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Fix It Fresh! Recipe Series

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INTRODUCTION TO FIX IT FRESH!
FRUITS AND VEGETABLES RECIPES SERIES

The 2003 *Fix It Fresh! Fruits and Vegetables Recipes Series* includes 23 produce facts sheets and 57 recipes. There is also a table for each category of recipe that lists the recipe names down the left side of the paper and the type of produce in the recipe across the top of the page. Each facts sheet includes fun information about the crop, along with information about selecting, measuring, handling, ripening, preserving, preparing and serving the crop, and selected nutrition information for one standard serving of the crop. The recipes include 10 main dishes, 18 hot side dishes, 19 cold side dishes, and 10 healthy sweet foods. In addition to standard information you would expect with a recipe, such as the yield, ingredients and step-by-step directions, each recipe sheet also includes information about how a child could participate in making the recipe, nutrition claims about the recipe per Food and Drug Administration label standards, nutrition facts information (which is where the serving size is stated), the number of carbohydrate choices per serving (1 choice equals about 15 grams carbohydrate), diabetic exchanges per serving, and in applicable cases, the source of the original recipe.

The *Fix It Fresh! Fruits and Vegetables Recipes Series* was written by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition. 2003. **Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, Kansas.** 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 & employer. All educational programs and materials available without discrimination on the basis of race, color, national origin, sex, age, or disability. Kansas State University, County Extension Councils, Extension Districts, and the U.S. Department of Agriculture cooperating. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services (SRS). **The Food Stamp Program can help people with low income buy nutritious foods for a better diet. To find out more, contact your SRS Service Center or call 1-800-221-5689.**

Produce Fact Sheets

Apples

Fun Facts: Apples are the second most popular fruit in the U.S. Johnny Appleseed's real name was John Chapman. Many towns celebrate autumn with an apple festival.

Selecting Fresh Apples: Choose a firm apple with smooth, bright skin. Ripe apples have a cream, yellow or light green color in the skin around the core and stem. Avoid soft, bruised or decayed apples, and those with shriveled or broken skin. Selecting the best apple from among the 100 commercial varieties depends on the season, how you will use it, and your taste preferences. Some are more tart, some are crisper, etc. Red Delicious, McIntosh and Winesap apples are popular varieties to eat fresh. You might try Gala, Braeburn, Empire, Jonathan, Fuji, Golden Delicious and Granny Smith apples to eat fresh and for cooking. Rome Beauty apples are better when used for cooking.

Measuring Fresh Apples

1 pound = 3 to 4 medium apples = 2 3/4 cups diced = about 2 cups cooked sauce
1/2 cup fresh, diced, with peel = about 2 1/4 ounces by weight = about 62 grams

Handling, Ripening and Preserving: Refrigerate unwashed apples in a perforated plastic bag at 32-35° F. in the fruit drawer. Apples ripen 6-10 times faster at room temperature than they do in the refrigerator. Store away from raw vegetables and strong-flavored foods. Apples give off a natural gas that can help other fruits and vegetables ripen more quickly. They stay fresh for several weeks, and at times for up to 6 months. **To freeze apples,** rinse, peel, core and slice. Sprinkle with a mixture of 1/2 teaspoon ascorbic acid dissolved in 3 tablespoons water. Freeze in a single layer on trays. Pack into freezer bags, leaving 3 inches air space. Squeeze out air, seal and date.

Preparation and Serving: Rinse apples under cold running water. Peel if desired, but much of the fiber is in the skin. To prevent cut apples from browning, dip slices in 1 teaspoon orange, lime or lemon juice mixed with 1/3 cup water. Apples blend tartness, sweetness and bitterness. They are easy to serve with meals or snacks. Enjoy whole or sliced fresh apples, as is or with a dip, or shred/dice and add to salads, main dishes, cooked vegetables, baked goods, etc. For variety, choose applesauce, baked apples, apple juice, pasteurized cider or dried apples.

Nutrition Facts for one serving, which is 1 medium apple (with the peel): Calories 80; Protein 0 grams; Carbohydrates 22 grams; Fat 0 grams. Apples contribute fiber and healthful phytochemicals, antioxidants and other nutrients to the diet.

References: www.urbanext.uiuc.edu/apples; www.fda.gov/fdac/special/foodlabel/raw.html; ESHA Food Processor; www.oznet.ksu.edu/library/hort2/mf661.pdf; www.oznet.ksu.edu/library/FNTR2/MF1187.pdf; Food for Fifty, 11th edition, 2001, by M. Molt, Prentice Hall

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Berries

Blackberries • Blueberries • Dewberries • Gooseberries • Mulberries • Raspberries • Strawberries

Fun Facts: Raspberries can be red, orange, yellow, black or purple. Strawberries are the first fruit to ripen in the spring. They are the only fruit with seeds on the outside rather than the inside, and on average, each has 200 tiny seeds.

Selecting Fresh Berries: Look for clean, firm, tender and plump berries with uniformly bright colored flesh and a natural shine. On strawberries, caps should be fresh, green and intact. Look for berries that have been protected in covered containers. Avoid those with blotches of color or that are wet, mushy, shriveled, leaky or moldy.

Measuring Fresh Berries

1 1/2 pounds = 2 pints or 1 quart
1 small basket = 1 pint = 3 1/4 cups whole = 2 1/4 cups sliced = 1 2/3 cup pureed
1 cup sliced = about 5 ounces by weight = about 150 grams

Handling, Ripening and Preserving: Cover and refrigerate (preferably at 32° F.) unwashed berries. They do not ripen further after harvest. Berries may be frozen: rinse and drain, spread a single layer on shallow trays, and when frozen, package them promptly into containers.

Preparation and Serving: Just before use, rinse berries under cold running water. Cut off bruises and decay. Remove green leaves and small stem before eating. Delicious fresh! Or slice and enjoy with foods you already eat, such as cheese, yogurt, salads, pancakes, desserts and cereal. Use as directed in a recipe.

Nutrition Facts: Serving Size = 1/2 cup sliced fresh strawberries.
Calories 25; Protein 1/2 gram; Carbohydrates 6 grams; Fat 0 grams.
All kinds of berries are excellent sources of vitamin C. A good source of dietary fiber and manganese, berries contain many healthful pigments and phytochemicals.

References: ESHA Food Processor; www.urbanext.uiuc.edu; www.aboutproduce.com; www.oznet.ksu.edu/library/FNTR2/MF1178.PDF

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Broccoli

Fun Facts: Broccoli is the eighth most frequently eaten vegetable in the U.S. and is the most popular of the cabbage, or cruciferous, family of vegetables. The part we eat is the unopened flower buds, along with the top portion of the stem. Eating broccoli helps protect health against heart disease and cancer. Sulfur contributes to broccoli's flavor.

Selecting Fresh Broccoli: Look for broccoli with tender stems and heads that are firm, tight and dark green or purplish-green. Avoid broccoli with wilted, soft, slippery, tough, thick or dry stems. Avoid broccoli with heads that have enlarged buds or yellow areas—those are broccoli flowers and are signs that the head is too old for best flavor.

Measuring Fresh Broccoli:

1 pound raw = about 13 ounces ready to eat = about 4 cups raw = about 2 cups cooked
1/2 cup cooked = about 1 1/2 ounces by weight = about 40 grams

Handling and Preserving: Refrigerate unwashed, dry broccoli in a perforated plastic bag in the vegetable drawer. It will stay fresh for 3 to 14 days, but for the best nutrition and taste, use during the first few days. Unrefrigerated, it quickly becomes fibrous and woody, and wet broccoli becomes limp and moldy. **To freeze,** select tender broccoli. Wash, cut off ends, and peel stalks if tough. If the head has insects, soak it in 4 cups cold water with 1 teaspoon salt for 30 minutes. Place 1-inch pieces in boiling water for 3 minutes. Drain immediately and place in ice water for 3 minutes. Drain again. Pack into freezer bags, leaving 3 inches of air space. Squeeze out the air, seal, date and freeze.

Preparation and Serving: Wash fresh broccoli under cool running water and cut off the bottom end of each stalk. If the head has insects, soak it in 4 cups cold water with 1 teaspoon salt for 30 minutes. To maintain its nutrients, do not soak longer. If the stem is tough, peel the outer stalk. If the stem is very large, split it or cut it into strips or rounds. Serve raw or cooked broccoli plain or with dips, sauces, pasta or in casseroles. To cook broccoli: steam, microwave, boil or stir-fry the stems for 1-2 minutes, then add the florets which have been cut into same-sized pieces and cook until fork-tender. For the best taste, color, texture and nutrition, and to avoid a strong odor, do not overcook.

Nutrition Facts 1 serving = 1/2 cup cooked or raw broccoli. Each 1/2 cup cooked chopped broccoli has: Calories 11; Protein 1 gram; Carbohydrates 2 grams; Fat 0 grams. Broccoli contributes fiber, carotenoids (which the body converts to vitamin A), vitamins C and K, and many other nutrients, antioxidants and healthful phytochemicals to the diet.

References: www.urbanext.uiuc.edu/veggies; ESHA Food Processor; www.fda.gov/fdac/special/foodlabel/raw.html; Food for Fifty, 11th edition, 2001, by M. Molt, Prentice Hall; www.oznet.ksu.edu/library/fntr2/MF1181.pdf

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Brussels Sprouts

Fun Facts: Brussels sprouts look like little cabbage heads. Indeed, they are in the cabbage, or cruciferous, family of vegetables. They most likely are named for Brussels, the capital city of Belgium. In Europe, some people call them "Brussels cabbage." Brussels sprouts are one of the least commonly eaten vegetables in the U.S. Many people have not yet discovered the unique taste of lightly-cooked, nutritious Brussels sprouts.

Selecting Fresh Brussels Sprouts: Look for bright green, clean, firm, tight, compact and solid Brussels sprouts. Choose those that are less than two-inches in diameter. Look for sprouts where the stalk end is clean. Avoid Brussels sprouts with leaves that are yellow, loose, wilted, puffy, soft, or with small holes or rot.

Measuring Fresh Brussels Sprouts:

1 pound raw = about 12 ounces ready to eat = about 4 cups raw = 2 1/2 cups cooked
1/2 cup cooked = 3 or 4 medium sprouts = about 2 3/4 ounces by weight = 78 grams

Handling and Preserving: Remove damaged outer leaves. Refrigerate unwashed Brussels sprouts in a perforated plastic bag in the vegetable drawer. They keep up to 3 weeks, but for best flavor, use during the first few days. **To freeze,** select fresh sprouts. Remove damaged leaves. Rinse. To remove insects, soak in 4 cups cold water with 1 teaspoon salt for 30 minutes. Place small Brussels sprouts in boiling water for 3 minutes, medium sprouts for 4 minutes, and large sprouts for 5 minutes. Drain at once and place in ice water for 3 to 5 minutes, depending on size. Drain again. Pack into freezer bags, leaving 3 inches of air space. Squeeze out the air, seal, date and freeze.

Preparation and Serving: Remove loose or damaged leaves. Wash sprouts under cool running water. Trim off the end of stalks. To remove insects, soak in 4 cups cold water with 1 teaspoon salt for 30 minutes. To maintain nutrients, do not soak longer. Enjoy cooked Brussels sprouts as a side dish, plain or with a sauce, or use as directed in recipes. To cook: cut sprouts in half to help them cook more evenly. Steam, microwave, boil or stir-fry them until fork-tender. For best results, do not overcook.

Nutrition Facts One serving = 1/2 cup Brussels sprouts. Each 1/2 cup of cooked Brussels sprouts has: Calories 30; Protein 2 grams; Carbohydrates 7 grams; Fat 0 grams. Brussels sprouts are an excellent source of vitamin C and contribute fiber, B vitamins including folic acid, essential minerals and many other nutrients, antioxidants and phytochemicals to the diet. Eating them helps protect against cancer and other diseases.

References: www.urbanext.uiuc.edu/veggies; ESHA Food Processor; www.oznet.ksu.edu/library/fntr2/C648.pdf; Food for Fifty, 11th edition, 2001, by M. Molt, Prentice Hall; http://aem.cornell.edu/research/researchpdf/rb0207.pdf

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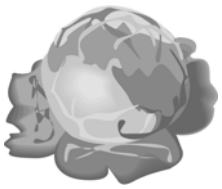
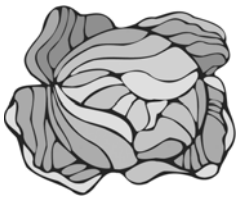


Cabbage



Fun Facts: Cabbage is the ninth most frequently eaten vegetable in the U.S. The top of a green cabbage head is more tender and shreds easier than the bottom half. Most cabbage has smooth leaves, but Savoy cabbage leaves are crinkly. Savoy cabbage is more tender and milder in flavor than green or red cabbage. It may be substituted for either of them in a recipe. Bok choy, napa and pe-tsai cabbage form oblong-shaped heads that have a crisp texture similar to lettuce yet have the flavor of cabbage. Cabbage family vegetables are called cruciferous vegetables. Sulfur contributes to the distinctive flavor and smell of cabbage. Sauerkraut and kimchee are pickled cabbage dishes.

Selecting Fresh Cabbage: Look for green or red/purple cabbage heads that are solid, heavy, tight and firm, with outer leaves that are smooth and fresh. With Savoy cabbage, look for flexible, crumpled, dark green or blue/green leaves forming a loosely-packed head. Avoid cabbage that is wilted, discolored, blemished, cracked or split, insect-infested or decayed.

Measuring Fresh Cabbage:

1 medium head green cabbage = about 2 pounds as purchased = about 8 cups ready-to-eat, raw, shredded = about 4 cups cooked, shredded

1 cup raw or 1/2 cup cooked = about 2 1/2 ounces by weight = 75 grams

Handling and Preserving: Refrigerate unwashed, uncut cabbage in a perforated plastic bag in the vegetable drawer. Store Savoy and green or red cabbage that will be eaten raw for up to 4 days, and green or red cabbage that will be eaten cooked for up to 4 weeks. **To freeze:** Rinse the head and discard outer leaves. Shred, cut into thin wedges, or separate the layers of leaves. Place in boiling water for 1 1/2 to 3 minutes, depending on the size of the pieces. Remove immediately and place in ice water for 1 1/2 to 3 minutes. Drain. Place in freezer bags, squeeze out the air, seal, date and freeze.

Preparation and Serving: Rinse cabbage. Discard the outer leaves. For best results, use stainless steel knives and pans when preparing cabbage. Cook by boiling, steaming, stir-frying or microwaving it, but do not overcook. Cook red cabbage with an acidic ingredient, such as vinegar, to prevent undesirable color changes.

Nutrition Facts One serving = 1 cup raw, or 1/2 cup cooked, shredded cabbage and has: Calories 17; Protein 1 gram; Carbohydrates 4 grams; Fat 0 grams. Cabbage provides vitamins C and K, B vitamins and essential minerals, and helps protect against heart disease and cancer.

References: www.urbanext.uiuc.edu/veggies; www.fda.gov/fdac/special/foodlabel/raw.html; ESHA Food Processor; Food for Fifty, 11th edition, 2001, by M. Molt, Prentice Hall; www.msue.msu.edu/imp/mod01/01600060.html

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Carrots

Fun Facts: Carrots can get sunburned while growing. The sunburned area turns green. When carrots were first grown in France, they were not eaten but instead their feathery leaves on top were used in women's hair, hats and clothing.

Selecting Fresh Carrots: Choose short or long carrots, but ones that are no more than 1 1/2 inches around. Look for smooth, firm, crisp carrots with a small core and a deep orange color from top to bottom. Avoid oversized carrots because they have less flavor and may be tough and woody. Avoid wilted, soft or slimy carrots.

Measuring Fresh Carrots

1 pound = about 5 medium carrots = 4 cups shredded = about 2 1/2 cups diced cooked
1/2 cup diced cooked = a little less than 3 ounces by weight = about 80 grams

Handling and Preserving: Cut off the green leafy tops close to the top of the carrot. If you plan to cook the leafy tops, such as in soup or a stew, refrigerate them separately and use within 1 or 2 days; they spoil quickly. Brush off any loose dirt. Refrigerate unwashed carrots in a perforated plastic bag in the vegetable drawer, away from fruits. Crispness is maintained by preventing water loss. Carrots usually stay fresh for several weeks, and at times for up to 6 months. **To freeze,** select tender carrots. Cut off ends, wash, and peel. Place small whole carrots in boiling water for 5 minutes. Cut larger carrots into thin slices, cubes or strips and boil for 2 minutes. Drain immediately and place them in ice water for 5 minutes. Drain and package into freezer bags or containers, with 3 inches of air space. Seal, date and freeze.

Preparation and Serving: Scrub carrots under cold running water with a vegetable brush to remove all dirt. Cut off ends, and areas that are green instead of orange near the top. Peel if desired. Carrots are a popular, naturally sweet vegetable. They add lots of nutrition and color, but few calories. Raw or cooked, carrots are easy to serve. Try them whole, shredded, chopped, juiced, boiled, steamed, stir-fried, baked, roasted or grilled. Grate and add to salads, main dishes, sandwiches, baked goods, etc.

Nutrition Facts for one serving, or 1/2 cup sliced raw or cooked carrots: Calories 30-35; Protein 1 gram; Carbohydrates 6-8 grams; Fat 0 grams. One serving provides large amounts of the healthful antioxidant, beta carotene, which is converted into vitamin A after being eaten. Carrots contribute other nutrients to the diet, too.

References: www.urbanext.uiuc.edu; Food for Fifty, 11th edition, 2001, by M. Molt, Prentice Hall; ESHA Food Processor; www.oznet.ksu.edu/library/hort2/mf661.pdf; www.aboutproduce.com; www.oznet.ksu.edu/library/fntr2/MF1181.pdf

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Cauliflower

Fun Facts: Most cauliflower is white or creamy colored. Purple cauliflower looks like cauliflower, but is really a type of broccoli that turns green when cooked. White cauliflower heads turn green if they get sunburned. Cauliflower is in the cabbage, or cruciferous, family of vegetables. It is the 12th most frequently eaten vegetable in the U.S. Eating white or purple cauliflower helps protect against heart disease and cancer.

Selecting Fresh Cauliflower: Look for a head that is clean, firm, tight, compact, solid and heavy. Any outer leaves should be fresh and green. Avoid cauliflower heads that are light brown, or that have spread out or have a coarse appearance that looks like rice, and those with soft, wilted or discolored spots.

Measuring Fresh Cauliflower:

1 pound raw = about 10 ounces ready to eat = about 3 cups raw = 1 1/2 cups cooked
1 medium head = about 50 to 75 florets = about 6 cups raw
1/2 cup cooked = about 2 1/4 ounces by weight = 62 grams

Handling and Preserving: Refrigerate unwashed, dry cauliflower in a perforated plastic bag in the vegetable drawer. It will stay fresh from 2 days through 4 weeks. **To freeze,** select a fresh head. Wash, cut out any dark spots, and trim off leaves. If the head has insects, soak it in 4 cups cold water with 1 teaspoon each vinegar and salt for 30 minutes. Place 1-inch pieces of cauliflower in 1 gallon boiling water mixed with 3 tablespoons lemon juice (added to prevent darkening) for 3 minutes. Drain immediately and place in ice water for 3 minutes. Drain again. Pack into freezer bags, leaving 3 inches of air space. Squeeze out the air, seal, date and freeze.

Preparation and Serving: Wash fresh cauliflower under cool running water. Trim off leaves and any dark spots. If the head has insects, soak it in 4 cups cold water with 1 teaspoon each vinegar and salt for 30 minutes. To maintain its nutrients, do not soak longer. Serve raw or cooked cauliflower plain or with dips or sauces or in salads and casseroles. To cook cauliflower: cut the florets into same-sized pieces and steam, microwave, boil or stir-fry them until fork-tender. For best quality, do not overcook.

Nutrition Facts 1 serving = 1/2 cup cooked or raw cauliflower. Each 1/2 cup cooked cauliflower has: Calories 14; Protein 1 gram; Carbohydrates 3 grams; Fat 0 grams. Cauliflower contributes fiber, vitamin C, B vitamins including folic acid, and many other nutrients, antioxidants and healthful phytochemicals to the diet.

References: www.urbanext.uiuc.edu/veggies; ESHA Food Processor; www.fda.gov/fdac/special/foodlabel/raw.html; Food for Fifty, 11th edition, 2001, by M. Molt, Prentice Hall; www.oznet.ksu.edu/library/fntr2/MF1181.pdf

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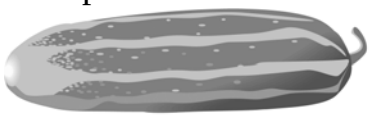
Cucumbers

Fun Facts: Cucumbers are 96% water. The inside of a growing cucumber on a hot summer day is 20 degrees cooler than the outside air temperature. This fact gave rise to the expression "cool as a cucumber." European explorers to the New World brought cucumbers with them.

Selecting Fresh Cucumbers: Choose firm, crisp cucumbers with a slender shape and a dark green rind. (Shiny cucumbers have been coated with an edible wax to protect them from moisture loss.) Avoid cucumbers that have grown too long or too big around, or that have turned yellow, are shriveled at the ends, are tough with large woody seeds, or that have soft spots or feel slimy. Slicing cucumbers and pickling cucumbers are the most common types. Look for slicing cucumbers that are 6 to 8 inches long, or “burp-less” types that are 1 to 1 1/2 inches in diameter and up to 10 inches long. To make pickles, slicing cucumbers may be used instead of the pickling type. However, pickling cucumbers make better pickles because the skin is less bitter and they have smaller and fewer seeds. For non-dill pickles, look for cucumbers no more than 2 inches long. Choose 4 to 6 inch long cucumbers for dill pickles.

Measuring Fresh Cucumbers



1 pound = 2 or 3 large cucumbers = about 3 cups diced
1/2 cup sliced = about 8 to 10 slices = about 2 ounces by weight = about 55-60 grams

Handling and Preserving: To use for slicing, refrigerate unwashed cucumbers for up to 2 weeks in a loose or perforated plastic bag in the vegetable drawer. For the highest quality pickles, use cucumbers picked within 24 hours and cooled in ice water or refrigerated immediately. Use pickling salt as directed by the recipe, since table salt may make the brine cloudy and the pickles be off-color.

Preparation and Serving: Rinse cucumbers under cold running water to remove dirt. Cut off ends. Peel skin and remove seeds if desired, depending on your taste preference. Add raw cucumbers to vegetable, pasta or potato salads, or slice onto sandwiches for flavor, crunch, color, and very few calories. Use as directed in a recipe.

Nutrition Facts for one serving, or 1/2 cup sliced raw cucumbers, peeled or not peeled: Calories about 7; Protein less than 1 gram; Carbohydrates about 1 gram; Fat 0 grams. Cucumbers contribute small amounts of nutrients, such as vitamin C, to the diet.

References: www.oznet.ksu.edu/library/fntr2/mf1184.pdf; www.urbanext.uiuc.edu; Food for Fifty, 11th edition, 2001, by M. Molt, Prentice Hall; ESHA Food Processor; www.oznet.ksu.edu/library/hort2/mf661.pdf; www.aboutproduce.com

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Culinary Herbs

Locally grown culinary herbs include:

anise, basil, borage, chervil, chives, coriander or cilantro, dill, fennel, oregano, parsley, rosemary, sage, sweet marjoram, tarragon and thyme.

Fun Facts: Culinary herbs (pronounced "erb" with the h being silent) are soft-stemmed plants where the leaves, flowers, roots or seeds are used to flavor foods or beverages. Parsley, the most widely used and popular herb, is usually used as a garnish.

Selecting Freshly Cut Culinary Herbs: Choose fresh clean herbs that are not discolored or damaged. Avoid herbs with bruised, limp, brown or black leaves.

Measuring Culinary Herbs: 2 to 3 tablespoons fresh herbs = 1 tablespoon dried crushed herbs = 1 1/2 teaspoons ground herbs

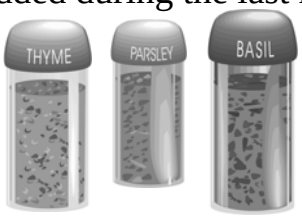
Handling and Preserving:

Handle herbs gently to avoid bruising. Refrigerate unwashed fresh herbs in an open or a perforated plastic bag in the vegetable bin for use within a few days. To extend freshness for a week or more, snip off the stem end diagonally, place herbs in a tall glass with an inch of water, cover them loosely with a plastic bag, and refrigerate, changing the water daily.

Refrigerate homemade oil-based herb mixtures for up to 2 days and commercial mixtures up to 3 weeks. **To freeze** herbs for use in cooked dishes, rinse under cool running water, shake, drain, pat dry, and wrap a few sprigs or leaves in freezer wrap, place in a freezer bag, seal, label and freeze for up to 6 months.

Preparation and Serving:

Rinse herbs under cool running water to remove dirt, shake off excess moisture, and pat with clean paper towels. Unless your recipe gives other directions, mince herb leaves very fine before cooking to release more flavor. Chop with a knife, or snip them with kitchen scissors, discarding stems. Mild or savory herbs impart a delicate flavor to foods, while stronger or pungent herbs add zest. When using culinary herbs, start with small amounts to discover what you like. Add fresh herbs to refrigerated foods several hours before serving, so the flavors have time to blend. When cooking, preserve the delicate flavor of basil, chervil, chives, coriander or cilantro, dill leaves, mint, parsley and sweet marjoram by adding them just minutes before the end of cooking, or sprinkle them on the food just before serving. Oregano, rosemary, tarragon and thyme have stronger flavors and can be added during the last half hour of cooking.



Ideas for Using Culinary Herbs:

Anise – stewed fruit, soups, beverages, pork, poultry, fish

Basil – beans, Brussels sprouts, carrots, cauliflower, cucumbers, eggplant, peas, potatoes, salads, spinach, squash, tomatoes, zucchini, rice, eggs, meats, poultry, fish, Italian/Spanish dishes

Borage – salads, fruit beverages, soups

Chervil – potatoes, salads, soups, eggs, French dishes

Chives – baked potatoes, salads, tomatoes, steamed vegetables, soups, spreads, fish, Chinese dishes

Coriander/Cilantro – tomatoes, African/Caribbean/Chinese/Mexican dishes

Dill – beans, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, cucumbers, peas, potatoes, salads, tomatoes, soups, sauces, cottage cheese, rice, breads, fish, German dishes

Fennel – carrots, cucumbers, squash, tomatoes, breads, eggs, fish, marinades, African/German dishes

Oregano – beans, carrots, eggplant, onions, peas, potatoes, salads, spinach, squash, sweet bell peppers, tomatoes, turnips, soups, sauces, cheeses, meats, Greek/Italian/Mexican dishes

Parsley – beans, carrots, cauliflower, eggplant, onions, potatoes, salads, tomatoes, zucchini, soups, meats, poultry, fish, Caribbean/French/Greek/Italian/Spanish dishes

Rosemary – beans, Brussels sprouts, cabbage, carrots, cauliflower, peas, roasted potatoes, squash, tomatoes, turnips, soups, rice, cheese, pork, poultry, lamb, fish, marinades, Greek/Spanish dishes

Sage – Brussels sprouts, eggplant, lima beans, onions, peas, tomatoes, stuffing, soups, meat, poultry, fish

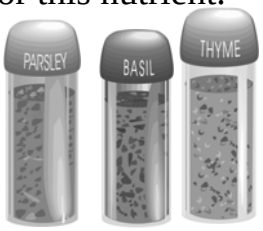
Sweet marjoram – beans, carrots, eggplant, mushrooms, peas, salads, spinach, squash, tomatoes, soups, eggs, breads, meats, Caribbean/French dishes

Tarragon – asparagus, beans, broccoli, cabbage, cauliflower, cucumbers, salads, tomatoes, yogurt, sauces, eggs, poultry, fish

Thyme – beans, beets, broccoli, Brussels sprouts, carrots, eggplant, lima beans, mushrooms, onions, potatoes, squash, tomatoes, soups, breads, eggs, meat, poultry, fish, Caribbean/French dishes

Nutrition Facts: Culinary herbs contribute virtually no calories, protein, fat or carbohydrates to the diet, but are plentiful in healthful antioxidants and pigments. Two sprigs of parsley provide 11 mcg. vitamin K, or 14% of an adult's need for this nutrient.

References: www.oznet.ksu.edu/library/4h_y2/4H712.pdf; www.aboutproduce.com; www.oznet.ksu.edu/dp_hfrr/extensn/Hort_Tips/Vegetable_Crops/herbs.htm; http://lancaster.unl.edu/food/ftapr03.htm; http://ohioline.osu.edu/hyg-fact/5000/5520.html; www.oznet.ksu.edu/dp_hfrr/Teaching_and_Courses/Courses/Hort560/Herbs_files/v3_document.htm



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Eggplant

Fun Facts: Fashionable high-society Chinese women used to use eggplant skins to stain their teeth black. The most common type of eggplant eaten in the U.S. is the large, dark-purple Italian eggplant. Less common are the slender lavender and small white types of eggplants. Eggplant is one of the least-frequently eaten vegetables in the U.S.

Selecting Fresh Eggplant: Look for a firm eggplant that is 6 to 8 inches long. Choose one with tender, smooth, glossy skin. Also look for one that, when it is gently pressed, yields to the pressure but the dent disappears. Look for an eggplant with an oval, not round, dimple at the blossom end. Select one where the stem and cap are still greenish and fresh-looking. Avoid eggplants that have hard flesh, as well as ones where the dent remains in the flesh after it is gently pressed, because it is likely to be brown and spongy inside, taste bitter, and have large tough seeds. Avoid those with a round dimple on the blossom end, since they may have more seeds and be spongier. Avoid eggplant that is dull, discolored, soft, shriveled or split. Avoid those with dark brown spots, which are a sign of decay.

Measuring Fresh Eggplant:

1 medium eggplant = about 1 1/4 pounds as purchased = about 1 pound ready-to-cook = about 4 cups diced, raw or cooked

1/2 cup cooked = about 1 3/4 ounces by weight = about 50 grams

Handling and Preserving: Refrigerate unwashed eggplant in a perforated plastic bag in the vegetable drawer for up to 1 week. Handle gently to avoid bruises. It develops a bitter taste during storage in the refrigerator. **To freeze:** Rinse off dirt. Cut off ends. Peel if skin is tough. Dice, or slice into 1/3-inch thick rounds. Immediately place them in a mixture of 1 gallon boiling water with 1/2 cup lemon juice for 2 to 4 minutes. Remove and place in ice water for 2 to 4 minutes. Drain. Place in freezer bags, leaving 3 inches of air. Squeeze out the air, seal, date and freeze.

Preparation and Serving: Rinse off dirt. Cut off the ends. Peel if the skin is tough. Young tender eggplant may be cooked with the peel left on. Cook eggplant by baking, grilling, steaming or frying it. Use as directed in recipes, but do not overcook. Eggplant has a mild flavor that is enhanced by culinary herbs and other vegetables.

Nutrition Facts One serving = 1/2 cup steamed eggplant. It provides: Calories 13; Protein 1 gram; Carbohydrates 3 grams; Fat 0 grams.

References: www.aboutproduce.com; http://aem.cornell.edu/research/researchpdf/rb0207.pdf; ESHA Food Processor; Food for Fifty, 11th edition, 2001, by M. Molt, Prentice Hall; www.urbanext.uiuc.edu/veggies; www.oznet.ksu.edu/library/FNTR2/MF1181.PDF

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Grapes

Fun Facts: Grapes can be green or white, red, blue, blue-black or purple. Some have seeds while others are seedless. Grapes are among the top six most-frequently eaten fruits in the U.S. On average, each person eats about 8 pounds of fresh grapes and 2 pounds of dried grapes, or raisins, per year, in addition to jelly, jam, juice and wine.

Selecting Fresh Grapes: Look for firm, plump, smooth, sweet grapes with a uniform bright color, tender skins, and pleasant aroma. Look for market grapes that have been protected in covered containers. Avoid grapes with blotches of color or that are wet, mushy, wrinkled, shriveled, scarred, leaky or moldy.

Measuring Fresh Grapes

1 pound = about 15 ounces ready to eat = about 2 1/2 cups of grapes
1/2 cup = about 15 to 20 grapes = about 3 ounces by weight = about 80 grams

Handling and Preserving: Handle grapes gently so they do not bruise. Refrigerate (preferably at 32° F.) unwashed grapes as soon as possible in a perforated plastic bag. Grapes absorb odors, so store them away from strong-smelling foods. Grapes do not ripen further after harvest. For best quality, use during the first few days.
To freeze: Select fresh grapes. Rinse off dirt. Remove stems. Leave seedless grapes whole, but cut others in half and remove seeds. Pack into freezer bags or containers, leaving 1/2 inch of air. If desired, cover with a cold syrup made with 1 cup water and 2/3 cup sugar. Squeeze out air, seal, date and freeze.

Preparation and Serving: Just before use, rinse grapes under cool running water. Remove those with bruises and decay. Enjoy them plain! Or serve with other foods, such as cheese, yogurt and cereal. Use as directed in a recipe, such as for a cold salad, dessert or main dish.

Nutrition Facts: One serving = 12 fresh grapes or 1/4 cup raisins. 12 grapes provide: Calories 43; Protein 1/2 gram; Carbohydrates 11 grams; Fat 0 grams. 1/4 cup raisins provide: Calories 124; Protein 1 gram; Carbohydrates 33 grams; Fat 0 grams. Grapes and raisins contribute fiber, B vitamins and essential minerals to the diet. Grapes contain many healthful antioxidants, phytochemicals and pigments. Eating grapes or grape products can help protect against heart disease and cancer.

References: ESHA Food Processor; www.fda.gov/fdac/special/foodlabel/raw.html; www.aboutproduce.com; http://nfapp.east.asu.edu/Outlook02/Grapes.htm; http://www.msue.msu.edu/imp/mod01/01600324.html

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Green Beans

Snap Beans • String Beans

Fun Facts: Some types of green beans are purple, but turn green when cooked. Yellow or wax beans are closely related to green beans. Green beans are the immature pod and beans of dried legumes. Green beans used to be called "string beans" because of the stringy fiber that grew along the seam of the bean pod. Newer green bean varieties do not have this stringy fiber. Green beans are one of the top 20 vegetables eaten in the U.S.

Selecting Fresh Green Beans: Look for green beans with a pod that is firm, crisp, straight and long, and that snaps easily. The tip should be flexible. Avoid green beans with large seeds within the pod. If you can see the bulge of a developing bean through the green pod, the pod will probably need to be discarded since it will be too tough to eat, but the seeds can be removed and cooked. Avoid green beans that are thick, tough, stringy, fibrous or wilted, or with pods that look rusty or damaged.

Measuring Fresh Green Beans:

1 pound raw = about 14 ounces ready to eat = 3 cups raw = about 2 1/2 cups cooked
1/2 cup cooked = about 2 1/4 ounces by weight = 63 grams

Handling and Preserving: Refrigerate unwashed dry green beans in a plastic bag in the vegetable drawer for up to 3 days. **To freeze,** select fresh green beans. Rinse. Remove stem ends. If desired, snap into 1-inch pieces. Place in boiling water for 2 or 3 minutes, depending on size. Drain immediately and place in ice water for 2 or 3 minutes. Drain again. Pack into freezer bags, leaving 3 inches of air space. Squeeze out the air, seal, date and freeze.

Preparation and Serving: Wash beans under cool running water and drain. Remove the stem ends. Enjoy cooked green beans as a hot side dish or chilled in a salad, or use as directed in recipes. To cook: steam, microwave, boil or stir-fry them until fork-tender. Boiled fresh green beans cook in about 15-30 minutes. For best results, do not overcook.

Nutrition Facts One serving = 1/2 cup green beans. Each 1/2 cup of cooked green beans has: Calories 22; Protein 1 gram; Carbohydrates 5 grams; Fat 0 grams. Green beans contribute vitamin C, carotenoids (which the body converts to vitamin A), fiber, B vitamins including folic acid, essential minerals and other nutrients, antioxidants and phytochemicals to the diet.

References: www.urbanext.uiuc.edu/veggies; ESHA Food Processor; www.oznet.ksu.edu/library/fntr2/mf1179.pdf; Food for Fifty, 11th edition, 2001, by M. Molt, Prentice Hall; www.fda.gov/fdac/special/foodlabel/raw.html

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Lettuce

Leaf Lettuce • Head Lettuce • Stem Lettuce

Fun Facts: Lettuce is 95% water. Iceberg lettuce is the second most-frequently vegetable eaten in the U.S., while leaf lettuce is among the top 13 vegetables eaten. Americans eat almost five times more lettuce now than they ate in the early 1900s.

Selecting Fresh Lettuce: Look for crisphead-type lettuces, such as iceberg, and cos, or romaine, lettuce that have crisp leaves. Romaine lettuce forms a long medium-dense head. Leaf (or loose-leaf) lettuce should have crisp leaves loosely arranged on the stalk. Look for butterhead lettuce, such as Boston or Bibb, that has a small loose head with tender, soft leaves (the inner leaves have an oily or buttery feel). Avoid lettuce that is dry or wilted, or that has soft decay spots or looks rusty or discolored.

Measuring Fresh Lettuce:

1 head = about 2 pounds = about 20 to 24 ounces ready to eat = about 10 or 12 cups
1 cup shredded or chopped = about 2 ounces by weight = 55 grams

Handling and Preserving: Refrigerate unwashed dry lettuce for up to 2 weeks in a perforated plastic bag in the coolest part of the refrigerator, which is the top shelf against the rear wall, or in the vegetable drawer. Avoid storing lettuce near apples, pears or bananas since they release a natural ripening gas, ethylene, which causes lettuce to develop brown spots and decay quickly. Leaf and head lettuce do not freeze well.

Preparation and Serving: Wash lettuce leaves under cool running water and drain. Pat dry with a clean towel or dry with a salad spinner. Restore limp leaves by soaking them in ice water for a few minutes. Tear leaves into pieces. For best nutrition and appearance, do not cut or slice lettuce in advance. Use all types of lettuce as a salad, on sandwiches, as a garnish, or as directed in recipes. Iceberg, leaf and romaine lettuce provide flavor and crunch. Butterhead lettuce has a delicate sweet flavor. Peel the uncommon stem-type or asparagus lettuce and use raw, like celery, or cooked.

Nutrition Facts One serving = 1 cup raw lettuce. 1 cup chopped lettuce has: Calories 7-10; Protein 1 gram; Carbohydrates 1 to 2 grams; Fat 0 grams. Nutritional value varies, with darker-colored leaves contributing more nutrients. Iceberg lettuce has very low levels of all nutrients. Romaine, leaf and butterhead lettuce contribute vitamins C and K, carotenoids (which the body converts to vitamin A), the B vitamin folic acid, essential minerals such as chromium, and other nutrients, antioxidants and phytochemicals.

References: www.urbanext.uiuc.edu/veggies; www.fda.gov/fdac/special/foodlabel/raw.html; www.aboutproduce.com; www.ianr.unl.edu/pubs/horticulture/g71.htm; ESHA Food Processor; Food for Fifty, 11th edition, 2001, by M. Molt, Prentice Hall

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Onions

Fun Facts: Onions can be yellow, red or white, but the most common type is yellow. Green onions, also called scallions and spring or summer onions, are called 'green' because they are immature. If they are left in the ground to grow for a longer time, they mature into bulb or storage onions. Garlic, asparagus, leeks, chives, shallots and onions are in the same family of plants. Onions are the fourth most-frequently eaten vegetable in the U.S. On average, each American ate 18 pounds in 2002, up from the 12 pounds eaten in 1982. Residents of Libya eat the most onions, almost 4 times as many as people in the U.S.

Selecting Fresh Onions: Green onions have a sweeter, milder taste than mature onions. Look for green onions or scallions with several inches of white, crisp flesh at the root end and fresh tender green tops. Avoid those that are wilted, discolored, or decayed. If selecting mature bulb onions, look for ones that are firm, dry and small at the top and with layers of papery outer skins. Avoid those that are split or wet, are sprouting, or that have decay, soft spots, or green areas which indicates sunburn.

Measuring Fresh Onions:

1 pound green onions = about 2 1/2 cups ready to eat, sliced, with tops = about 1 cup ready to eat, sliced, without tops. 1 pound mature onions = about 3 large or 4 or 5 medium onions = about 2 1/2 cups ready to eat, raw = about 2 cups cooked onion

1/2 cup steamed onions = about 3 3/4 ounces by weight = 105 grams

Handling and Preserving: Refrigerate unwashed green onions for up to 4 weeks in a perforated plastic bag in the vegetable drawer. Store mature onions for up to 4 months on a counter in a cool, dry, well-ventilated place, but not in a plastic container. **To freeze onions,** peel, rinse and chop spring or bulb onions. Pack into freezer bags, leaving 3 inches of air space. Or place onion pieces in a single layer on a tray, freeze, and then pack into freezer bags. Squeeze out the air, seal, date and freeze. Use in cooked products.

Preparation and Serving: Peel off the dry and colored outer layers. Rinse under cool running water and drain. The sulfur-containing compound in onions can bring tears to your eyes. To limit your tears, chill the onion before cutting it, and cut into the root end of the onion last. Use onions raw, or boil, steam, microwave, grill, stir-fry or bake them.

Nutrition Facts One serving = 1/2 cup. 1/2 cup steamed onions has: Calories 40; Protein 1 gram; Carbohydrates 9 grams; Fat 0 grams. Onions contain the antioxidant quercetin, and organosulfur compounds, which help protect against chronic diseases.

References: www.urbanext.uiuc.edu/veggies; www.onions-usa.org; www.fda.gov/fdac/special/foodlabel/raw.html; www.aboutproduce.com; ESHA Food Processor; Food for Fifty, 11th edition, 2001, by M. Molt, Prentice Hall; www.oznet.ksu.edu/library/fntr2/C648.pdf

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Peaches

Fun Facts: Peaches are the ninth most-frequently eaten fruit in the U.S. In ancient China, peaches were a symbol of long life and immortality. Peaches, which may be a cross between nectarines and almonds, used to be called Persian apples.

Selecting Fresh Peaches: Choose bright, fresh-looking peaches that smell "peachy." Look for ones that have a smooth skin and a creamy or yellow color with red blush or mottling. The crease should be well defined and run from the stem end to the point. Ripe peaches yield to gentle palm pressure. Avoid peaches that are hard and green, brownish, excessively soft, bruised, or shriveled, or that have tan circular spots.

Measuring Fresh Peaches

1 pound = 2 to 4 medium whole = 2 cups sliced = 1 1/2 cups pureed
1 cup sliced = about 6 ounces by weight = about 175 grams

Handling, Ripening and Preserving: Cover and refrigerate (preferably at 32° F.) ripe unwashed peaches in a single layer. To ripen: store in a single layer along with one apple at room temperature in a loosely closed paper bag and check them daily. High heat causes peaches to become dry and mealy, and exposing them to the sun will make them shrivel. Peaches may be frozen: peel, cut into halves or slices, pack into containers, and cover with a mixture of 1 teaspoon ascorbic acid added per quart cold water, leaving 1/2 inch of air space before sealing with a lid. Note: To make the peel slide off easily, put it in boiling water for 30 seconds, remove, and put it in cold water immediately. Peaches peeled using this method taste slightly cooked.

Preparation and Serving: Rinse peaches under cold running water to remove fuzz and dirt. Cut off bruises and decay. Remove the pit. Delicious fresh! Or slice and enjoy with foods you already eat, such as yogurt, cheese, cereal, pancakes, salads or desserts. Use as directed in a recipe. To keep peaches from darkening after slicing, sprinkle with lemon juice, orange juice or ascorbic acid powder.

Nutrition Facts: Serving Size = 1/2 cup sliced fresh peaches. Calories 37; Protein 1 gram; Carbohydrates 9 grams; Fat 0 grams. Peaches contribute vitamins A and C, fiber and potassium to the diet.

References: ESHA Food Processor; www.about produce.com; www.oznet.ksu.edu/library/fntr2/mf1182.pdf; www.urbanext.uiuc.edu; www.griffin.peachnet.edu/caes/gapeach/; www.eatcaliforniafruit.com/0401a.html; www.fda.gov/fdac/special/foodlabel/raw.html

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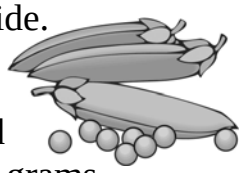
Peas: Green and Edible-Pod

Fun Facts: Do you know any identical twins who are "as alike as two peas in a pod"? Green peas, also called garden or English peas, are eaten after the outer pod is removed. Removing the pod is called "shelling" the peas. To do this, pinch off the ends, pull the string down on the inside of the pod and squeeze upward quickly to pop the peas out. Green peas have either smooth or wrinkled seeds. Wrinkled seed peas are sweeter and are usually eaten when tender and immature, or "green". Smooth-seeded peas have more starch and are often allowed to ripen, then are eaten in split-pea soup, etc., when mature. Edible-pod peas include snow, sugar snap and Chinese peas.

Selecting Fresh Peas: Look for firm, crisp pea pods with a bright green color and a soft, velvety feel. Avoid those with limp, wrinkled, fibrous, discolored or decayed pods. Green peas are best when they have fully-expanded pods filled with large round peas. Choose edible-pod snow and sugar snap peas that have flat tender pods 1 1/2 to 3 inches long, with undeveloped seeds inside. Small pods are sweeter and more tender. If an edible-pod pea is too fibrous, remove the pod and use just the pea seeds inside.



Measuring Fresh Green Peas:

1 pound green peas = about 6 ounces shelled = about 1 cup, raw or cooked
1/2 cup cooked green or edible-pod peas = about 3 ounces by weight = 80 grams

Handling and Preserving: Refrigerate unshelled, unwashed peas in a perforated plastic bag. For best quality, since their sugar quickly turns to starch, eat green peas as soon as possible and within 5 days. Edible pod peas will keep up to two weeks. **To freeze:** Select fresh tender peas. Rinse dirt off. Remove the ends and strings from all peas, and the pods from green peas. Place 1 cup peas in boiling water for 2 minutes. Remove immediately and place in ice water for 2 minutes. Drain. Pack into freezer bags, leaving 3 inches of air space. Squeeze out the air, seal, date and freeze.

Preparation and Serving: Rinse dirt from peas. Shell green peas. For edible-pod peas, remove the ends and strings from both sides of the pod. Edible-pod peas may be eaten raw. For best quality, do not overcook peas.

Nutrition Facts for one serving, or 1/2 cup cooked green peas: Calories 67; Protein 4 grams; Carbohydrates 13 grams; Fat 0 grams. In contrast, 1/2 cup cooked edible-pod peas provides 34 calories and 6 grams carbohydrates. Peas contribute vitamin C and K, B vitamins, fiber and essential minerals to the diet.

References: ESHA Food Processor; www.oznet.ksu.edu/library/fntr2/MF1181.pdf; www.urbanext.uiuc.edu; www.aboutproduce.com

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Radishes

Fun Facts: Radishes are one of the top 20 most-frequently eaten vegetables in the U.S. Radishes are a member of the cabbage, or cruciferous, family of vegetables. You can make radishes into edible shapes by cutting them not quite all the way through and placing them in ice water so they fan out. Some radishes are thin and long, others are short and round. There are spring and winter radishes. **Spring radishes** can be red, pink, purple, white, or red and white, and some have a hot taste while others are mild. **Winter radishes** are large and can be black, white or green. Black radishes have a strong, pungent flavor. Daikon or Chinese radishes are milder and bigger than black radishes; they can grow to be 18 inches and 6 pounds.

Selecting Fresh Radishes: Look for spring radishes that are 1/2 to 1 inch wide and are firm, smooth and shiny. Avoid large spring radishes that yield to pressure; they are fibrous, spongy, tough or woody and their flavor is hot. If the radish top is attached, look for fresh green leaves. Avoid radishes that are limp or dull in appearance, or that have wilted, yellow or decayed tops.

Measuring Fresh Spring Radishes:

1 pound raw without tops = about 15 ounces ready to eat = about 90 small radishes or 50 medium radishes = about 3 1/2 cups of raw slices

1/2 cup raw slices = about 2 ounces by weight = 58 grams

Handling and Preserving: Cut off the leafy radish top and refrigerate it unwashed in a separate plastic bag; cook within 1 or 2 days. Brush off any dirt clods from the radish and refrigerate unwashed, dry radishes in a plastic bag in the vegetable drawer for 1 to 4 weeks. (Winter radishes keep longer than spring radishes do.) Radishes do not freeze well, but may be pickled. Use pickling salt as directed by the recipe, since table salt may make the brine cloudy and the pickles be off-color.

Preparation and Serving: Cut off the root. Scrub off all dirt under cool running water. Peel daikon radishes but not spring radishes. Enjoy radishes raw or cooked; whole, sliced, diced or shredded; plain or in a recipe.

Nutrition Facts One serving = 1/2 cup radishes. In each 1/2 cup of raw sliced spring radishes there are: Calories 12; Protein 0 grams; Carbohydrates 2 grams; Fat 0 grams. Radishes are an excellent source of vitamin C and contribute other nutrients, antioxidants and phytochemicals to the diet.

References: www.urbanext.uiuc.edu/veggies; www.aboutproduce.com; www.fda.gov/fdac/special/foodlabel/raw.html; ESHA Food Processor; Food for Fifty, 11th edition, 2001, by M. Molt, Prentice Hall

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Spinach

Fun Facts: A recipe with the word "florentine" means it contains spinach. The expression honors the French queen, Catherine de Medici, who loved spinach and was from Florence, Italy. New Zealand spinach is a leafy green vegetable, but it is not really spinach. It can, however, be used in similar ways. Spinach is extremely high in healthful antioxidants. Eating spinach helps protect health against many diseases, including heart disease, cancer and age-related macular degeneration. Spinach is closely related to beets and Swiss chard. On average, Americans eat about 2 1/2 pounds of spinach per year.

Selecting Fresh Spinach: Look for fresh, crisp dark green leaves and tender stems. Smooth leaf varieties are easier to clean. Avoid spinach with wilted, yellow, discolored, damaged or slimy leaves, or with long or tough stems.

Measuring Fresh Spinach:

1 pound raw = about 14 ounces ready to eat = about 13 cups chopped, raw
= about 2 cups cooked
1/2 cup cooked = about 3 1/2 ounces by weight = 95 grams

Handling and Preserving: Refrigerate in a perforated plastic bag in the vegetable drawer. Spinach may stay fresh up to 14 days, but when possible use during the first few days. **To freeze,** select tender fresh leaves. Rinse off dirt. Remove stems if tough. Place a handful of spinach in boiling water for 1 1/2 minutes. Drain immediately and place in ice water for 1 1/2 minutes. Drain again. Pack into freezer bags, leaving 3 inches of air space. Squeeze out the air, seal, date and freeze.

Preparation and Serving: Rinse dirt from spinach leaves and dry with clean paper towels or in a salad spinner. Serve raw or cooked spinach plain, or use as directed in recipes. Spinach may be used in cold and hot salads, casseroles including egg dishes, soups, dips, etc. To cook spinach: steam, microwave, boil or stir-fry until tender. For the best taste, color, texture and nutrition, do not overcook.

Nutrition Facts 1 serving = 1 cup raw or 1/2 cup cooked spinach. Each 1/2 cup steamed spinach has: Calories 21; Protein 3 grams; Carbohydrates 3 grams; Fat 0 grams. For 1 cup raw spinach: Calories 7; Protein 1 gram; Carbohydrates 1 gram; Fat 0 grams. Spinach contributes fiber, carotenoids (which the body converts to vitamin A), vitamins C and K, B vitamins including folic acid, iron, and many other nutrients to the diet.

References: ESHA Food Processor; Food for Fifty, 11th edition, 2001, by M. Molt, Prentice Hall; www.aboutproduce.com; www.oznet.ksu.edu/library/FNTR2/C648.PDF; http://agecoext.tamu.edu/ publications/ag_news/2002/jan/01-30-02.pdf; www.ces.ncsu.edu/depts/hort/hil/hil-8017.html

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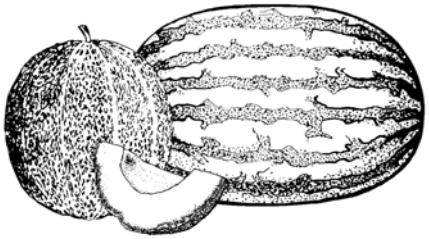
Summer Melons



Watermelon • Cantaloupe or Muskmelon • Honeydew • Others

Fun Facts: Summer melons are among the top five most-frequently eaten fruits in the U.S. Watermelon is 91% water. More than 100 different varieties of watermelons, with red, pink, orange or yellow flesh, with and without seeds, are grown. Watermelon seeds were brought to this country by Africans. Cantaloupe gets its name from the Italian city of Cantalupo, but is also known as muskmelon because it smells musky. It has been grown in the U.S. since the 1600s, while honeydew melon appeared in this country in the early 1900s.

Selecting Summer Melons:

- Avoid melons with bruised, soft, watery, pitted, shriveled, punctured, cracked or decayed rinds.
- **Watermelon:** Look for a symmetrical watermelon that is heavy for its size and has a hard smooth rind. Choose a melon with a firm yellowish or creamy underside – not white or pale green. It should have a dried stem and be fragrant and slightly soft at the blossom end. Look for firm, juicy, deep-colored flesh and dark seeds, if any. Avoid flesh with white streaks or a reddish-tan color, or that is either too dry or is watery. Thumping is not a reliable test for choosing watermelons. An unripe one may give a ringing metallic sound when thumped, while both mature and over-ripe mushy watermelons may give a dull thud.
- **Crenshaw melons** have a deep golden yellow, smooth rind and an oval shape.
- **Cantaloupe or muskmelons, and Persian melons:** When ripe, these melons have a sweet juicy orange flesh. Choose one with a tan or yellow, not green, rind and thick coarse netting. It should have a distinctive, sweet smell and yield to slight pressure at the blossom end. Look for one with a smooth depression at the stem end, with no remnants of stem remaining.
- **Honeydew melon:** Choose a symmetrical honeydew melon that is heavy for its size with a creamy yellow rind, a slightly soft blossom end, and a soft feel – not hard and smooth. Look for a melon with light green juicy flesh. Honeydews have only a faint fragrance.
- **Casaba melons** are large round melons with a bright yellow, ridged rind. They have creamy white flesh with a sweet juicy flavor, but little to no aroma.

Measuring Fresh Melons:

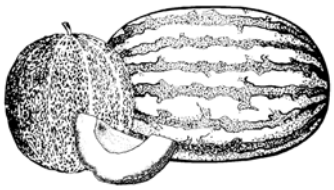
- a 6 inch diameter whole cantaloupe or muskmelon = about 3 pounds
- a 1 inch slice of a 6 inch diameter piece of watermelon = about 1 pound
- 1 pound of melon with rind = about 1 1/3 cups chopped, ready to eat melon
- 1/2 cup chopped ready to eat melon = about 3 ounces by weight = 80-85 grams

Handling, Ripening and Preserving Summer Melons: Melons do not sweeten after they have been removed from the vine, but will become softer and more mellow. Uncut melons can be stored longer if kept at room temperature rather than in the refrigerator. Store for 1 to 7 days, or if kept at 45 to 50° F., up to 2 to 3 weeks. Once cut, melons must be refrigerated. Cover cut melon pieces with plastic and store for 2 to 3 days in the fruit crisper drawer of a refrigerator, which is warmer than the rest of the refrigerator. Melons kept colder than about 40° F. may become discolored and have a disagreeable flavor. **To preserve melons,** place seeded melon chunks in a sweet mixture of 1/2 cup sugar per 1 cup water, place in a freezer container with 1/2 inch air space, seal, date and freeze. Thawed melon will be mushy, but is suitable for use in slushes or smoothies.

Preparing and Serving: For best flavor, chill summer melons before eating. Wash the dirt from the rind with water before putting it in the refrigerator. Before cutting, rinse the rind again under cold running water. Enjoy slices of raw melon still on the rind. Or scoop the flesh from the rind, mix with other cold foods, then add the mixture back to the hollowed-out rind for a festive, disposable serving bowl.

Summer Melon Nutrition Facts: Summer melons are low in calories and contribute healthful vitamins, minerals, pigments and antioxidants to the diet.

- **Watermelon:** One serving, or 1/2 cup chopped watermelon: Calories 25; Protein 0 grams; Carbohydrates 5 grams; Fat 0 grams. It is a good source of vitamin C and lycopene, a healthful phytochemical.
- **Cantaloupe or muskmelon:** One serving, or 1/2 cup chopped cantaloupe or muskmelon: Calories 30; Protein 1 gram; Carbohydrates 7 grams; Fat 0 grams. It is an excellent source of vitamin A (as beta-carotene) and vitamin C.
- **Honeydew melon:** One serving, or 1/2 cup chopped honeydew melon: Calories 30; Protein 0 gram; Carbohydrates 8 grams; Fat 0 grams. It is an excellent source of vitamin C.
- **Crenshaw and casaba melons:** One serving, or 1/2 cup chopped crenshaw or casaba melon: Calories 20; Protein 1 gram; Carbohydrates 5 grams; Fat 0 grams. It is an excellent source of vitamin C.



References: www.aboutproduce.com; www.urbanext.uiuc.edu; www.oznet.ksu.edu/library/hort2/mf661.pdf; ESHA Food Processor; www.oznet.ksu.edu/library/FNTR2/C648.PDF; Food for Fifty, 11th edition, 2001, by M. Molt, Prentice Hall; www.fda.gov/fdac/special/foodlabel/raw.html

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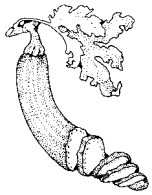

Summer Squash

Fun Facts: Some of the many kinds of summer squash are zucchini, yellow crookneck, yellow straightneck, Italian marrow, cocozelle, and patty pan (also called white scallop or scallopini). Zucchini comes from an Italian word meaning "sweetest."

Selecting Fresh Summer Squash: Zucchini squash have a cylindrical shape with a dark green rind, while straightneck squash have a cylindrical shape with a creamy yellow rind. Choose small, young, shiny, firm but tender squash with rinds or skin that can easily be broken. Look for slim, elongated squash that are up to 2 inches in diameter and up to 8 inches long. For Patty Pan types, look for gray to greenish-white ones that are up to 4 inches in diameter. Avoid squash with a hard, injured, pitted or dull rind; and ones that are large, seedy, or have stringy, spongy flesh.

Measuring Fresh Summer Squash

1 pound = 4 cups raw slices = 1 2/3 cups cooked slices = 1 1/4 cups raw grated
1/2 cup raw, sliced = about 2 ounces by weight = about 65 grams

Handling and Preserving: Handle gently. The skin is very thin and susceptible to damage. Refrigerate unwashed squash up to 5 days in a perforated plastic bag. Summer squash should not be canned, but it freezes and pickles well. **To freeze:** Wash, cut into 1/2-inch slices or cubes, and place up to 6 cups at a time in 1 gallon boiling water. Boil for 3 minutes, then drain, cool immediately for 3 minutes in cold running water with ice in it, and drain again. Pack into freezer bags and seal, or into freezer containers and leave 1/2 inch of air space before sealing. **Or**, wash and grate squash, then loosely pack 1-2 cups into freezer bags or small containers. If thawed squash is watery, drain liquid before using. **To pickle:** substitute zucchini for cucumbers in a favorite bread & butter pickles recipe.

Preparation and Serving: Rinse squash under cold running water to remove dirt. Cut off ends, bruises and decay. Do not peel. Enjoy its mild flavor fresh, grilled, baked, steamed, microwaved, boiled, pan-fried or stir-fried. Sliced summer squash cooks in about 10 minutes if boiled or pan-fried. Use as directed in a recipe.

Nutrition Facts for one serving, or 1/2 cup chopped raw crookneck or zucchini squash, not peeled: Calories about 10; Protein 1 gram; Carbohydrates about 3 grams; Fat 0 grams. Summer squash contributes vitamin C, fiber and molybdenum to the diet.

References: ESHA Food Processor; www.about produce.com; www.urbanext.uiuc.edu; Food for Fifty, 11th edition, 2001, by M. Molt, Prentice Hall; www.oznet.ksu.edu/library/hort2/mf661.pdf

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Sweet Bell Peppers

Fun Facts: All bell peppers start out green, but some are left on the plant longer before being harvested, so that other colors -- and a sweeter, more mellow flavor -- develop. Unlike sweet bell peppers, spicy peppers provide a burning sensation because they contain capsaicinoids, which act on pain receptors in the mouth – not on our taste buds! These compounds are stored in the light-colored veins, on the walls, and around the seeds of hot peppers. Hot, spicy varieties include pimiento, tabasco, cayenne, chili and paprika peppers, and they should be handled with caution.

Selecting Fresh Peppers: Choose crisp, firm peppers that are 3 to 4 inches long, glossy and bright in color. Sweet bell peppers can be green, red, orange, yellow, brown, white, light yellow, lilac or purple. Avoid peppers with shriveled or wrinkled skin; with thin or flimsy walls; or with soft, watery, or sunken spots.

Measuring Fresh Peppers

1 pound = 2 to 3 medium whole = 3 1/2 cups raw sliced = 2 3/4 cups cooked sliced
1/2 cup raw, sliced = about 2 1/2 ounces by weight = about 75 grams

Handling and Preserving: Store unwashed peppers in a plastic bag to hold in moisture. They usually store well for up to ten days. Peppers keep best between 40-50° F, so put them in the vegetable bin rather than the main part of the refrigerator. Colder storage temperatures may result in discoloration and disagreeable flavors. Bell peppers freeze well. Wash, core, and cut them up, as desired, then spread in a single layer on a tray and freeze. Soon after they are frozen, loosen pieces and store in a sealed freezer bag. Upon thawing, the peppers will still be crisp and can be used raw, or in cooked dishes.

Preparation and Serving: Rinse peppers under cold running water to remove dirt. Cut off bruises and decay. Remove the stem, center membrane parts, and seeds. Delicious raw as a relish or in salads. Or enjoy peppers grilled, roasted, baked, steamed, microwaved, boiled, pan-fried or stir-fried. Use as directed in a recipe.

Nutrition Facts for one serving, or 1/2 cup chopped raw sweet bell pepper: Calories 20; Protein 1 gram; Carbohydrates 5 grams; Fat 0 grams. All sweet peppers are very high in vitamin C. Red sweet peppers are also very high in vitamin A.

References: ESHA Food Processor; www.about produce.com; www.urbanext.uiuc.edu; Food for Fifty, 11th edition, 2001, by M. Molt, Prentice Hall; www.oznet.ksu.edu/library/FNTR2/MF1186.PDF

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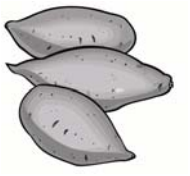
Sweet Potatoes & Yams



Fun Facts: Sweet potatoes are often called yams, but the two are different plant species. True yams only grow in the tropics. Many Americans like sweet potatoes. They are among the top fifteen most-frequently eaten vegetables in the U.S.

Selecting Fresh Sweet Potatoes: Look for thick sweet potatoes that taper at the ends. Choose a firm sweet potato with smooth, uniformly colored skin. Sweet potatoes have a moist orange flesh that is somewhat brighter than the color of the skin. Avoid sweet potatoes with sunken, soft or decayed areas, and those with discolored, wrinkled, shriveled or broken skin.

Measuring Fresh Sweet Potatoes

1 pound = about 3 medium (5” x 2” each) = 2 cups boiled = about 1 1/2 cups mashed
1 medium cooked sweet potato, peeled = about 5 ounces by weight = about 150 grams

Handling and Preserving: Handle gently, since sweet potatoes bruise easily. Do not store in a plastic bag and do not refrigerate. Store unwashed sweet potatoes, stacked no more than three deep, in a dark pantry, potato bin or a covered ventilated basket on a countertop away from heat, and use within one or two weeks. Or keep in a cool (50-55° F.), humid, dark, dry, well-ventilated place for up to 4 months. **To freeze:** Wash and bake or boil whole, mature, cured sweet potatoes until almost tender. Cool. Do not peel. Wrap each in foil. Pack into freezer bags. Seal, label and freeze.

Preparation and Serving: Scrub sweet potatoes under cold running water. Cut out any bad spots. Use as directed in a main dish, side dish, baked product or dessert recipe! To serve, boil or steam halved or quartered sweet potatoes for 15-25 minutes or bake whole in a 400° F. oven for about 30 minutes, until fork-tender. Or pierce with a knife or fork to make steam holes and cook one in a microwave oven on high power for about 4 minutes, or until fork tender. Peel after cooking, if desired.

Nutrition Facts for 1 serving, or 1/2 cup baked sweet potato without the skin: Calories 103; Protein 2 grams; Carbohydrates 24 grams; Fat 0 grams. Sweet potatoes contribute fiber (even if you do not eat the skin), carotenoids (which the body converts to vitamin A), B vitamins, vitamin C, potassium and other essential nutrients to the diet.

References: www.urbanext.uiuc.edu/veggies; www.fda.gov/fdac/special/foodlabel/raw.html; ESHA Food Processor; http://agnews.tamu.edu/dailynews/stories/CROP/Nov1902a.htm; http://aggie-horticulture.tamu.edu/plantanswers/vegetables/sweetpotato.html; Food for Fifty, 11th edition, 2001, by M. Molt, Prentice Hall

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Tomatoes

Fun Facts: Tomatoes, one of the top five favorite vegetables, used to be called love apples. In 1893, the U.S. Supreme Court ruled that tomatoes are a vegetable. Ripe tomatoes can be red, yellow or orange, and can be full-, cherry- or grape size.

Selecting Fresh Tomatoes: Look for tomatoes with bright, shiny skins and firm flesh. Tomatoes are best when ripened on the vine at temperatures below 90°F. Avoid those with blemishes, cracks or soft spots, or that are lacking in color. Roma & plum tomatoes are fleshy, with less juice and fewer seeds than other kinds of tomatoes.

Measuring Fresh Ripe Tomatoes:

1 pound = 2 or 3 medium full-sized = 2 1/4 cups raw diced
1/2 cup raw chopped = about 3 ounces by weight = about 90 grams

Handling, Ripening and Preserving: Handle gently. Store unwashed ripe tomatoes on a counter between 60-80°F., away from direct sunlight, for up to 3 days. Refrigerate tomatoes, uncovered, only if you want to keep them from ripening further. When temperatures are above 90°F, pick tomatoes while still pink. **To ripen tomatoes**, place tomatoes, stem end up, in a paper bag with several holes in it, fold the top over, store at 60-80°F., and check them daily. **To freeze tomatoes for use in cooked dishes:** Wash tomatoes and drop a few into 1 gallon boiling water for only 30 seconds, or longer if using firm tomatoes. Remove immediately and cool in a bowl of ice water. Skin will pull away easily if they were in the boiling water long enough. Core and cut into pieces. Cook on a stovetop or in a microwave oven until tender. Pour into a shallow container and place in ice water until tomatoes are cool. Pack cooked tomatoes into freezer containers and leave 1 inch of air space before sealing.

Preparation and Serving: Rinse tomatoes under cold running water to remove dirt. Cut out the core and any damaged areas. Cut lengthwise from stem to blossom end to retain more juice in each slice. Enjoy tomatoes fresh (served at room temperature) or grilled, stewed, baked, steamed, microwaved, boiled, pan-fried or stir-fried. Tomatoes cook in less than 15 minutes. Use as directed in a recipe.

Nutrition Facts for one serving, or 1/2 cup raw chopped red or green tomatoes, not peeled: Calories about 20; Protein 1 gram; Carbohydrates 4 grams; Fat 0 grams. Tomatoes are high in vitamin C and provide fiber and healthful pigments and antioxidants, such as the carotenoids beta-carotene and lycopene, to the diet.

References: ESHA Food Processor; www.about produce.com; www.urbanext.uiuc.edu; Food for Fifty, 11th edition, 2001, by M. Molt, Prentice Hall; www.oznet.ksu.edu/library/FNTR2/MF1185.PDF; www.fda.gov/fdac/special/foodlabel/raw.html

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Recipes for Main Dishes

Recipe Name from the *Fix It Fresh! Fruits and Vegetables Recipes Series* 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			•					•	•						•

A child could wash the vegetables.

Beef, Broccoli, and Cauliflower Stir-fry

Yield: 3 servings

enough uncooked white or brown* instant rice to yield 1 1/2 cups cooked
1 small red sweet bell pepper, with seeds removed
2 tablespoons chopped dry-roasted unsalted peanuts
1 cup raw coarsely chopped broccoli florets
1 cup raw coarsely chopped cauliflower
1/4 cup chopped green onions
1/2 pound raw beef round steak, fat and bones removed
1/2 cup unsweetened orange juice
1/2 cup cold water
1 tablespoon lite soy sauce (reduced sodium)
2 tablespoons cornstarch
1/8 teaspoon ground black pepper
1 tablespoon salad oil

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

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

(continued on reverse side)

This healthy hot main dish cooks very quickly after all of the ingredients are ready. It is low in calories and in sodium, and is high in vitamins C and A. It is a good source of iron and fiber, even when made with white rice.

Nutrition Facts

Serving Size 1 1/2 cups (301g)
Servings Per Container 3

Amount Per Serving	
Calories 330	Calories from Fat 110
	% Daily Value*
Total Fat 12g	**19%**
Saturated Fat 2.5g	**12%**
Cholesterol 45mg	**15%**
Sodium 220mg	**9%**
Total Carbohydrate 32g	**11%**
Dietary Fiber 3g	**11%**
Sugars 7g	
Protein 21g	

Vitamin A 45%	•	Vitamin C 150%
Calcium 4%	•	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 carbohydrate choices per serving

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

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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.

A child could wash the vegetables and shake the mixture.

Chicken, Fresh Vegetables and Pasta Salad

Yield: 3 servings

1 cup cooked, cooled short noodles, such as macaroni, penne, rotini or bow-tie noodles (cooked without salt)
6 ounces (about 1 1/4 cups) chopped, cooked, cooled plain chicken or turkey (no skin or bones)
1/2 cup bite size ripe tomato chunks
1/2 cup chopped, peeled and seeded cucumber
1/4 cup chopped green onions
2 tablespoons sliced almonds or shelled unsalted peanuts
2 ounces black olives, rinsed and drained
1 clove finely minced garlic
2 tablespoons fresh (or 2 teaspoons dried) chopped parsley
1 tablespoon fresh (or 1 teaspoon dried) chives
1 tablespoon salad oil
2 teaspoons vinegar
1 teaspoon lemon juice
1 teaspoon sugar
1/4 teaspoon ground black pepper
1 cup clean, torn lettuce and/or fresh spinach leaves, in bite size pieces

(continued on reverse side)

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

Nutrition Facts

Serving Size about 1 1/2 cups (221g)
Servings Per Container 3

Amount Per Serving	
Calories 290	Calories from Fat 130
	% Daily Value*
Total Fat 15g	**23%**
Saturated Fat 2g	**10%**
Cholesterol 50mg	**17%**
Sodium 210mg	**9%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 2g	**8%**
Sugars 3g	
Protein 20g	

Vitamin A 10%	•	Vitamin C 20%
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

1 1/2 carbohydrate choices per serving

Diabetic exchanges per serving: 1 starch, 1 vegetable, 2 lean meat and 1 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 Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services (SRS).

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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 vegetables and measure the toppings.

Chicken Quesadillas

Yield: 3 servings

3 flour tortillas, 7 inches each
chopped cilantro leaves, to taste
6 ounces (about 1 1/4 cups) cooked chopped chicken, without skin or bones
3/4 cup shredded cheddar cheese
3/4 cup raw chopped red and green sweet bell peppers
prepared salsa, as desired

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

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

This hot main dish is an excellent source of vitamins C and A and of calcium. The use of salsa will change the nutrition facts.

Nutrition Facts

Serving Size 1 quesadilla (173g)
Servings Per Container 3

Amount Per Serving	
Calories 320	Calories from Fat 130
	% Daily Value*
Total Fat 15g	**23%**
Saturated Fat 7g	**36%**
Cholesterol 80mg	**27%**
Sodium 270mg	**11%**
Total Carbohydrate 19g	**6%**
Dietary Fiber 2g	**7%**
Sugars 1g	
Protein 28g	

Vitamin A 20% • Vitamin C 60%
Calcium 25% • 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

1 carbohydrate choice per serving

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

Recipe modified by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition.
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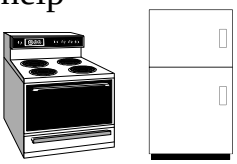
A child could wash the fruit and help remove the seeds.



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, sodium and cholesterol, and is a good source of iron. It is high in vitamins C and A 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 about 1 1/4 cups (250g)
Servings Per Container 3

Amount Per Serving	
Calories 220	Calories from Fat 45
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 1.5g	**6%**
Cholesterol 50mg	**17%**
Sodium 210mg	**9%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 2g	**8%**
Sugars 9g	
Protein 19g	

Vitamin A 40%	•	Vitamin C 50%
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 and 2 lean meat

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Chicken, Rice and Fruit Salad *(continued)*

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

K-STATE Kansas State University Research and Extension

A child could wash the vegetables.

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

Garden Chili

Yield: 4 servings

3/4 pound raw (or about 9 ounces cooked) ground beef
1/2 cup chopped seeded green sweet bell pepper
1/2 large chopped onion
1/2 cup chopped celery
2/3 cup [1/2 of 1 can (15 ounces)] red beans, drained and rinsed
1/2 cup sweet corn (fresh, frozen or canned)
8 ounces tomato sauce
1 cup chopped fresh tomatoes
dash black pepper
1/2 teaspoon garlic powder
2 teaspoons chili powder

1. Wash your hands and work area.
2. If using raw ground beef, place it in a skillet sprayed with non-stick cooking spray. Brown meat over medium-high heat until it is no longer pink, stirring occasionally to break it into pieces. Drain fat and blot meat with paper towels. Transfer beef into a colander and rinse with very hot water to further remove fat.
3. Add green pepper, onion and celery. Cook until softened.

(continued on the reverse side)

Nutrition Facts

Serving Size about 1 cup (272g)
Servings Per Container 4

Amount Per Serving

Calories 290 — Calories from Fat 120

	% Daily Value*
Total Fat 13g	**20**%
Saturated Fat 5g	**24**%
Cholesterol 65mg	**21**%
Sodium 410mg	**17**%
Total Carbohydrate 22g	**7**%
Dietary Fiber 6g	**25**%
Sugars 6g	
Protein 22g	

Vitamin A 30% • Vitamin C 70%
Calcium 4% • 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

1 1/2 carbohydrate choices per serving

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

Recipe modified by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition.
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Garden Chili *(continued)*

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

A child could wash the vegetables and sprinkle the cheese.

Garden Vegetables with Beef and Rice

Yield: 3 servings

1 1/2 cups cooked plain white or brown* instant rice, without added salt, or enough uncooked quick-cooking rice to yield 1 1/2 cups cooked
1/2 pound raw ground beef (or 6 ounces, or 1 1/4 cups chopped, plain, cooked beef without fat or bones)
1 medium onion, chopped
1 medium celery stalk, chopped
1/2 cup grated carrot
2 medium ripe, fresh tomatoes, chopped
1 clove minced garlic
1/4 teaspoon ground black pepper
3/4 teaspoon fresh (or 1/4 teaspoon dried) chopped oregano leaves
1 cup firmly packed fresh spinach leaves or other greens, coarsely chopped
2 tablespoons grated Parmesan cheese

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

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

(continued on reverse side)

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

Nutrition Facts

Serving Size about 1 1/2 cups (326g)
Servings Per Container 3

Amount Per Serving	
Calories 270	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**13%**
Saturated Fat 3.5g	**17%**
Cholesterol 30mg	**10%**
Sodium 160mg	**7%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 3g	**13%**
Sugars 6g	
Protein 20g	

Vitamin A 130%	•	Vitamin C 45%
Calcium 8%	•	Iron 20%

*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 1/2 vegetable and 2 lean meat

Recipe by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition. **Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS.** Contents of this publication may be reproduced for educational purposes. All other rights reserved. For more information about healthy eating, contact your local extension office. Kansas State University is an equal opportunity provider and employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services (SRS).

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Garden Vegetables with Beef and Rice *(continued)*

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.

K-STATE Kansas State University Research and Extension

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.
7. In a jar with a tight fitting lid, combine remaining 1/2 cup apple juice, flour, allspice and pepper. Shake well.

(continued on the reverse side)

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

Nutrition Facts

Serving Size about 1 1/2 cups (290g)
Servings Per Container 2

Amount Per Serving	
Calories 300	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 2g	**10%**
Cholesterol 70mg	**23%**
Sodium 55mg	**2%**
Total Carbohydrate 36g	**12%**
Dietary Fiber 3g	**12%**
Sugars 22g	
Protein 24g	

Vitamin A 260%	•	Vitamin C 30%
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

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Glazed Pork and Sweet Potatoes *(continued)*

8. Stir flour mixture into meat mixture until well-blended.
9. Place cooked, peeled sweet potato pieces in skillet.
10. Cover and cook over low heat about 10 minutes longer, spooning sauce over meat and vegetables occasionally, until pork reaches an internal temperature of 160^0 F. or more with a meat thermometer.
11. Serve hot.
12. Cover and refrigerate leftovers within 2 hours.

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

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

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

Italian Vegetable Casserole

Yield: 6 servings

4 ounces dry (or 3 cups cooked, cooled) spaghetti or egg noodles
1 minced garlic clove
1 1/2 teaspoons fresh finely chopped (or 1/2 teaspoon dried) rosemary
1 1/2 teaspoons fresh (or 1/2 teaspoon dried) finely chopped oregano
16 ounces no- salt- added tomato sauce
1 1/2 cups diced zucchini
1 cup coarsely chopped broccoli
1/2 cup chopped onion
1 cup firmly packed fresh spinach leaves, coarsely chopped
1 cup grated carrots
8 ounces part-skim cottage cheese
2 eggs
2 tablespoons grated Parmesan cheese
2 cups (8 ounces) part-skim shredded mozzarella cheese

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

(continued on the reverse side)

Nutrition Facts

Serving Size about 2 1/2" x 4" (296g)
Servings Per Container 6

Amount Per Serving	
Calories 270	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 5g	**25%**
Cholesterol 95mg	**32%**
Sodium 420mg	**18%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 3g	**13%**
Sugars 10g	
Protein 20g	

Vitamin A 130%	•	Vitamin C 35%
Calcium 35%	•	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, 2 vegetable , 2 lean meat and 1/2 fat

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Italian Vegetable Casserole *(continued)*

3. Preheat oven to 350^0 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 350^0 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.)

(continued on the reverse side)

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

This healthy, lean hot main dish is low in calories, cholesterol and sodium. It is high in vitamins A and C, and in iron, fiber and calcium.

Nutrition Facts

Serving Size 2/3 cup sauce & 1 potato (429g)
Servings Per Container 3

Amount Per Serving	
Calories 320	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 2g	**11%**
Cholesterol 40mg	**14%**
Sodium 210mg	**9%**
Total Carbohydrate 44g	**15%**
Dietary Fiber 5g	**22%**
Sugars 7g	
Protein 25g	

Vitamin A 110%	•	Vitamin C 70%
Calcium 20%	•	Iron 25%

*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

3 carbohydrate choices per serving

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

Recipe by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition. **Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS.** Contents of this publication may be reproduced for educational purposes. All other rights reserved. For more information about healthy eating, contact your local extension office. Kansas State University is an equal opportunity provider and employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services (SRS).

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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.

K-STATE Kansas State University Research and Extension

A child could wash the vegetables and add the toppings.

Tempting Tostadas

Yield: 4 servings*

4 corn tortillas, 6 inches each
2 teaspoons salad oil
1/4 cup fat free refried beans
8 ounces (about 1 2/3 cups) cooked chicken or turkey (no bones or skin) cut into bite-size pieces
1/2 cup shredded yellow or Monterey Jack cheese
1/2 cup fat-free sour cream
1/2 cup finely chopped onions
1/2 cup chopped ripe fresh tomatoes
1/2 cup grated carrots
1 cup shredded lettuce
1/4 cup prepared salsa (mild, medium or hot, according to taste)

1. Wash your hands and work area.
2. Heat oven to 375^0 F.
3. Lightly brush both sides of tortilla with a small amount of salad oil. Place tortillas on baking sheet. Bake 12-15 minutes or until crisp.
4. Spread 1 tablespoon refried beans and 2 oz. cooked chicken on each tortilla. Top each with 2 tablespoons cheese. *(continued on reverse side)*

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

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

Nutrition Facts

Serving Size 1 tostada (218g)
Servings Per Container 4

Amount Per Serving

Calories 290 Calories from Fat 110

	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 4.5g	**22%**
Cholesterol 70mg	**23%**
Sodium 350mg	**15%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 3g	**13%**
Sugars 5g	
Protein 23g	

Vitamin A 90% • Vitamin C 20%
Calcium 20% • 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 vegetable, 2 1/2 lean meat and 1/2 fat

Recipe modified by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition.
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Tempting Tostadas *(continued)*

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

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

Recipes for Side Dishes (Hot)

Recipe Name from the *Fix It Fresh! Fruits and Vegetables Recipes Series* 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 *Fix It Fresh! Fruits and Vegetables Recipes Series* 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					•					•		•						

K-STATE Kansas State University Research and Extension

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

This low fat, low cholesterol soup is high in vitamin C and is a good source of 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 about 1/2 cup (155g)
Servings Per Container 4

Amount Per Serving	
Calories 70	Calories from Fat 20
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 1g	**5%**
Cholesterol 10mg	**4%**
Sodium 200mg	**8%**
Total Carbohydrate 7g	**2%**
Dietary Fiber 1g	**6%**
Sugars 5g	
Protein 7g	

Vitamin A 8%	•	Vitamin C 40%
Calcium 15%	•	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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K-STATE Kansas State University Research and Extension

A child could wash the vegetables and crush the crackers.

This healthy hot side dish is low in fat 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/mtft/mtftord.htm

Nutrition Facts

Serving Size 1/2 cup (71g)
Servings Per Container 3

Amount Per Serving	
Calories 80	Calories from Fat 20
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 1g	**5%**
Cholesterol 5mg	**2%**
Sodium 60mg	**2%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 2g	**7%**
Sugars 2g	
Protein 4g	

Vitamin A 8% • Vitamin C 25%
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

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 Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services (SRS).

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K-STATE Kansas State University Research and Extension

A child could wash the vegetables.

This full-flavored hot side dish is low in fat. It is high in vitamin C.

Brussels Sprouts with Mustard Butter

Yield: 2 servings

4 ounces (about 7 medium, or 1 cup bite size pieces) Brussels sprouts
1 teaspoon margarine
2 teaspoons Dijon-style mustard
dash of ground black pepper, to taste

1. Wash your hands and work area.
2. Trim stem and peel off any discolored leaves from Brussels sprouts. Cut each sprout into two or more pieces, depending on size.
3. In a covered saucepan, boil sprouts in just enough water to cover the pieces. When they are fork-tender, in about 5 minutes, drain. (Or cook covered in a microwave without water.) Place in a serving bowl. Set aside.
4. Using medium heat, melt margarine in the saucepan. Mix in mustard and cook about 30 seconds, stirring constantly. (Or cook covered in a microwave.)
5. Add sprouts to sauce and stir briefly to coat well with the mustard mixture. Shut off heat. Add black pepper to taste.
6. Serve hot.
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 (69g)
Servings Per Container 2

Amount Per Serving	
Calories 45	Calories from Fat 25
	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 6g	**2%**
Dietary Fiber 2g	**7%**
Sugars 2g	
Protein 2g	

Vitamin A 10% • 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

1/2 carbohydrate choice per serving

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

Recipe modified by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition.
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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 (87g)
Servings Per Container 6

Amount Per Serving	
Calories 20	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 60mg	**2%**
Total Carbohydrate 4g	**1%**
Dietary Fiber 1g	**5%**
Sugars 2g	
Protein 1g	

Vitamin A 2% • 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.

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

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

Nutrition Facts

Serving Size 1/2 cup (136g)
Servings Per Container 5

Amount Per Serving

Calories 60	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	**3%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 90mg	**4%**
Total Carbohydrate 10g	**3%**
Dietary Fiber 3g	**11%**
Sugars 5g	
Protein 2g	

Vitamin A 410% • Vitamin C 6%
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 1/2 vegetable and 1/2 fat

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K-STATE Kansas State University Research and Extension

A child could rinse the vegetables and sprinkle the cheese.

Cooked Greens and Radishes with Pasta

Yield: 4 servings

1/2 cup uncooked short pasta, such as macaroni, penne or shells
4 cups firmly packed fresh radish tops, spinach leaves and/or other coarsely chopped greens
1 cup thinly sliced (about 10-12 whole) radishes
1/2 medium onion
2 teaspoons salad oil
dash of salt
1/4 teaspoon ground black pepper
3 tablespoons grated Parmesan cheese

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

(continued on the reverse side)

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

Nutrition Facts

Serving Size about 3/4 cup (105g)
Servings Per Container 4

Amount Per Serving

Calories 90	Calories from Fat 35
	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 1g	**5%**
Cholesterol 5mg	**1%**
Sodium 135mg	**6%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 2g	**7%**
Sugars 2g	
Protein 4g	

Vitamin A 35% • Vitamin C 20%
Calcium 8% • 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

1 carbohydrate choice per serving

Diabetic exchanges per serving: 1/2 starch, 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 Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services (SRS).

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Cooked Greens and Radishes with Pasta *(continued)*

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

A child could wash the fruit and measure the ingredients.

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

Fabulous Fruit Muffins

Yield: 9 muffins

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

1. Wash your hands and work area.
2. Heat oven to 400^0 F. Spray muffin tin with nonstick cooking spray.
3. In a large bowl, combine flour, sugar, baking powder, and baking soda. Stir well until all ingredients are blended.

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

(continued on reverse side)

Nutrition Facts

Serving Size 1 muffin (72g)
Servings Per Container 9

Amount Per Serving	
Calories 130	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	**5%**
Saturated Fat 2g	**9%**
Cholesterol 30mg	**10%**
Sodium 160mg	**7%**
Total Carbohydrate 22g	**7%**
Dietary Fiber less than 1 gram	**3%**
Sugars 8g	
Protein 3g	

Vitamin A 4%	•	Vitamin C 2%
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 1/2 carbohydrate choices per serving

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

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Fabulous Fruit Muffins *(continued)*

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

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

K-STATE Kansas State University Research and Extension

A child could wash the vegetables and shake the mixture.

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

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

Nutrition Facts

Serving Size 1/2 cup (69g)
Servings Per Container 5

Amount Per Serving

Calories 40	Calories from Fat 20
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 5g	**2%**
Dietary Fiber 2g	**7%**
Sugars 2g	
Protein 1g	

Vitamin A 25%	•	Vitamin C 60%
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 modified by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition.
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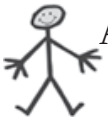

A child could wash the vegetables.

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 of fiber and vitamin A.

Nutrition Facts

Serving Size about 1/2 cup (159g)
Servings Per Container 4

Amount Per Serving	
Calories 60	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 150mg	**6%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 3g	**10%**
Sugars 3g	
Protein 2g	

Vitamin A 10%	•	Vitamin C 30%
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: 1/2 starch and 1 vegetable

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K-STATE Kansas State University Research and Extension

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 very low in sodium. It is high in vitamin C.

Nutrition Facts

Serving Size 1 Kebab (70g)
Servings Per Container 6

Amount Per Serving

Calories 30	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	**3%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 5mg	**0%**
Total Carbohydrate 3g	**1%**
Dietary Fiber less than 1 gram	**4%**
Sugars 0g	
Protein 1g	

Vitamin A 8%	•	Vitamin C 20%
Calcium 0%	•	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 425^0 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 in vitamin C.

Nutrition Facts

Serving Size 2 1/2 inch slice (128g)
Servings Per Container 4

Amount Per Serving	
Calories 110	Calories from Fat 50
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 3.5g	**18%**
Cholesterol 15mg	**5%**
Sodium 220mg	**9%**
Total Carbohydrate 7g	**2%**
Dietary Fiber 2g	**10%**
Sugars 3g	
Protein 7g	

Vitamin A 15% • Vitamin C 20%
Calcium 20% • 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

K-STATE Kansas State University Research and Extension

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 about 1/2 cup (173g)
Servings Per Container 2

Amount Per Serving	
Calories 210	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 0.5g	**3%**
Cholesterol 0mg	**0%**
Sodium 125mg	**5%**
Total Carbohydrate 45g	**15%**
Dietary Fiber 3g	**12%**
Sugars 22g	
Protein 3g	

Vitamin A 560% • Vitamin C 45%
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

3 carbohydrate choices per serving

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

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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 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 350^0 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 60

	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 1g	**4%**
Cholesterol 0mg	**0%**
Sodium 45mg	**2%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 3g	**11%**
Sugars 24g	
Protein 2g	

Vitamin A 210% • Vitamin C 30%
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

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)

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 Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services (SRS).

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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 vitamins A and C and in calcium and is a good source of fiber.

Nutrition Facts

Serving Size 2 1/2" x 4" (207g)
Servings Per Container 6

Amount Per Serving

Calories 160	Calories from Fat 35
	% Daily Value*
Total Fat 3.5g	**6%**
Saturated Fat 2.5g	**12%**
Cholesterol 10mg	**4%**
Sodium 470mg	**20%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 2g	**9%**
Sugars 8g	
Protein 13g	

Vitamin A 20% • Vitamin C 35%
Calcium 30% • 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 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.

K-STATE Kansas State University Research and Extension

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

This hot side dish is low in sodium and is very high in vitamin A.

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.

Nutrition Facts

Serving Size about 3/4 cup (201g)
Servings Per Container 4

Amount Per Serving

Calories 170	Calories from Fat 35
	% Daily Value*
Total Fat 3.5g	**6%**
Saturated Fat 0.5g	**3%**
Cholesterol 0mg	**0%**
Sodium 45mg	**2%**
Total Carbohydrate 30g	**10%**
Dietary Fiber 2g	**8%**
Sugars 8g	
Protein 4g	

Vitamin A 110%	•	Vitamin C 8%
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 carbohydrate choices per serving

Diabetic exchanges per serving: 1 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 fiber.

Nutrition Facts

Serving Size about 1 cup (182g)
Servings Per Container 3

Amount Per Serving	
Calories 180	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 2.5g	**14%**
Cholesterol 10mg	**4%**
Sodium 290mg	**12%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 2g	**10%**
Sugars 5g	
Protein 11g	

Vitamin A 100% • Vitamin C 30%
Calcium 25% • 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

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 25	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 35mg	**2%**
Total Carbohydrate 6g	**2%**
Dietary Fiber 2g	**7%**
Sugars 2g	
Protein 1g	

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

0 carbohydrate choices 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 Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services (SRS).

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A child could wash the vegetables.

This hot side dish is low in sodium. It is high in vitamins A and C and is a good source of 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 (80g)
Servings Per Container 4

Amount Per Serving

Calories 90	Calories from Fat 35
	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 0.5g	**3%**
Cholesterol 0mg	**0%**
Sodium 65mg	**3%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 3g	**12%**
Sugars 6g	
Protein 3g	

Vitamin A 50%	•	Vitamin C 40%
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

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Recipes for Side Dishes (Cold)

Recipe Name from the *Fix It Fresh! Fruits and Vegetables Recipes Series* 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		•								•	•			•	

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

Recipes for Side Dishes (Cold)

Recipe Name from the *Fix It Fresh! Fruits and Vegetables Recipes Series* 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			•		•	•				•		•			

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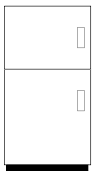
A child could wash the apple and stir the mixture.



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 (46g)
Servings Per Container 5

Amount Per Serving	
Calories 35	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Cholesterol 5mg	**1%**
Sodium 105mg	**4%**
Total Carbohydrate 5g	**2%**
Dietary Fiber less than 1 gram	**2%**
Sugars 4g	
Protein 3g	

Vitamin A 4%	•	Vitamin C 2%
Calcium 8%	•	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 vegetable

Recipe modified by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition.
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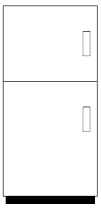
A child could wash the vegetables.



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 bulgar 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

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

Nutrition Facts

Serving Size 1/2 cup (122g)
Servings Per Container 6

Amount Per Serving	
Calories 50	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 200mg	**8%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 3g	**12%**
Sugars 1g	
Protein 2g	

Vitamin A 8%	•	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

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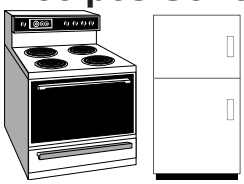

A child could wash the vegetables and shake the mixture.

Cauliflower Salad with Citrus Dressing

Yield: 3 servings

1/2 cup coarsely chopped cauliflower
2 tablespoons chopped green sweet bell pepper
2 tablespoons chopped red sweet bell pepper
1 tablespoon minced green onion or scallion
2 tablespoons orange juice
1 1/2 tablespoons lemon juice
1 1/2 tablespoons water
1 tablespoon salad oil
1/8 teaspoon ground black pepper
1 1/2 cups torn lettuce and/or fresh spinach leaves

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

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

Nutrition Facts

Serving Size 3/4 cup (89g)
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%**
Cholesterol 0mg	**0%**
Sodium 10mg	**0%**
Total Carbohydrate 4g	**1%**
Dietary Fiber 1g	**5%**
Sugars 2g	
Protein 1g	

Vitamin A 10%	•	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 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 Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services (SRS).

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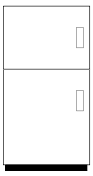
A child could rinse the vegetables and stir the mixture.



Coleslaw

Yield: 6 servings

1/8 medium head cabbage, rinsed and drained
1/2 medium carrot, scrubbed and peeled
3 medium green onions, bulbs and green tops
2 tablespoons fat-free mayonnaise
2 teaspoons milk
2 teaspoons vinegar
2 teaspoons sugar
1/4 teaspoon salt
1/4 teaspoon ground black pepper

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

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

This cold side dish is low in calories, fat and sodium. It is a good source of vitamins A and C.

Nutrition Facts

Serving Size about 1/2 cup (41g)
Servings Per Container 6

Amount Per Serving

Calories 20	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 140mg	**6%**
Total Carbohydrate 5g	**2%**
Dietary Fiber less than 1 gram	**3%**
Sugars 3g	
Protein 1g	

Vitamin A 30%	•	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 vegetable

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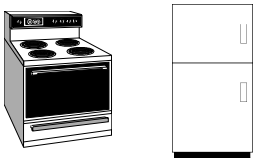
A child could wash the vegetables and stir the mixture.

This refreshing cold side dish is fat-free.

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

Nutrition Facts

Serving Size 2 1/2 x 2 1/2 inches (99g)
Servings Per Container 9

Amount Per Serving

Calories 70 — Calories from Fat 0

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 180mg	**7%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 0g	**0%**
Sugars 13g	
Protein 2g	

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 choices per serving (if made with regular gelatin)

Diabetic exchanges per serving (if made with regular gelatin):
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.
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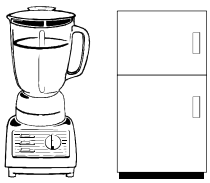
A child could wash the vegetables.



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

Creamy Cucumber Salad Dressing

Yield: 4 servings

3 tablespoons peeled, chopped cucumber
1 tablespoon chopped onion
3 tablespoons plain nonfat yogurt
1/2 teaspoon salad oil
1/2 teaspoon vinegar
1/2 teaspoon chopped fresh (or 1/8 teaspoon dried) dill
1 clove finely minced or pressed garlic
1/8 teaspoon salt

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

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

Nutrition Facts

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

Amount Per Serving	
Calories 15	Calories from Fat 5
	% Daily Value*
Total Fat 1g	**1%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 80mg	**3%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 0g	**0%**
Sugars 1g	
Protein 1g	

Vitamin A 0% • 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

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.
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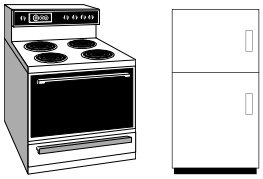
A child could wash the vegetables.



Crisp Cucumber Salad

Yield: 4 servings

1 tablespoon sugar
1/8 teaspoon salt
2 tablespoons vinegar
1 medium cucumber, not peeled, sliced lengthwise, seeded and thinly sliced
1 shallot, thinly sliced, or 2 tablespoons thinly sliced onions
1/4 cup bite-size red sweet bell pepper strips
5 whole cilantro leaves, chopped coarsely

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

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

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

Nutrition Facts

Serving Size 1/2 cup (101g)
Servings Per Container 4

Amount Per Serving

Calories 30 — Calories from Fat 0

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 75mg	**3%**
Total Carbohydrate 7g	**2%**
Dietary Fiber less than 1 gram	**3%**
Sugars 5g	
Protein 1g	

Vitamin A 15% • Vitamin C 35%
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 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.
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A child could wash the fruit and measure the ingredients.

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

Fabulous Fruit Muffins

Yield: 9 muffins

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

1. Wash your hands and work area.
2. Heat oven to 400^0 F. Spray muffin tin with nonstick cooking spray.
3. In a large bowl, combine flour, sugar, baking powder, and baking soda. Stir well until all ingredients are blended.

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

(continued on reverse side)

Nutrition Facts

Serving Size 1 muffin (72g)
Servings Per Container 9

Amount Per Serving

Calories 130	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	**5%**
Saturated Fat 2g	**9%**
Cholesterol 30mg	**10%**
Sodium 160mg	**7%**
Total Carbohydrate 22g	**7%**
Dietary Fiber less than 1 gram	**3%**
Sugars 8g	
Protein 3g	

Vitamin A 4% • Vitamin C 2%
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 1/2 carbohydrate choices per serving

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

Recipe modified by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition.
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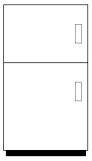
Fabulous Fruit Muffins *(continued)*

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

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

A child could wash the vegetables and shake the mixture.



Fresh Cucumber Salad with Mustard Chive Dressing

Yield: 4 servings

1/2 medium cucumber, sliced into rounds
1/2 medium red sweet bell pepper, cut into bite size strips
8 cherry tomatoes or bite size tomato wedges
2 teaspoons grainy mustard, Dijon-style
1/4 cup finely chopped fresh (or 1 1/2 tablespoons dried) chives
1 tablespoon vinegar
1 teaspoon honey
1 1/2 tablespoons salad oil
1/8 teaspoon salt
1/8 teaspoon ground pepper
3 cups cleaned, torn lettuce and/or fresh spinach leaves

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

(continued on reverse side)

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

Nutrition Facts

Serving Size 1 cup (144g)
Servings Per Container 4

Amount Per Serving	
Calories 80	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 0.5g	**4%**
Cholesterol 0mg	**0%**
Sodium 140mg	**6%**
Total Carbohydrate 6g	**2%**
Dietary Fiber 2g	**7%**
Sugars 3g	
Protein 1g	

Vitamin A 30%	•	Vitamin C 70%
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 fat

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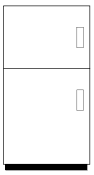
Fresh Cucumber Salad with Mustard Chive Dressing *(continued)*

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

K-STATE Kansas State University Research and Extension

A child could wash the apple and stir the mixture.



Fresh Fruit and Carrot Salad

Yield: 6 servings

1 apple, cored and chopped but not peeled
1 banana, sliced
1/3 cup lemon juice
2 cups shredded carrots
3 tablespoons sugar
1/3 cup packed seedless raisins
1/3 cup fat-free mayonnaise
3 tablespoons chopped dry-roasted, unsalted nuts

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

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

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

Nutrition Facts

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

Amount Per Serving	
Calories 140	Calories from Fat 25
	% Daily Value*
Total Fat 3g	**4%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 120mg	**5%**
Total Carbohydrate 30g	**10%**
Dietary Fiber 3g	**14%**
Sugars 22g	
Protein 2g	

Vitamin A 210% • 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

2 carbohydrate choices per serving

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

Recipe modified by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition.
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A child could wash the fruit and vegetables, tear the spinach, and shake the mixture.

This tossed salad is high in vitamins A and C and is a good source of fiber. It is very low in sodium.

Fresh Fruity Spinach Salad

Yield: 2 servings

2 cups fresh spinach
1 cup fresh peaches or berries
1 minced green onion
1 tablespoon sugar
1/4 teaspoon Worcestershire sauce
2 teaspoons salad oil
2 teaspoons vinegar

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

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

Nutrition Facts

Serving Size 1 cup (139g)
Servings Per Container 2

Amount Per Serving	
Calories 110	Calories from Fat 45
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 0.5g	**3%**
Cholesterol 0mg	**0%**
Sodium 30mg	**1%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 3g	**11%**
Sugars 14g	
Protein 2g	

Vitamin A 50% • Vitamin C 25%
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

1 carbohydrate choice per serving

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

Recipe modified by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition.
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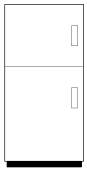
A child could wash the vegetables and stir the mixture.



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

Fresh Salsa with Black Beans

Yield: 8 servings

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

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

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

Nutrition Facts

Serving Size 1/2 Cup (106g)
Servings Per Container 8

Amount Per Serving

Calories 80 — Calories from Fat 0

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 4g	**16%**
Sugars 3g	
Protein 4g	

Vitamin A 4% • Vitamin C 25%
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: 1/2 starch and 1 vegetable

Recipe modified by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition.
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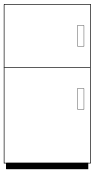
A child could wash the vegetables and apple and stir the mixture.



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

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

Nutrition Facts

Serving Size 3/4 cup (115g)
Servings Per Container 4

Amount Per Serving	
Calories 110	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 1g	**5%**
Cholesterol 0mg	**0%**
Sodium 35mg	**2%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 3g	**11%**
Sugars 8g	
Protein 5g	

Vitamin A 90% • 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.
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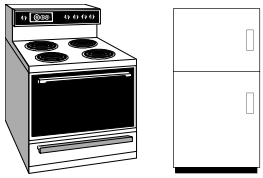
A child could wash the vegetables and shake the mixture.



Garlic Carrot Salad

Yield: 4 servings

1 pound raw carrots
3 tablespoons lemon juice
1/2 teaspoon Dijon mustard or other grainy mustard
2 tablespoons salad oil
1 green onion (include green top)
1 tablespoon fresh (or 1 teaspoon dried) finely chopped parsley
1/2 clove garlic, crushed
dash of salt
dash of pepper

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

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

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

Nutrition Facts

Serving Size about 1/2 cup (128g)
Servings Per Container 4

Amount Per Serving	
Calories 110	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 1g	**5%**
Cholesterol 0mg	**0%**
Sodium 125mg	**5%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 4g	**15%**
Sugars 5g	
Protein 1g	

Vitamin A 510% • Vitamin C 15%
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: 2 vegetable and 1 1/2 fat

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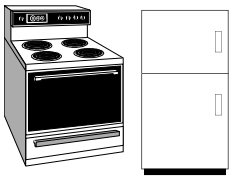

A child could wash the vegetables and shake the mixture.

Lemon-Dilled Broccoli and Carrot Salad

Yield: 6 servings

2 cups (about 1 pound) raw broccoli florets and stems
2 large raw carrots, scrubbed, peeled and sliced thinly
2 tablespoons salad oil
2 teaspoons lemon juice
1/4 teaspoon black pepper
2 teaspoons fresh (or 1/2 teaspoon dried) finely chopped dill

1. Wash your hands and work area.
2. Wash and trim stems from broccoli. Peel and cut stems into thin slices. Cut broccoli florets into small uniform pieces and set aside.
3. Cook carrots and broccoli in 1 quart boiling water for one minute. (Or cook in a microwave oven). Do not overcook. Drain and rinse under cold running water. Place in a large bowl.
4. In a jar with a tight-fitting lid, combine the remaining ingredients. Shake well.
5. Pour dressing over vegetables and stir gently.
6. Cover and refrigerate for 2 hours or more to allow flavors to blend. Serve cold.
7. Cover and refrigerate leftovers within 2 hours.

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

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

Nutrition Facts

Serving Size 1/2 cup (97g)
Servings Per Container 6

Amount Per Serving	
Calories 70	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**7%**
Saturated Fat 0.5g	**3%**
Cholesterol 0mg	**0%**
Sodium 30mg	**1%**
Total Carbohydrate 6g	**2%**
Dietary Fiber 3g	**11%**
Sugars 2g	
Protein 2g	

Vitamin A 100% • Vitamin C 100%
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

1/2 carbohydrate choices per serving

Diabetic exchanges per serving: 1 vegetable and 1 fat

Recipe modified by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition.
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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 dressing for tossed salads or meats is very low in sodium and very high in vitamin C. It is also a good source of vitamin A.

Nutrition Facts

Serving Size 2 Tablespoons (39g)
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%**
Cholesterol 0mg	**0%**
Sodium 25mg	**1%**
Total Carbohydrate 2g	**1%**
Dietary Fiber 0g	**0%**
Sugars 1g	
Protein 0g	

Vitamin A 15% • Vitamin C 80%
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.
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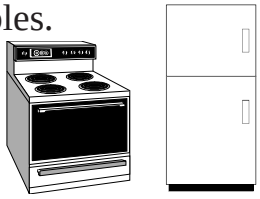
K-STATE Kansas State University Research and Extension

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 (84g)
Servings Per Container 6

Amount Per Serving

Calories 45 — Calories from Fat 0

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 55mg	**2%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 1g	**4%**
Sugars 6g	
Protein 1g	

Vitamin A 40% • 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: 1/4 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 Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services (SRS).

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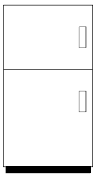
Tangy Crisp Vegetable and Pasta Salad *(continued)*

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

A child could wash the vegetables and shake the mixture.



This healthy fat-free cold relish is full of flavor. It is low in calories and very low in sodium, and is high in vitamins A and 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 (42g)
Servings Per Container 4

Amount Per Serving	
Calories 15	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 10mg	**0%**
Total Carbohydrate 3g	**1%**
Dietary Fiber less than 1 gram	**4%**
Sugars 2g	
Protein 0g	

Vitamin A 15%	•	Vitamin C 35%
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: 1/2 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 Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services (SRS).

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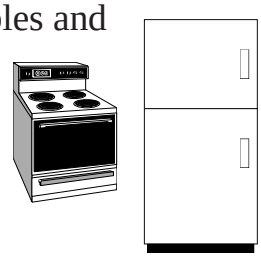
A child could wash the vegetables and mix the salad.



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 300^0 F.
7. Place cubed bread on baking sheet and bake for 8-10 minutes, until slightly crisp, stirring occasionally. Shut off oven.
8. Just before serving, toss bread cubes with salad mixture.
9. Cover and refrigerate leftovers within 2 hours.

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

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

Nutrition Facts

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

Amount Per Serving	
Calories 100	Calories from Fat 35
	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 1g	**6%**
Cholesterol 5mg	**2%**
Sodium 220mg	**9%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 2g	**6%**
Sugars 3g	
Protein 5g	

Vitamin A 35% • Vitamin C 100%
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 starch, 1 vegetable and 1/2 fat

Recipe modified by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition.
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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 healthy cold side dish is low in fat and calories. It is high in vitamins A and C and is a good source of fiber and calcium.

Nutrition Facts

Serving Size 1 burrito (153g)
Servings Per Container 4

Amount Per Serving	
Calories 170	Calories from Fat 25
	% Daily Value*
Total Fat 3g	**4%**
Saturated Fat 1g	**5%**
Cholesterol 5mg	**2%**
Sodium 370mg	**15%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 3g	**11%**
Sugars 4g	
Protein 10g	

Vitamin A 90%	•	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

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 *Fix It Fresh! Fruits and Vegetables Recipes Series* 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	•					

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A child could wash the apples.

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

Cinnamon Apple Rings

Yield: 4 servings

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

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

(continued on the reverse side)

Nutrition Facts

Serving Size 2 rings (90g)
Servings Per Container 4

Amount Per Serving	
Calories 70	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 2g	**10%**
Sugars 14g	
Protein 0g	

Vitamin A 0%	•	Vitamin C 6%
Calcium 0%	•	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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Cinnamon Apple Rings (continued)

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

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

A child could wash the fruit and stir the mixture.

Fall Fruit Crisp

Yield: 6 servings

1/2 cup packed seedless raisins or sweetened dried cranberries, or a mixture of both
1/4 cup unsweetened apple juice
2 medium pears
2 medium baking apples (such as such as Jonathan or Rome)
1/4 cup plus 2 tablespoons packed brown sugar, divided
1/2 teaspoon ground cinnamon, divided
3/4 cup whole rolled oats
1/4 cup all-purpose flour
1 tablespoon salad oil
3/4 cup non-fat vanilla yogurt

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

(continued on the reverse side)

This healthy sweet food uses a combination of fresh and dried fruits. One serving is very low in sodium and is a good source of fiber. If the vanilla yogurt is omitted, the calories will go down to 240 per serving.

Nutrition Facts

Serving Size 2 1/2" x 4" (193g)
Servings Per Container 6

Amount Per Serving	
Calories 270	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	**6%**
Saturated Fat 0.5g	**3%**
Cholesterol 0mg	**0%**
Sodium 30mg	**1%**
Total Carbohydrate 58g	**19%**
Dietary Fiber 5g	**19%**
Sugars 41g	
Protein 4g	

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

4 carbohydrate choices per serving

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

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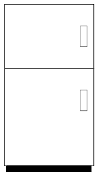
Fall Fruit Crisp *(continued)*

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 (117g)
Servings Per Container 6

Amount Per Serving

Calories 50 — Calories from Fat 0

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 5mg	**0%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 2g	**6%**
Sugars 10g	
Protein 1g	

Vitamin A 35% • 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 carbohydrate choice per serving

Diabetic exchanges per serving: 1 fruit

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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.aboutproduce.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 healthy 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 (246g)
Servings Per Container 3

Amount Per Serving	
Calories 210	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 0.5g	**3%**
Cholesterol 0mg	**0%**
Sodium 10mg	**0%**
Total Carbohydrate 41g	**14%**
Dietary Fiber 4g	**17%**
Sugars 35g	
Protein 2g	

Vitamin A 15%	•	Vitamin C 45%
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

3 carbohydrate choices per serving

Diabetic exchanges per serving: 3 fruit and 1 fat

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

K-STATE Kansas State University Research and Extension

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 about 2/3 cup (126g)
Servings Per Container 3

Amount Per Serving	
Calories 100	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 5mg	**0%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 2g	**9%**
Sugars 11g	
Protein 3g	

Vitamin A 35%	•	Vitamin C 80%
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

Recipe modified by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition.
Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS.
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A child could wash the 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 (149g)
Servings Per Container 2

Amount Per Serving	
Calories 110	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 20mg	**1%**
Total Carbohydrate 26g	**9%**
Dietary Fiber 3g	**13%**
Sugars 21g	
Protein 2g	

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 white cake and strawberries, it is high in vitamin C and very low in sodium. If made with angel food cake, it has more sodium and less fat.

Nutrition Facts
Serving Size 1 portion (120g)
Servings Per Container 4

Amount Per Serving	
Calories 200	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**13%**
Saturated Fat 3g	**15%**
Cholesterol 5mg	**1%**
Sodium 35mg	**2%**
Total Carbohydrate 30g	**10%**
Dietary Fiber 1g	**4%**
Sugars 21g	
Protein 4g	

Vitamin A 6%	•	Vitamin C 6%
Calcium 6%	•	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 white cake, 1 1/2 starch, 1/2 fruit, and 1 1/2 fat. With angel food, 1 1/2 starch, 1/2 fruit, and 1/2 fat.

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A child could wash the fruit and stir the mixture.

This low-calorie fruit sauce is fat-free and sodium-free. If made with strawberries, it is high in vitamin C.

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

Nutrition Facts

Serving Size 1/4 cup (65g)
Servings Per Container 3

Amount Per Serving	
Calories 40	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 1g	**5%**
Sugars 9g	
Protein 0g	

Vitamin A 6%	•	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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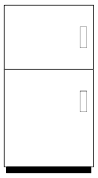
A child could wash the fruit and help remove the seeds.



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 about 3/4 cup (151g)
Servings Per Container 3

Amount Per Serving	
Calories 60	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 15mg	**1%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 1g	**5%**
Sugars 13g	
Protein 2g	

Vitamin A 8%	•	Vitamin C 35%
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 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 homestyle applesauce is fat-free and sodium-free. If made with sugar substitute instead of sugar, the nutrition facts, carbohydrate choices and diabetic exchanges will change, and one serving would have 70 calories, 18 g carbohydrate (or 1 choice) and 15 g sugar, and be 1 fruit exchange.

Nutrition Facts

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

Amount Per Serving	
Calories 120	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 30g	**10%**
Dietary Fiber 2g	**7%**
Sugars 27g	
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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