COOL FUEL COOKBOOK

Get the power with fruit & veggies!
Getting enough fruit and veggies matters, and it's easy if you remember that fruit and veggies also “T.A.S.T.E.” great.

Try Something New
Next time you are at the grocery store with your mom or dad, pick one or two fruit or vegetables you’ve never tried. It could be something completely different or a new variety of an old favorite.

All Forms Matter
When it comes to fruit and veggies, fresh, frozen, canned, dried, and 100% juice all matter! Next time you are looking for a quick treat, consider dried fruit or a 100% juice box.

Snack Smart
Fruit and veggies make great choices for snacks because they are quick, convenient, nutritious, and delicious!

Turn it into a Family Activity
Help your mom or dad in the kitchen. It could be something simple like chopping vegetables and lettuce for a salad. Who knows, you may even show your mom or dad a culinary trick or two.

Explore MyPlate
Visit ChooseMyPlate.gov or ChooseMyPlate.gov/kids for cool games, activities, and ideas for a healthy lifestyle.
Contents

Breakfast “on-the-go” ............ 4

Breakfast
Bookworm Apple Bark .................. 6
Purple Party Parfait ..................... 7
Symphony of Fruit Pizza ................ 8
Fun in the Sun Banana Split .......... 9
Banana in a Blanket ................... 10
Ready, Set, Go! French Toast ...... 11

Main Dishes
T-Rex Tortilla Pizza ..................... 24
Cosmic Cucumber Wrap ............... 25
Rainbow Veggie Pocket ............... 26
Corner Kick Pita Pocket ............. 27
Garden Goodies Salad ............... 28
Ranch Hand Nachos ................... 29
Little steps to healthy eating .... 30

Snacks
Boatloads of Fruit .................... 32
Very Veggie Snack Pizza ............. 33
Grape Tasting Treat ................... 34
Happy Trails Fruit Munchies ....... 35
Cool Quesadillas ...................... 36
Rockin’ Poppers ....................... 37

Smoothies
Frosty Orangeliciousness ............ 12
Cranlicious Smoothie ................. 12
Marble Berry Smoothie ............... 13
Lemon Berry Smoothie ................ 13
How many fruits & veggies do I need? ........................ 12

Side Dishes
Crazy, Curly Broccoli Bake ......... 16
Extreme Zucchini ...................... 17
Snowboard Swooshin’ Squash.... 18
Galloping Good Eggplant .......... 19
Cheesy Corn Potatoes ................ 20
10-Minute Veggie Soup .......... 21
Lunch Menu Ideas ..................... 22

Appendix
Useful websites ...................... 37
Measurements ....................... 38
Glossary .......................... 41
A Colorful Variety ................. 42
Breakfast literally means “breaking the fast” after the 8 to 12 hours you don’t eat overnight. By eating breakfast, you’re giving your brain and body the fuel needed to do well in school, have a ready supply of energy, and help you feel fit. Some days you may not have time to sit down and eat breakfast. On those days, it’s important to have nutritious foods that you can eat “on-the-go.”

Several of the recipes in this book make great “on-the-go” breakfasts:
- Bookworm Apple Bark (page 6)
- Symphony of Fruit Pizza (page 8)
- Banana in a Blanket (page 10)
- Any of the smoothies (pages 28 & 29)

Here are a few other breakfast “on-the-go” ideas:
- Rice cake topped with peanut butter and bananas
- Piece of fresh fruit and a drinkable low-fat, low-sugar yogurt
- Bagel topped with low-fat cream cheese, raisins, and a glass of low-fat milk
- 100% juice box, toasted raisin English muffin, and a cheese stick

Energy Balance
Calories Count! Be sure to balance the calories you eat with the calories you burn every day. Get plenty of physical activity. Try to play at least one hour a day. (Walking, playing sports, and exercise all count. Watching TV or working on the computer doesn’t.)

Eating fruit and vegetables can help you keep a healthy weight because they are generally lower in calories and fat than other foods such as cakes, candy, cookies, and chips. In addition, fruit and vegetables have the vitamins and minerals you need to help keep you healthy and strong. Calorie for calorie, fruit and vegetables are considered a real nutrition bargain!
Breakfast

- Bookworm Apple Bark ......................... 6
- Purple Party Parfait ........................... 7
- Symphony of Fruit Pizza .................... 8
- Fun in the Sun Banana Split ............... 9
- Banana in a Blanket ........................... 10
- Ready, Set, Go! French Toast .............. 11
**Ingredients**

1 Granny Smith apple  
1 tablespoon peanut butter  
2 1/2 tablespoons golden or black raisins  
1 1/2 tablespoons dried, sweetened cranberries  
1 small bunch of fresh chives or fresh parsley (optional plate garnish)

Cut apple into four quarters, starting at the stem. Remove the core by cutting away to leave a flat surface on the apple quarter. Be careful not to cut too much of the edible portion of the apple away. Drop and slightly spread the peanut butter on apple quarters. Mix together the raisins and dried cranberries, then sprinkle on peanut butter. Cut chives into one-inch pieces and garnish.

**Nutrition Information per Serving:** Calories: 136, total fat: 4.1g, saturated fat: 0.8g, % calories from fat: 25%, % calories from saturated fat: 5%, protein: 3g, carbohydrates: 25g, cholesterol: 0mg, dietary fiber: 3g, sodium: 40mg
Ingredients

- 1 cup frozen blueberries, no sugar
- 1 cup frozen strawberries, no sugar
- ½ cup fat-free cottage cheese
- 1½ cups green grapes
- 1 kiwifruit for garnish (optional)

Place the blueberries, strawberries, and cottage cheese in a food processor and blend until smooth. Place the grapes in a cup or bowl, and spoon blended mixture over the grapes. Garnish with kiwifruit (optional).

Note: If you are using a blender, let frozen fruit thaw, and blend in small batches.

Nutrition Information per Serving:

- Calories: 64, total fat: 0.3 g, saturated fat: 0g, % calories from fat: 3%, % calories from saturated fat: 1%, protein: 3g, carbohydrates: 14g, cholesterol: 2mg, dietary fiber: 2g, sodium: 77mg
Ingredients

1 English muffin
2 tablespoons whipped fat-free strawberry cream cheese
¾ cup strawberries, sliced
¼ cup red grapes, quartered
¼ cup canned mandarin oranges, drained

Toast the English muffin until golden brown. Spread cream cheese on toasted muffin. Arrange sliced strawberries, grapes, and orange slices on top of the cream cheese. Slice into quarters and enjoy your yummy fruit pizza!

Fruit and/or Veggie Color(s):

½ Cup of Fruit per Serving

Each serving provides an excellent source of vitamins A and C and a good source of folate and fiber.

Nutrition Information per Serving

Calories: 228, total fat: 1.3g, saturated fat: 0g, % calories from fat: 5%, % calories from saturated fat: 0%, protein: 10g, carbohydrates: 46g, cholesterol: 5mg, dietary fiber: 4g, sodium: 374mg

Recipe is courtesy of Produce for Better Health Foundation and Shoney’s, Inc.
Fun in the Sun
Banana Split

Preparation: 15 minutes
Serves: 1

Ingredients

¼ cup fat-free vanilla ice cream
½ medium banana
¼ cup canned crushed pineapple, drained
¼ cup fresh strawberries
2 tablespoons sweetened whole grain cereal
½ teaspoon shredded coconut

To prevent the ice cream from melting, cut up all ingredients before removing ice cream from the freezer.

Split the banana slice in half, lengthwise. Scoop the ice cream into a bowl. Place the banana slices on opposite sides of the bowl. Place pineapple on top of the ice cream, then add sliced strawberries. Sprinkle with cereal and then garnish with shredded coconut. You can substitute ice cream with non-fat plain or flavored yogurt.

Nutrition Information per Serving: Calories: 160, total fat: 0.9g, saturated fat: 0.5g, % calories from fat: 5%, % calories from saturated fat: 3%, protein: 3g, carbohydrates: 38g, cholesterol: 0mg, dietary fiber: 3g, sodium: 64mg

Fruit and/or Veggie Color(s):
½ Cup of Fruit per Serving
Each serving provides an excellent source of vitamin C and a good source of folate, potassium, and fiber.

Recipe is courtesy of Produce for Better Health Foundation and Shoney’s, Inc.
Ingredients

1 (6-inch) whole wheat tortilla
1 tablespoon reduced-fat smooth peanut butter
1 medium banana
1 teaspoon maple syrup or honey
1 tablespoon crunchy, nutty nugget cereal

Lay tortilla on a plate. Spread peanut butter evenly on the tortilla. Sprinkle cereal over peanut butter. Peel and place banana on the tortilla and roll the tortilla. Drizzle maple syrup or honey on top. Optional: garnish with more cereal on top.

Nutrition Information per Serving: Calories: 303, total fat: 6.4g, saturated fat: 1.2g, % calories from fat: 17%, % calories from saturated fat: 3%, protein: 9g, carbohydrates: 63g, cholesterol: 0mg, dietary fiber: 7g, sodium: 306mg

Each serving provides an excellent source of fiber and a good source of vitamin C, folate, magnesium, and potassium.
French Toast

Ingredients

2 ½ cups Granny Smith apples, cored and diced with skin on  
3 teaspoons Splenda® No Calorie Sweetener  
¼ teaspoon cinnamon  
1 ½ tablespoons skim milk  
2 eggs  
2 egg whites  
3 seconds butter-flavored cooking oil spray  
6 slices whole wheat bread  
6 tablespoons reduced-calorie syrup

In a microwave-safe, medium-sized bowl, combine diced apples, Splenda® No Calorie Sweetener, and cinnamon. Mix well. Microwave mixture for 1 minute. Beat milk, eggs, and egg whites together in a wide, shallow bowl. Spray cooking pan with cooking oil. Place on burner over MEDIUM-HIGH heat. Dip bread into egg batter, coating lightly but completely on both sides. Place in pan. Cook, turning often until golden brown on both sides. Place two slices of French toast on a plate. Cut each slice of bread in half. Top each serving with diced apple mix and 2 tablespoons of syrup.

Nutrition Information per Serving: Calories: 349, total fat: 8.4g, saturated fat: 1.6g, % calories from fat: 21%, % calories from saturated fat: 4%, protein: 13g, carbohydrates: 60g, cholesterol: 141mg, dietary fiber: 6g, sodium: 377mg

Recipe was developed for Produce for Better Health Foundation by Chef Mark Goodwin, CEC, CNC.
Smoothies

Frosty Orangeliciousness

½ cup fat-free vanilla ice cream
½ cup orange juice
1 orange, peeled and frozen
1 teaspoon orange zest (optional)

Place all ingredients in blender and enjoy!

Fruit and/or Veggie Color(s):  ●
1 Cup of Vegetables per Serving
Each serving provides an excellent source of vitamins A and C, folate, and potassium and a good source of calcium, magnesium, and fiber.

Nutrition Information per Serving: Calories: 211, total fat: 0.4g, saturated fat: 0.1g, % calories from fat: 2%, % calories from saturated fat: 0%, protein: 5g, carbohydrates: 49g, cholesterol: 0mg, dietary fiber: 4g, sodium: 67mg

Preparation: 5 minutes
Serves: 1

Cranlicious Smoothie

1 cup 100% mixed cranberry juice
2 cups frozen strawberries, no sugar
6 oz. low-fat vanilla yogurt

Place all ingredients in a blender. Blend until smooth.

Fruit and/or Veggie Color(s):  ●
1 Cup of Vegetables per Serving
Each serving provides an excellent source of vitamin C and a good source of calcium, potassium, and fiber.

Nutrition Information per Serving: Calories: 206, total fat: 1.2g, saturated fat: 0.7g, % calories from fat: 5%, % calories from saturated fat: 3%, protein: 5g, carbohydrates: 46g, cholesterol: 4mg, dietary fiber: 3g, sodium: 78mg

Preparation: 5 minutes
Serves: 2
**Lemon Berry Smoothie**

4 oz. lemon-flavored carbonated water  
1 cup fresh or frozen strawberries  
¼ cup lemon sherbet  
½ cup non-fat, no added sugar vanilla frozen yogurt  
1 large strawberry

If using fresh strawberries, place them on a flat surface in freezer for 1 hour before using. Combine lemon-flavored water, frozen strawberries, lemon sherbet, and frozen yogurt in blender. Mix until smooth. Pour into 2 large glasses. Wash and slice large strawberry from the green top down. Place ½ on top of each blended smoothie. Serve and enjoy.

**Marble Berry Smoothie**

1 cup kiwifruit, peeled, sliced, frozen  
1 cup frozen strawberries, thawed  
1 cup 100% strawberry-kiwi juice  
6 oz. low-fat vanilla yogurt  
2 teaspoons Splenda® No Calorie Sweetener

Place strawberries, ½ cup 100% fruit juice, and ½ of the yogurt in blender. Blend until smooth. Pour equal amounts into four 10-oz. clear glasses. Place frozen kiwifruit, remaining ½ cup 100% fruit juice, vanilla yogurt, and Splenda® No Calorie Sweetener into blender. Blend until smooth. Slowly spoon equal amounts of kiwifruit mixture in each glass on top of strawberry mixture. Be careful not to mix. Using a toothpick, stir the mix one time only. Enjoy!

**Fruit and/or Veggie Color(s):**

1 Cup of Vegetables per Serving  
Each serving provides an excellent source of vitamin C and a good source of calcium and fiber.

**Nutrition Information per Serving:**  
Calories: 107, total fat: 0.8g, saturated fat: 0.4g, % calories from fat: 7%, % calories from saturated fat: 3%, protein: 3g, carbohydrates: 23g, cholesterol: 2mg, dietary fiber: 2g, sodium: 36mg

**Nutrition Information per Serving:**  
Calories: 106, total fat: 1.0g, saturated fat: 0.5g, % calories from fat: 9%, % calories from saturated fat: 4%, protein: 3g, carbohydrates: 22g, cholesterol: 2mg, dietary fiber: 3g, sodium: 48mg

Recipes were developed for Produce for Better Health Foundation by Chef Mark Goodwin, CEC, CNC.
For kids ages 4 to 13, aim for around 3 to 5 cups of colorful fruit and vegetables every day. Do this by eating about 1 cup of a fruit or vegetable at each meal and a ½ cup of a fruit or vegetable as a snack.

**Simple, right? And delicious, too!**

**Just remember**

As a general rule, fill about half your plate with colorful fruit and veggies at meal times. Fruit and veggies also make great snack choices.

The amount of fruit and vegetables you need every day for optimal health depends on your age, gender, and level of physical activity.

<table>
<thead>
<tr>
<th>Kids</th>
<th>Women</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 2-3</td>
<td>2-3 cups</td>
<td>4-5 cups</td>
</tr>
<tr>
<td>Age 4-13</td>
<td>3-5 cups</td>
<td></td>
</tr>
<tr>
<td>Age 14-18</td>
<td>4½-6 cups</td>
<td></td>
</tr>
</tbody>
</table>

*Chart based on a moderately active lifestyle that includes physical activity equivalent to walking 1.5 to 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.

The recipes in this book list the amount of fruit and vegetables (in cups) per serving. This will help you know how much you are getting as you reach for your daily goal of 3 to 5 cups.
Crazy, Curly Broccoli Bake .................. 16
Extreme Zucchini .............................. 17
Snowboard Swooshin’ Squash .............. 18
Galloping Good Eggplant ..................... 19
Cheesy Corn Potatoes ......................... 20
10-Minute Veggie Soup ....................... 21
Crazy, Curly Broccoli Bake

Preparation: 25 minutes
Serves: 6

Ingredients

1½ cups whole wheat corkscrew pasta, dry
3 cups broccoli, frozen, chopped
1 10.5-oz. can low-fat cream of broccoli soup, condensed
½ cup skim milk
2 tablespoons plain bread crumbs
¼ teaspoon salt-free seasoning blend

Preheat oven to 350°F. Cook pasta according to package directions. Place frozen broccoli in a large microwave-safe and oven-proof dish and cook for 2 minutes on HIGH. Coarsely chop cooked broccoli. Mix soup with skim milk, and add to chopped broccoli. Add cooked pasta and mix. Top with bread crumbs and seasoning blend. Bake in oven for 10-15 minutes until heated through.

Nutrition Information per Serving:
Calories: 164, total fat: 2.2g, saturated fat: 0.6g, % calories from fat: 11%, % calories from saturated fat: 3%, protein: 8g, carbohydrates: 31g, cholesterol: 2mg, dietary fiber: 5g, sodium: 351mg

Fruit and/or Veggie Color(s): 🌿
½ Cup of Vegetables per Serving

Each serving provides an excellent source of vitamin C and fiber and a good source of vitamin A, folate, and magnesium.
**Ingredients**

1 cup zucchini, with skin, cut into 1” cubes  
1 medium tomato, chopped into 1” chunks  
¼ cup yellow bell pepper, diced  
½ cup onion, diced  
½ tablespoon low-fat mayonnaise

Combine first four ingredients in a small sauce pan. Cook on MEDIUM-LOW heat until vegetables are tender, about 20 minutes, stirring occasionally. Remove from stove top and mix in the mayonnaise. Add salt and pepper to taste (optional).

**Nutrition Information per Serving:** Calories: 19, total fat: 0.4g, saturated fat: 0.1g, % calories from fat: 16%, % calories from saturated fat: 4%, protein: 1g, carbohydrates: 4g, cholesterol: 0mg, dietary fiber: 1g, sodium: 22mg

Recipe is courtesy of Produce for Better Health Foundation and Shoney’s, Inc.
Lightly sauté the squash, zucchini, onion, garlic, and cumin until just soft with some cooking oil spray. Toss in the remaining ingredients. Place in a 1-quart casserole dish that has been sprayed with cooking oil. Microwave 3 minutes on HIGH or until thoroughly heated.
Ingredints

½ cup eggplant, diced
½ cup fresh mushrooms, diced
¾ cup fresh tomatoes, chopped
3 seconds butter-flavored cooking oil spray
¾ oz. fat-free mozzarella cheese (use a string cheese stick)

Spray skillet with cooking oil. Sauté eggplant, mushrooms, and tomatoes in skillet until tender but cooked. Drain off extra juice and top with shredded or ‘peeled’ cheese. Let it melt.

Nutrition Information per Serving:
Calories: 95, total fat: 2.9g, saturated fat: 0.3g, % calories from fat: 25%, % calories from saturated fat: 2%, protein: 9g, carbohydrates: 10g, cholesterol: 4mg, dietary fiber: 3g, sodium: 151mg

Recipe is courtesy of Produce for Better Health Foundation and Shoney’s, Inc.
**Cheesy Corn Potatoes**

**Ingredients**

- 1 medium potato
- 1/3 cup frozen sweet corn
- ¾ oz. reduced-fat Monterey Jack cheese, shredded
- ¼ teaspoon salt-free seasoning blend

Poke holes in the potato with a fork. Microwave for 2 minutes on HIGH. (Note: Microwaves vary greatly. Cook potato until you are able to stick a fork in the potato and remove it easily; it should be fork tender). Let cool. Remove skin and mash with fork. Mix with corn to blend. Transfer mixture to microwaveable plate. Top with cheese. Microwave on HIGH for 30 seconds or until cheese is melted. Top with seasoning blend.

**Nutrition Information per Serving:**
Calories: 279; total fat: 5.2g; saturated fat: 2.8g; % calories from fat: 16%, % calories from saturated fat: 8%; protein: 12g; carbohydrates: 51g; cholesterol: 15mg; dietary fiber: 6g; sodium: 197mg
10-Minute Veggie Soup

Preparation: 10 minutes  
Serves: 6

Ingredients

2 29-oz. cans low-sodium chicken broth  
1 14.5-oz. can diced tomatoes, no salt added  
1 teaspoon dried basil  
½ teaspoon onion powder  
¾ cup macaroni, dry  
3 cups frozen mixed vegetables  
⅛ teaspoon salt  
⅛ teaspoon pepper

Combine chicken broth, diced tomatoes, basil, and onion powder. Bring to a simmer and add pasta and frozen vegetable mix (broccoli, cauliflower, and carrot mix is great in this recipe). Cook for 6 minutes and remove from heat. Note: Pasta will not be cooked all the way through. Let soup sit for 5 minutes, and pasta will become soft. Soup will then be ready to serve.

Nutrition Information per Serving:
Calories: 112, total fat: 0.5g, saturated fat: 0.3g, % calories from fat: 4%, % calories from saturated fat: 3%, protein: 6g, carbohydrates: 21g, cholesterol: 3mg, dietary fiber: 4g, sodium: 244mg

Fruit and/or Veggie Color(s):  
1 Cup of Vegetables per Serving  
Each serving provides an excellent source of vitamin A and a good source of vitamin C and fiber.
Lunch Menu Ideas

Whether you are eating lunch at home or you pack your lunch for school, there are lots of recipes in this book that make tasty mid-day meals. If you are rushed for time in the morning, pack your lunch the night before and keep it in the refrigerator so it’s ready to go in the morning.

10-Minute Veggie Soup (p. 19)
Microwave it just before leaving in the morning and keep it warm in a thermos.

Rainbow Veggie Pocket (p. 24)
Pack everything but the pita in a plastic container (put the pita in a zip-top bag). Put the ingredients in a cooler with an ice-pack and show your friends at school how to pack a pita.

Garden Goodies Salad (p. 26)
Pack in a plastic container and put in a cooler with an ice pack.

If you buy your lunch at school, be sure to try all of the different fruit and vegetables that are served. This will put you one step closer to your goal of eating 3 to 5 cups of colorful fruit and vegetables every day.
Main Dishes

T-Rex Tortilla Pizza ...................... 24
Cosmic Cucumber Wrap .............. 25
Rainbow Veggie Pocket .............. 26
Corner Kick Pita Pocket ............ 27
Garden Goodies Salad .............. 28
Ranch Hand Nachos ................. 29
2 seconds butter-flavored cooking oil spray
1 (6-inch) flour tortilla
1 ½ tablespoons mild salsa
½ cup frozen yellow corn, cooked
1 ½ tablespoons cooked chicken breast, shredded
1 tablespoon cheddar cheese, shredded
½ teaspoon dried chives

Preheat oven to 400°F. Cook corn according to package instructions. Spray cookie sheet with cooking oil. Place tortilla on oiled sheet. Top with chicken, cooked corn, cheese, chives, and salsa. Bake for 10 minutes. Cut in quarters and serve.

Nutrition Information per Serving:
Calories: 257, total fat: 7.6g, saturated fat: 2.4g, % calories from fat: 26%, % calories from saturated fat: 8%, protein: 12g, carbohydrates: 38g, cholesterol: 19mg, dietary fiber: 4g, sodium: 441mg

Recipe was developed for Produce for Better Health Foundation by Chef Mark Goodwin, CEC, CNC.
Cosmic Cucumber Wrap

Preparation: 15 minutes
Serves: 1

Ingredients

1 oz. lean ground beef
1 tablespoon onion, chopped
1 cup romaine lettuce, shredded
¼ cup fresh tomatoes, diced
¼ cup cucumber, diced
1 (8-inch) whole wheat tortilla
1 tablespoon fat-free ranch salad dressing

Brown ground beef and onion in skillet over MEDIUM heat, drain; excess fat. Mix lettuce and tomato together with ground beef mixture. Chop cucumber and mix with salad dressing. Place tortilla on a plate and spread with beef mixture. Top with cucumber and salad dressing mixture, and roll wrap.

Nutrition Information per Serving:
Calories: 238, total fat: 5.4g, saturated fat: 1.0g, % calories from fat: 21%, % calories from saturated fat: 4%, protein: 13g, carbohydrates: 33g, cholesterol: 22mg, dietary fiber: 4g, sodium: 373mg

Fruit and/or Veggie Color(s):

1 Cup of Vegetables per Serving

Each serving provides an excellent source of vitamins A and C and folate and a good source of potassium and fiber.

Recipe is courtesy of Produce for Better Health Foundation and Shoney’s, Inc.
Ingredients

1 cup avocado, sliced
1 cup jicama, sliced
4 tablespoons light ranch dressing
4 tablespoons salsa
2 (6 1/2-inch) whole wheat pitas
1 cup fresh Roma tomatoes, sliced
1 cup frozen yellow corn, thawed
1/4 cup black olives, sliced
4 cups skim milk
4 cantaloupe slices

Using a large spoon, scoop the avocado half away from the skin, keeping half intact. Slice avocado into thin pieces, lengthwise. Peel jicama and slice into 1” thin pieces. Combine ranch dressing and salsa in small bowl to make a sauce. Cut pita in half and spread 2 tablespoons sauce on inside of each pita half. Layer equal amounts of avocado, tomato slices, jicama, and corn into each pita half. Top pita with 1 tablespoon of sliced olives. Serve for lunch with a cup of skim milk and cantaloupe wedge.

Tip to pit avocado: Hold avocado in hand. Slice in half lengthwise, circling knife around pit. Use both hands to make a half turn and separate avocado from pit. Carefully scoop pit out with large spoon.

Nutrition Information per Serving:
Calories: 374, total fat: 11.1g, saturated fat: 1.6g, % calories from fat: 26%, % calories from saturated fat: 4%, protein: 17g, carbohydrates: 56g, cholesterol: 9mg, dietary fiber: 9g, sodium: 598mg

Fruit and/or Veggie Color(s):

1 Cup of Vegetables per Serving

Each serving provides an excellent source of vitamins A and C, folate, calcium, potassium, and fiber and a good source of magnesium.
**Corner Kick Pita Pocket**

Preparation: 25 minutes
Serves: 2

**Ingredients**

- ½ cup spinach, trimmed leaves
- ¼ cup cucumber, peeled and sliced
- ¼ cup carrots, shredded
- 1 tablespoon salsa, mild
- 1 tablespoon fat-free ranch salad dressing
- 1 (6½-inch) pita pocket
- 4 oz. extra-lean ground beef (5% fat), cooked
- 1 cup cantaloupe, cubed

Combine spinach, cucumber, and carrots with salsa and ranch dressing, mix well. Cut pita in half. Using your finger, slowly open the pocket so as not to tear the bread. Divide the beef and veggie mix in half and place in each pocket mix in half and place in each pocket. Serve each pocket with a ½ cup of cantaloupe.

**Nutrition Information per Serving:**
- Calories: 374, total fat: 11.1g, saturated fat: 1.6g, % calories from fat: 26%
- protein: 17g, carbohydrates: 56g, cholesterol: 9mg, dietary fiber: 9g, sodium: 598mg

**Recipe was developed for Produce for Better Health Foundation by Chef Mark Goodwin, CEC, CEC.**

**Fruit and/or Veggie Color(s):**

- 1 Cup of Vegetables per Serving

**Each serving provides** an excellent source of vitamins A and C, folate, calcium, potassium, and fiber and a good source of magnesium.
Garden Goodies Salad

Recipe was developed for Produce for Better Health Foundation by Chef Mark Goodwin, CEC, CNC.

Preparation: 30 minutes
Serves: 1

Ingredients

½ cup shell pasta, medium, cooked
¼ cup carrots, shredded
3 oz. fresh turkey tenderloin, roasted
1 ½ cups romaine lettuce
½ cup cucumber, peeled, sliced
6 cherry tomatoes, halved
2 tablespoons fat-free ranch dressing

Cook pasta according to package directions. Cube roasted turkey. Toss together carrots, turkey, romaine lettuce, cucumber, and tomatoes; drizzle ranch dressing over top. Refrigerate until chilled.

Nutrition Information per Serving:
Calories: 302, total fat: 1.9g, saturated fat: 0.4g, % calories from fat: 6%, % calories from saturated fat: 1%, protein: 31g, carbohydrates: 39g, cholesterol: 71mg, dietary fiber: 4g, sodium: 431mg

Fruit and/or Veggie Color(s):
[Red, Green, Orange]

1 Cup of Vegetables per Serving

Each serving provides an excellent source of vitamins A and C and potassium and a good source of folate, magnesium, and fiber.
Ranch Hand Nachos

Preparation: 40 minutes  
Serves: 5

Ingredients

- 1 lb. small red bliss potatoes, skins on
- 3 seconds cooking oil spray
- 8 oz. extra lean ground turkey breast
- ½ teaspoon chili powder
- ¾ cup reduced-fat cheddar cheese, shredded
- 1 cup iceberg lettuce, shredded
- 1 medium tomato, diced
- ¾ cup cucumber, peeled and diced
- 1 tablespoon cilantro, chopped
- ¾ cup salsa, mild

Slice potatoes into small circles. Coat them with cooking oil spray for 3 seconds. Bake in the oven at 450°F for 25-30 minutes, depending on desired darkness. Brown ground turkey breast with chili powder in pan over MEDIUM heat for 8-10 minutes. Remove potatoes from the oven and turn off. Place the potatoes on a small oven-safe platter or long dish. Top with cheese and turkey, put back in the oven to melt, about 2 minutes. Remove from oven and top with lettuce, tomato, cucumber, cilantro, and salsa.

Nutrition Information per Serving:
- Calories: 178, total fat: 2.8g, saturated fat: 0.7g, % calories from fat: 14%, % calories from saturated fat: 3%, protein: 18g, carbohydrates: 22g, cholesterol: 21mg, dietary fiber: 4g, sodium: 441mg

Recipe was developed for Produce for Better Health Foundation by Chef Mark Goodwin, CEC, CEC
Here are some little steps to get you started

Add a small bag of dried peaches and pears, or a cup of applesauce to your lunch.

Help your parents pick out easy-to-eat fruit and vegetables such as baby carrots, grapes, apples, bananas, and pears at the store.

Choose fruit or raw veggies for a snack instead of chips, cookies, or candy.

Add a favorite frozen veggie to chicken soup.

How about some sweet fruit like strawberries or an orange for dessert?

Choose 4 ounces of refreshing 100% juice instead of soda.

If you eat fast food, try some of the new, healthier menu items such as salads, sliced apples, mandarin oranges, and baked potatoes.

Top your breakfast cereal with slices of banana, strawberries, or dried fruit.
Boatloads of Fruit ....................... 32
Very Veggie Snack Pizza ............... 33
Grape Tasting Treat ....................... 34
Happy Trails Fruit Munchies ........... 35
Cool Quesadillas ......................... 36
Rockin’ Poppers .......................... 37
**Boatloads of Fruit**

Preparation: 15 minutes  
Serves: 2

**Ingredients**

¾ cup fresh strawberries  
½ cup mixed fresh fruit  
(pictured with Granny Smith apples with peel, bananas, red grapes, and pears, approximately 2 tablespoons of each, but be creative and use any fresh fruit combination you like)  
2 tablespoons whipped cream  
Waffle bowls (optional)

Place the strawberries in a blender and blend until smooth. In a medium-sized bowl gently stir together the cut-up assorted fruit. Spoon into small bowls. Drizzle with the puréed strawberries. Top each with 1 tablespoon of whipped cream. Waffle bowls can be used as a fun option.

**Nutrition Information per Serving:**  
Calories: 52, total fat: 1.1g, saturated fat: 0.6g, % calories from fat: 17%, % calories from saturated fat: 9%, protein: 1g, carbohydrates: 11g, cholesterol: 3mg, dietary fiber: 2g, sodium: 6mg

Recipe is courtesy of Produce for Better Health Foundation and Shoney's, Inc.
Very Veggie Snack Pizza

Preparation: 10 minutes
Serves: 1

Ingredients

1 whole wheat English muffin
1 tablespoon low-fat garlic/herb cream cheese
¼ cup frozen broccoli florets
⅛ cup carrots, diced
¼ cup tomatoes, diced

Toast the English muffin. Spread the cream cheese, then add the chopped veggies. Very simple, kids only need help with the toasting, and you can change the veggies depending on your personal preferences.

Nutrition Information per Serving:
Calories: 181, total fat: 4.0g, saturated fat: 1.9g, % calories from fat: 20%, % calories from saturated fat: 9%, protein: 8g, carbohydrates: 31g, cholesterol: 8mg, dietary fiber: 4g, sodium: 280mg

Recipe is courtesy of Produce for Better Health Foundation and Shoney’s, Inc.
Grape Tasting Treat

Preparation: 15 minutes
Serves: 4

Ingredients

2 tablespoons 100% orange or pineapple juice
1 medium banana, sliced
6 oz. low-fat vanilla yogurt
½ cup kiwifruit, sliced
(approximately 1½ kiwifruit)
1 cup seedless red grapes
¼ cup crunchy, nutty, nugget cereal

Combine juice and banana slices in a medium bowl. Stir gently to coat banana well. This will prevent browning. Drain juice from bananas and combine juice with yogurt and mix well. Add sliced kiwifruit, whole grapes, and bananas to yogurt mixture and stir gently to blend all ingredients. Place equal amounts of combined fruit into each of the four small bowls. Top each with 1 tablespoon of cereal. Chill and serve.

Nutrition Information per Serving:
Calories: 133, total fat: 1.0g, saturated fat: 0.4g, % calories from fat: 6%, % calories from saturated fat: 3%, protein: 4g, carbohydrates: 30g, cholesterol: 2mg, dietary fiber: 2g, sodium: 74mg

Recipe was developed for Produce for Better Health Foundation by Chef Mark Goodwin, CEC, CNC.
**Happy Trails**

**Fruit Munchies**

Recipe was developed for Produce for Better Health Foundation by Chef Mark Goodwin, CEC, CNC.

**Ingredients**

- ½ cup honey-roasted almond slices
- ¼ cup dried sweetened cranberries
- ¼ cup dried cherries
- ½ cup raisins
- ½ cup dried apricots
- ½ cup sweetened whole grain cereal

Cut apricots into eighths. Combine all ingredients and mix well. Portion equally into 6 servings. Place portions into small plastic containers or sandwich bags for convenient, grab-n-go snacking.

**Nutrition Information per Serving:**

Calories: 159, total fat: 4.3g, saturated fat: 0.3g, % calories from fat: 23%, % calories from saturated fat: 2%, protein: 3g, carbohydrates: 29g, cholesterol: 0mg, dietary fiber: 3g, sodium: 26mg

 lodged for Snacks 35

**Fruit and/or Veggie Color(s):**  ⬤ ⬤ ⬤

1 Cup of Vegetables per Serving

*Each serving provides* a good source of fiber.
Cool Quesadillas

Preparation: 20 minutes  
Serves: 2

Ingredients

Recipe was developed for Produce for Better Health Foundation by Shyanaz Allie.

Spray frying pan with cooking oil and heat for 1 minute on MEDIUM. Set aside 2 tablespoons of cheese. Place 1 tortilla in frying pan and spread the remaining cheese on tortilla. Then sprinkle with tomatoes, onions, mushrooms, green peppers, and the remaining cheese. Top with second tortilla. Press down with spatula to help cheese melt. Carefully turn over and allow to cook for 1 minute. Cut into 4 pieces.

Nutrition Information per Serving: Calories: 132, total fat: 3.1g, saturated fat: 0.7g, % calories from fat: 17%, % calories from saturated fat: 4%, protein: 7g, carbohydrates: 26g, cholesterol: 3mg, dietary fiber: 3g, sodium: 261mg

Fruit and/or Veggie Color(s):  
1 Cup of Vegetables per Serving

Each serving provides an excellent source of vitamin C and a good source of fiber.

2 seconds cooking oil spray
2 (6-inch) whole wheat tortillas
¼ cup reduced-fat cheddar cheese, shredded
⅓ cup fresh tomatoes, finely chopped
⅓ cup onions, finely chopped
⅓ cup fresh mushrooms, sliced
⅓ cup green bell peppers, chopped
Ingredients
2 cups sweet potatoes, about 2 large
2 egg whites
3 1-oz. part-skim mozzarella sticks
1½ tablespoons brown sugar
1 tablespoon Splenda® No Calorie Sweetener
½ teaspoon cinnamon
1 cup melba toast, crushed
(best to use food processor)

Poke holes in sweet potatoes and microwave on HIGH for 6-8 minutes or until soft. After potatoes are cool enough to handle, peel and mash in a medium bowl. Beat egg whites with fork for 1 minute. Combine cooked potatoes, beaten egg whites, brown sugar, Splenda® No Calorie Sweetener, and cinnamon together until well mixed. Slice each cheese stick into 8 equal parts (24 total). Scoop potato mixture into 16 equal parts. Insert 1½ cheese slices into each part and roll into a ball. Then roll balls in crushed melba toast. Place on baking sheet and bake 10 minutes in a 350°F oven.

Nutrition Information per Serving: Calories: 236, total fat: 4.1g, saturated fat: 2.3g, % calories from fat: 16%, % calories from saturated fat: 9%, protein: 11g, carbohydrates: 39g, cholesterol: 14mg, dietary fiber: 5g, sodium: 200mg

Recipe is courtesy of Produce for Better Health Foundation and Bonnie DiTiamo.
Useful Websites

FruitsAndVeggiesMoreMatters.org
The official website of Fruits & Veggies—More Matters®! Filled with valuable information, tips, and ideas as well as cool games and downloadable materials.

ChooseMyPlate.gov
Official USDA website with information on healthy diets as well as games and personalized recommendations.

FoodChamps.org
Designed just for kids, this website is full of games, activities, and more fun recipes!
### Measurement equivalents

- 1 tablespoon = 3 teaspoons
- \( \frac{1}{8} \) cup = 2 tablespoons
- \( \frac{1}{4} \) cup = 4 tablespoons
- 2 tablespoons = 1 fluid ounce
- 8 fluid ounces = 1 cup
- 1 pint = 2 cups

### Examples of 1 cup

<table>
<thead>
<tr>
<th>1 large banana</th>
<th>1 medium grapefruit</th>
<th>1 large orange</th>
<th>1 medium pear</th>
<th>1 small watermelon wedge</th>
<th>2 large plums</th>
<th>8 large strawberries</th>
<th>1 large bell pepper</th>
<th>1 medium potato</th>
<th>12 baby carrots</th>
</tr>
</thead>
</table>

### Examples of 1/2 cup

| 16 grapes | 1 cantaloupe wedge | \( \frac{1}{2} \) medium grapefruit | 4 large strawberries | 5 broccoli florets | \( \frac{1}{2} \) cup beans | 1 large plum | 6 baby carrots | \( \frac{1}{2} \) cup blueberries | \( \frac{1}{2} \) bell pepper |
Don’t Forget, all forms of fruit and veggies matter—fresh, frozen, canned, dried, and 100% juice. With all of the great choices available, incorporating fruit and veggies into your day is easy!

**Fresh**
Create a colorful salad with fresh fruit or veggies. Grill sliced veggies and fruit for a tasty summer treat! Brush fruit and veggies lightly with olive oil, and grill for a couple of minutes on each side over medium heat.

**Frozen**
Blend frozen fruit chunks with low-fat yogurt for a cool smoothie. Add frozen spinach to your favorite pasta dishes! Soup up your soup! Add your favorite frozen veggies, like carrots, zucchini, and potatoes to canned soups!

**Canned**
Top hot or cold cereals with sliced fruits. Add veggies to soups or salads. Use canned fruit as a salsa for fish, chicken, or pork. Add your favorite canned veggies to whole-grain rice for a healthy and hearty side dish.

**Dried**
Grab packs of dried fruits for a quick snack on-the-go. Add dried fruit to cereals and oatmeal as a way to get more!

**100% Juice**
Quench your post play thirst with a 6-8 oz. glass of 100% juice.
Nutrient

Nutrients are substances we get from the foods we eat that create and maintain healthy bodies. There are six kinds of nutrients: carbohydrates, protein, fat, water, vitamins, and minerals. Fruit and veggies are the most important sources of the nutrients vitamins and minerals.

Calorie

Calories are how we measure the units of energy we get from food.

Minerals

Minerals are nutrients that come from the soil and water and are absorbed by plants. When you eat the plants, then you get the minerals too. Your body needs larger amounts of some minerals, such as calcium and magnesium, to grow and stay healthy.

Phytochemicals

Phytochemicals are the chemicals in plants that give them their color. For example, chlorophyll is one of the plant chemicals that gives plants their green color. Scientists are just beginning to learn about the many different ways phytochemicals keep our bodies healthy and strong.

Vitamins

Vitamins are nutrients that are made by plants or animals. Our bodies need a variety of vitamins to stay strong and healthy. Some vitamins, like vitamins C & B, have to be stored in water and any of them your body doesn’t use are lost, mostly when you go to the bathroom. That’s why you need a fresh supply of these vitamins every day.
**Folate**

Folate is a vitamin you need to make your daily red blood cells. It helps you have the energy to do things like run, swim, ride your bike, and play sports.

**Try these fruit and veggie sources:**
- Artichoke
- Beets
- Cantaloupe
- Lima Beans
- Papaya
- Asparagus
- Blackberries
- Leaf Lettuce
- Oranges
- Strawberries

---

**Magnesium**

Magnesium is a mineral that helps keep your muscles, including your heart, strong and working properly. It also helps keep you from getting sick!

**Try these fruit and veggie sources:**
- Artichoke hearts
- Lima Beans
- Okra
- White Beans
- Black Beans
- Navy Beans
- Spinach

---

**Potassium**

Potassium is essential for your body's growth. It helps maintain the normal function of your heart, kidneys, muscles, and brain.

**Try these fruit and veggie sources:**
- Banana
- Sweet Cherries
- Lima Beans
- Potatoes
- Tomatoes
- Broccoli
- Kiwifruit
- Pinto Beans
- Sweet Potatoes
- White Beans
Fiber helps lower cholesterol and prevent diabetes and heart disease. It makes our bodies absorb carbohydrates like sugar slower so the energy from our food lasts longer.

**Try these fruit and veggie sources:**
- Apples
- Brussels Sprouts
- Lentils
- Pears
- Raspberries
- Blueberries
- Figs
- Onions
- Pinto Beans
- Spinach

Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy.

**Try these fruit and veggie sources:**
- Bell Peppers
- Broccoli
- Collard Greens
- Oranges
- Strawberries
- Blackberries
- Cauliflower
- Kiwifruit
- Potatoes
- Summer Squash

Vitamin A keeps eyes and skin healthy and helps protect against infections.

**Try these fruit and veggie sources:**
- Apricots, dried
- Carrots
- Leaf Lettuce
- Spinach
- Tomatoes
- Cantaloupe
- Grapefruit
- Mango
- Sweet Potatoes
- Watermelon
Produce for Better Health Foundation’s core purpose is to motivate people to eat more fruit and vegetables to improve public health. The foundation achieves success through policy efforts, industry and government collaboration and a variety of nutrition education and marketing programs.

Get involved! To learn how your school can incorporate Fruits & Veggies—More Matters® into its menu, cafeteria, and/or curriculum, please contact us. Check out FruitsAndVeggiesMoreMatters.org to find many helpful resources for you and your teachers to get involved and make healthy eating fun.

All recipes meet PBH and Centers for Disease Control & Prevention (CDC) nutrition standards that maintain fruit and vegetables as healthy foods.

Photography: Maggie Green. Food Styling: Katrina Tekavec.

Produce for Better Health Foundation 7465 Lancaster Pike, Hockessin, DE 19707 (302) 235.2329. FruitsAndVeggiesMoreMatters.org

©2014 Produce for Better Health Foundation reprint without permission from Produce for Better Health Foundation is prohibited. 1527-0713