

Recipes for Main Dishes															
Recipe Name from the <i>Fix It Fresh! Fruits and Vegetables Recipes Series</i> that calls for the produce marked	Specific fruit, vegetable or culinary herb with a facts sheet														
	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			•					•	•						•

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 *(continued)*

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 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 Serving

Calories 210 **Calories from Fat 25**

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 210mg **9%**

Total Carbohydrate 26g **9%**

Dietary Fiber 2g **8%**

Sugars 8g

Protein 20g

Vitamin A 45% • Vitamin C 40%

Calcium 4% • 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
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 gram:

Fat 9 • Carbohydrate 4 • Protein 4

2 carbohydrate choices per serving

Diabetic exchanges per serving: 1 starch, 1 fruit 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.**

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.

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.

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 **5%**

Saturated Fat 1g **5%**

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:	2,000	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 gram:

Fat 9 • Carbohydrate 4 • Protein 4

2 carbohydrate choices per serving

Diabetic exchanges per serving: 1 starch, 1 fruit, 1 vegetable and 2 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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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 160⁰ 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/mft/mftord.htm

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 non-stick 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.



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)

This healthy, lean hot 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 3

Amount Per Serving

Calories 320 **Calories from Fat** 20

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 210mg **9%**

Total Carbohydrate 49g **16%**

Dietary Fiber 6g **24%**

Sugars 8g

Protein 26g

Vitamin A 80% • Vitamin C 90%

Calcium 20% • Iron 15%

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	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 gram:

Fat 9 • Carbohydrate 4 • Protein 4

3 carbohydrate choices per serving

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

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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.

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 from the <i>Fix It Fresh! Fruits and Vegetables Recipes Series</i> that calls for the produce marked	Specific fruit, vegetable or culinary herb with a facts sheet																	
	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											•

Recipes for Side Dishes (Hot)																		
Recipe Name from the <i>Fix It Fresh! Fruits and Vegetables Recipes Series</i> that calls for the produce marked	Specific fruit, vegetable or culinary herb with a facts sheet																	
	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					•				•		•							



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	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 190mg	8%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 7g	
Vitamin A 15%	• Vitamin C 50%
Calcium 10%	• 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 Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 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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A child could wash the vegetables and crush the crackers.



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

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/mft/mftord.htm

Nutrition Facts

Serving Size 1/2 cup (96g)
Servings Per Container 3

Amount Per Serving

Calories 80 **Calories from Fat 20**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 60mg **3%**

Total Carbohydrate 14g **5%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 4g

Vitamin A 15% • Vitamin C 45%

Calcium 6% • 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
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

1 carbohydrate choice per serving

Diabetic exchanges per serving: 1 starch

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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.

(continued on reverse side)

Nutrition Facts

Serving Size 1/2 cup (83g)

Servings Per Container 6

Amount Per Serving

Calories 15 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 60mg **3%**

Total Carbohydrate 4g **1%**

Dietary Fiber 1g **4%**

Sugars 2g

Protein 1g

Vitamin A 8% • Vitamin C 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	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 gram:

Fat 9 • Carbohydrate 4 • Protein 4

0 carbohydrate choices per serving

Diabetic exchanges per serving: 1 vegetable

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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)
Servings Per Container 5

Amount Per Serving

Calories 50 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 9g **3%**

Dietary Fiber 2g **8%**

Sugars 5g

Protein 1g

Vitamin A 270% • Vitamin C 10%

Calcium 2% • Iron 2%

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		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 gram:

Fat 9 • Carbohydrate 4 • Protein 4

1/2 carbohydrate choice per serving

Diabetic exchanges per serving: 1 1/2 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.

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.



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

Green Beans and Peppers with Lemony Dressing

Yield: 5 servings

- 2 cups (about 8 ounces) green beans
- 1/2 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

Nutrition Facts

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

Amount Per Serving

Calories 35 **Calories from Fat 15**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 4g **1%**

Dietary Fiber 2g **8%**

Sugars 1g

Protein 1g

Vitamin A 15% • Vitamin C 35%

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	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 gram:

Fat 9 • Carbohydrate 4 • Protein 4

0 carbohydrate choices per serving

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

1. Wash your hands and work area.
2. Rinse vegetables and let drain.
3. Trim ends of green beans and snap into bite size pieces.
4. Combine green beans, potato, water, salt and pepper in a saucepan.
5. Cover and boil gently for 15 minutes or until potato is tender.
6. 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.
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

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

Amount Per Serving

Calories 50 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **6%**

Total Carbohydrate 11g **4%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 2g

Vitamin A 10% • Vitamin C 25%

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	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 gram:

Fat 9 • Carbohydrate 4 • Protein 4

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

- 24 small tomatoes, cherry sized
- 2 teaspoons salad oil
- 1/2 teaspoon ground black pepper
- 1 tablespoon fresh (or 1 teaspoon dried) oregano
- Six wooden or metal skewers (If you are using wooden skewers, soak them for 30 minutes in cold water before using)

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

Amount Per Serving

Calories 25 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **2%**

 Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 3g **1%**

 Dietary Fiber 1g **4%**

 Sugars 2g

Protein 1g

Vitamin A 10% • Vitamin C 15%

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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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.

Nutrition Facts

Serving Size 2 1/4" thick slice (180g)
Servings Per Container 4

Amount Per Serving

Calories 110 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 180mg **8%**

Total Carbohydrate 9g **3%**

Dietary Fiber 3g **12%**

Sugars 4g

Protein 8g

Vitamin A 15% • Vitamin C 20%

Calcium 25% • 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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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.com

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%**

Total Carbohydrate 34g **11%**

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:	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 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 nuts.



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

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 spray.
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)

Nutrition Facts

Serving Size about 3/4 cup (166g)
Servings Per Container 2

Amount Per Serving

Calories 200 **Calories from Fat 50**

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 50mg **2%**

Total Carbohydrate 37g **12%**

Dietary Fiber 4g **16%**

Sugars 24g

Protein 2g

Vitamin A 230% • Vitamin C 35%

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
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 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 Serving

Calories 170 **Calories from Fat** 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 480mg **20%**

Total Carbohydrate 20g **7%**

Dietary Fiber 1g **4%**

Sugars 8g

Protein 14g

Vitamin A 20% • Vitamin C 25%

Calcium 45% • 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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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	
Amount Per Serving	
Calories 200	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 37g	12%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 4g	
Vitamin A 100%	• Vitamin C 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	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 gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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

1/2 cup (about 2 ounces) uncooked short pasta (such as macaroni, bow tie, twists, etc.)

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

Amount Per Serving

Calories 180 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

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% • 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	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 gram:

Fat 9 • Carbohydrate 4 • Protein 4

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.

Nutrition Facts

Serving Size 1/2 cup (63g)
Servings Per Container 5

Amount Per Serving

Calories 20 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 35mg **1%**

Total Carbohydrate 5g **2%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 1g

Vitamin A 15% • 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	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 gram:

Fat 9 • Carbohydrate 4 • Protein 4

1/2 carbohydrate choice per serving

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 peas
- 1/4 cup grated carrot
- 1/4 cup minced shallots, green onion, or white onion
- 1 teaspoon sugar
- dash of ground black pepper
- 2 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

Amount Per Serving

Calories 80 Calories from Fat 20

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 95mg **4%**

Total Carbohydrate 12g **4%**

Dietary Fiber 3g **12%**

Sugars 5g

Protein 3g

Vitamin A 35% • Vitamin C 15%

Calcium 2% • 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
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 gram:

Fat 9 • Carbohydrate 4 • Protein 4

1 carbohydrate choice per serving

Diabetic exchanges per serving: 1 starch 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.

Recipes for Side Dishes (Cold)															
Recipe Name from the <i>Fix It Fresh! Fruits and Vegetables Recipes Series</i> that calls for the produce marked	Specific fruit, vegetable or culinary herb with a facts sheet														
	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		•								•	•			•	

Recipes for Side Dishes (Cold)															
Recipe Name from the <i>Fix It Fresh! Fruits and Vegetables Recipes Series</i> that calls for the produce marked	Specific fruit, vegetable or culinary herb with a facts sheet														
	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

- 2 ounces non-fat cream cheese, warmed to room temperature
- 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.

Nutrition Facts

Serving Size 2 tablespoons dip spread (56g)
Servings Per Container 5

Amount Per Serving

Calories 40 **Calories 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 **2%**

Dietary Fiber 1g **4%**

Sugars 4g

Protein 3g

Vitamin A 4% • Vitamin C 4%

Calcium 4% • 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 gram:

Fat 9 • Carbohydrate 4 • Protein 4

1/2 carbohydrate choice per serving

Diabetic exchanges per serving: 1/2 starch

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.



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

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.
2. Combine bulgur and water. Let stand until bulgur is soft, about 30 minutes. Drain excess liquid.
3. In a large salad bowl, toss together all ingredients.
4. Refrigerate until serving.
5. Cover and refrigerate for 2 hours or more to allow flavors to blend. Serve cold.
6. Cover and refrigerate leftovers within 2 hours.

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

Nutrition Facts

Serving Size 1/2 cup (127g)
Servings Per Container 6

Amount Per Serving

Calories 50 Calories from Fat 5

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 210mg **9%**

Total Carbohydrate 12g **4%**

Dietary Fiber 3g **12%**

Sugars 2g

Protein 2g

Vitamin A 10% • 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	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 gram:

Fat 9 • Carbohydrate 4 • Protein 4

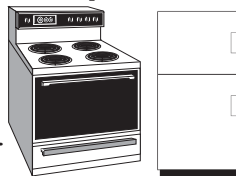
1 carbohydrate choice per serving

Diabetic exchanges per serving: 1/2 starch and 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.** 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 shake the mixture.



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.)

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.

Nutrition Facts

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

Amount Per Serving

Calories 60 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 6g **2%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 1g

Vitamin A 8% • Vitamin C 60%

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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

1/2 carbohydrate choice per serving

Diabetic exchanges per serving: 1 vegetable 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.**



A child could rinse the vegetables and stir the mixture.



This cold side dish is low in calories and is fat-free. It is high in vitamin A and is a good source of vitamin C.

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.

Nutrition Facts

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

Amount Per Serving

Calories 20 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **6%**

Total Carbohydrate 4g **1%**

Dietary Fiber 1g **4%**

Sugars 3g

Protein 1g

Vitamin A 20% • Vitamin C 15%

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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

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

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. **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.

Cottage Cucumber Gelatin

Yield: 9 servings



- 1 cup boiling water
- 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 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 210mg **9%**

Total Carbohydrate 14g **5%**

Dietary Fiber 1g **4%**

Sugars 12g

Protein 3g

Vitamin A 0% • Vitamin C 4%

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 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 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.

Nutrition Facts

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

Amount Per Serving

Calories 15 **Calories from Fat 5**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 80mg **3%**

Total Carbohydrate 2g **1%**

Dietary Fiber 0g **0%**

Sugars 1g

Protein 1g

Vitamin A 2% • Vitamin C 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	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 gram:

Fat 9 • Carbohydrate 4 • Protein 4

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

0 carbohydrate choices per serving

Diabetic exchanges per serving: This is a “free food”

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.



Crisp Cucumber Salad

Yield: 4 servings

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

- 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

Nutrition Facts

Serving Size 1/2 cup (97g)
 Servings Per Container 4

Amount Per Serving

Calories 30 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 75mg **3%**

Total Carbohydrate 7g **2%**

Dietary Fiber 1g **4%**

Sugars 5g

Protein 1g

Vitamin A 8% • Vitamin C 20%

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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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.** 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.**

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 *(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



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:	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 gram:
 Fat 9 • Carbohydrate 4 • Protein 4

1 carbohydrate choice per serving

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 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

Nutrition Facts

Serving Size 3/4 cup (112g)
Servings Per Container 4

Amount Per Serving

Calories 110 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 45mg **2%**

Total Carbohydrate 13g **4%**

Dietary Fiber 3g **12%**

Sugars 8g

Protein 5g

Vitamin A 60% • Vitamin C 60%

Calcium 8% • 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
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

1 carbohydrate choice per serving

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. **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 shake the mixture.



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

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

Amount Per Serving

Calories 110 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 12g **4%**

Dietary Fiber 3g **12%**

Sugars 6g

Protein 1g

Vitamin A 380% • Vitamin C 20%

Calcium 4% • 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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

1 carbohydrate choice per serving

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



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

Amount Per Serving

Calories 50 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 50mg **2%**

Total Carbohydrate 2g **1%**

Dietary Fiber 0g **0%**

Sugars 1g

Protein 0g

Vitamin A 8% • Vitamin C 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
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 gram:

Fat 9 • Carbohydrate 4 • Protein 4

0 carbohydrate choices per serving

Diabetic exchanges per serving: 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.** 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 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 Serving

Calories 60 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 60mg **3%**

Total Carbohydrate 12g **4%**

Dietary Fiber 1g **4%**

Sugars 5g

Protein 2g

Vitamin A 25% • Vitamin C 25%

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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

1 carbohydrate choice per serving

Diabetic exchanges per serving: 1/2 starch and 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.**

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.



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.

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.

Nutrition Facts

Serving Size 2 tablespoons (40g)
Servings Per Container 4

Amount Per Serving

Calories 10 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 3g **1%**

Dietary Fiber 1g **4%**

Sugars 2g

Protein 0g

Vitamin A 10% • Vitamin C 25%

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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

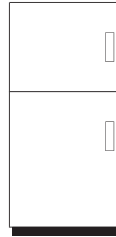
Fat 9 • Carbohydrate 4 • Protein 4

0 carbohydrate choices per serving

Diabetic exchanges per serving: 1/2 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 and mix the salad.



Tomato and Crusty Bread Salad

Yield: 6 servings

- 1 1/2 cups diced ripe tomatoes
- 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^o 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.

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

Amount Per Serving
Calories 110 **Calories from Fat 35**
% Daily Value*

Total Fat 4g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 230mg	10%
Total Carbohydrate 14g	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
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 gram:
Fat 9 • Carbohydrate 4 • Protein 4

1 carbohydrate choice per serving

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

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

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.

Nutrition Facts

Serving Size 1 burrito (140g)
 Servings Per Container 4

Amount Per Serving

Calories 200 **Calories from Fat 45**

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 510mg **21%**

Total Carbohydrate 29g **10%**

Dietary Fiber 3g **12%**

Sugars 3g

Protein 10g

Vitamin A 60% • Vitamin C 50%

Calcium 15% • 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	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 gram:

Fat 9 • Carbohydrate 4 • Protein 4

2 carbohydrate choices per serving

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

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Recipes for Healthy Sweet Foods						
Recipe Name from the <i>Fix It Fresh! Fruits and Vegetables Recipes Series</i> that calls for the produce marked	Specific fruit, vegetable or culinary herb with a facts sheet					
	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	•					



A child could wash the apples.



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)

This healthy sweet food is fat-free and sodium-free, and is a good source of fiber.

Nutrition Facts

Serving Size 2 rings (116g)

Servings Per Container 4

Amount Per Serving

Calories 70 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 17g **6%**

Dietary Fiber 3g **12%**

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 gram:

Fat 9 • Carbohydrate 4 • Protein 4

1 carbohydrate choice per serving

Diabetic exchanges per serving: 1 fruit

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.**

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*

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 cantaloupe
- 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

Amount Per Serving

Calories 70 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 19g **6%**

Dietary Fiber 1g **4%**

Sugars 16g

Protein 1g

Vitamin A 35% • Vitamin C 70%

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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

1 carbohydrate choice per serving

Diabetic exchanges per serving: 1 fruit

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 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.

Nutrition Facts

Serving Size 1/3 recipe (222g)
Servings Per Container 3

Amount Per Serving

Calories 200 **Calories from Fat** 60

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 38g **13%**

Dietary Fiber 4g **16%**

Sugars 23g

Protein 2g

Vitamin A 6% • **Vitamin C** 40%

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	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 gram:

Fat 9 • Carbohydrate 4 • Protein 4

2 1/2 carbohydrate choices per serving

Diabetic exchanges per serving: 2 1/2 fruit 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.** 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.**

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.

Nutrition Facts

Serving Size 2/3 cup (124g)
Servings Per Container 3

Amount Per Serving

Calories 90 **Calories from Fat 35**

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 14g **5%**

Dietary Fiber 2g **8%**

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
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

1 carbohydrate choice per serving

Diabetic exchanges per serving: 1 fruit and 1 fat

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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.

Nutrition Facts

Serving Size 1 cup, loosely packed (169g)

Servings Per Container 2

Amount Per Serving

Calories 120 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 27g **9%**

Dietary Fiber 4g **16%**

Sugars 20g

Protein 3g

Vitamin A 2% • Vitamin C 15%

Calcium 8% • 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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

2 carbohydrate choices per serving

Diabetic exchanges per serving: 2 fruit

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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.

Nutrition Facts

Serving Size 1 portion (112g)
Servings Per Container 4

Amount Per Serving

Calories 150 **Calories from Fat** 5

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 310mg **13%**

Total Carbohydrate 32g **11%**

Dietary Fiber 1g **4%**

Sugars 8g

Protein 4g

Vitamin A 2% • Vitamin C 4%

Calcium 10% • 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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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.

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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

Amount Per Serving	
Calories 35	Calories 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	3%
Dietary Fiber 1g	4%
Sugars 8g	
Protein 0g	

Vitamin A 4% • Vitamin C 6%

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 gram:
Fat 9 • Carbohydrate 4 • Protein 4

1/2 carbohydrate choice per serving

Diabetic exchanges per serving: 1/2 fruit

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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 yogurt. 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.

Nutrition Facts

Serving Size 3/4 cup (143g)
Servings Per Container 3

Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 13g	
Protein 1g	
Vitamin A 6%	• Vitamin C 25%
Calcium 4%	• 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 Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

1 carbohydrate choice per serving

Diabetic exchanges per serving: 1 fruit

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A child could wash the apples.



Spiced Chunky Apple Sauce

Yield: 3 servings

2 medium apples for cooking, cored, peeled and cut into chunks

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.

Nutrition Facts

Serving Size 1/2 cup (140g)
Servings Per Container 3

Amount Per Serving

Calories 110 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 29g **10%**

Dietary Fiber 1g **4%**

Sugars 26g

Protein 0g

Vitamin A 0% • Vitamin C 6%

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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

2 carbohydrate choices per serving

Diabetic exchanges per serving: 1 starch and 1 fruit

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