bowl. Add oil, black pepper and oregano. Toss to coat tomatoes.
- 5. Thread 4 tomatoes, spaced at least an inch apart, on each of the 6 skewers.
- 6. Brush hot grill grate with oil to prevent sticking. Arrange skewers on grate.
- 7. Grill 2 to 4 minutes. Turn and grill the other side for 1 to 2 minutes.
- 8. Serve hot.
- 9. Cover and refrigerate leftovers within 2 hours.

Original recipe from Watch Your Garden Grow, University of Illinois Extension, www.urbanext.uiuc.edu



This flavorful hot side dish is low in calories and fat, and is sodium-free. It is a good source vitamin C.

## **Nutrition Facts**

Serving Size 1 Kebab (71g) Servings Per Container 6

Servings Per	Servings Per Container 6					
Amount Per Serving						
Calories 25	Cald	ories fron	r Fat 15			
% Daily Value*						
Total Fat 1.5	ig		2%			
Saturated	Fat 0g		0%			
Trans Fat	0g					
Cholesterol	0mg		0%			
Sodium 0mg	9		0%			
Total Carbo	hydrate	3g	1%			
Dietary Fil	oer 1g		4%			
Sugars 2g						
Protein 1g						
Vitamin A 10	% • '	Vitamin C	2 15%			
Calcium 2%	•	Iron 2%				
*Percent Daily Va diet. Your daily va depending on you	alues may b	e higher or I				
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran Fat 9 • C		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g			

0 carbohydrate choices per serving

Diabetic exchanges per serving: 1/2 vegetable and 1/2 fat

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A child could wash the vegetables, layer the vegetable slices, and sprinkle the cheese.

## **Italian Eggplant Casserole**

Yield: 4 servings

1/2 medium onion, cut in half or quarters and sliced thinly

1/2 clove minced garlic

1/2 cup coarsely chopped tomatoes

2 teaspoons fresh (or 3/4 teaspoon dried) basil

2 teaspoons fresh (or 3/4 teaspoon dried) oregano

1 small eggplant, cut into 1/4" thick slices

1 large tomato, sliced very thin

1 cup (4 ounces) shredded part-skim mozzarella cheese

- 1. Wash your hands and work area.
- 2. Preheat oven to 425° F.
- 3. In a medium skillet sprayed with non-stick cooking spray, cook onion over medium heat until tender, about 2-3 minutes.
- 4. Add garlic and cook for 1 minute. Add chopped tomatoes, basil and oregano. Cook gently over low heat for 10 minutes.
- 5. Spread half of the mixture over the bottom of a 5 x 9 inch baking pan sprayed with non-stick cooking spray.
- 6. Add half of the eggplant slices then half of the tomato slices. Sprinkle half of the mozzarella cheese over the top.
- 7. Repeat layers.

(continued on the reverse side)



This hot side dish pleases people who do not usually enjoy eating eggplant! It is high in calcium, and vitamin C and is a good source of vitamin A and fiber.

Amount Per Servi	ing		
Calories 110	Calc	ries fron	n Fat 45
		% Da	ily Value
Total Fat 5g			8%
Saturated Fat 3g			15%
Trans Fat 0	g		
Cholesterol 20mg			7%
Sodium 180mg			8%
Total Carboh	ydrate (	 ∂g	3%
Dietary Fiber 3g			12%
Sugars 4g			
Protein 8g			
Vitamin A 15%	ά • \	/itamin (	2.00/
			20%
Calcium 25%	•	ron 2%	
*Percent Daily Valudiet. Your daily valuepending on your	ues may be	e higher or l	
Total Fat L Saturated Fat L Cholesterol L	ess than ess than ess than ess than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

1/2 carbohydrate choice per serving

Diabetic exchanges per serving: 1 1/2 vegetable, 1/2 lean meat and 1 fat

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# Italian Eggplant Casserole (continued)

- 8. Cover with aluminum foil and bake 25 minutes or until vegetables are tender.
- 9. Uncover and bake 10-15 minutes, or until the layer of cheese is light brown.
- 10. Cut into 4 servings. Serve hot.
- 11. Cover and refrigerate leftovers within 2 hours.

Original recipe from the National Diabetes Education Program Recipe and Meal Planner Guide, http://ndep.nih.gov/get-info/recipe/en\_lasagna.htm





A child could scrub the sweet potatoes.



This hot side dish is low in fat and sodium. It is very high in vitamins A and C, and is a good source of fiber.

#### **Mashed Sweet Potatoes**

Yield: 2 servings

2 small sweet potatoes, or enough to make about 1 cup when peeled and mashed dash of salt

1/8 teaspoon ground black pepper, to taste

- 1 teaspoon margarine
- 2 teaspoons maple-flavored syrup either a pinch of ground nutmeg OR a pinch of fresh or dried thyme (optional)
- 1. Wash your hands and work area.
- 2. Scrub sweet potatoes. Cut each into 4 pieces.
- 3. In a covered saucepan, boil sweet potatoes in just enough water to cover the pieces. When they are fork-tender, in about 15-20 minutes, drain. Remove skin and any bad spots.
- 4. Add salt, pepper, margarine and syrup. If desired, add either nutmeg or thyme, but not both.
- 5. Mash ingredients together with a fork or the back of a spoon.
- 6. Serve hot.
- 7. Cover and refrigerate leftovers within 2 hours.

Original recipe from Produce for Better Health Foundation, www.5aday.

#### **Nutrition Facts** Serving Size 1/2 cup (173g) Servings Per Container 2 Amount Per Serving Calories 160 Calories from Fat 20 % Daily Value\* Total Fat 2g 3% Saturated Fat 0g 0% Trans Fat 0g Cholesterol 0mg 0% Sodium 140mg 6% 11% **Total Carbohydrate 34g** Dietary Fiber 4g 16% Sugars 13g Protein 2g Vitamin A 520% Vitamin C 35% Calcium 4% • Iron 8% \*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: Total Fat Less than 65g 80g Saturated Fat Less than Cholesterol 300mg 2,400mg Less than 300mg Sodium Less than 2,400mg Total Carbohydrate 300g 375g Dietary Fiber Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4

2 carbohydrate choices per serving

Diabetic exchanges per serving: 2 starch

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A child could scrub the sweet potatoes, stir the pineapple mixture and sprinkle the

### Pineapple 'mallow sweet potatoes

Yield: 2 servings

2 small fresh sweet potatoes or yams

1/2 cup (about 6 ounces) pineapple tidbits or crushed pineapple, in juice, drained

1/2 teaspoon ground cinnamon

1 teaspoon margarine, divided into 2 parts

1 1/2 tablespoons chopped pecans, if desired

1/2 cup miniature marshmallows, if desired

- 1. Wash your hands and work area.
- 2. Scrub sweet potatoes. Cut each into 4 pieces.
- 3. In a covered saucepan, boil sweet potatoes in just enough water to cover the pieces. When they are fork-tender, in about 15-20 minutes, drain. Remove skin and any bad spots.
- 4. Meanwhile, mix pineapple and cinnamon.
- 5. Preheat oven to 350° F.
- 6. Spray a small oven-proof dish with non-stick cooking
- 7. Put half of the pineapple mixture in the dish.
- 8. Put half of the sweet potato pieces over pineapple.

(continued on the reverse side)

This low-sodium hot side dish is very high in vitamins A and C and is a good source of fiber.

NI424	L!		-4-
Nutrit Serving Size Servings Per	about 3/4	1 cup (16	
Amount Per Serv	ring		
Calories 200	Calc	ries fron	n Fat 50
		% Da	ily Value*
Total Fat 6g			9%
Saturated I	Fat 0.5g		3%
Trans Fat (	Og		
Cholesterol	0mg		0%
Sodium 50m	g		2%
Total Carboh	ydrate 🤄	37g	12%
Dietary Fib	er 4g		16%
Sugars 24g	3		
Protein 2g			
Vitamin A 230		/itamin 0	35%
Calcium 4%	• 1	ron 4%	
*Percent Daily Val diet. Your daily va depending on you	lues may be	e higher or l	
Saturated Fat Cholesterol		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
	arbohydrate	4 • Prote	ein 4

2 1/2 carbohydrate choices per serving (2 if made without marshmallows)

Diabetic exchanges per serving: 1 1/2 starch, 1 fruit and 1 fat (discount 1/2 starch if made without marshmallows)

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# Pineapple 'mallow sweet potatoes (continued)

- 9. Put remaining pineapple over potatoes.
- 10. Put remaining sweet potatoes over pineapple.
- 11. Place margarine on top of potatoes.
- 12. Sprinkle nuts evenly over the top.
- 13. Bake for 35 minutes.
- 14. Sprinkle marshmallows evenly over top.
- 15. Bake about 5 more minutes, until lightly browned.
- 16. Serve hot.
- 17. Cover and refrigerate leftovers within 2 hours.





A child could wash the vegetables and stir the mixtures.



### **Potato Spinach Casserole**

Yield: 6 servings

- 12 ounces frozen country style hash browns, thawed
- 1/2 cup chopped green sweet bell pepper
- 1/2 cup finely chopped onion, divided
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper, divided
- 12 ounces canned evaporated skimmed milk
- 3/4 cup egg whites or egg substitute
- 1/2 cup shredded reduced fat sharp Cheddar cheese
- 1/2 cup shredded reduced fat Monterey Jack cheese

1 cup packed fresh spinach, washed and chopped 1/2 cup chopped fresh tomatoes

- 1. Preheat oven to 425 degrees.
- 2. Wash your hands and work area.
- 3. In large bowl, combine hash browns, green pepper, 1/4 cup onion, salt, and 1/4 teaspoon pepper.
- 4. Spray a 8 x 8" baking dish with non-stick cooking spray. Press potato mixture into bottom.
- 5. Bake until lightly browned around edges, 20-25 minutes.

(continued on reverse side)



This hot side dish is low in cholesterol. It is high in calcium and in vitamins A and C.

#### **Nutrition Facts** Serving Size 2 1/2" x 4" (204g) Servings Per Container 6

Amount Per Ser	ving						
Calories 170	) Cald	ories fron	n Fat 35				
		% Da	ily Value*				
Total Fat 4g			6%				
Saturated	Fat 2.5g		13%				
Trans Fat	0g						
Cholesterol	15mg		5%				
Sodium 480	mg		20%				
Total Carbo	hydrate 2	20g	7%				
Dietary Fil	per 1g		4%				
Sugars 8g							
Protein 14g							
Vitamin A 20	% • \	Vitamin 0	25%				
Calcium 45%	ó •	Iron 2%					
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:  Calories: 2,000 2,500							
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran Fat 9 • C		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g				

### 1 1/2 carbohydrate choices per serving

Diabetic exchanges per serving: 1/2 starch, 1/2 skim milk, 2 vegetables and 1 lean meat

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# Potato Spinach Casserole (continued)

- 6. In large bowl, stir together evaporated milk, egg whites, 1/4 teaspoon pepper, cheeses, spinach, remaining 1/4 cup onion, and tomatoes.
- 7. Reduce oven temperature to 350 degrees.
- 8. Pour mixture over potato crust. Bake uncovered until center is set, 40-45 minutes.
- 9. Cover and let stand for 10 minutes. Cut into 6 pieces. Serve hot.
- 10. Cover and refrigerate leftovers within 2 hours.

Original recipe from Jan/Feb1997 Food and Nutrition Digest, K-State Research and Extension, Department of Human Nutrition.





A child could wash the vegetables and sprinkle the raisins and carrots.



### **Rice with Raisins and Carrots**

Yield: 4 servings

3/4 cup chopped green onions or scallions 1 tablespoon salad oil

2/3 cup uncooked white or brown rice (not instant)

1 1/3 cups broth, low fat, low sodium (beef, chicken, or vegetable)

1/4 teaspoon black pepper

1/4 cup raisins

2 medium raw carrots, cut into thin slices

- 1. Wash your hands and work area.
- 2. In a saucepan with a lid, cook onion in oil until soft.
- 3. Stir in rice, broth, and pepper.
- 4. Cover and simmer over low heat for 15 minutes.
- 5. Sprinkle raisins and carrots on top of rice.
- 6. Cover and cook for about 15 minutes more. Serve hot.
- 7. Cover and refrigerate leftovers within 2 hours.

Original recipe from Commodity Foods, developed by Meredith Stroh, Extension Specialist, Expanded Food and Nutrition Education Program. This hot side dish is low in sodium and is very high in vitamin A. It is a good source of vitamin C and iron.

## **Nutrition Facts**

Serving Size 3/4 cup (174g) Servings Per Container 4

Servings Per Container 4							
Amount Per Ser	ving						
Calories 200	) Calo	ories fron	n Fat 35				
		% Da	ily Value*				
Total Fat 4g			6%				
Saturated	Fat 0g		0%				
Trans Fat	0g						
Cholesterol	0mg		0%				
Sodium 45m	ng		2%				
Total Carbo	hydrate	37g	12%				
Dietary Fil	oer 2g		8%				
Sugars 8g	]						
Protein 4g							
Vitamin A 10	0% • '	Vitamin 0	20%				
Calcium 2%	•	Iron 15%					
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:  Calories: 2,000 2,500							
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran Fat 9 • C	Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g				

# 2 1/2 carbohydrate choices per serving

Diabetic exchanges per serving: 1 1/2 starch, 1/2 fruit, 1 vegetable and 1/2 fat

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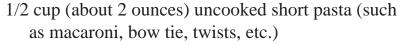




A child could wash the vegetables.

# Saucy Vegetable Pasta

Yield: 3 servings



1 1/2 cups edible pea pods or shelled peas

2 tablespoons sliced green onions

1/2 cup sliced fresh mushrooms

1 clove minced garlic

1/2 cup thinly sliced raw carrots

1/2 cup skim milk

1 tablespoon flour

1/4 cup water

1/4 cup chicken broth, low fat, low sodium

1 1/2 teaspoons chopped fresh (or 1/2 teaspoon dried) basil leaves

1/8 teaspoon ground black pepper

1/2 cup grated Parmesan cheese

- 1. Wash your hands and work area.
- 2. Cook pasta as directed on package, except do not add salt. Do not overcook. Drain and place in a covered serving bowl.
- 3. Meanwhile, gather remaining ingredients. Rinse vegetables and let drain.
- 4. Trim peas. Chop onions, mushrooms and garlic. Set aside.

(continued on reverse side)



This hot side dish is an excellent source of vitamins A and C and of calcium, and is a good source of iron.

# **Nutrition Facts**

Serving Size 1 cup (185g) Servings Per Container 3

Servings Fer Contain	ei J						
Amount Per Serving							
Calories 180 Cal	ories fron	r Fat 40					
	% Da	ily Value*					
Total Fat 4.5g		<b>7</b> %					
Saturated Fat 2.5g		13%					
Trans Fat 0g							
Cholesterol 15mg		5%					
Sodium 280mg		12%					
Total Carbohydrate	24g	8%					
Dietary Fiber 2g		8%					
Sugars 5g							
Protein 11g							
Vitamin A 80% •	\/itamain_C	100/					
vitamin A 80% •	Vitamin C	40%					
Calcium 25% •	Iron 10%						
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:  Calories: 2,000 2,500							
Total Fat Less than Saturated Fat Less than Cholesterol Less than Sodium Less than Total Carbohydrate Dietary Fiber  Calories per gram: Fat 9 • Carbohydrat	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g					

1 1/2 carbohydrate choices per serving

Diabetic exchanges per serving: 1 starch, 1 1/2 vegetable and 1 lean meat

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### Saucy Vegetable Pasta (continued)

- 5. Chop carrots and set aside.
- 6. In a jar with a tight-fitting lid, combine milk and flour. Shake well. Set aside.
- 7. In a saucepan or a skillet, bring water to a boil. Add carrot slices and let boil for 1 minute. Add peas, onions, mushrooms and garlic. Boil 3 to 4 minutes, or until crisp-tender. (Or use a microwave oven to cook the vegetables, without added water.)
- 8. Drain vegetables and add to pasta.
- 9. Shake milk and flour mixture again. Using the same saucepan or skillet, combine milk-flour mixture and chicken broth. Over medium high heat, bring to a boil, stirring constantly. After sauce thickens, remove from heat.
- 10. Stir in basil, pepper and cheese.
- 11. Pour sauce over pasta and vegetables. Stir gently.
- 12. Serve hot.
- 13. Cover and refrigerate leftovers within 2 hours.

Original recipe from May/June 1994 Food and Nutrition Digest, K-State Research and Extension, Department of Human Nutrition





A child could wash the vegetables.



#### **Seasoned Green Beans**

Yield: 5 servings

2 cups (about 8 ounces) green beans 1/4 cup chopped red or yellow sweet bell peppers 1/4 cup chopped onion 1 tablespoon catsup or barbeque sauce 1/4 teaspoon ground black pepper

- 1. Wash your hands and work area.
- 2. Rinse beans and remove ends. Snap into bite sized pieces.
- 3. Boil green beans until crisp tender (or cook in microwave oven). Do not overcook.
- 4. In a skillet sprayed with non-stick cooking spray, cook peppers and onion until soft, about 10 minutes.
- 5. Add green beans, catsup or barbeque sauce, and pepper.
- 6. Heat until warm. Serve.
- 7. Cover and refrigerate leftovers within 2 hours.

This healthy, fat-free hot side dish is low in calories and very low in sodium. It is high in vitamin C and is a good source of vitamin A.

Nutriti Serving Size 1/2 Servings Per Co	2 cup	(63g)	cts					
Amount Per Serving								
Calories 20	Ca	lories fro	m Fat 0					
		% Da	ily Value*					
Total Fat 0g			0%					
Saturated Fat	t 0g		0%					
Trans Fat 0g								
Cholesterol 0m	ng		0%					
Sodium 35mg			1%					
Total Carbohyo	drate	5g	2%					
Dietary Fiber	2g		8%					
Sugars 2g								
Protein 1g								
Vitamin A 15%	• '	Vitamin (	C 30%					
Calcium 2%	•	Iron 4%						
*Percent Daily Values diet. Your daily value depending on your ca Cal	s may b	e higher or						
Saturated Fat Les Cholesterol Les	ss than ss than ss than ss than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g					

1/2 carbohydrate choice per serving

Fat 9 • Carbohydrate 4 • Protein 4

Diabetic exchanges per serving: 1 vegetable

Recipe by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition. Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS. Contents of this publication may be reproduced for educational purposes. All other rights reserved. For more information about healthy eating, contact your local extension office. Kansas State University is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777.





A child could wash the vegetables.



This hot side dish is low in fat and sodium. It is high in vitamin A and is a good source of vitamin C and fiber.

### **Zesty Peas with Carrots**

Yield: 4 servings

1 1/2 cups shelled green peas1/4 cup grated carrot1/4 cup minced shallots, green onion, or white onion

1 teaspoon sugardash of ground black pepper2 tablespoons prepared Italian salad dressing

- 1. Wash your hands and work area.
- 2. In a covered saucepan, boil peas, carrots and shallots/onion in a small amount of water until just tender. Remove from heat and drain. (Or cook covered in a microwave without water.)
- 3. Stir in sugar, pepper and dressing. Using low heat, cook briefly until heated through.
- 4. Serve hot.
- 5. Cover and refrigerate leftovers within 2 hours.

# Nutrition Facts Serving Size 1/2 cup (77g) Servings Per Container 4

Servings Per Com	Lairier 4						
Amount Per Serving							
Calories 80	Calories from Fat 20						
	% Daily Value*						
Total Fat 2g	3%						
Saturated Fat 0	g <b>0</b> %						
Trans Fat 0g							
Cholesterol 0mg	0%						
Sodium 95mg	4%						
Total Carbohydra	ate 12g 4%						
Dietary Fiber 3g	12%						
Sugars 5g							
Protein 3g							
Vitamin A 35%	Vitamin C 15%						
Calcium 2%	<ul> <li>Iron 6%</li> </ul>						
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:  Calories: 2,000 2,500							
Total Fat Less t Saturated Fat Less t Cholesterol Less t Sodium Less t Total Carbohydrate Dietary Fiber  Calories per gram: Fat 9 • Carbohy	han 20g 25g han 300mg 300mg han 2,400mg 2,400mg 300g 375g 25g 30g						

1 carbohydrate choice per serving

Diabetic exchanges per serving: 1 starch and 1/2 fat

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	Research and Extended Recipes for Side Dishes (Cold)									IU EXT					
Recipe Name Specific fruit, vegetable or culinary herb with a facts sheet															
from the Fix It Fresh! Fruits and Vegetables Recipes Series that calls for the produce marked	Apples	Berries	Broccoli	Cabbage	Carrots	Cauliflower	Cucumbers	Culinary Herbs	Lettuce	Onions	Peaches	Peppers, Sweet Bell	Radishes	Spinach	Tomatoes
Apple cheese dip or spread	•							Parsley; Basil; Oregano							
Bulgur garden salad							•	Parsley; Mint		•		•	•		•
Cauliflower salad with citrus dressing						•			•	•		•		•	
Coleslaw				•	•					•					
Cottage cucumber gelatin							•			•					
Creamy cucumber salad dressing							•	Dill	•	•				•	
Crisp cucumber salad							•			•		•			
Fresh cucumber salad with mustard chive dressing							•	Chives	•			•		•	•
Fresh fruit and carrot salad	•				•										
Fresh fruity spinach salad		•								•	•			•	

# Finding produce used in the Fix It Fresh! Fruits and Vegetables Recipes Series



	Recipes for Side Dishes (Cold)														
Recipe Name		Specific fruit, vegetable or culinary herb with a facts sheet													
from the Fix It Fresh! Fruits and Vegetables Recipes Series that calls for the produce marked	Apples	Berries	Broccoli	Cabbage	Carrots	Cauliflower	Cucumbers	Culinary Herbs	Lettuce	Onions	Peaches	Peppers, Sweet Bell	Radishes	Spinach	Tomatoes
Fresh salsa with black beans										•		•			•
Garden orchard salad	•		•		•	•				•					
Garlic carrot salad					•			Parsley		•					
Lemon-dilled broccoli and carrot salad			•		•			Dill							
Red and yellow pepper dressing									•			•		•	
Tangy crisp vegetable and pasta salad			•		•		•			•		•	•		•
Tangy garden relish										•		•			
Tomato and crusty bread salad								Basil		•		•			•
Vegetable burrito			•		•	•				•		•			

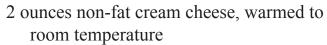




A child could wash the apple and stir the mixture.

# **Apple Cheese Dip or Spread**

Yield: 5 servings



- 1 1/2 teaspoons finely chopped fresh (or 1/2 teaspoon dried) parsley
- 3/4 teaspoon finely chopped fresh (or 1/4 teaspoon dried) basil or oregano leaves

1/8 teaspoon black pepper

1/4 cup shredded low-fat yellow cheese

1 tablespoon finely chopped celery

1 teaspoon lemon juice

1 medium Granny Smith apple, peeled and cored (or another variety of tangy crisp apple)

- 1. Wash your hands and work area.
- 2. In a medium bowl, stir together cream cheese, parsley, basil or oregano, and black pepper until well mixed.
- 3. Stir in shredded cheese, celery and lemon juice.
- 4. Grate apple directly into cheese mixture. Stir gently.
- 5. Cover and refrigerate overnight so that flavors can blend.
- 6. Serve cold as a dip mounded in a serving bowl, if desired, and surround with apple slices, crackers, or low fat tortilla chips. Or serve cold as a sandwich spread.
- 7. Cover and refrigerate leftovers within 2 hours.

Original recipe from Apples & More, University of Illinois Extension, www. urbanext.uiuc.edu



This cold side dish is full of flavor. It can be served as a dip with other foods or used as a sandwich spread. It tastes best after it is refrigerated for a day to give time for the flavors to blend. It is low in calories and sodium, and is fat-free.

Nutritior Serving Size 2 tables spread (56g) Servings Per Contain	poons dip
Amount Per Serving	
Calories 40 Ca	alories from Fat 5
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 110mg	5%
Total Carbohydrate	6g <b>2</b> %
Dietary Fiber 1g	4%
Sugars 4g	
Protein 3g	
NEW : 0.407	) (i) (i) (i) (ii)
	Vitamin C 4%
	Iron 0%
*Percent Daily Values are badiet. Your daily values may be depending on your calorie no Calories:	oe higher or lower
Total Fat Less than Saturated Fat Less than Cholesterol Less than Sodium Less than Total Carbohydrate Dietary Fiber  Calories per gram: Fat 9 • Carbohydrate	65g 80g 20g 25g 300mg 300mg 2,400mg 2,400mg 300g 375g 25g 30g

1/2 carbohydrate choice per serving

Diabetic exchanges per serving: 1/2 starch

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A child could wash the vegetables.

### **Bulgur Garden Salad**

Yield: 6 servings

1/2 cup dry bulgur

1 cup warm water

1 cup peeled and diced cucumber

3/4 cup diced tomatoes

1/4 cup thinly sliced green onions

1/4 cup diced green sweet bell pepper

5 radishes, diced

1/4 cup minced fresh (or 2 tablespoons dried) parsley

1/2 teaspoon salt

1/8 teaspoon black pepper

3 tablespoons lemon juice

- 2 teaspoons minced fresh (or 1/2 teaspoon dried) mint or cilantro leaves (optional)
- 1. Wash your hands and work area.
- Combine bulgur and water. Let stand until 2. bulgar is soft, about 30 minutes. Drain excess liquid.
- In a large salad bowl, toss together all 3. ingredients.
- Refrigerate until serving. 4.
- 5. Cover and refrigerate for 2 hours or more to allow flavors to blend. Serve cold.
- Cover and refrigerate leftovers within 2 6. hours.

Original recipe from July/Aug 1999 Nutrition Spotlight, K-State Research and Extension, Department of Human Nutrition



This fat free whole grain cold side dish is high in vitamin C and is a good source of fiber.

# **Nutrition Facts**

Serving Size 1/2 cup (127g)

Servings Per Container 6							
Amount Per Sei	rving						
Calories 50	(	Calories fr	om Fat 5				
		% D	aily Value*				
Total Fat 0g			0%				
Saturated	Fat 0g		0%				
Trans Fat 0g							
Cholesterol	0mg		0%				
Sodium 210	mg		9%				
Total Carbo	hydrate	e 12g	4%				
Dietary Fil	ber 3g		12%				
Sugars 2g	l						
Protein 2g							
Vitamin A 10	1% •	Vitamin	C 30%				
Calcium 2%	•	Iron 4%					
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:  Calories: 2,000 2,500							
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less tha Less tha Less tha Less tha ate	n 20g n 300mg	80g 25g 300mg				

1 carbohydrate choice per serving

Fat 9 • Carbohydrate 4 • Protein 4

Calories per gram:

Diabetic exchanges per serving: 1/2 starch and 1 vegetable

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# Fix It Fresh! Fruits and Vegetables Recipes Series

Recipe Category: Side Dishes (Cold)





A child could wash the vegetables and shake the mixture.

D-----

### **Cauliflower Salad with Citrus Dressing**

Yield: 3 servings

1/2 cup coarsely chopped cauliflower

- 2 tablespoons chopped green sweet bell pepper
- 2 tablespoons chopped red sweet bell pepper
- 1 tablespoon minced green onion or scallion
- 2 tablespoons orange juice
- 1 1/2 tablespoons lemon juice
- 1 1/2 tablespoons water
- 1 tablespoon salad oil
- 1/8 teaspoon ground black pepper
- 1 1/2 cups torn lettuce and/or fresh spinach leaves
- 1. Wash your hands and work area.
- 2. In a covered saucepan, boil cauliflower in a small amount of water until just tender, about 2 minutes. (Or cook covered in a microwave without water.) Drain immediately and let cool in a shallow dish, such as an 8 x 8 inch pan.
- 3. Add bell peppers and onion.
- 4. In a jar with a tight fitting lid, combine juices, water, oil and black pepper. Shake well.
- 5. Pour dressing over vegetable mixture. Stir gently.
- 6. Cover and refrigerate 2 or more hours to allow flavors to blend.
- 7. Before serving, combine chilled mixture with torn lettuce or fresh spinach and mix gently. Serve cold.
- 8. Cover and refrigerate leftovers within 2 hours.

This colorful cold side dish is very low in sodium and is high in vitamin C. (If made with spinach instead of iceberg lettuce, it is also high in vitamin

A.)

### **Nutrition Facts**

Serving Size 3/4 cup (113g) Servings Per Container 3

Servings Per Container 3						
Amount Per Se	rving					
Calories 60	Cald	ories fron	n Fat 40			
		% Da	aily Value*			
Total Fat 4.5	5g		<b>7</b> %			
Saturated	Fat 0.5g		3%			
Trans Fat	0g					
Cholesterol	0mg		0%			
Sodium 15n	ng		1%			
Total Carbo	hydrate	3g	2%			
Dietary Fi	ber 2g		8%			
Sugars 3g	]					
Protein 1g						
Vitamin A 8%	6 · '	Vitamin (	C 60%			
Calcium 2%	•	Iron 2%				
*Percent Daily V diet. Your daily v depending on yo	alues may b	e higher or				
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra	Less than Less than	65g 20g 300mg 2,400mg 300g	80g 25g 300mg 2,400mg 375g			

1/2 carbohydrate choice per serving

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Dietary Fiber

Diabetic exchanges per serving: 1 vegetable and 1 fat

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A child could rinse the vegetables and stir the mixture.

#### **Coleslaw**

Yield: 6 servings

1/8 medium head cabbage, rinsed and drained

1/2 medium carrot, scrubbed and peeled

3 medium green onions, bulbs and green tops

2 tablespoons fat-free mayonnaise

2 teaspoons milk

2 teaspoons vinegar

2 teaspoons sugar

1/4 teaspoon salt

1/4 teaspoon ground black pepper

- 1. Wash your hands and work area.
- 2. Chop or shred cabbage. Grate carrot. Chop onions.
- 3. In a shallow dish such as an 8 x 8 inch pan, mix mayonnaise, milk, vinegar, sugar, salt and pepper.
- 4. Add chopped vegetables. Mix well.
- 5. Cover and refrigerate for 2 hours or more to allow flavors to blend.
- 6. Serve cold.
- 7. Cover and refrigerate leftovers within 2 hours.

Original recipe from Month of Menus, developed by Lisa Martin, Shawnee County Extension Agent This cold side dish is low in calories and is fat-free. It is is high in vitamon A and is a good source of vitamin C.

# **Nutrition Facts**

Serving Size 1/2 cup (42g) Servings Per Container 6

Servings Per Container 6							
Amount Per Serving							
Calories 20	Са	lories fro	m Fat 0				
		% Da	ily Value*				
Total Fat 0g			0%				
Saturated Fat	0g		0%				
Trans Fat 0g							
Cholesterol 0mg	g		0%				
Sodium 150mg			6%				
Total Carbohyd	rate 4	4g	1%				
Dietary Fiber	1g		4%				
Sugars 3g							
Protein 1g							
Vitamin A 20%	• '	Vitamin 0	15%				
Calcium 2%	•	lron 2%					
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:  Calories: 2,000 2,500							
Saturated Fat Less Cholesterol Less	than than than than than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g				

0 carbohydrate choices per serving

Diabetic exchanges per serving: 1 vegetable

Recipe modified by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition.

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A child could wash the vegetables and stir the mixture.

### **Cottage Cucumber Gelatin**

Yield: 9 servings



3 ounce package lime gelatin (or equivalent size of sugar-free gelatin, if desired)

1 cup chopped cucumber, peeled and seeded

1/2 cup chopped celery

1 tablespoon very finely chopped onion

1/2 cup crushed pineapple tidbits, canned in juice, drained

1/2 cup 1% low-fat cottage cheese

1/2 cup fat-free mayonnaise

5 thin slices cucumber, not peeled

- 1. Wash your hands and work area.
- 2. In a large bowl, place boiling water. Add gelatin and stir until completely dissolved.
- 3. Stir in chopped cucumber, celery, onion, pineapple, cheese and mayonnaise.
- 4. Pour mixture into an 8 x 8 inch pan.
- 5. Cut cucumber slices in half. To garnish, place 9 slices cucumber across the top of salad. (Use remaining extra half slice for another use.)
- 6. Cover and refrigerate overnight or until set. Serve cold.
- 7. Cover and refrigerate leftovers within 2 hours.

Original recipe from: Cindy Evans, Eating Well in the Heartland July 1996, Shawnee County K-State Research and Extension/EFNEP Agent

This refreshing cold side dish is low in fat.

## **Nutrition Facts**

Serving Size 2 1/2 x 2 1/2 inches (101g) Servings Per Container 9

Amount Per Serving	
Calories 70	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0	g <b>0</b> %
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydra	ite 14g 5%
Dietary Fiber 1g	4%
Sugars 12g	

Protein 3g			
Vitamin A 0%	6	Vitamin (	2 4%
Calcium 2%	•	Iron 0%	
*Percent Daily V diet. Your daily v depending on yo	alues may b	e higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

1 carbohydrate choice per serving (if made with regular gelatin)

Diabetic exchanges per serving (if made with regular gelatin):

1/2 starch and 1 vegetable

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A child could wash the vegetables.





This salad dressing is low in calories, fat and sodium.

### **Creamy Cucumber Salad Dressing**

Yield: 4 servings

3 tablespoons peeled, chopped cucumber

1 tablespoon chopped onion

3 tablespoons plain nonfat yogurt

1/2 teaspoon salad oil

1/2 teaspoon vinegar

1/2 teaspoon chopped fresh (or 1/8 teaspoon dried) dill

1 clove finely minced or pressed garlic

1/8 teaspoon salt

- 1. Wash your hands and work area.
- 2. Rinse, peel, seed, and coarsely chop cucumber.
- 3. Blend all ingredients in a blender until creamy and smooth.
- 4. Pour mixture into a jar with a tight fitting lid.
- 5. Cover and refrigerate for 2 hours or more to allow flavors to blend.
- 6. Serve cold over a tossed green leafy salad.
- 7. Cover and refrigerate leftovers within 2 hours.

Original recipe from Watch Your Garden Grow, University of Illinois Extension, www.urbanext.uiuc.edu

# **Nutrition Facts**

Serving Size 2 tablespoons (22g) Servings Per Container 4

Amount Per Se	rving		
Calories 15	Ca	alories fro	m Fat 5
		% Da	ily Value*
Total Fat 0.5	5g		1%
Saturated	Fat 0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 80r	ng		3%
Total Carbo	hydrate	2g	1%
Dietary Fi	ber 0g		0%
Sugars 1g	]		
Protein 1g			
Vitamin A 29	6 •	Vitamin 0	2%
Calcium 2%	•	Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:  Calories: 2,000 2,500			
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydri Dietary Fiber	Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

0 carbohydrate choices per serving

Fat 9 · Carbohydrate 4 · Protein 4

Diabetic exchanges per serving: This is a "free food"

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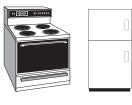


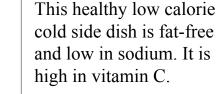


A child could wash the vegetables.

### **Crisp Cucumber Salad**

Yield: 4 servings





1 tablespoon sugar

1/8 teaspoon salt

2 tablespoons vinegar

1 medium cucumber, not peeled, sliced lengthwise, seeded and thinly sliced

1 shallot, thinly sliced, or 2 tablespoons thinly sliced onions

1/4 cup bite-size red sweet bell pepper strips 5 whole cilantro leaves, chopped coarsely

- 1. Wash your hands and work area.
- 2. In a small saucepan, combine sugar, salt and vinegar. Heat and stir until sugar has dissolved, but do not boil.
- 3. Set saucepan in cold water to cool the mixture.
- 4. Rinse vegetables and chop. Combine vegetables and cilantro leaves in a serving bowl.
- 5. Pour cooled mixture over cucumber mixture and stir gently.
- 6. Cover and refrigerate for 2 hours or more to allow flavors to blend. Serve cold.
- 7. Cover and refrigerate leftovers within 2 hours.

Original recipe from Watch Your Garden Grow, University of Illinois Extension, www.urbanext.uiuc.edu

<b>1 Fa</b> (97g) er 4	cts
alories fro	m Fat 0
% Da	aily Value*
	0%
	0%
	0%
	3%
7g	2%
	4%
Vitamin 0	C 20%
Iron 2%	
ased on a 2,0 be higher or leeds: 2,000	
65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
e	65g 20g 300mg 2,400mg 300g

1/2 carbohydrate choice per serving

Diabetic exchanges per serving: 1 vegetable

Recipe modified by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS.

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July 2003; revised July 2010 81





A child could wash the fruit and measure the ingredients.

# 0000 000

The nutrient content of these muffins depends to some extent on the fruit used. For instance, they are high in vitamin C if strawberries are used.

#### **Fabulous Fruit Muffins**

Yield: 9 muffins

1 1/4 cups flour
1/4 cup sugar
1 teaspoon baking powder
1/2 teaspoon baking soda
3/4 cup buttermilk\*
2 tablespoons melted margarine
1 egg, slightly beaten
1/2 teaspoon vanilla flavoring
1 cup fresh coarsely chopped fruit, such as berries or peaches

- 1. Wash your hands and work area.
- 2. Heat oven to 400° F. Spray muffin tin with nonstick cooking spray.
- 3. In a large bowl, combine flour, sugar, baking powder, and baking soda. Stir well until all ingredients are blended.

\*Note: To substitute for buttermilk, use 3/4 cup skim milk minus 2 teaspoons, and add 2 teaspoons lemon juice or vinegar, then allow to stand for 5-10 minutes.

(continued on reverse side)

# Nutrition Facts Serving Size 1 muffin (70g)

Serving Size Servings Per			
Amount Per Serv	ring		
Calories 130	Cal	ories fron	n Fat 35
		% Da	ily Value*
Total Fat 3.5g	g		5%
Saturated F	at 1g		5%
Trans Fat 0	)g		
Cholesterol 2	25mg		8%
Sodium 190n	ng		8%
Total Carboh	ydrate	20g	7%
Dietary Fib	er 1g		4%
Sugars 6g			
Protein 3g			
) // · · · · · · · · · · · · · · · · · ·		\ <i>C</i> 1 : <i>C</i>	2.000/
Vitamin A 4%	•	Vitamin (	20%
Calcium 4%	•	Iron 6%	
*Percent Daily Val diet. Your daily val depending on your	lues may b	oe higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber Calories per gram:	Less than Less than Less than Less than e	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
	arbohydrat	e 4 • Prote	ein 4

1 1/2 carbohydrate choices per serving

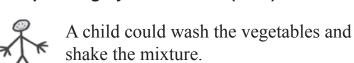
Diabetic exchanges per serving: 1 starch, 1/2 fruit, and 1/2 fat

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### Fabulous Fruit Muffins (continued)

- 4. In another bowl, combine buttermilk, margarine, egg, and vanilla. Pour liquid mixture into the dry ingredients.
- 5. Using a large spoon, gently stir ingredients just until moist. (Do not overmix.) Add fruit and stir gently. (Do not overmix.)
- 6. Spoon the batter evenly into 9 muffin cups.
- 7. Bake 20 to 25 minutes or until golden brown.
- 8. Serve hot or cold.
- 9. Muffins may be frozen for later use.

Original recipe from "Small Fruit Crops for the Backyard" University of Illinois Extension, www.urbanext.uiuc.edu





Fresh Cucumber Salad with Mustard **Chive Dressing** 

Yield: 4 servings

1/2 medium cucumber, sliced into rounds 1/2 medium red sweet bell pepper, cut into bite size strips

8 cherry tomatoes or bite size tomato wedges

2 teaspoons grainy mustard, Dijon-style

1/4 cup finely chopped fresh (or 1 1/2 tablespoons dried) chives

1 tablespoon vinegar

1 teaspoon honey

1 1/2 tablespoons salad oil

1/8 teaspoon salt

1/8 teaspoon ground pepper

- 3 cups cleaned, torn lettuce and/or fresh spinach leaves
- 1. Wash your hands and work area.
- 2. Rinse and prepare cucumber, bell pepper and tomatoes. Combine in a small bowl.
- 3. In a jar with a tight fitting lid, combine remaining ingredients except lettuce/spinach, and shake well.
- 4. Pour dressing over vegetable mixture. Cover and refrigerate for 2 hours or more to allow flavors to blend.
- 5. Just before serving, arrange 3/4 cup torn lettuce and/or spinach leaves in each of 4 serving bowls or small plates.

(continued on reverse side)

This low sodium tossed salad is high in vitamins C and A. (The nutrition facts label shows nutrients when iceberg lettuce is used. It has even more nutrients if made with fresh spinach.)

Nutri Serving Size Servings Per	1 cup (1	57g)	cts
Amount Per Ser	ving		
Calories 80	Cald	ories fron	n Fat 45
		% Da	ily Value*
Total Fat 5g			8%
Saturated	Fat 0.5g		3%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 115	mg		5%
Total Carbo	hydrate	7g	2%
Dietary Fil	per 2g		8%
Sugars 5g			
Protein 1g			
Vitamin A 25	% • \	∕itamin 0	50%
Calcium 2%	•	ron 4%	
*Percent Daily Va diet. Your daily v depending on you	alues may be	e higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per grar Fat 9 • 0		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

1/2 carbohydrate choice per serving

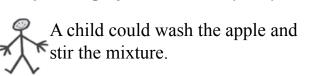
Diabetic exchanges per serving: 1 vegetable and

Recipe modified by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition. Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS. Contents of this publication may be reproduced for educational purposes. All other rights reserved. For more information about healthy eating, contact your local extension office. Kansas State University is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777.

# Fresh Cucumber Salad with Mustard Chive Dressing (continued)

- 6. Using a slotted spoon, serve vegetable mixture over leaves. Drizzle more dressing on to taste.
- 7. Cover and refrigerate leftovers within 2 hours.

Original recipe from Watch Your Garden Grow, University of Illinois Extension, www.urbanext.uiuc.edu





#### Fresh Fruit and Carrot Salad

Yield: 6 servings

1 apple, cored and chopped but not peeled

1 banana, sliced

1/3 cup lemon juice

2 cups shredded carrots

3 tablespoons sugar

1/3 cup packed seedless raisins

1/3 cup fat-free mayonnaise

3 tablespoons chopped dry-roasted, unsalted nuts

- 1. Wash your hands and work area.
- 2. In a mixing bowl, stir together apple, banana and lemon juice. Set aside.
- 3. Grate carrots into a serving bowl. Add sugar and raisins.
- 4. Drain apples and bananas. Add them to carrot mixture. Stir.
- 5. Stir in mayonnaise.
- 6. Stir in nuts, if desired.
- 7. Cover and refrigerate for 2 hours or more to allow flavors to blend.
- 8. Serve cold.
- 9. Cover and refrigerate leftovers within 2 hours.

Original recipe from K-State Research and Extension Family Nutrition Program, Kids a Cookin'



Research and Extension

This healthy low-fat, low sodium cold side dish is high in vitamin A and is a good source of vitamin C and fiber.

# **Nutrition Facts**

Serving Size 1/2 cup (129g) Servings Per Container 6

Amount Per Serving	3	
Calories 140	Calories	from Fat 25
		% Daily Value*
Total Fat 3g		5%
Saturated Fa	t 0g	0%
Trans Fat 0g		
Cholesterol 0m	ng	0%
Sodium 140mg		6%
Total Carbohyo	drate 29g	10%
Dietary Fiber	3g	12%
Sugars 15g		
Protein 2g		

Calcium 2%	•	Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
, ,	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydra	ate	300g	375g
Dietary Fiber		25g	30g

Vitamin A 120% • Vitamin C 15%

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

2 carbohydrate choices per serving

Diabetic exchanges per serving: 1/2 starch, 1 fruit, 1 vegetable and 1/2 fat

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A child could wash the fruit and vegetables, tear the spinach, and shake the mixture.

Fresh Fruity Spinach Salad

Yield: 2 servings

2 cups fresh spinach

1 cup fresh peaches or berries

1 minced green onion

1 tablespoon sugar

1/4 teaspoon Worcestershire sauce

2 teaspoons salad oil

2 teaspoons vinegar

- 1. Wash your hands and work area.
- 2. Rinse spinach and remove large tough stems. Drain. Tear leaves into small pieces. Place in a serving bowl.
- 3. Rinse peaches or berries. Slice into bite size pieces. Combine with spinach. Add onion.
- 4. Combine the remaining ingredients in a jar with a tight fitting lid. Shake well.
- 5. Pour dressing over spinach mixture. Toss. Serve cold.
- 6. Cover and refrigerate leftovers within 2 hours.

Original recipe from "Small Fruit Crops for the Backyard" University of Illinois Extension, www.urbanext.uiuc.edu

This low-sodium tossed salad is high in vitamins A and C and is a good source of iron.

Nutrition Serving Size 1 cup (* Servings Per Contain	51g)
Amount Per Serving	
Calories 110 Ca	ories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate	16g <b>5</b> %

Dietary Fiber 2	g <b>8</b> %
Sugars 13g	
Protein 2g	
Vitamin A 100%	<ul> <li>Vitamin C 35%</li> </ul>
Calcium 6%	• Iron 10%
*Percent Daily Values a	re based on a 2.000 calorie

diet. Your daily values may be higher or lower

depending on your calorie needs: Calories: Total Fat Less than 80g Saturated Fat Less than 25g Cholesterol 300mg Less than 300ma 2,400mg 2,400mg Sodium Less than Total Carbohydrate 300g 375g Dietary Fiber

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

1 carbohydrate choice per serving

Diabetic exchanges per serving: 1 fruit, 1/2 vegetable and 1 fat

Recipe modified by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS.

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A child could wash the vegetables and stir the mixture.





This fat-free cold side dish is high in vitamin C and is a good source of fiber.

#### Fresh Salsa with Black Beans

Yield: 8 servings

1/2 cup corn, fresh cut off the cob or frozen
1 can (15 ounces) black beans, drained and rinsed
1 cup diced fresh tomatoes
1/2 cup diced onion
1/2 cup diced green sweet bell pepper
2 tablespoons lime juice
2 cloves finely chopped garlic
1/2 cup picante sauce

- 1. Wash your hands and work area.
- 2. If using fresh corn, cook it as desired. If using frozen corn, let it thaw.
- 3. Combine all ingredients in a large bowl. Stir.
- 4. Cover and refrigerate for 2 hours or more to allow flavors to blend.
- 5. Serve cold with low fat baked tortilla chips or with baked potatoes or baked meat, fish or chicken.
- 6. Cover and refrigerate leftovers within 2 hours.

Original recipe from K-State Research & Extension Family Nutrition Program, Kids a Cookin'

#### **Nutrition Facts** Serving Size 1/2 cup (101g) Servings Per Container 8 Amount Per Serving Calories 60 Calories from Fat 5 % Daily Value\* Total Fat 0g 0% Saturated Fat 0g 0% Trans Fat 0g Cholesterol 0mg 0% Sodium 130mg 5% Total Carbohydrate 13g 4% Dietary Fiber 4g 16% Sugars 2g Protein 3g Vitamin A 6% Vitamin C 20% Calcium 2% • Iron 4% \*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: Total Fat Less than 65g 80g Saturated Fat 20g 25g Less than Cholesterol 300mg 300mg Less than Sodium 2,400mg 2,400mg

1 carbohydrate choice per serving

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

300g

375g

Total Carbohydrate

Dietary Fiber

Diabetic exchanges per serving: 1/2 starch and 1 vegetable

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July 2003; revised July 2010





A child could wash the vegetables and apple and stir the mixture.

### This cold side dish is low in sodium. It is high in vitamins A and C and is a good source of fiber.

### **Garden Orchard Salad**

Yield: 4 servings

1 1/2 cups raw broccoli florets, chopped coarsely

1/2 cup raw grated carrots

1/2 cup raw cauliflower, chopped coarsely

1/2 cup chopped apple, cored and diced but not peeled

1/4 cup sliced green onion

1/2 cup nonfat vanilla yogurt

1/4 cup chopped dry-roasted, unsalted peanuts

- 1. Wash your hands and work area.
- 2. Mix all ingredients together in serving bowl.
- 3. Cover and refrigerate for 2 hours or more to allow flavors to blend. Serve cold.
- 4. Cover and refrigerate leftovers within 2 hours.

Original recipe from Sept/Oct 2001 Nutrition Spotlight, K-State Research and Extension Department of Human Nutrition

Nutri	tion	Fa	cts
Serving Size Servings Pe			
Amount Per Se	rving		
Calories 11	0 Cald	ories fron	n Fat 40
		% Da	aily Value*
Total Fat 4.	5g		<b>7</b> %
Saturated	Fat 0.5g		3%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 45n	ng		2%
Total Carbo	hydrate	13g	4%
Dietary Fi	ber 3g		12%
Sugars 8g	]		
Protein 5g			
Vitamin A 60	)% • \	√itamin (	C 60%
Calcium 8%	•	ron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra	Less than Less than	65g 20g 300mg 2,400mg 300g	80g 25g 300mg 2,400mg 375g

1 carbohydrate choice per serving

Fat 9 · Carbohydrate 4 · Protein 4

Dietary Fiber
Calories per gram:

Diabetic exchanges per serving: 1/2 fruit, 1 vegetable and 1 fat

Recipe modified by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition.

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1-888-369-4777.

August 2003; revised July 2010





A child could wash the vegetables and shake the mixture.

#### **Garlic Carrot Salad**

Yield: 4 servings

1 pound raw carrots

3 tablespoons lemon juice

1/2 teaspoon Dijon mustard or other grainy mustard

2 tablespoons salad oil

1 green onion (include green top)

1 tablespoon fresh (or 1 teaspoon dried) finely chopped parsley

1/2 clove garlic, crushed dash of salt dash of pepper

- 1. Wash your hands and work area.
- 2. Scrub and peel carrots. Cut into thin slices.
- 3. Cook carrots in 1 quart boiling water for 2-4 minutes (or cook in a microwave oven) until just tender. Drain.
- 4. In a jar with a tight-fitting lid, combine lemon juice, mustard, oil, onion, parsley, garlic, salt, and pepper. Shake well.
- 5. Pour sauce over carrots. Stir gently.
- 6. Cover and refrigerate for 2 hours or more to allow flavors to blend. Serve cold.
- Cover and refrigerate leftovers within 2 hours.

Original recipe from Watch Your Garden Grow, University of Illinois Extension, www.urbanext.uiuc.edu



This cold side dish is very high in vitamin A. It is a good source of vitamin C and fiber.

# **Nutrition Facts**

Serving Size About 1/2 cup (135g) Servings Per Container 4

oorvinger or	OOTHOR	101 1	
Amount Per Ser	ving		
Calories 110	) Ca	lories fron	n Fat 60
		% Da	ily Value*
Total Fat 7g			11%
Saturated	Fat 1g		5%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 160	mg		7%
Total Carbo	hydrate	12g	4%
Dietary Fil	per 3g		12%
Sugars 6g	l		
Protein 1g			
Vitamin A 38	0% •	Vitamin 0	20%
Calcium 4%	•	Iron 2%	
*Percent Daily Vadiet. Your daily valet. Your daily valepending on your	alues may	be higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than	20g 300mg	80g 25g 300mg 2,400mg 375g 30g

1 carbohydrate choice per serving

Fat 9 • Carbohydrate 4 • Protein 4

Calories per gram:

Diabetic exchanges per serving: 2 vegetable and 1 1/2 fat

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# Fix It Fresh! Fruits and Vegetables Recipes Series

**Recipe Category: Side Dishes (Cold)** 





A child could wash the vegetables and shake the mixture.

### Lemon-Dilled Broccoli and Carrot Salad

Yield: 6 servings

- 2 cups (about 1 pound) raw broccoli florets and stems
- 2 large raw carrots, scrubbed, peeled and sliced thinly
- 2 tablespoons salad oil
- 2 teaspoons lemon juice
- 1/4 teaspoon black pepper
- 2 teaspoons fresh (or 1/2 teaspoon dried) finely chopped dill
- 1. Wash your hands and work area.
- 2. Wash and trim stems from broccoli. Peel and cut stems into thin slices. Cut broccoli florets into small uniform pieces and set aside.
- 3. Cook carrots and broccoli in 1 quart boiling water for one minute. (Or cook in a microwave oven). Do not overcook. Drain and rinse under cold running water. Place in a large bowl.
- 4. In a jar with a tight-fitting lid, combine the remaining ingredients. Shake well.
- 5. Pour dressing over vegetables and stir gently.
- 6. Cover and refrigerate for 2 hours or more to allow flavors to blend. Serve cold.
- 7. Cover and refrigerate leftovers within 2 hours.

Original recipe from Watch Your Garden Grow, University of Illinois Extension, www.urbanext.uiuc.edu



This cold side dish is low in sodium. It is very high in vitamins A and C and is a good source of fiber.

Nutrition Serving Size 1/2 cup Servings Per Contain	(106g)
Amount Per Serving	
Calories 70 Ca	lories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 0.5	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate	6g <b>2</b> %
Dietary Fiber 3g	12%
Sugars 1g	
Protein 3g	
Vitamin A 130% •	Vitamin C 120%
Calcium 4% •	Iron 4%
*Percent Daily Values are b diet. Your daily values may depending on your calorie r Calories:	be higher or lower
Total Fat Less than Saturated Fat Less than Cholesterol Less than Sodium Less than Total Carbohydrate Dietary Fiber  Calories per gram: Fat 9 • Carbohydra	65g 80g 20g 25g 300mg 300mg 2,400mg 2,400mg 300g 375g 25g 30g

1/2 carbohydrate choice per serving

Diabetic exchanges per serving: 1 vegetable and 1 fat

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A child could wash the vegetables and shake the mixture.

### **Red and Yellow Pepper Dressing**

Yield: 6 servings

1 small finely chopped yellow sweet bell pepper (about 1/2 cup)

1 small finely chopped red sweet bell pepper, (about 1/2 cup)

3 tablespoons vinegar

2 tablespoons salad oil

2 teaspoons warm water

1/2 teaspoon sugar

dash of salt

ground black pepper to taste

- 1. Wash your hands and work area.
- 2. In a jar with a tight-fitting lid, combine ingredients. Shake well.
- 3. Serve over fresh salad greens or baked fish or chicken.
- 4. Cover and refrigerate leftovers within 2 hours.

Original recipe from Watch Your Garden Grow, University of Illinois Extension, www.urbanext.uiuc.edu

This colorful dressing for tossed salads or meats is low in sodium and very high in vitamin C.

# **Nutrition Facts**

Serving Size 2 tablespoons (46g) Servings Per Container 6

Servings Per Container 6			
Amount Per Serving			
Calories 50	Cal	ories fron	n Fat 40
		% Da	ily Value*
Total Fat 4.5g	)		<b>7</b> %
Saturated F	at 0.5g		3%
Trans Fat 0	g		
Cholesterol 0mg 0%			0%
Sodium 50mg	Sodium 50mg 2%		
Total Carbohydrate 2g 1%			1%
Dietary Fiber 0g 0%			0%
Sugars 1g			
Protein 0g			
Vitamin A 8%	•	Vitamin 0	0 90%
Calcium 0%	•	Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500			
Saturated Fat L Cholesterol L	ess than ess than ess than ess than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

0 carbohydrate choices per serving

Fat 9 · Carbohydrate 4 · Protein 4

Calories per gram:

Diabetic exchanges per serving: 1 fat

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A child could wash the vegetables.





This healthy cold side dish is fat-free and low in sodium. It is high in vitamins A and C.

# Tangy Crisp Vegetable and Pasta Salad

Yield: 6 servings

1/2 cup uncooked pasta, such as shells, macaroni, etc.

- 1/4 cup vinegar
- 2 tablespoons sugar
- 1/8 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/8 teaspoon ground black pepper
- 1/2 medium cucumber, peeled, seeded and coarsely chopped
- 1/2 medium raw carrot, thinly sliced
- 1/2 medium coarsely chopped ripe tomato
- 1/4 coarsely chopped green sweet bell pepper
- 1/2 cup raw broccoli florets, coarsely chopped
- 1/2 cup thinly sliced radishes
- 2 tablespoons coarsely chopped green or red onion
- 1. Wash your hands and work area.
- 2. Cook pasta according to package directions but do not add salt to cooking water. Drain, rinse with cool water, and drain again.
- 3. Meanwhile, in a small saucepan, combine vinegar, sugar, salt, garlic powder and black pepper. Stir and heat over medium heat until sugar is dissolved, but do not boil. Let cool.

(continued on reverse side)

### **Nutrition Facts** Serving Size 1/2 cup (88g)

Servings Per Container 6			
Amount Per Sei	rving		
Calories 60	C	alories fro	m Fat 0
		% Da	ily Value*
Total Fat 0g			0%
Saturated	Fat 0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 60n	ng		3%
Total Carbo	hydrate	12g	4%
Dietary Fil	ber 1g		4%
Sugars 5g			
Protein 2g			
\": A 0.5	201	\ <i>i</i> '' · .	250/
Vitamin A 25	•	Vitamin C	25%
Calcium 2%	•	Iron 2%	
*Percent Daily Vadiet. Your daily value depending on your daily value.	alues may l	be higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran	Less than Less than Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
Fat 9 • (	Carbohydrat	te 4 • Prote	ein 4

1 carbohydrate choice per serving

Diabetic exchanges per serving: 1/2 starch and 1 vegetable

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# Tangy Crisp Vegetable and Pasta Salad (continued)

- 4. Rinse, drain and chop remaining ingredients. Combine in a shallow container, such as an 8 x 8 inch pan.
- 5. Add cooled pasta, and vinegar mixture. Mix gently.
- 6. Cover and refrigerate overnight to allow flavors to blend.
- 7. Serve cold using a slotted spoon.
- 8. Cover and refrigerate leftovers within 2 hours.





A child could wash the vegetables and shake the mixture.



### Tangy Garden Relish

Yield: 4 servings

3 tablespoons vinegar
1 1/2 teaspoons confectioners' (powdered) sugar
1/4 cup finely diced red sweet bell pepper
1/2 cup thinly sliced scallions or green onions
1/4 cup finely chopped celery
1/8 teaspoon red pepper flakes (optional)

- 1. Wash your hands and work area.
- 2. In a jar with a tight fitting lid combine the vinegar and sugar until the sugar dissolves.
- 3. Add sweet red pepper, onions, celery and red pepper flakes. Shake well until combined.
- 4. Cover and refrigerate 2 hours or more to allow flavors to blend.
- 5. Serve very cold on sandwiches, or with baked or grilled fish or meats.
- 6. Cover and refrigerate leftovers within 2 hours.

This healthy fat-free cold relish is full of flavor. It is low in calories and very low in sodium, and is high in vitamin C.

Nutriti Serving Size 2 to Servings Per Co	ablesp	oons (40	
Amount Per Serving	l		
Calories 10	Ca	lories fro	m Fat 0
		% Da	aily Value*
Total Fat 0g			0%
Saturated Fat	0g		0%
Trans Fat 0g			
Cholesterol 0m	g		0%
Sodium 5mg			0%
Total Carbohydrate 3g 1%			
Dietary Fiber	1g		4%
Sugars 2g			
Protein 0g			
Vitamin A 10%	• \	Vitamin (	2.25%
			25%
Calcium 2%		lron 2%	
*Percent Daily Values diet. Your daily values depending on your ca Cale	s may b	e higher or	
Saturated Fat Les Cholesterol Les	s than s than s than s than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

0 carbohydrate choices per serving

Diabetic exchanges per serving: 1/2 vegetable

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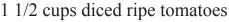




A child could wash the vegetables and mix the salad.

### **Tomato and Crusty Bread** Salad

Yield: 6 servings



1 cup diced green sweet bell peppers

1/4 cup thinly sliced red onion

1/2 cup shredded mozzarella cheese

2 ounces Spanish or black olives, rinsed and drained

7 large fresh basil leaves or 1 tablespoon dried basil

1 1/2 tablespoons vinegar

1/4 teaspoon black pepper

- 2 1/2 cups (3 ounces) cubed day-old bread (sourdough, French, or Italian bread preferred)
- 1. Wash your hands and work area.
- 2. In a large serving bowl, combine tomatoes, sweet peppers, onion, cheese and olives.
- 3. Wash, dry, and cut basil leaves into strips. Add to mixture.
- 4. Sprinkle vinegar and black pepper over salad. Mix well.
- 5. Cover and refrigerate.
- 6. Meanwhile, preheat oven to 300° F.
- 7. Place cubed bread on baking sheet and bake for 8-10 minutes, until slightly crisp, stirring occasionally. Shut off oven.
- 8. Just before serving, toss bread cubes with salad mixture.
- 9. Cover and refrigerate leftovers within 2 hours.

Original recipe from Kansas Wheat Commission, published in May/June 2002 Nutrition Spotlight. K-State Research and Extension, Department of Human Nutrition.



This cold side dish is high in vitamins C and A, and is a good source of calcium.

# **Nutrition Facts**

Serving Size 1 cup (112g) Servings Per Container 6

Servings Per Co	ontain	er b	
Amount Per Serving	g		
Calories 110	Cald	ories fror	n Fat 35
		% Da	aily Value*
Total Fat 4g			6%
Saturated Fa	t 1.5g		8%
Trans Fat 0g			
Cholesterol 5m	ng		2%
<b>Sodium</b> 230mg <b>10</b> %			10%
Total Carbohydrate 14g 5%			5%
Dietary Fiber	2g		8%
Sugars 3g			
Protein 5g			
Vitamin A 25%	• '	Vitamin (	C 60%
Calcium 10%	•	Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:  Calories: 2,000 2,500			
	ss than	65g	80g

Dietary Fiber Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4 1 carbohydrate choice per

Less than

300mg

300g

2,400mg

300mg

375g

2,400mg

Saturated Fat Less than

Cholesterol

Total Carbohydrate

serving

Sodium

Diabetic exchanges per serving: 1/2 starch, 1 vegetable and 1/2 fat

Recipe modified by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition. Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS. Contents of this publication may be reproduced for educational purposes. All other rights reserved. For more information about healthy eating, contact your local extension office. Kansas State University is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777.





A child could wash the vegetables and stir the mixture.

# **Vegetable Burrito**

Yield: 4 servings

1/2 cup raw chopped green sweet bell pepper

1/2 cup raw shredded carrots

1/2 cup raw chopped broccoli

1/2 cup raw chopped cauliflower

1/4 cup raw chopped onions

3/4 cup shredded low fat yellow cheese or pepper cheese

1/4 cup nonfat ranch salad dressing

3/4 teaspoon chili powder

4 flour tortillas, 7 inches each

- 1. Wash your hands and work area.
- 2. In a mixing bowl, combine peppers, carrots, broccoli, cauliflower and onions with cheese, dressing and chili powder.
- 3. Lay tortillas flat and spoon 1/2 cup vegetable mixture down center. Wrap each tortilla around vegetable mixture. Serve cold.
- 4. Cover and refrigerate leftovers within 2 hours.

Original recipe from K-State Research and Extension's Mission Nutrition

This cold side dish makes a tasty snack too! It is high in vitamins A and C and is a good source of fiber, calcium and iron.

Nutritio Serving Size 1 burri Servings Per Conta	to (140g)
Amount Per Serving	
Calories 200 C	alories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 1.5	ig <b>8</b> %
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 510mg	21%
Total Carbohydrat	e 29g <b>10</b> %
Dietary Fiber 3g	12%
Sugars 3g	
Protein 10g	
Vitamin A 60% •	Vitamin C 50%
Calcium 15% •	Iron 10%
*Percent Daily Values are diet. Your daily values ma depending on your calorie Calories	y be higher or lower needs:
Total Fat Less the Saturated Fat Less the Cholesterol Less the Sodium Less the Total Carbohydrate Dietary Fiber  Calories per gram: Fat 9 • Carbohydrate	nn 65g 80g nn 20g 25g nn 300mg 300mg nn 2,400mg 2,400mg 300g 375g 25g 30g

2 carbohydrate choices per serving

Diabetic exchanges per serving: 1 1/2 starch, 1 vegetable, and 1/2 lean meat

Recipe modified by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS.

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# Finding produce used in the Fix It Fresh! Fruits and Vegetables Recipes Series



Recipes for Healthy Sweet Foods					ood. G. Gra Exte	
Recipe Name	Specific fruit, vegetable or culinary herb with a facts sheet					
from the Fix It Fresh! Fruits and Vegetables Recipes Series that calls for the produce marked	Apples	Berries	Culinary Herbs	Grapes	Peaches	Summer Melons
Cinnamon apple rings	•					
Fall fruit crisp	•					
Fresh fruit bowl		•	Mint		•	•
Fruit banana split		•	Mint	•	•	•
Nutty fruit salad		•		•		•
Patriotic fruit salad	•	•				
Peach or berry cake		•			•	
Peach or berry sauce		•			•	
Refreshing melon fruit salad					•	•
Spiced chunky apple sauce	•					

# Fix It Fresh! Fruits and Vegetables Recipes Series

**Recipe Category: Healthy Sweet Foods** 



A child could wash the apples.

This healthy sweet food is fat-free and sodiumfree, and is a good source

### **Cinnamon Apple Rings**

Yield: 4 servings

2 large cooking apples 1 cup sugar 1 cup water 1/4 teaspoon red food coloring 1 stick cinnamon, about 2 1/2 inches long

- 1. Wash your hands and work area.
- 2. Rinse apples under cold running water. Let drain.
- 3. In a very wide skillet, combine sugar, water, food coloring and cinnamon stick.
- 4. Stir over moderately low heat until sugar is dissolved. Boil syrup mixture for 10 minutes over medium heat.
- 5. Meanwhile, cut each apple into four 1/2-inch thick rounds. Cut a hole in the center of each to remove seeds and cores; or if preferred, cut rings into halves, then remove seeds and cores. Do not peel apples, unless desired.
- 6. Arrange apple rings and cinnamon so that they lay flat in the syrup mixture. Continue gently boiling over medium low heat until apples are tender, about 6 to 10 minutes. While cooking, frequently spoon syrup mixture over apples, or turn apples over, being careful not to let the hot syrup splash onto your hand. Remove from heat.

(continued on the reverse side)

## **Nutrition Facts**

Serving Size 2 rings (116g) Servings Per Container 4

of fiber.

Amount Per Serving	J
Calories 70	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat	t 0g <b>0</b> %
Trans Fat 0g	
Cholesterol 0m	ng <b>0</b> %
Sodium 0mg	0%
Total Carbohyo	<b>Irate</b> 17g <b>6</b> %
Dietary Fiber	3g <b>12</b> %
Sugars 14g	
Protein 0g	

Vitamin A 2%	•	Vitamin C 8%
Calcium 0%	•	Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per grai	m:		

Fat 9 • Carbohydrate 4 • Protein 4

1 carbohydrate choice per serving

Diabetic exchanges per serving: 1 fruit

### Cinnamon Apple Rings (continued)

- 7. If desired, you may double the number of servings by removing cooked apples and repeating steps 5 and 6 with 2 additional apples, using the same syrup mixture.
- 8. To serve hot, remove apples from syrup and serve immediately, or use as a garnish for roast chicken, turkey or pork. To serve chilled, place apples and syrup in a deep narrow container, such as a wide jar, cover, and refrigerate, then remove apples from syrup and serve.
- 9. Cover and refrigerate leftovers within 2 hours.

Original recipe from Apples & More, University of Illinois Extension, www.urbanext.uiuc.edu





A child could wash the fruit and stir the mixture



### **Fall Fruit Crisp**

Yield: 6 servings

1/2 cup packed seedless raisins or sweetened dried cranberries, or a mixture of both

1/4 cup unsweetened apple juice

2 medium pears

2 medium baking apples (such as such as Jonathan or Rome)

1/4 cup plus 2 tablespoons packed brown sugar, divided

1/2 teaspoon ground cinnamon, divided

3/4 cup whole rolled oats

1/4 cup all-purpose flour

1 tablespoon salad oil

3/4 cup non-fat vanilla yogurt

- 1. Wash your hands and work area.
- 2. Place oven rack in middle position and preheat oven to 375° F.
- 3. In a large mixing bowl, combine raisins and/or cranberries with juice. Set aside.
- 4. Rinse pears and apples under cold running water. Let drain.
- 5. Spread dried fruit mixture across an 8 x 8 inch baking dish sprayed with non-stick cooking spray.
- 6. In the same mixing bowl, combine 2 tablespoons brown sugar with 1/4 teaspoon cinnamon.
- 7. Core and dice pears and apples, but do not peel. Add them to the brown sugar mixture and stir.

(continued on the reverse side)

This healthy sweet food uses a combination of fresh and dried fruits.
One serving is very low in sodium and high in fiber. If the vanilla yogurt

will go down to 240 per serving.

is omitted, the calories

#### Nutrition Facts Serving Size 2 1/2" x 4" (200a) Servings Per Container 6 Amount Per Serving Calories 270 Calories from Fat 30 % Daily Value\* Total Fat 3.5g 5% Saturated Fat 0g 0% Trans Fat 0g 0% Cholesterol 0mg Sodium 30mg 1% 19% **Total Carbohydrate 58g** Dietary Fiber 5g 20% Sugars 40g Protein 5g Vitamin A 2% Vitamin C 6% Calcium 10% Iron 6% \*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: Total Fat Less than Saturated Fat Cholesterol 25g 300mg 20g 300mg Less than Less than Sodium Le Total Carbohydrate 2,400mg 300g 2,400mg 375g Less than Dietary Fiber Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

4 carbohydrate choices per serving

Diabetic exchanges per serving: 2 starch, 2 fruit and 1/2 fat

### Fall Fruit Crisp (continued)

- 8. Spread diced fruit mixture evenly over the fruit in the baking dish.
- 9. Using the same mixing bowl, combine remaining 1/4 cup brown sugar and 1/4 teaspoon cinnamon, rolled oats, flour and oil. Use a fork to mix ingredients until they are well-blended and crumbly.
- 10. Sprinkle topping evenly over entire fruit mixture.
- 11. Bake for 30 minutes or until slightly browned.
- 12. Serve warm or cold. Spoon 2 tablespoons yogurt over those portions which will be eaten immediately.
- 13. Cover and refrigerate leftovers within 2 hours.

Original recipe from Produce for Better Health Foundation, www.5aday.com

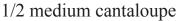




A child could wash the fruit.

#### **Fresh Fruit Bowl**

Yield: 6 servings



1/2 medium banana, peeled and sliced\*

1/2 cup bite size honeydew melon cubes

1/2 cup bite size watermelon cubes

1/2 cup sliced fresh peaches

1/2 cup sliced strawberries

1/4 cup blueberries

1 tablespoon honey

2 tablespoons lemon juice

2 tablespoons thawed orange juice concentrate, not diluted

6 fresh mint leaves, if desired

- 1. Wash your hands and work area.
- 2. Rinse fruits under cold running water. Let drain.
- 3. Hollow out most of the cantaloupe from the rind, being careful not to make a hole in the rind. Set the rind aside to use as the serving bowl.
- 4. Reserve 1/2 cup bite size cantaloupe cubes. Use remaining cantaloupe for another use.

(continued on reverse side)

\*Note: This recipe is easy to change. If you do not have all of the fruits listed, you may omit a few of them, or substitute with another favorite, or use fruit canned in juice and drained. The nutrition facts will change if you do this.



This festive healthy sweet food is fat-free and very low in sodium. It is high in vitamins C and A.

## **Nutrition Facts**

Serving Size 1/2 cup (133g) Servings Per Container 6

Servings Per Cont	ainer 6
Amount Per Serving	
Calories 70	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0	g <b>0</b> %
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydra	ate 19g 6%
Dietary Fiber 1g	4%
Sugars 16g	
Protein 1g	
Vitamin A 35%	Vitamin C 70%
Calcium 2%	• Iron 2%
*Percent Daily Values ar diet. Your daily values m depending on your calori Calorie	ie needs:
Total Fat Less the Saturated Fat Less the Saturated Fat Less the Sodium Less the Total Carbohydrate Dietary Fiber  Calories per gram: Fat 9 • Carbohy	han 20g 25g han 300mg 300mg han 2,400mg 2,400mg 300g 375g 25g 30g

1 carbohydrate choice per serving

Diabetic exchanges per serving: 1 fruit

#### Fresh Fruit Bowl (continued)

- 5. In a mixing bowl, add reserved cantaloupe, banana, honeydew melon, watermelon, peaches, strawberries and blueberries. Stir gently.
- 6. In a small bowl, mix honey, lemon juice and orange juice. Pour over the fruit mixture.
- 7. Place fruit mixture and sauce in the cantaloupe rind. Garnish with mint, if desired.
- 8. Place cantaloupe "bowl" on a small platter or a plate. Cover and refrigerate for two hours or more to allow flavors to blend.
- 9. Use a slotted spoon to serve.
- 10. Cover and refrigerate leftovers within 2 hours.

Original recipe from Produce for Better Health Foundation, at www.about-produce.com



A child could wash the fruit and sprinkle the toppings.

Fruit Banana Split

Yield: 3 large servings

- 3 fresh small bananas, peeled and sliced in half lengthwise
- 3 tablespoons orange juice
- 6 scoops fresh watermelon, cantaloupe, or honeydew melon
- 3 tablespoons each of 4 different chopped fruits, such as: watermelon, cantaloupe, honeydew melon, peaches, blueberries, raspberries, strawberries, blackberries, grapes, oranges, or pineapple
- 3 tablespoons chopped salt-free nuts, such as pecans, walnuts, toasted almonds or peanuts
- 3 tablespoons fat-free whipped topping, if desired
- 3 maraschino cherries, or 3 fresh mint leaves, if desired
- 1. Wash your hands and work area.
- 2. Place 2 banana halves on each of 3 decorative dessert plates.
- 3. Drizzle 1/2 tablespoon orange juice over each banana half to prevent it from turning dark.
- 4. Using an ice cream scoop or similar spoon, place two scoops of melon between banana halves.
- 5. Sprinkle each serving with 4 tablespoons of a variety of fruit.

(continued on reverse side)



This festive sweet food is very low in sodium, is high in vitamin C, and is a good source of fiber. Depending upon the fruit chosen, it can also be a good source of vitamin A.

Nutri Serving Size Servings Pe	1/3 recip	e (222g)	cts
Amount Per Se	rving		
Calories 20	) Cald	ories fron	n Fat 60
		% Da	ily Value*
Total Fat 6g			9%
Saturated	Fat 1g		5%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 5mg	g		0%
Total Carbo	hydrate	38g	13%
Dietary Fi	ber 4g		16%
Sugars 23	Bg		
Protein 2g			
Vitamain A CO	, ,	<i>(</i> :1	100/
Vitamin A 6%		Vitamin C	40%
Calcium 2%	•	ron 4%	
*Percent Daily V diet. Your daily v depending on yo	alues may be	e higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per grar Fat 9 • 0		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

2 1/2 carbohydrate choices per serving

Diabetic exchanges per serving: 2 1/2 fruit and 1 fat

### Fruit Banana Split (continued)

- 6. Sprinkle each serving with 1 tablespoon nuts.
- 7. Top with whipped topping and cherries or mint, if desired. Serve cold.
- 8. Cover and refrigerate leftovers within 2 hours.

Original recipe from Produce for Better Health Foundation and the American Cancer Society, at www.aboutproduce.com





A child could wash the fruit and add the nuts.

### **Nutty Fruit Salad**

Yield: 3 servings

1 cup bite-size cantaloupe chunks
1/2 cup bite size strawberry chunks
1/2 cup seedless grape halves
1/4 cup chopped salt-free nuts, such as almonds, peanuts, or shelled natural raw pistachios
2 tablespoons orange juice

- 1. Wash your hands and work area.
- 2. Combine ingredients in a bowl. Stir gently. Serve cold.
- 3. Cover and refrigerate leftovers within 2 hours.

Original recipe from Produce for Better Health Foundation, at www.aboutproduce.com

This healthy sweet food is very low in sodium. It is high in vitamins C and A.

Mutrition Facts

	on racis
Serving Size 2/3 Servings Per Co	
Amount Per Serving	l
Calories 90	Calories from Fat 35
	% Daily Value*
Total Fat 4g	6%
Saturated Fat	: 0g <b>0</b> %
Trans Fat 0g	
Cholesterol 0m	g <b>0</b> %
Sodium 10mg	0%
Total Carbohyo	Irate 14g 5%
Dietary Fiber	2g <b>8</b> %
Sugars 11g	
Protein 2g	
Vitamin A 35%	Vitamin C 60%
Calcium 4%	• Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g Saturated Fat Less than 20g 25g

| Calories per gram: | Cess than | Cess th

1 carbohydrate choice per serving

Diabetic exchanges per serving: 1 fruit and 1 fat





A child could wash the apple and stir the mixture.

#### **Patriotic Fruit Salad**

Yield: 2 servings

1 medium red, crisp, tangy apple 1/2 medium banana, peeled 1/4 cup fresh or frozen blueberries 1/4 cup non-fat vanilla yogurt 1 teaspoon poppy seeds, if desired

- 1. Wash your hands and work area.
- 2. Wash apple under cold running water. Let drain.
- 3. Core apple, but do not peel. Slice apple and banana into bite size pieces.
- 4. Combine all ingredients in a serving bowl. Stir gently.
- 5. Serve soon after preparing it, so the fruit does not turn brown.
- 6. Cover and refrigerate leftovers within 2 hours.

This red, white and blue healthy sweet food is low in fat and very low in sodium. It is a good source of vitamin C and fiber.

Nutri Serving Size (169g) Servings Per	1 cup, lo	osely pa	
Amount Per Sei	rving		
Calories 120	) Calo	ories fron	n Fat 10
		% Da	aily Value*
Total Fat 1g			2%
Saturated	Fat 0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 25n	ng		1%
Total Carbo	hydrate 2	27g	9%
Dietary Fil	ber 4g		16%
Sugars 20	)g		
Protein 3g			
) (i) (i) (i) (ii)	, ,		150/
Vitamin A 2%		Vitamin (	15% ز
Calcium 8%		ron 2%	
*Percent Daily Vadiet. Your daily volume depending on your daily volume.	alues may be	e higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
	Carbohydrate	4 • Prot	ein 4

2 carbohydrate choices per serving

Diabetic exchanges per serving: 2 fruit





A child could wash the fruit and arrange it over the cake.

#### **Peach or Berry Cake**

Yield: 4 servings

1/4 of a 7 inch prepared angel food cake, or 1/4
of an unfrosted prepared white cake
1/2 cup low fat vanilla or fruit-flavored yogurt
1 cup sliced fresh peaches or berries
4 tablespoons non-fat whipped topping, if desired

- 1. Wash your hands and work area.
- 2. Cut the portion of cake into 4 slices. Place each slice on a small serving plate.
- 3. Cover each piece of cake with 2 tablespoons yogurt.
- 4. Cover each piece with 1/4 cup fruit. Top with whipped topping, if desired.
- 5. Serve immediately.
- 6. Cover and refrigerate leftovers within 2 hours.

The nutrition facts for this recipe will change depending on the ingredient choices. If made with strawberries, it is high in vitamin C. If made with

white cake, it has more fat.

Nutri Serving Size Servings Per	1 portion	(112g)	cts —
Amount Per Sei	rving		
Calories 150	0 Ca	lories fro	m Fat 5
		% Da	aily Value*
Total Fat 1g			2%
Saturated	Fat 0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 310	)mg		13%
Total Carbo	hydrate	32g	11%
Dietary Fil	ber 1g		4%
Sugars 8g	]		
Protein 4g			
Vitamin A 2%	6 · `	Vitamin 0	C 4%
Calcium 10%	6 • 1	lron 2%	
*Percent Daily Validet. Your daily value depending on your	alues may b	e higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran Fat 9 • 0	Less than Less than Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

2 carbohydrate choices per serving

Diabetic exchanges per serving: With angel food, 1 1/2 starch and 1/2 fruit. With white cake, 1 1/2 starch and 1/2 fruit, and 1 1/2 fat.





A child could wash the fruit and stir the mixture.





#### **Peach or Berry Sauce**

Yield: 3 servings

1 tablespoon sugar

2 teaspoons water

1 cup sliced peaches or berries, divided

1/2 teaspoon lemon juice

- 1. Wash your hands and work area.
- 2. Place sugar and water in a small saucepan. Stir and bring to a boil, then simmer until the sugar is completely dissolved.
- 3. Allow syrup mixture to cool completely, about 10 minutes. (Set pan in a shallow bowl of ice water to cool it faster.)
- 4. Place 1/2 cup peaches or berries in a blender. Add lemon juice and the cooled syrup. Blenderize until smooth.
- 5. Pour mixture into a small serving bowl or pitcher.
- 6. Coarsely chop remaining fruit. Add to fruit mixture and stir.
- 7. If desired, serve over sugar-free, nonfat frozen yogurt, or warm pancakes or waffles.
- 8. Cover and refrigerate leftovers within 2 hours.

Original recipe from "Small Fruit Crops for the Backyard" University of Illinois Extension, www.urbanext.uiuc.edu This healthy low-calorie fruit sauce is fat-free and sodium-free. If made with strawberries, it is high in vitamin C.

### **Nutrition Facts**

Serving Size 1/4 cup (60g) Servings Per Container 3

Servings Per Container 3			
Amount Per Serving			
Calories 35 Ca	alories from Fat 0		
	% Daily Value*		
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 0mg	0%		
Total Carbohydrate	9g <b>3</b> %		
Dietary Fiber 1g	4%		
Sugars 8g			
Protein 0g			
Vitamin A 4% •	Vitamin C 6%		
Calcium 0% •	Iron 0%		
*Percent Daily Values are ba diet. Your daily values may be depending on your calorie no Calories:	e higher or lower		
Total Fat Less than Saturated Fat Less than Cholesterol Less than Sodium Less than Total Carbohydrate Dietary Fiber  Calories per gram: Fat 9 • Carbohydrate	65g 80g 20g 25g 300mg 2,400mg 2,400mg 375g 25g 30g		

1/2 carbohydrate choice per serving

Diabetic exchanges per serving: 1/2 fruit





A child could wash the fruit and help remove the seeds.

### **Refreshing Melon Fruit Salad**

Yield: 3 servings

1 cup bite size honeydew melon chunks 1 cup bite size watermelon chunks, without seeds

1/2 cup fresh, frozen or canned bite size peach or mandarin orange chunks

3 tablespoons vanilla, peach or orange non-fat yogurt

- 1. Wash your hands and work area.
- 2. Drain fruit chunks very well.
- 3. Combine fruits in a serving bowl,
- 4. Cover and refrigerate until chilled.
- 5. Just before serving, gently stir in vogurt. Serve cold.
- 6. Cover and refrigerate leftovers within 2 hours.



This healthy sweet food is fat-free and very low in sodium. It is high in vitamin C.

Nutrit Serving Size 3 Servings Per C	/4 cup (	143g)	cts
Amount Per Servir	ng		
Calories 60	Ca	lories fro	m Fat 0
		% Da	ily Value*
Total Fat 0g			0%
Saturated Fa	at 0g		0%
Trans Fat 0g	9		
Cholesterol 0	mg		0%
Sodium 25mg			1%
Total Carbohy	/drate	15g	5%
Dietary Fibe	r 1g		4%
Sugars 13g			
Protein 1g			
Vitamin A 6%	• \	/itamin 0	25%
Calcium 4%	• 1	ron 2%	
*Percent Daily Valuediet. Your daily valuedepending on your of C	es may be	e higher or l	000 calorie lower 2,500
Saturated Fat Le Cholesterol Le Sodium Le Total Carbohydrate Dietary Fiber Calories per gram:	ess than ess than ess than ess than bohydrate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

1 carbohydrate choice per serving

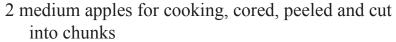
Diabetic exchanges per serving: 1 fruit



A child could wash the apples.

### **Spiced Chunky Apple Sauce**

Yield: 3 servings



1/2 cup unsweetened apple juice

3 tablespoons sugar (or an equivalent amount of granular sugar substitute)

1/2 teaspoon ground cinnamon

1/8 teaspoon ground nutmeg, if desired

- 1. Wash your hands and work area.
- 2. Combine apples and juice in a saucepan. Cover and boil gently over medium high heat for about 5 minutes, or until apples are tender.
- 3. Place apple mixture in a blender and blend until mostly smooth.
- 4. Return mixture to saucepan. Stir in remaining ingredients.
- 5. Over medium low heat, boil applesauce gently uncovered, stirring frequently. Cook for about 5 minutes or until thickened.
- 6. Serve hot or cold.
- 7. Cover and refrigerate leftovers within 2 hours.



This healthy homestyle applesauce is fat-free and sodium-free. If made with sugar substitute instead of sugar, one serving would have 70 calories, 18 g carbohydrate (or 1 choice), and be 1 fruit exchange.

Nutri Serving Size Servings Per	1/2 cup (	140g)	cts
Amount Per Ser	ving		
Calories 110	Ca	lories fro	m Fat 0
		% Da	ily Value*
Total Fat 0g			0%
Saturated	Fat 0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 0mg	1		0%
Total Carbol	hydrate 2	29g	10%
Dietary Fib	er 1g		4%
Sugars 26	g		
Protein 0g			
) i 1 00/	,	<i>r</i> :	2.00/
Vitamin A 0%		/itamin C	6%
Calcium 2%	•	ron 2%	
*Percent Daily Va diet. Your daily va depending on you	alues may be	e higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gram Fat 9 • C		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

2 carbohydrate choices per serving

Diabetic exchanges per serving: 1 starch and 1 fruit