

Knowledge @ Noon

“Rainbow Bright”



Wednesday, April 16, 2014
12:00 - 1:00 p.m.

104 S. Brayman, Paola, KS
K-State Research & Extension, Miami County

Instructors:
Miami County Extension Master Food Volunteers

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Color Me Healthy: Enjoying Fruits and Vegetables

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Kansas State University
Agricultural Experiment
Station and Cooperative
Extension Service



Who would have guessed when great-grandma set her menu by the foods' colors that she was so right in helping to ensure her family's health and well being?

Why Care about Colors?

The color molecules that form the more than 2,000 pigments in plant foods not only look scrumptious but also contain strong antioxidants, the health-promoting substances that neutralize the free radicals formed when cells burn oxygen for energy. Free radicals damage or destroy healthy cells. In general, the deeper the color of a fruit or vegetable, the more powerful its antioxidant action.

Plant pigments are a subset of the naturally occurring antioxidants in vegetables and fruits. Other phytochemicals ("phyto," pronounced fight-o, means plant) besides antioxidants help protect against the damaging effects of toxic substances. Eating a variety of fruits and vegetables allows their different phytonutrients to work together to help fight illnesses.

Functional foods or nutraceuticals are foods that provide health benefits beyond basic nutrition, such as helping to prevent disease. Fruits and vegetables are nature's

original functional foods. Taking dietary extracts or supplements is not the same; research to date has shown they do not substitute for eating fruits and vegetables.

Colors' Health Claims

Fruits and vegetables provide a wide spectrum of healthful qualities, including vitamins and minerals. They are low in calories and sodium, high in water content and contain no cholesterol. Many are good sources of dietary fiber, which helps satisfy hunger and enhances bowel health. Most contain very little fat, and fruit has natural sweetness.

Consuming different colors of fruits and vegetables each day offers satisfying tastes and textures while increasing protection against disease. A diet rich in natural plant pigments protects against heart disease and cancer, slows the aging process, and strengthens mental capacity and the immune system. It also helps decrease the risk of high blood pressure, lung or pulmonary disease such as asthma, stroke, cataracts, age-related macular degeneration, constipation, urinary tract infections, diverticulosis, diabetes, obesity and wrinkling of the skin.

Fruits and vegetables offer an appetizing rainbow of colors. Since

Fact Sheet

each protects body tissues in its own way, the best way to power up your plate – and please your palate – is to eat a variety of colors and choices within each group. Five categories are listed: red, yellow/orange, green, blue/purple/black and white/tan/brown.

Color Category: Red

A variety of red fruits and vegetables helps maintain a healthy heart, memory function and urinary tract health, and lowers risk of some cancers. Both red and orange vegetables are sources of carotenoids.

- Beta carotene, an antioxidant pigment, is good for the eyes. It also reduces risk of cancer and cardiovascular disease.
- The red pigment lycopene gives its color to tomatoes and products such as tomato sauce, paste and catsup; guava; pink grapefruit and watermelon. It is a strong antioxidant that helps protect against prostate and other cancers. Cooked tomatoes have more lycopene than fresh ones.
- Anthocyanins – found in red-skinned apples, radishes, cherries and beets – decrease heart disease risk, help prevent hardening of blood vessels, lower blood pressure, help prevent cancer and help stop inflammation.
- Ellagic acid, found in berries and pomegranates, helps prevent cancer

by neutralizing carcinogens found in tobacco smoke, processed foods and barbecued meats.

- The antioxidant vitamin C helps maintain skin, bones, teeth, gums, eyes, muscle, cartilage, blood vessels and the immune system, and increases iron absorption.
- Red and purple grapes, purple grape juice, red wine and mulberries contain the antioxidant resveratrol, which may help decrease risk of heart disease and stroke.

Red fruit and vegetable choices include:

Beets	Red beans
Blood oranges	Red cabbage
Cherries	Red grapefruit
Cranberries	Red grapes
Currants	Red mulberries
Guava	Red onions
Kidney beans	Red pears
Papayas	Red peppers
Pink grapefruit	Red-skinned potatoes
Pomegranates	Rhubarb
Radicchio	Strawberries
Radishes	Tomatoes
Raspberries	Watermelon
Red apples	

Color Category: Orange/Yellow

The orange/yellow category helps maintain heart, vision and immune system health, and lowers risk of some cancers. Many fruits and vegetables in this group are high in vitamin C and folic acid.

- There are more than 600 kinds of orange-colored carotenoids, which help protect the skin and mucous membranes, maintain the immune system, reduce risk of blindness and stroke, and lower cholesterol levels. Their antioxidant properties also help protect against carcinogens. Perhaps the most well-known carotenoid is beta carotene, an antioxidant that converts into vitamin A.

- Oranges and some yellow vegetables – such as yellow peppers and corn – contain high amounts of the pigment lutein, which helps maintain vision.

- Orange fruits and vegetables, especially orange peppers, have high levels of zeaxanthin, another antioxidant pigment that helps maintain vision.

- Oranges, lemons, grapefruit and pineapple are rich sources of vitamin C and flavanones. Even the peel has limonoids, which help prevent cancer.

Yellow/orange choices include:

Apricots	Orange peppers
Butternut squash	Papayas
Cantaloupe	Peaches
Carrots	Persimmons
Grapefruit	Pineapples
Golden kiwifruit	Pumpkin
Lemons	Rutabagas
Mandarin oranges	Sweet corn
Mangoes	Sweet potatoes
Nectarines	Tangerines
Oranges	Yellow apples

Yellow beets	Yellow summer squash
Yellow figs	Yellow tomatoes
Yellow pears	Yellow watermelon
Yellow peppers	Yellow winter squash
Yellow potatoes	

Color Category: Green

Green fruits and vegetables help lower risk of some cancers, reduce risk of heart disease, maintain vision health, protect against birth defects and keep red blood cells, bones and teeth strong.

- The green pigment chlorophyll masks the orange-yellow carotenoid pigments in some green foods. Many green vegetables contain lutein and zeaxanthin, which help protect against vision loss.

- Strong-flavored green cruciferous vegetables – including bok choy, broccoli, Brussels sprouts and cabbage – contain sulforaphane, isothiocyanate and indoles. They have disease-fighting properties, especially against many kinds of cancer.

- The antioxidant glutathione, found in fruits and vegetables such as asparagus, avocados, spinach and broccoli, helps protect DNA and RNA from oxidative stress and strengthens the immune system.

- Folic acid, a B vitamin found in dark green leafy vegetables, helps reduce risk of heart disease and helps prevent birth defects.

- Iron, vitamin K, magnesium and calcium are found in many green vegetables. They help keep bones and



teeth strong and promote healthy blood.

Green choices include:

Artichokes	Green onions
Arugula	Green pears
Asparagus	Green peppers
Avocados	Honeydew melon
Bok choy	Kale
Broccoflower	Kiwifruit
Broccoli	Leafy greens
Broccoli rabe	Leeks
Brussels sprouts	Lettuce
Celery	Lima beans
Chayote squash	Limes
Chinese cabbage	Mustard greens
Chives	Okra
Collard greens	Parsley
Cucumbers	Peas
Culinary herbs	Spinach
Edamame	Sprouts
Endive	Sugar snap peas
Green apples	Swiss chard
Green beans	Turnip greens
Green cabbage	Watercress
Green grapes	Zucchini

Color Category: Blue/Purple/Black

Blue, purple and even black fruits and vegetables provide antioxidants that help lower risk of some cancers, promote healthy aging, and improve urinary tract health, memory function and heart health.

- Blue pigments include anthocyanins and other flavonoids,

while red-violet pigments include the betacyanins.

- Blueberries have the highest antioxidant action of any fruit.
- Anthocyanin flavonoids, which are particularly high in bilberries and blueberries, and the pigments in spinach and other deeply colored fruits and vegetables have been shown to help protect against age-related memory loss.
- Blueberries and cranberries help protect against bladder infections and possibly ulcers and gum diseases. Substances known as condensed tannins in the berries prevent undesirable bacteria from attaching to cells and organs.

Blue/purple/black choices include:

Bilberries	Plums
Black beans	Purple asparagus
Blackberries	Purple Belgian endive
Black currants	Purple cabbage
Black mulberries	Purple carrots
Black salsify	Purple figs
Blueberries	Purple-fleshed potatoes
Boysenberries	Purple grapes
Dried plums/Prunes	Purple peppers
Eggplant	Raisins
Elderberries	

Color Category: White/Tan/Brown

White, tan and brown fruits and vegetables (and we are talking "original brown," not "brown because they are too old" here!)

contain few vivid pigments, but help maintain heart health and lower cancer risk. They provide health-promoting phytochemicals. Folic acid, fiber, potassium, selenium and vitamin C are found in many of the fruits and vegetables in this color group:

- Many of these vegetables make up for their lack of color with a strong taste that comes from sulfur compounds that protect DNA, help lower cholesterol and maintain healthy immune systems.
- Parsnips contain polyacetylenes. Onions, apples and pears contain powerful polyphenols such as the pigment quercetin, a compound that protects against heart disease. Both of these phytochemicals also have anticancer properties.
- Allicin, found in the garlic and onion family, helps destroy cancer cells.
- Saponins, also found in onions and garlic, help stimulate the immune system and lower circulating levels of fats. They also inhibit enzymes involved in cancer proliferation.
- Pears and mushrooms contain flavonoid antioxidants that protect cell membranes.
- Phytoestrogens, such as genistein in soy products, help protect against breast cancer.
- Isoflavone phytochemicals – found in dried beans, peanuts, lentils, soy and other legumes – help reduce risk of heart disease and colon, prostate and stomach cancer.

White/tan/brown choices include:

Bananas	Kohlrabi
Black-eyed peas	Leeks
Brown pears	Lentils
Cauliflower	Mushrooms
Dates	Onions
Figs	Parsnips
Garbanzo beans or Chick peas	Peanuts
Garlic	Pinto beans
Ginger	Shallots
Great northern beans	Turnips
Jerusalem artichoke	White Corn
Jicama	White-fleshed potatoes
	White nectarines
	White peaches

Make a Colorful Diet Common

Brightly colored fruits and vegetables are definitely not boring! Many are portable and require little preparation, making them natural “convenience foods.” For the most nutrients per calorie, choose the ones without added salt, sugar, syrup or sauces. Before use, thoroughly rinse all fresh fruits and vegetables under cool, running water.

When putting more colors on your plate, select a variety of fresh, frozen, dried and canned fruits and vegetables, or modest portions of juices. (Juices offer less fiber than other forms of preparation, so it is easy to get surprisingly more calories from them.)

Sweet and Nutritious Fruit and Vegetable Snacks

Fruit pops: Freeze pureed fruit or juice in ice cube trays or paper cups with wooden sticks.

Frozen bananas: Push a wooden stick into half of a peeled banana; dip the banana in yogurt or a light coating of chocolate syrup, then in crunchy cornflakes. Wrap and freeze.

Frozen chips: Slice bananas into thin rounds. Spread them flat on a baking pan and cover. Freeze and serve frozen as a fun snack (can also use seedless grapes or berries.)

Frugurt: top a rainbow of cut-up fruit with low-fat yogurt.

Fruit smoothies: blend fat-free frozen yogurt with mixed fruit (strawberry, mango, and peaches), orange juice and ice.

Ants on a log: Celery sticks with peanut butter and raisins on top.

Carrot sticks and pea pods with light ranch dressing.

Tips to Consume more Fruit at a meal:

At breakfast, top your cereal with bananas or peaches; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or try a fruit mixes with low-fat or fat-free yogurt.

At lunch, pack a tangerine, banana, or grapes, or choose fruits from a salad bar. Individual containers of fruit such as peaches or applesauce are easy and convenient.

At dinner, add crushed pineapple to coleslaw, or include mandarin oranges or grapes in a tossed salad.

Make a Waldorf salad, with apples, celery, walnuts and dressing.

Try meat dishes that incorporate fruit, such as chicken with apricots or mango chutney.

Add fruit such as pineapple or peaches to kabobs as part of a barbecue meal.

For dessert, have baked apples, pears or a fruit salad.

Tips to Consume more Vegetables at Meals:

Plan some meals around a vegetable main dish, such as a vegetable stir-fry or soup. Then add other foods to complement it.

Try a main dish salad for lunch. Go light on the salad dressing.

Include a green salad with your dinner every night.

Shred carrots or zucchini into meatloaf, casseroles, quick breads, and muffins.

Include chopped vegetables in pasta sauce or lasagna.

Order a veggie pizza with toppings such as mushrooms, green peppers, and onions, and ask for extra vegetables.

Use pureed, cooked vegetables such as potatoes to thicken stews, soups, and gravies. These add flavor, nutrients, and texture.

Grill vegetable kabobs as part of a barbecue meal. Try tomatoes, mushrooms, green peppers, and onions.



FRUITS AND VEGETABLES GAZETTE

Volume 2, Issue 2

Did you know that...

years ago, fashionable high-society Chinese women used eggplant skins to stain their teeth black? The most common type of eggplant in the U.S. is the large, dark-purple Italian eggplant.

Newsletter developed by Kimberly Shafer, PhD, RD, and Mary Meck Higgins, PhD, RD, LD, CDE, K-State Research and Extension, Department of Human Nutrition.

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Selecting Fresh Eggplant:

- Look for eggplant that are 6 to 8 inches long and have a tender, glossy skin.
- Select eggplant with greenish and fresh-looking stems and caps.
- Look for eggplant that yield to pressure but the dent disappears.
- Avoid eggplant that have a dent that does not disappear when pressed. They are likely brown and spongy inside and taste bitter.



Handling and Preserving Eggplant:

- Refrigerate unwashed eggplant in a plastic bag for up to a week. Eggplant can develop a bitter taste during long storage in the refrigerator.
- *To freeze:* Rinse off dirt. Cut off ends. Peel if skin is tough. Slice into 1/3-inch thick rounds. Place in 1 gallon boiling water with 1/2 cup lemon juice for 2 to 4 minutes. Place in ice water for 2 to 4 minutes. Drain. Pack into freezer bags or freezer containers and seal.

Preparing Eggplant:

- Rinse off dirt. Cut off ends. Peel if skin is tough. Young tender eggplant may be cooked with the peel left on.
- Eggplant can be baked, microwaved, grilled, steamed or fried. Do not overcook.

Black, blue and purple-colored fruits and vegetables are rich in vitamin C, fiber and many healthful plant chemicals such as flavonoids, phenols and tannins. See if you can find these fruits and vegetables in the puzzle and at the grocery store or at farmers' markets.

- | | | | |
|-----------------|----------------|----------------|--------------|
| black beans | black currants | black grapes | blackberries |
| black eyed peas | blueberries | eggplant | elderberries |
| grape juice | plums | purple cabbage | purple figs |
| prunes | prune juice | raisins | |

"Black, Blue and Purple" Fruit and Vegetable Word Find

C	E	Q	K	V	Y	J	A	D	B	L	U	E	B	E	R	R	I	E	S	Y	F	W	W	T
B	G	C	E	H	D	K	P	I	B	L	O	X	V	F	K	Z	N	N	S	P	S	I	B	W
L	G	O	V	D	O	M	W	Y	O	L	Q	L	P	A	Q	R	G	F	U	K	F	D	J	Y
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K	A	Z	F	K	Q	H	Z	S	Q	J	L	N	K	Z	D	E	C	R	X	T	L	P	L	E
B	N	A	O	R	V	C	B	Q	K	B	I	H	V	G	V	G	U	G	L	Y	P	P	G	A
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S	V	R	K	D	L	D	Y	U	T	V	C	A	O	P	F	G	E	M	Q	H	C	E	H	R
C	P	F	X	M	P	N	E	P	P	E	U	Q	O	I	B	L	A	C	K	B	E	A	N	S
I	M	R	Q	Q	K	V	D	W	P	T	G	T	U	D	P	O	T	M	N	S	C	O	E	P
W	J	B	U	T	L	D	P	D	U	S	R	O	D	R	S	R	F	X	V	J	B	W	C	G
X	U	H	Q	N	E	A	E	I	R	K	W	U	U	S	O	F	V	N	W	M	C	S	I	K
A	M	P	D	H	E	X	A	Q	P	L	E	P	O	N	Q	X	O	F	V	H	A	Y	U	F
Q	N	I	H	R	D	S	S	E	L	D	E	R	B	E	R	R	I	E	S	O	P	A	J	N
H	M	D	X	L	X	Y	W	U	E	B	M	T	C	D	Q	W	R	C	U	G	Z	T	E	X
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O	B	W	S	N	F	K	X	F	G	X	F	K	W	H	Q	O	M	H	B	U	W	Y	R	L
N	R	D	S	W	Y	A	D	I	S	L	H	S	Z	L	O	E	G	T	G	R	Z	M	G	L
H	Z	G	I	Q	C	G	K	B	L	A	C	K	C	U	R	R	A	N	T	S	S	R	Z	K



FRUITS AND VEGETABLES GAZETTE

Volume 2, Issue 3

Newsletter developed by Kimberly Shafer, PhD, RD, and Mary Meck Higgins, PhD, RD, LD, CDE, K-State Research and Extension, Department of Human Nutrition, Kansas State University.

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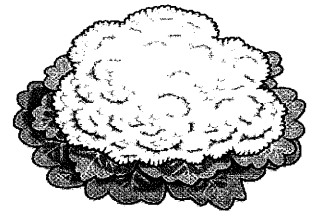
Website for more info:
www.miami.ksu.edu

Did you know that . . .

purple cauliflower is really a type of broccoli that turns green when cooked? Most cauliflower is white or creamy colored, but white cauliflower heads turn green if they get sunburned! Eating cauliflower helps protect against heart disease and cancer. Cauliflower is in the cabbage, or cruciferous, family of vegetables.

Selecting Fresh Cauliflower:

- Look for a head that is clean, firm, solid and heavy. Any outer leaves should be fresh and green.
- Avoid heads that are light brown or that have spread out. Avoid those with a coarse appearance, and those with soft or discolored spots.



Handling and Preserving Cauliflower:

- Refrigerate unwashed cauliflower in a perforated plastic bag. It will stay fresh from 2 days through 4 weeks.
- *To freeze:* Rinse, cut out any dark spots and trim off leaves. If head has insects, soak for 30 minutes in 4 cups cold water with 1 teaspoon each vinegar and salt. Place 1-inch pieces in a gallon of boiling water mixed with 3 tablespoons lemon juice (to prevent darkening) for 3 minutes. Drain. Place in ice water for 3 minutes and drain again. Pack into freezer bags.

Preparing Cauliflower:

- Rinse under cool running water, trim leaves and remove dark spots. If head has insects, soak for 30 minutes in 4 cups cold water with 1 teaspoon each vinegar and salt.
- *To cook cauliflower:* Cut florets into same-size pieces. Steam, microwave, boil or stir-fry until fork-tender.

We invite you to try some of the white, tan or light-colored fruits and vegetables from the list below. This will help you add a greater variety of tasty, convenient and healthful fruits and vegetables to your diet.



- Bananas
- Dates
- Jicama
- Mushrooms
- Parsnips
- Shallots
- White corn
- Brown pears
- Jerusalem artichokes
- Kohlrabi
- Onions
- Potatoes
- Turnips



White, tan and light-colored fruits and vegetables are rich in many essential nutrients and healthful antioxidants. For example, onions contain a phytochemical called quercetin, which may reduce the risk for developing cancer, heart disease and ulcers. See if you can find the nourishing substances listed below in the word find puzzle.

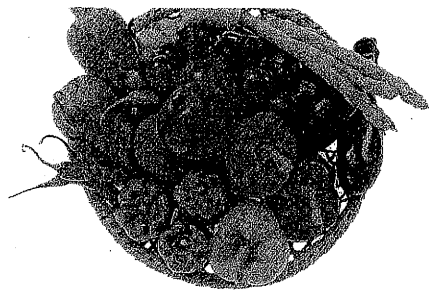
allicin
niacin
selenium

fiber
potassium
thiamin

folate
pyridoxine
vitamin A

manganese
quercetin
vitamin C





1 List some benefits of consuming fruits and vegetables.

How many servings of vegetables do you need each day?

2



3 How many servings of fruit do you need each day?

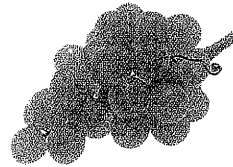


4 What is the role of vitamin C?

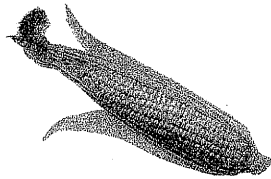


Orange and deep yellow fruits and vegetables are high in vitamin A. List three fruits and vegetables from this category.

5

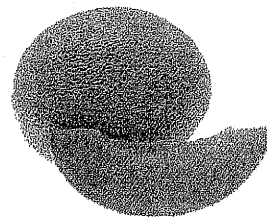


6 Name two ways you can increase your fruit and vegetable consumption at meal time.



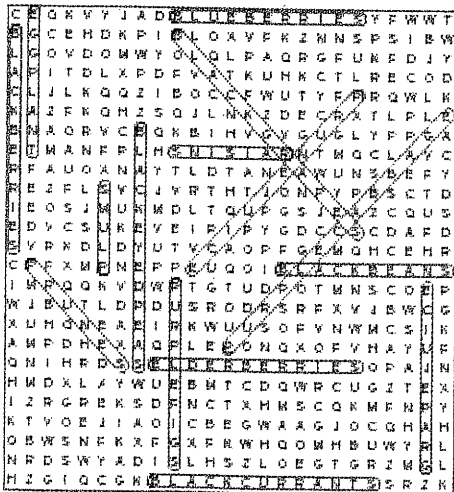
Why is it important to stretch?

7

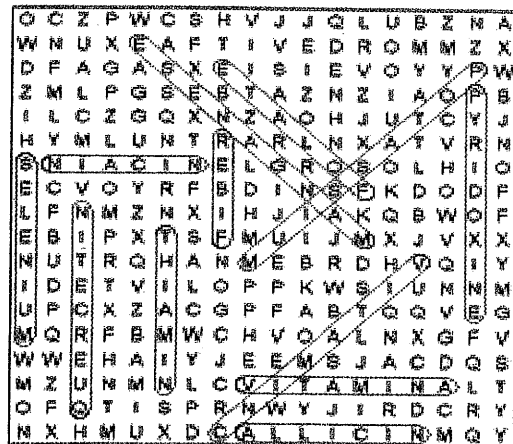


"Black, Blue and Purple" Word Find Key

- Mix and Match Your Fruits and Veggies



Word Find Puzzle Key



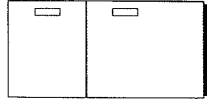
From The Recipe Box

Cauliflower Salad with Citrus Dressing

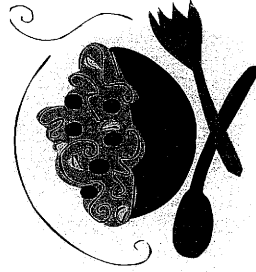
Serves 3

You can quickly prepare this crunchy, colorful side dish a few hours -- or a day -- before serving time, so it is ready when you are.

- 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. Pour over vegetable mixture. Stir gently.
5. Cover and refrigerate 2 or more hours to allow flavors to blend.
6. Just before serving, combine chilled vegetable mixture with lettuce or fresh spinach. Mix gently.
7. Cover and refrigerate leftovers within 2 hours.



Recipe from Fix It Fresh! Fruits and Vegetables Recipes series, at www.oznet.ksu.edu/humannutrition/recipebook.pdf

Nutrition Facts

Serving Size: 3/4 cup
 Calories: 60
 Total Fat: 4.5 grams
 Cholesterol: 0 mg
 Sodium: 10 mg
 Total Carbohydrate: 4 grams
 Protein: 1 gram

From The Recipe Box

Italian Eggplant Casserole

Serves 4

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

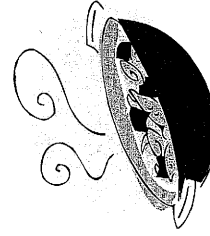
- 1/2 cup coarsely chopped tomatoes
- 2 teaspoons fresh (or 3/4 teaspoon dried) basil
- 2 teaspoons fresh (or 3/4 teaspoon dried) oregano
- 1 small eggplant, cut into 1/4" thick slices
- 1 large tomato, sliced very thin
- 1 cup (4 ounces) shredded part-skim mozzarella cheese

1. Wash your hands and work area.
2. Preheat oven to 425 degrees 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. 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.
8. Cover with aluminum foil. Bake 25 minutes or until vegetables are tender.
9. Uncover. Bake 10-15 minutes, or until cheese is light brown.
10. Cut into 4 servings. Serve hot.
11. Cover and refrigerate leftovers within 2 hours.

Recipe from Fix It Fresh! Fruits and Vegetables Recipes series, www.oznet.ksu.edu/humannutrition/recipebook.pdf

Nutrition Facts

Serving size: 2 1/2 inch slice
 Calories: 110
 Total fat: 5 grams
 Cholesterol: 15 mg
 Sodium: 220 mg
 Total Carbohydrate: 7 grams
 Protein: 7 grams
 An excellent source of calcium and vitamin C.



Peapods with Almonds

1 Tablespoon Oriental Seasoning (see below)
1 ½ teaspoon cornstarch
1 teaspoon instant chicken bouillon granules
2 Tablespoons butter
2 Tablespoons slivered almonds
1 6 oz Pkg frozen pea pods (can use fresh)
1 4 oz can sliced mushrooms (drained)

Combine Oriental seasoning, cornstarch, bouillon granules and ½ cup water; set aside. Melt butter in a 10 inch skillet. Add almonds and stir-fry 2 minutes or until lightly browned. Add peapods and stir-fry 2 minutes more. Add in mushrooms. Stir cornstarch mixture and add to skillet mixture. Cook and stir until thickened. Serves 4

Nutrition: Calories 110, Total Fat 8g, Sat. Fat 4 g, Cholesterol 15 mg, Sodium 430 mg, Total Carbs. 6g, Protein 3g

1 Tablespoon Oriental Seasoning: Calories 15, Total Fat 0, Cholesterol 0mg, Sodium 300mg, Total Carbs. 3g.

Recipe from Better Homes and Gardens FIX it FAST 1979

Oriental Seasoning

1 cup soy sauce	2 Tablespoons dry mustard
1/3 cup light molasses	1 teaspoon garlic powder
2 Tablespoons ground ginger	½ teaspoon onion powder

In a jar with a screw-top lid, combine soy sauce, molasses, ginger, mustard, garlic and onion powders; shake to mix. Store, covered, in the refrigerator for up to six weeks.

Makes 1 1/2 cups *Recipe from Better Homes and Gardens FIX it FAST 1979*

Servings Approx. 75 (1 tsp.) **Nutrition:** Calories 5, Total Fat 0g., Cholesterol 0 mg, Sodium 100 mg. Carbohydrate 1 g.

Spicy Beet Medley

1 large apple, peeled, cored and thinly sliced	¼ teaspoon salt
¼ cup finely chopped onion	1/8 teaspoon ground cinnamon
1 Tablespoon butter or margarine	Dash pepper
1 16 oz. can sliced beets, drained	

In a saucepan cook apple and onion in butter or margarine until tender, but not brown. Stir in beets, salt, cinnamon and pepper. Cover and simmer about 5 minutes. Serves 4.

Microwave Method: In a 1 ½ quart non-metal casserole dish combine onion and butter, Cook, covered, in microwave on high power for 1 ½ -2 minutes or until onion is tender. Add apple and microwave, covered, for 2 minutes or until apple is tender. Add beets, salt, cinnamon and pepper.

Microwave, covered, 3 minutes more or until hot.

Nutrition: 4 servings. Calories per serving 80, Total fat 3g., Sat. Fat 2g, Cholesterol 10mg, Sodium 380 mg, Total Carbs 14 g, (Dietary Fiber 3g, Sugar 10g)

Recipe from Better Homes and Gardens FIX it FAST 1979

Baked Eggplant

1 cup mayonnaise or salad dressing
¼ cup milk
2 Tablespoons Italian Seasoning Mix (see below)
1 medium eggplant (1 lb.), cut into ½ inch slices
2 cups finely crushed rich round crackers (50 crackers)
1 6 oz. pkg. mozzarella cheese slices
Bottled Spaghetti sauce (optional)

Preheat oven to 375 degrees. Combine mayo or salad dressing, milk and Italian Seasoning. Sprinkle unpeeled eggplant slices with salt. Dip slices into mayo mixture then coat with cracker crumbs. Arrange coated slices in a 15x10 baking pan. Bake for 15 minutes. Cut cheese slices to fit eggplant and top each eggplant slice with cheese. Bake 5 minutes for or until cheese is melted. Meanwhile, heat spaghetti sauce and pass with eggplant slices. Serves 8.

Nutrition: Calories 360, Total Fat 30 g, Sat. Fat 8g, Cholesterol 30mg, Sodium 450 mg, Total Carbohydrate 14g (Dietary Fiber 2g, Sugar 4g) Protein 4g
Recipe from Better Homes and Gardens FIX it FAST 1979

Italian Seasoning Mix

1/3 cup dried onion
3 Tablespoon dried green pepper flakes
1 Tablespoon beef bullion granules
1 Tablespoon dried basil
2 large bay leaves, crumbled or ½ tsp crushed bay leaves
2 teaspoons fennel leaves
¼ teaspoon garlic powder

Combine all ingredients in an airtight container. Shake or stir before measuring, Makes 2/3 cup mix. *Recipe from Better Homes and Gardens FIX it FAST 1979*

Yellow Squash

3-4 medium squash
Spray butter or melted butter
Parmesan cheese . fresh or dried

Wash squash and slice crossways into ½ inch circles. Arrange squash slices on a baking sheet and spray each with spray butter or brush with melted butter. Sprinkle dried or fresh parmesan cheese on each slice. Bake for 10 -15 minutes at 350 degrees and then broil until cheese is slightly browned. Serve immediately.

Nutrition: Calories 45 per serving, Total Fat 0g, Cholesterol 0g, Sodium 30mg, Total Carbohydrate 8g,(Dietary Fiber 4g, Sugars 4g) Protein 3g.

Recipe developed by Ann Detwiler, MFV

Slaw

1 head purple cabbage - shredded

2/3 cup cider vinegar

1 ¼ c white sugar

Heat vinegar and sugar to dissolve sugar. Cool and mix in

2 teaspoons salt

2 Tablespoon dry mustard

1 teaspoon celery seed

1 Tablespoon grated onion

¾ cup canola oil

Pour mixture over shredded cabbage and refrigerate several hours or overnight.

Recipe submitted by Jennie Miller, MFV

Fruit Pizza I

½ cup butter, softened

¾ cup white sugar

1 egg

1 ¼ cups all-purpose flour

1 teaspoon cream of tartar

½ teaspoon baking soda

¼ teaspoon salt

1 (8oz) package cream cheese

¼ cup white sugar

2 teaspoons vanilla extract

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, cream together the butter and ¾ cup sugar until smooth. Mix in egg. combine the flour, cream of tartar, baking soda and salt; stir into the creamed mixture until just blended. Press dough into an ungreased pizza pan.

Bake in preheated oven for 8 to 10 minutes, or until lightly browned. Cool.

In a large bowl, beat cream cheese with 1/2 cup sugar and vanilla until light. Spread on cooled crust.

Arrange desired fruit on top of filling, and chill.

Nutrition Information 10 Servings Per Recipe: Per serving: Calories: 324 , Total Fat: 17.7g, Cholesterol: 70mg, Sodium: 260mg, Total Carbs: 37.9g, Dietary Fiber: 0.4g, Protein: 4g *Recipe from Allrecipes.com*

Copper Pennies

2 pounds carrots, sliced

1 stalk celery, chopped

1 green bell pepper, chopped

1 onion, chopped

1 (10.75 ounce) can condensed tomato soup

1/3 cup vegetable oil

½ cup distilled white vinegar

2/3 cup white sugar (or Splenda)

Bring a pot of water to boil, add carrots and boil until the carrots are just tender, approximately 10 minutes. Drain well.

In a mixing bowl combine the celery, green pepper, carrots and onion.

Bring tomato soup, oil, vinegar and sugar to a boil. Stir well. Remove the mixture from the heat and let cool, 10 to 15 minutes. Pour the mixture over the vegetables, mix until all of the vegetables are coated. Marinate this salad overnight before serving.

Nutrition Information Servings Per Recipe: Calories: 351, Cholesterol: 0mg Sodium: 471mg, Total Carbs: 55.5g, Dietary Fiber: 6.2g, Protein: 3.2g

Chili Stuffed Tomatoes Serves 4

1 cup fresh or frozen(thawed) corn
2 large takeout orders chili(or leftover)
4 large tomatoes (12-14 oz each)

In a 2 quart saucepan, combine chili and corn. Cook on medium low 10 minutes or until hot, stirring. While chili heats, cut a slice from top of each tomato and reserve. With melon baller or spoon, hollow out tomatoes, leaving about ½ inch shell. Chop pulp and add to chili. On microwave-safe plate lined with paper towels, place tomatoes, hollowed-side down and microwave on high for 3 minutes or until warm. Fill tomatoes with chili and top with your choice of toppings(shredded lettuce, shredded Cheddar cheese, guacamole, chopped fresh cilantro)

Nutritional Analysis without toppings: Each serving: 275 calories, 17 g protein, 42 g. carbohydrate, 6 g total fat(2g saturated fat), 9 g fiber, 28 mg cholesterol, 715 g sodium

Recipe From Good Housekeeping

Sloppy Janes

Serves 4

1 Tablespoon canola oil	1 cup chopped green onions
1 cup chopped yellow and orange bell peppers	1 Tablespoon garlic paste
1 lb. ground turkey	1 cup (14.5 oz) fired-roasted diced tomatoes
2 Tablespoons Worcestershire sauce	1 chipotle chile in adobo sauce, chopped
4 pieces cornbread, halved	Salt
1 Tablespoon red wine vinegar	¼ cup chopped fresh cilantro

In large nonstick skillet on medium high, heat oil. Add onions and peppers; cook, stirring constantly, 2 minutes. Add garlic paste and cook, stirring constantly, 1 minute. Add turkey and cook, breaking it up with wooden spoon, stirring until no longer pink, about 3 minutes. Add tomatoes and their juices, Worcestershire sauce, chipotle chile, and ½ t. salt. Reduce heat to medium and cook, covered, 3 minutes. Meanwhile, toast cornbread. Stir vinegar and cilantro into cooked mixture. Spoon half of Sloppy Jane mixture over 4 slices of cornbread. Repeat with remaining Sloppy Jane mixture and cornbread (stack them).

Nutritional Analysis per serving: 374 calories, 26 g. protein, 33 g. carbohydrate, 15 g total fat (3 g saturated), 3 g fiber, 69 mg cholesterol, 893 g. sodium

Recipe From Redbook

Brown Butter Lima Bean

¼ cup unsalted butter	4 (15.5 oz can) lima beans, drained
10 slices center cut bacon , diced	½ teaspoon salt
½ cup diced red onion	½ teaspoon black pepper
2 cups frozen corn, thawed	1 cup sliced green onion

In a small saucepan over medium heat, melt butter. Stir with a wooden spoon about 4 minutes, or until it reaches a light golden brown and gives off a nutty fragrance. Remove from heat, continue to stir until cool. Reserve

In a small skillet over high heat, brown the bacon. Remove bacon and all but 1 Tablespoon of the bacon fat.

Reheat the bacon fat. Add onion, sauté for 1 minute. Add the corn, heat for another minute. Add the lima beans, salt and pepper. Sauté until heated through. Add the brown butter and green onions. Serves 10 *Recipe Courtesy of Aldi Test Kitchen*

Carrot Potato Puree

3 carrots peeled and chopped
2 medium sweet potatoes or 3 large red skin potatoes
1/4 cup chopped pecans
1 teaspoon +1 Tablespoon Extra Virgin Olive Oil
1 teaspoon minced garlic
1 teaspoon orange zest
Salt and pepper to taste

Place carrots in a microwave safe bowl. Cover loosely with plastic wrap. Microwave for 4-6 minutes, or until tender. Drain water. Reserve carrots.

Individually wrap each potato with a wet paper towel, microwave for 10 minutes or until cooked through in the center. Slice open and scoop out the flesh. Combine potato flesh with the carrots. Discard the skin.

In a small skillet over medium-high heat, toast the pecans for 2-3 minutes until fragrant, stir frequently. Reserve.

In the same skillet, heat 1 teaspoon oil over medium-high heat and saute the garlic for 1 minute.

Transfer the carrots and potatoes to a food processor. Puree, add the remaining oil, orange zest and pecans. Add salt and pepper to taste.

Serves 2 *Courtesy of Aldi Test Kitchen*

Tangy Poppy Seed Fruit Salad Servings: 4

"Pineapple, orange, kiwi, grapes and strawberries tossed with a sweet, lime and poppy seed dressing."

1 (20 ounce) can pineapple chunks . drained with juice reserved
1 orange, peeled and segmented
1 kiwi -- peeled, halved and sliced
1 cup seedless grapes
1 cup quartered strawberries
1/4 teaspoon grated lime zest
2 tablespoons lime juice
1 tablespoon honey
1 teaspoon poppy seeds

DIRECTIONS: In a large bowl, toss pineapple, orange, kiwi, grapes and strawberries. In a small cup or bowl, combine lime zest, lime juice, honey, poppy seeds and 1/4 cup reserved pineapple juice. Stir well and toss with fruit

Nutrition Information Servings Per Recipe: 4 Calories: 178, Total Fat: 0.9g, Cholesterol: 0mg, Sodium: 4mg, Total Carbs: 45.1g, Dietary Fiber: 4g, Protein: 1.9g

Recipe Printed from Allrecipes.com 4/7/2014

Penne with Chicken and Asparagus Servings: 8

1 (16 ounce) package dried penne pasta	½ cup low-sodium chicken broth
5 tablespoons olive oil, divided	1 bunch slender asparagus spears, trimmed and cut on diagonal into 1-inch pieces
2 skinless, boneless chicken breast halves -cut into cubes	1 clove garlic, thinly sliced
Salt and pepper to taste	¼ cup Parmesan cheese
Garlic powder to taste	

Bring a large pot of lightly salted water to boil. Add pasta, and cook until al dente, about 8 to 10 minutes. Drain, and set aside.

Warm 3 tablespoons olive oil in a large skillet over medium-high heat. Stir in chicken, and season with salt, pepper, and garlic powder. Cook until chicken is cooked through and browned, about 5 minutes. Remove chicken to paper towels.

Pour chicken broth into the skillet. Then stir in asparagus, garlic, and a pinch more garlic powder, salt, and pepper. Cover, and steam until the asparagus is just tender, about 5 to 10 minutes. Return chicken to the skillet, and warm through.

Stir chicken mixture into pasta, and mix well. Let sit about 5 minutes. Drizzle with 2 tablespoons olive oil, stir again, then sprinkle with Parmesan cheese.

Nutrition Information Servings Per Recipe: 8 Calories: 332 Total Fat: 10.9g, Cholesterol: 20mg., Sodium: 117mg, Total Carbs: 43.3g, Dietary Fiber: 3.1g, Protein: 16.7g

Maple Dill Carrots Servings: 4

3 cups peeled and sliced carrots	1 ½ Tablespoons chopped fresh dill
2 tablespoons butter	½ teaspoon salt
2 tablespoons brown sugar	½ teaspoon black pepper

Place carrots in a skillet and pour in just enough water to cover. Bring to a boil over medium heat; simmer until water has evaporated and the carrots are tender. Stir in butter, brown sugar, dill, salt, and pepper.

Nutrition Information Servings Per Recipe: 4

Calories: 117 Amount Per Serving, Total Fat: 6g, Cholesterol: 15mg, Sodium: 401mg, Total Carbs: 16.1g, Dietary Fiber: 2.8g, Protein: 1g

Recipe from Allrecipes.com 4/7/2014

Sausage Spinach Salad

4 teaspoon olive oil, divided	4 cups fresh baby spinach
2 fully cooked Italian chicken sausage links (3 oz. each) cut into ¼-in. slices	1 ½ teaspoon balsamic vinegar
½ medium onion, halved and sliced	1 teaspoon stone-ground mustard

In large nonstick skillet coated with cooking spray, heat 1 tsp. oil over medium heat. Add sausage and onion; cook and stir until sausage is lightly browned and onion is crisp-tender.

Place spinach in a large bowl. In a small bowl, whisk vinegar, mustard, and remaining oil. Drizzle over spinach; toss to coat. Add sausage mixture; serve immediately.

Nutrition: Per Serving: 244 cal., 16g fat (3g. sat. fat), 65mg chop., 581mg sodium, 8 g carb., 2g fiber, 17g pro. Diabetic Exchanges: 2 lean meat, 2 vegetable, 2 fat.

Feta Shrimp Skillet

1 Tablespoon olive oil
1 medium onion, finely chopped
2 garlic cloves, minced
1 teaspoon dried oregano
1/2 teaspoon pepper
1/4 teaspoon salt

2 cans (14 ½ oz. each) diced tomatoes,
undrained
¼ cup white wine, optional
1 lb. uncooked medium shrimp,
peeled and deveined

In large nonstick skillet, heat oil over medium-high heat. Add onion; cook and stir 4-6 minutes or until tender. Add garlic and seasonings; cook 1 minute longer. Stir in tomatoes and, if desired, wine.

Bring to a boil. Reduce heat; simmer, uncovered, 5-7 minutes or until sauce is slightly thickened.

Add shrimp and fresh parsley; cook 5-6 minutes or until shrimp turn pink, stirring occasionally. Remove from heat; sprinkle with cheese. Let stand, covered, until cheese is softened.

Nutrition: Per Serving: 240 cal., 8g fat(3g sat. fat), 149mg chol., 748mg sodium, 16g carb., 5g fiber, 25g pro. Diabetic Exchanges: 3 lean meat, 1 starch, 1 fat.

Fresh Green Beans and Garlic

2 Tablespoons canola oil
2 Tablespoons butter
4 garlic cloves, sliced
2 lbs. fresh green beans

1 cup reduced-sodium chicken broth
½ teaspoon salt
½ teaspoon pepper

In a Dutch oven, heat oil and butter over medium-high heat.

Add garlic; cook and stir 45-60 seconds or until golden.

Using a slotted spoon, remove garlic from pan; reserve.

Add green beans to pan; cook and stir 4-5 minutes or until crisp-tender.

Stir in broth, salt and pepper. Bring to a boil. Reduce heat; simmer, uncovered, 8-10 minutes or just until beans are tender and broth is almost evaporated, stirring occasionally.

Stir in reserved garlic.

Nutrition Per Serving: 91 cal, 6 g fat(2 g sat.fat), 8 mg chol., 245 mg sodium, 8 g carb., 3 g fiber, 2 g. pro. Diabetic Exchanges: 1 1/2 fat, 1 vegetable

Blueberry-Stuffed French Toast

1 ½ cups fresh or frozen blueberries
3 Tablespoons sugar, divided
8 slices Italian bread(1 ¼in. thick)
4 eggs

½ cup orange juice
1 teaspoon grated orange peel
Dash salt

Sauce

¼ cup orange juice
¼ cup water
3 Tablespoons sugar
1 Tablespoons cornstarch

1/8 teaspoon salt
1 ½ cups orange sections
1 cup fresh or frozen blueberries
1/3 cup sliced almonds, toasted

Preheat oven to 400F. In small bowl, toss blueberries with 2 Tbsp. sugar. Cut a pocket horizontally in each slice of bread. Fill with berries.

In shallow bowl, whisk eggs, orange juice, orange peel, salt and remaining sugar. Dip both sides of bread in egg mixture, being careful to not squeeze out berries. Place in a greased 15x10x1-in. baking pan. Bake 14-17 minutes or until golden brown, carefully turning once.

Meanwhile, in a small saucepan, whisk the first five sauce ingredients until smooth. Bring to a boil, stirring constantly; cook and stir 1-2 minutes or until thickened. Reduce heat; stir in fruit and heat through.

Serve French toast with sauce; sprinkle with almonds.

To Toast Almonds: Spread in a 15x10x1-in. pan. Bake at 350 F. for 5-10 minutes or until lightly browned, stirring occasionally. Or, heat in a dry nonstick skillet over low heat until lightly browned, stirring occasionally.

Nutrition Per Serving: 167 cal.,5 g fat(1 g sat.fat), 106 mg chop.,118mg sodium, 27 g carb., 3 g fiber, 5 g pro. Diabetic Exchanges: 1 ½ starch, 1 fat, ½ fruit

Honey-Glazed Carrots with Ginger and Almonds

Look for evenly sized carrots, which make uniform slicing easier. Will need a 12-inch nonstick skillet with tight-fitting lid. Serves 4

1 ½ lbs. carrots, peeled
and sliced ¼ inch thick on the bias cut
½ cup low-sodium chicken broth
Salt to taste
2 Tablespoons honey

1 Tablespoon unsalted butter
2 teaspoons fresh lemon juice
Pepper to taste
2 teaspoons grated or minced fresh ginger
2 Tablespoons toasted sliced almonds

Bring carrots, broth, 2 tsp. grated or minced fresh ginger, and ¼ teaspoon salt to a simmer in a 12-inch nonstick skillet over medium-high heat. Cover, reduce heat to medium, and cook until carrots are almost tender, about 5 minutes.

Uncover, increase heat to high, and simmer rapidly until liquid measures about 2 tablespoons, 2-3 minutes.

Stir in the honey and butter and continue to cook, stirring often, until the carrots are completely tender and the sauce has

reduced to a light golden glaze, about 4 minutes longer.

Off the heat, stir in the lemon juice and toasted sliced almonds, season with salt and pepper to taste, and serve.

Nutrition Information Per Serving: Cal 140; Fat 4g; Sat fat 2g; Chol 10mg; Carb 25g; Protein 3g; Fiber 5g; Sodium 350g.

Red, White and Blue Potato Salad

1 lb. medium purple potatoes, scrubbed
2 bunches red radishes, trimmed & diced
½ white onion, diced

½ cup crumbled blue cheese
3 Tablespoons mayonnaise

Bring a large pot of salted water to a boil; add potatoes and cook until tender, about 15 minutes. Drain, cool and dice the potatoes.

Combine the potatoes, radishes, onion, blue cheese and mayonnaise in a large bowl; mix until mayonnaise evenly coats the ingredients.

Nutrition Information - Servings per recipe: 6; Per Serving - Calories: 154; Total Fat: 8.7g; Total Carbs: 15.6g; Cholesterol: 11mg; Dietary Fiber: 1.6g; Sodium: 207mg; Protein: 4.3g