Your plan to eating MORE fruits & veggies
Your plan to eating MORE fruits & veggies

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All recipes created for Produce for Better Health Foundation (PBH) and meet PBH and Centers for Disease Control and Prevention (CDC) nutrition standards that maintain fruit and vegetables as healthy foods.
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With your busy schedule, trying to fit one more of anything into your day may seem like a challenge. But think how beneficial, not to mention easy, adding just one more fruit or vegetable to your day can be, because more matters! Increasing fruit and vegetable intake is an important step Americans can take to make healthy food choices and achieve better health.

<table>
<thead>
<tr>
<th>Fruit and vegetables are important sources of nutrients that many Americans don’t get enough of, such as vitamins A and C, folate, potassium, magnesium, and fiber.</th>
<th>Substituting fruit and vegetables for higher-calorie, higher-fat foods can help with weight management.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eating fruit and vegetables of different colors—dark green, yellow, blue, purple, white, red, and orange provides the broadest range of nutrients.</td>
<td>People who eat more generous amounts of fruit and vegetables as part of a healthy diet are likely to have reduced risk of chronic diseases, including stroke, type 2 diabetes, some types of cancer, and perhaps heart disease, and high blood pressure.</td>
</tr>
</tbody>
</table>

Just remember: increasing your intake of fruit and veggies is easy because they provide the unrivaled combination of great taste, nutrition, and abundant variety and come in so many forms—fresh, frozen, canned, dried & 100% juice.

### Food or Supplements?

Most people should concentrate on getting their nutrients from foods such as fruit and vegetables, not supplements, pills, or powders. Fruit and vegetables contain not only vitamins and minerals, but also other naturally occurring substances such as antioxidants, phytochemicals, and fiber that may help protect against chronic diseases. While supplements or fortified foods may assist some individuals in getting the nutrients their bodies need, for the majority of people, nutrients should come primarily from foods.
Fruit and vegetables can be an effective tool in managing your weight. By choosing fruit and vegetables instead of foods that are higher in fat and calories, you can reduce your calorie intake. Reducing the amount of calories that you take in during the day, along with getting regular physical activity, should make it easier to control your weight.

Any type of changes to your diet, particularly with weight management in mind, should be done gradually. Health experts recommend working towards achieving and maintaining a healthy weight by using a balanced approach. Make small, gradual changes that can be a permanent part of your overall healthy lifestyle.

Remember, every step taken towards eating more fruit and veggies and getting more physical activity helps you be at your best.

- Adults should be physically active at a moderate intensity at least 30 minutes most days of the week. To prevent weight gain, be physically active approximately 60 minutes most days of the week.
- Children and teenagers should be physically active for 60 minutes most days or preferably all days of the week.

**Putting Dietary Guidelines into Action**

Dietary guidelines recommend increasing the amount of fruit and vegetables that most people eat. No matter how many fruit and vegetables you currently consume, you can reap so many benefits by adding just one more. But don’t stop there, keep adding more fruit and veggies, because more matters. It’s easier than you think!

- As a general rule, fill about half your plate with fruit and vegetables at meal times.
- Don’t forget! Fruit and veggies make tasty, convenient snacks.

For more information, go to ChooseMyPlate.gov
Fruit & Veggie NUTRITION

Folate
Healthful diets with adequate folate may reduce a woman’s risk of having a child with a brain or spinal cord defect. **Try these fruit and veggie sources:**
- Artichoke
- Beets
- Cantaloupe
- Lima Beans
- Papaya
- Asparagus
- Blackberries
- Leaf Lettuce
- Oranges
- Strawberries

Magnesium
Supports normal muscle and nerve function, a steady heart rhythm, and a healthy immune system. **Try these fruit and veggie sources:**
- Artichoke hearts
- Lima Beans
- Okra
- White Beans
- Black Beans
- Navy 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
Diets rich in dietary fiber have been shown to have a number of beneficial effects, including decreased risk of coronary heart disease.

Try these fruit and veggie sources:
- Apples
- Brussels Sprouts
- Lentils
- Pears
- Raspberries

Potassium
Diets rich in potassium may help maintain a healthy blood pressure.

Try these fruit and veggie sources:
- Banana
- Sweet Cherries
- Lima Beans
- Potatoes
- Tomatoes

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

Fiber
Diets rich in dietary fiber have been shown to have a number of beneficial effects, including decreased risk of coronary heart disease.

Try these fruit and veggie sources:
- Apples
- Brussels Sprouts
- Lentils
- Pears
- Raspberries
### MONDAY

**Breakfast**
Heart Warming Oatmeal (p.28) with Fruit and Nuts, low-fat milk, orange juice

**Lunch**
Very Veggie Baked Potatoes (p.52), mixed green side salad with low-fat dressing, fresh apple slices, low-fat milk

**Dinner**
Governor’s Black Bean Soup (p.14), Honey Dijon Chicken (p.34) with Peach Cilantro Salsa, orzo pasta, steamed asparagus

**Snack**
Baked apple with dried cranberries and cinnamon

### TUESDAY

**Breakfast**
Out of this Whirled Shake (p.29), small bran muffin

**Lunch**
Savory Pear Salad (p.53), grilled, sliced chicken breast, whole-wheat crackers, low-fat milk

**Dinner**
Peachy Chipotle Salsa (p.37), black beans with cumin and cilantro, steamed broccoli

**Snack**
Dried fruit assortment (apricots, bananas, raisins, etc.) mixed with almonds and whole-grain cereal

### WEDNESDAY

**Breakfast**
Whole-grain cereal topped with sliced banana, low-fat milk, apple juice

**Lunch**
New Wave Chicken Salad Wraps (p.36), baked pita chips, fresh grapes, low-fat milk

**Dinner**
Technicolor Vegetable Pizzas (p.23), baby carrots with low-fat ranch dip

**Snack**
Frozen low-fat yogurt topped with fresh berries

### THURSDAY

**Breakfast**
Perfectly Peachy Waffles (p.30), scrambled egg substitute with green onions and mushrooms, low-fat milk

**Lunch**
Pear Bistro Salad (p.38), whole-wheat baguette, baked banana pudding

**Dinner**
Pork Chops with Mandarin Orange Salsa (p.39), sesame noodles, stir-fried vegetable medley

**Snack**
Low-fat almond cookies with fresh melon slices
### FRIDAY

**Breakfast**
*Tropical Sunrise Parfait (p.31)*, small cinnamon raisin whole-wheat bagel, low-fat milk

**Lunch**
*Spaghetti Squash with Chunky Tomato-Garlic Sauce (p.46)*, mixed green salad topped with white beans and low-fat vinaigrette, fresh Italian bread, low-fat milk

**Dinner**
*Creamy Hot South of the Border Dip (p.21)* with chips, *Mexican Mushroom Salad (p.35)*, broiled pineapple and mango slices drizzled with honey and cinnamon

**Snack**
Fresh banana slices with peanut butter

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### SATURDAY

**Breakfast**
*Banana Berry Pancakes (p.27)*, turkey bacon, orange juice

**Lunch**
*Veggie Bean Wrap (p.43)* topped with Kiwifruit Mango Salsa, low-fat milk

**Dinner**
*Sesame Chicken with Peppers and Snow Peas (p.40)*, steamed brown rice, *Golden Glow Pineapple Salad (p.13)*

**Snack**
Fresh baked sweet cherry crisp

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### SUNDAY

**Breakfast**
*Vegetable Frittata (p.26)*, English muffin, fresh strawberries, low-fat milk

**Lunch**
*Tuna Pasta Salad with Avocado (p.42)*, peach half, low-fat milk

**Dinner**
*Sweet Potato-Pear Soup (p.17)*, *Sirloin Steak & Roasted Vegetable Salad (p.41)*, baked plum tart with almonds

**Snack**
Grape tomatoes with low-fat cheese and crackers

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For more healthy menus, go to FruitsAndVeggiesMoreMatters.org/healthy-meal-planning-with-fruits-and-vegetables
How much you eat is as important as what you eat. Try these tips to cut down your intake of higher-fat, higher-calorie foods.

• As a general guide, fill half your plate with fruit and veggies at meal times.

• Check out the serving sizes on packaged foods and pay attention to how many total servings are in a container.

• Take time to measure. What does tablespoon of dressing or 1 cup of pasta actually look like?

• Don’t eliminate your favorite foods—just eat smaller portions less frequently.

Smart Substitutions

As part of a healthy diet, eating fruit and veggies instead of higher-fat and higher-calorie foods may make it easier to control your weight. Remember, fruit and veggies have calories too! The key is substituting them for higher-fat higher-calorie foods, which can decrease the total amount of calories you eat in a day, which may result in weight loss.

• Choose pieces of fresh, whole fruit instead of baked goods for a sweet snack.

• Choose crunchy vegetables instead of chips for a lunch time side dish.

• Choose broth-based vegetable soups instead of cream-based for a lower-fat alternative.

• Choose a fruit smoothie instead of a milkshake.

• Choose pasta or pizza with red sauce, not white; veggies, not meat; and limit the cheese. Don’t forget the side salad!
Appetizers
Avocado and Blueberry Fruit Salad
An unusual combination of textures, shapes, colors, and tastes with unique appeal.

Whisk together all dressing ingredients, and set aside. Place avocado slices, apple, mango, and blueberries in a medium bowl and toss with ¼ cup of dressing. Toss salad greens in large bowl with remainder of dressing, and distribute evenly on each of 6 salad plates. Place an equal portion of the fruit/avocado mixture on top of each greens serving. Sprinkle with chopped chives and toasted walnuts to serve.

**Nutrition information per serving:**
calories: 192, total fat: 6.8g, saturated fat: 0.9g, % calories from fat: 28%, % calories from saturated fat: 4%, protein: 4g, carbohydrates: 34g, cholesterol: 0mg, dietary fiber: 7g, sodium: 78mg

Each serving provides: An excellent source of vitamins A and C, folate and fiber, and a good source of magnesium and potassium.

### Dressing
- 2 tablespoons honey
- ¼ cup plain nonfat yogurt
- ½ teaspoon ground cinnamon
- ¼ cup fresh orange juice
- ¼ teaspoon each salt and pepper

### Salad
- 1 large, ripe avocado, peeled and cut in slices
- 2 cups fresh apple, peeled, cored, seeded, diced
- 2 cups fresh mango, diced
- 2 cups fresh blueberries, rinsed and drained
- 1 5-oz. package or 8 cups of salad greens
- 2 tablespoons chopped chives or green onion
- 2 tablespoons walnuts, toasted, chopped coarsely
Cheddar and Parmesan Pear Dip
A cheesy way to enjoy the great taste and good nutrition of fresh pears.

PREPARATION TIME: 20 MINUTES • SERVES 5 • 1 CUP OF FRUIT PER SERVING

5 fresh pears
Orange juice to cover pears
¼ cup Cheddar & Parmesan salad dressing
¼ cup fat-free sour cream
2 tablespoons sweet pickle relish
½ teaspoon ground tarragon

Cut pears in half and remove core. Cut each half into four slices. Place sliced pears in a bowl and cover with orange juice. Let sit for 5 minutes, then remove pears from juice. This will help prevent the pears from turning brown. Combine remaining ingredients and mix well. Transfer dip into a small serving bowl. Put serving bowl in center of a large plate and surround with pear slices.

Nutrition information per serving:
calories: 174, total fat: 6.4g, saturated fat: 1.1g, % calories from fat: 30%, % calories from saturated fat: 5%, protein: 2g, carbohydrates: 32g, cholesterol: 5mg, dietary fiber: 5g, sodium: 157mg

Each serving provides: An excellent source of fiber and a good source of vitamin C.
Fresh Tomato and Pita Chip Salad

Red, ripe, and ready for enjoyment—this salad is sure to please.

**Preparation Time:** 15 minutes (excl. marinating time)  •  Serves 4  •  3 cups of vegetables per serving

### Dressing

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>4 tablespoons chopped fresh parsley</td>
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<tr>
<td>2 tablespoons grated lemon rind</td>
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</tr>
<tr>
<td>4 teaspoons chopped fresh mint</td>
<td></td>
</tr>
<tr>
<td>1 cup thinly sliced green onions</td>
<td></td>
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<tr>
<td>1 tablespoon extra virgin olive oil</td>
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<tr>
<td>¼ teaspoon salt</td>
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For dressing, combine parsley, lemon rind, mint, and green onions with olive oil and salt in small bowl. Mix well and let stand at least 1 hour. Meanwhile, combine lettuce, tomatoes, and cucumber in a large bowl; set aside to chill.

**Salad**

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tr>
<td>1 lb. romaine lettuce, shredded (about 6 cups)</td>
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<tr>
<td>2 to 3 medium fresh tomatoes, cubed (about 3 cups)</td>
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</tr>
<tr>
<td>1 cucumber, peeled, quartered lengthwise and sliced thin</td>
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</tr>
<tr>
<td>2 whole-wheat pitas (6½&quot; diameter)</td>
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Heat oven to 400°F. Arrange pitas in a single layer on baking sheet. Bake 6 minutes or until toasted. Break into bite-sized pieces and set aside. When ready to serve, add pita chips to salad mixture and toss with dressing.

**Nutrition information per serving:**
- Calories: 159
- Total fat: 4.9g
- Saturated fat: 0.6g
- % calories from fat: 26%
- % calories from saturated fat: 3%
- Protein: 6g
- Carbohydrates: 25g
- Cholesterol: 0mg
- Dietary fiber: 7g
- Sodium: 327mg

Each serving provides: An excellent source of vitamins A and C, folate, potassium, and fiber.
Golden Glow Pineapple Salad
This colorful combination of fruit and vegetables will dazzle your taste and recharge your energy level.

PREPARATION TIME: 15 MINUTES • SERVES 4 • 2 CUPS OF FRUIT AND VEGETABLES PER SERVING

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tbody>
<tr>
<td>4 cups romaine salad mix</td>
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</tr>
<tr>
<td>1 20-oz. can pineapple chunks in 100% juice, drained (reserve juice)</td>
<td></td>
</tr>
<tr>
<td>1 cup carrots, shredded</td>
<td></td>
</tr>
<tr>
<td>⅔ cup raisins</td>
<td></td>
</tr>
<tr>
<td>⅓ cup walnuts, chopped</td>
<td></td>
</tr>
<tr>
<td>⅓ cup reduced-fat mayonnaise</td>
<td></td>
</tr>
<tr>
<td>¼ cup pineapple juice from canned pineapple chunks</td>
<td></td>
</tr>
<tr>
<td>¼ teaspoon cinnamon</td>
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Place one cup of romaine salad mix on each of 4 salad plates. Spoon ¼ of the drained pineapple chunks and ¼ cup of shredded carrots in the middle of each salad bed. Top with equal amounts of raisins and walnuts. In a small bowl, make dressing by combining mayonnaise, pineapple juice, and cinnamon. Using a spoon, drizzle 2½ tablespoons of dressing over each salad and serve.

Nutrition information per serving: calories: 252, total fat: 9.4g, saturated fat: 1.3g, % calories from fat: 31%, % calories from saturated fat: 4%, protein: 3g, carbohydrates: 44g, cholesterol: 0 mg, dietary fiber: 4g, sodium: 200mg

Each serving provides:
An excellent source of vitamins A and C and a good source of magnesium, potassium, and fiber.
Governor’s Black Bean Soup
A Southwestern sensation the whole family will enjoy.

PREPARATION TIME: 45-60 MINUTES • SERVES 9 • 1 CUP OF VEGETABLES AND BEANS PER SERVING

1 tablespoon olive oil
1 cup (1 large) onion, chopped
½ cup (1 medium) carrot, chopped
½ cup (1 medium stalk) celery, chopped
2 cloves garlic, minced
3 16-oz. cans cooked black beans, rinsed and drained
1 14-oz. can whole tomatoes, coarsely chopped
3 cups low-sodium chicken broth
½ cup fresh cilantro, chopped, plus leaves for garnish
2 tablespoons tomato paste
1 tablespoon fresh lime juice
1 teaspoon ground cumin
¼ teaspoon cayenne pepper
¼ teaspoon black pepper, freshly ground
½ cup sour cream

In a large pot, heat oil over medium heat. Add onion, carrots, celery, and garlic, and cook, stirring, 10 minutes or until carrots are soft. In a food processor, purée the vegetable mixture until smooth. Return the puréed vegetables to the pot; stir in two-thirds of the black beans, tomatoes in their juice, chicken broth, cilantro, tomato paste, lime juice, cumin, cayenne, and black pepper. In a small bowl, mash the remaining black beans with a fork and add to the soup. Bring to a boil; then reduce heat and simmer for 30 minutes or until thickened. Ladle the soup into bowls and top each serving with 1 tablespoon sour cream and cilantro.

Nutrition information per serving: calories: 190, total fat: 4.2g, saturated fat: 2.0g, % calories from fat: 20%, % calories from saturated fat: 9%, protein: 9g, carbohydrates: 29g, cholesterol: 12mg, dietary fiber: 7g, sodium: 452mg

Each serving provides: An excellent source of vitamin A and fiber, and a good source of vitamin C.

FruitsAndVeggiesMoreMatters.org
Kiwifruit-Mango Salsa

The sweet taste of the tropics livens up this satisfying salsa.

PREPARATION TIME: LESS THAN 15 MINUTES  •  SERVES 3  •  ½ CUP OF FRUIT AND VEGETABLES PER SERVING

Peel the kiwifruit, cut lengthwise into quarters, then slice. Put the kiwifruit into a medium bowl and add all the remaining ingredients except the tortilla chips. Mix gently. Serve with tortilla chips.

Nutrition information per serving: calories: 202, total fat: 2.7g, saturated fat: 0g, % calories from fat: 11%, % calories from saturated fat: 0%, protein: 4g, carbohydrates: 45g, cholesterol: 0mg, dietary fiber: 5g, sodium: 279mg

Each serving provides: An excellent source of vitamin C and fiber, and a good source of calcium.

3 medium kiwifruit
¾ cup mango, peeled and chopped
1 tablespoon green chile peppers, minced
2 tablespoons lime juice, fresh
1½ teaspoons honey
3 tablespoons cilantro
⅛ teaspoon salt
3 oz. tortilla chips (1 oz. per serving)

FruitsAndVeggiesMoreMatters.org
# Peanut Hummus and Fresh Vegetables

A dish that delivers the spirit of the sunny Mediterranean.

**PREPARATION TIME:** 30-45 MINUTES  •  **SERVES 8**  •  **½ CUP OF FRUIT, VEGETABLES, AND BEANS PER SERVING**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>16-oz. can garbanzo beans</td>
<td>rinsed, drained</td>
<td>1</td>
</tr>
<tr>
<td>¼ cup fresh lemon juice</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>½ cup natural, creamy, reduced-fat peanut butter</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>¼ teaspoon black pepper</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>½ bunch parsley, finely chopped (approximately 5 sprigs)</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>½ cup jalapeño pepper, seeded and finely chopped</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>1 clove garlic, finely chopped</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>2 cups carrot sticks</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>2 cups celery sticks</td>
<td></td>
<td>2</td>
</tr>
</tbody>
</table>

In a food processor, purée the garbanzo beans and lemon juice, in batches, until smooth. Stir in a little water to thin the hummus, if necessary. Transfer to a large bowl. Stir in the peanut butter and season with pepper.

### Topping

In a small bowl, combine the chopped parsley, jalapeño, and garlic. Spoon the hummus into a serving dish and sprinkle the topping over it. Serve the carrot sticks and celery sticks alongside the hummus.

**Nutrition information per serving:** calories: 156, total fat: 4.8g, saturated fat: 0.8g, % calories from fat: 28%, % calories from saturated fat: 4%, protein: 7g, carbohydrates: 22g, cholesterol: 0mg, dietary fiber: 5g, sodium: 257mg

**Each serving provides:** An excellent source of vitamins A and C, and a good source of folate, magnesium, and fiber.
Sweet Potato-Pear Soup

A starter soup guaranteed to be a smashing success at your next dinner party.

PREPARATION TIME: 1 HOUR & 20 MINUTES  •  SERVES 6  •  1 CUP OF FRUIT AND VEGETABLES PER SERVING

In a large saucepan, heat oil over medium heat. Add onion and celery and cook for about 10 minutes, or until soft but not browned. Add sweet potatoes, pears, chicken broth, vermouth, cinnamon stick, orange zest, and thyme. Bring to a boil; reduce the heat and simmer, covered, for 35 to 45 minutes, or until sweet potatoes are tender. Remove the cinnamon stick. In a food processor, purée the vegetable mixture, in batches, until smooth. Return the purée to the saucepan and stir in the nutmeg and pepper. Cook over medium heat until heated through. To serve, halve, core, and cut an extra pear into 6 wedges. If desired for garnish, cut each wedge to form a fan. Ladle the soup into bowls and top with a dollop of yogurt. Garnish each serving with a pear fan and sprinkle with parsley.

Nutrition information per serving: calories: 158, total fat: 1.7g, saturated fat: 0.3g, % calories from fat: 10%, % calories from saturated fat: 2%, protein: 3g, carbohydrates: 28g, cholesterol: 3mg, dietary fiber: 4g, sodium: 448mg

Each serving provides: An excellent source of vitamin A, and a good source of vitamin C, potassium, and fiber.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>2 teaspoons vegetable oil</td>
<td></td>
</tr>
<tr>
<td>1 cup (1 large) onion, chopped</td>
<td></td>
</tr>
<tr>
<td>½ cup (1 medium stalk) celery, sliced</td>
<td></td>
</tr>
<tr>
<td>3 cups (3 medium) sweet potatoes, peeled and cubed</td>
<td></td>
</tr>
<tr>
<td>2 cups (2 medium) ripe pears, peeled and cubed and 1 extra pear for garnish (optional)</td>
<td></td>
</tr>
<tr>
<td>4 cups low-sodium chicken broth</td>
<td></td>
</tr>
<tr>
<td>½ cup dry vermouth</td>
<td></td>
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<tr>
<td>1 stick cinnamon</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon orange zest, finely grated</td>
<td></td>
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<tr>
<td>½ teaspoon dried thyme</td>
<td></td>
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<tr>
<td>¼ teaspoon ground nutmeg</td>
<td></td>
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<tr>
<td>¼ teaspoon black pepper, freshly ground</td>
<td></td>
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<tr>
<td>1 8-oz. package low-fat plain yogurt (optional)</td>
<td></td>
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<tr>
<td>fresh parsley, chopped, for garnish</td>
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</tbody>
</table>

FruitsAndVeggiesMoreMatters.org
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 your favorite 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 workout thirst. Swap the extra cup of coffee/tea for a 6-8 oz. glass of 100% juice.
**Corn and Black Bean Salad**

An eye-appealing and flavorful vegetable salad. Adding black beans gives it substance, the peppers give it color, and the spices give it great taste!

**Nutrition information per serving:**
calories: 204, total fat: 8g, saturated fat: 1g, % calories from fat: 35%, % calories from saturated fat: 4%, protein: 7g, carbohydrates: 27g, cholesterol: 0mg, dietary fiber: 8g, sodium: 330mg

Each serving provides: An excellent source of vitamin C and fiber, and a good source of vitamin A.

Place all ingredients in a large bowl.
Fold gently to mix well. Chill and serve.

- 2 15-oz. cans black beans, rinsed and drained
- 2 cups frozen corn kernels
- ¾ cup red bell pepper, seeded and chopped
- ¾ cup orange bell pepper, seeded and chopped
- ¾ cup white sweet onion, finely chopped
- 1 large fresh tomato, chopped
- 2 small jalapeño peppers, seeded and finely minced
- ½ cup fresh cilantro or parsley, finely chopped
- ¼ cup fresh lime juice
- 1 clove garlic, minced
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- ¼ cup olive oil
Creamy Hot South of the Border Dip

Bold Mexican flavor along with colorful fresh veggies make this a fun and delicious appetizer worth dipping into.

PREPARATION TIME: 30 MINUTES • SERVES 6 • 1 CUP OF VEGETABLES PER SERVING

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 cups low-fat plain yogurt, drained for 3 hours*</td>
<td></td>
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<tr>
<td>1 4-oz. can green chilies, drained and chopped</td>
<td></td>
</tr>
<tr>
<td>¼ cup prepared Mexican salsa</td>
<td></td>
</tr>
<tr>
<td>¼ cup cilantro, finely chopped</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon ground cumin</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon dried oregano leaves, crushed</td>
<td></td>
</tr>
<tr>
<td>¼ cup green onions, finely chopped</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon lime juice</td>
<td></td>
</tr>
<tr>
<td>⅛ teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>⅛ teaspoon pepper</td>
<td></td>
</tr>
<tr>
<td>6 cups assorted snacking vegetables such: baby carrots, cauliflower or broccoli florets, celery sticks, grape tomatoes, cucumbers, zucchini sticks</td>
<td></td>
</tr>
</tbody>
</table>

Garnish: cilantro leaves and lemon rind curls

In a medium-sized bowl, combine the drained yogurt with all remaining ingredients for dip except salt and pepper. Allow to chill covered for 15 minutes or more.

Before serving, adjust seasonings, if desired. Prepare all vegetables. Arrange on a large platter surrounding a medium-sized soup bowl. When ready, spoon the dip into center bowl, garnish with additional cilantro and lemon rind curls. Serve and enjoy!

Chef’s Note:
*When yogurt is placed in a coffee filter or cheesecloth-lined sieve (over a bowl) and allowed to drain for several hours, much of the extra moisture drains away, leaving a thicker consistency. The longer it is drained, the thicker it becomes, ultimately becoming the consistency of cream cheese. Drained yogurt is a great base for many flavored snacking dips to accompany both vegetables and fruit. Occasionally, the term “yogurt cheese” is used to designate drained yogurt.

Nutrition information per serving:
calories: 120, total fat: 2.3g, saturated fat: 1.3g, % calories from fat: 16%, % calories from saturated fat: 9%, protein: 8g, carbohydrates: 18g, cholesterol: 7mg, dietary fiber: 3g, sodium: 322mg

Each serving provides: An excellent source of vitamins A and C and calcium, and a good source of potassium, folate, and fiber.
Deep Sea Vegetable Dip

Everyone will want to dive into this vegetable-rich dipping opportunity, with the unique combination of vegetables and spices blended into this tuna-based dip.

Select desired vegetables, wash, prepare, and place in color groups on serving platter, surrounding a small serving bowl. Cover all with plastic wrap and chill until ready to use.

To prepare dip:

Place chopped celery and carrots in food processor and chop until very fine. Add tuna, mayonnaise, horseradish, salt, pepper, and hot pepper sauce. Blend on medium and then high speed until smooth. Place in serving bowl and stir in basil and chopped hard-boiled egg. Chill for 15 minutes and serve.

Nutrition information per serving: calories: 118, total fat: 2.5g, saturated fat: 0.7g, % calories from fat: 19%, % calories from saturated fat: 5%, protein: 14g, carbohydrates: 10g, cholesterol: 67mg, dietary fiber: 3g, sodium: 438mg. Analysis includes ½ cup of each snacking vegetable suggested.

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

4 cups assorted snacking vegetables*
1 celery stalk, chopped (about ½ cup)
½ cup carrots, chopped
1 6-oz. can water-packed tuna, drained
¼ cup nonfat mayonnaise
1 tablespoon prepared horseradish
⅛ teaspoon salt
¼ teaspoon black pepper
1 teaspoon hot pepper sauce
1 teaspoon basil, crushed if dried, chopped if fresh
1 large egg, hard-boiled and chopped

*Chef’s Note: Most raw vegetables, such as carrots, celery, broccoli, zucchini, and cauliflower, slowly dry out on vegetable trays. Tomatoes, mushrooms, and cucumbers are a few that need no special attention. To enhance color and help prevent drying, blanch the firmer vegetables by placing them in active boiling water for 5 to 15 seconds, and then plunge directly into cold, icy water. When fully cooled, drain well and arrange on serving platter. The blanched vegetables will remain crisp and brilliant in color.
Preparation Time: 20 minutes • Serves 5 • 1 cup of vegetables per serving

3 cups frozen mixed vegetables with mushrooms
5 slices Italian bread (1 oz. slices, each about 1" thick and 5" long)
1 tablespoon olive oil
½ cup prepared pizza sauce
1 cup finely chopped tomato
½ cup very finely diced onion
1 tablespoon dried oregano leaves
1 teaspoon garlic powder
2½ tablespoons grated Parmesan cheese

Preheat oven to 350ºF and place oven rack in middle-high position. Microwave frozen vegetables, then pat dry. Brush all bread slices lightly with oil and spread each with about 1½ tablespoons sauce. Combine all vegetables in a medium-sized bowl. Carefully spoon vegetable mixture equally on bread slices. Sprinkle with oregano and garlic powder and then with cheese. Bake about 5-7 minutes, until bread is brown on the edges and all vegetables are piping hot. Serve immediately.

Nutrition information per serving: calories: 182, total fat: 5.0g, saturated fat: 1.1g, % calories from fat: 24%, % calories from saturated fat: 5%, protein: 6g, carbohydrates: 29g, cholesterol: 2mg, dietary fiber: 5g, sodium: 339 mg

Each serving provides: An excellent source of vitamin A, and a good source of vitamin C, folate, calcium, and fiber.
West Coast Pita Treat

This West Coast sensation is now a mainstream favorite, taking finger food to a whole new level of great taste and good nutrition.

PREPARATION TIME: 15 MINUTES  •  SERVES 8  •  ½ CUP OF FRUIT AND VEGETABLES PER SERVING

Cut pitas in half. Open pita halves slightly and cut completely along edge to create 16 semicircles. Portion out equal amounts of sliced cucumber, tomato, and avocado on top of 8 of the pita semicircles. Mix dressing with onion powder and chili powder, then drizzle equally on top of the vegetables. Top with chopped lettuce and remaining pita semicircles. Cut each pita sandwich in half.

Nutrition information per serving: calories: 165, total fat: 4.8g, saturated fat: 0.7g, % calories from fat: 24%, % calories from saturated fat: 4%, protein: 4g, carbohydrates: 29g, cholesterol: 0mg, dietary fiber: 6g, sodium: 348mg

Each serving provides: An excellent source of vitamin A, vitamin C, and fiber, and a good source of folate, magnesium, and potassium.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>4 whole-wheat pitas, 6½&quot; diameter</td>
<td></td>
</tr>
<tr>
<td>2 cups cucumber, peeled and very thinly sliced</td>
<td></td>
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<tr>
<td>2 cups fresh tomato, thinly sliced</td>
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</tr>
<tr>
<td>1 avocado, peeled, pitted, and thinly sliced</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons onion powder</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons chili powder</td>
<td></td>
</tr>
<tr>
<td>½ cup fat-free ranch salad dressing</td>
<td></td>
</tr>
<tr>
<td>2 cups romaine lettuce, chopped</td>
<td></td>
</tr>
</tbody>
</table>
Breakfast
### Vegetable Frittata

Color, variety, great taste, and good nutrition are all combined in this sure-to-please breakfast entrée.

**PREPARATION TIME: 15 MINUTES  •  SERVES 2  •  ½ CUP OF VEGETABLES PER SERVING**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 teaspoon canola oil</td>
<td></td>
</tr>
<tr>
<td>1 clove garlic, crushed</td>
<td></td>
</tr>
<tr>
<td>¼ cup onion, chopped</td>
<td></td>
</tr>
<tr>
<td>½ cup spinach, chopped</td>
<td></td>
</tr>
<tr>
<td>¼ cup mushrooms, chopped</td>
<td></td>
</tr>
<tr>
<td>¾ cup broccoli, chopped</td>
<td></td>
</tr>
<tr>
<td>4 egg whites</td>
<td></td>
</tr>
<tr>
<td>⅛ teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons shredded Cheddar cheese (may also use Parmesan or Monterey Jack)</td>
<td></td>
</tr>
<tr>
<td>pepper to taste</td>
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</tr>
</tbody>
</table>

Heat oil in a small, nonstick, oven-proof skillet over medium-high heat. Turn oven on to broil. Sauté garlic and onion in skillet for 1 minute. Add remaining vegetables, except spinach. Stir to coat with oil, cover, and reduce heat. Let vegetables cook over medium heat until slightly tender. Meanwhile, whisk egg whites, and add salt and pepper. Add spinach to skillet and pour egg whites over vegetables. Cook until egg whites are firm, but the top of the mixture is still slightly uncooked. Sprinkle cheese over the top and place the skillet under the broiler until egg whites are cooked through and cheese is melted (about 2-3 minutes).

**Nutrition information per serving:**
- calories: 89
- total fat: 3.1g
- saturated fat: 0.5g
- % calories from fat: 31%
- % calories from saturated fat: 5%
- protein: 11g
- carbohydrates: 5g
- cholesterol: 1mg
- dietary fiber: 1g
- sodium: 314mg

**Each serving provides:** An excellent source of vitamins A and C and a good source of folate.
Banana Berry Pancakes

Hot off the griddle and sizzling with fruit flavor.

PREPARATION TIME: 20 MINUTES • SERVES 4 (2 PANCAKES PER SERVING) • ½ CUP OF FRUIT PER SERVING

Pancakes

1 large banana, peeled and sliced
1 cup complete pancake mix
½ cup water
3 seconds nonstick cooking spray

Toppings

1½ cups frozen strawberries (unsweetened)
2 tablespoons strawberry jam

Pancake Preparation

Place banana in a medium bowl and mash with a fork. Add pancake mix and water; stir until blended. Spray a large skillet with nonstick cooking spray over medium heat. Pour ¼ cup batter for each pancake into hot skillet. Cook pancakes for about 2 minutes per side or until cooked through.

Topping Preparation

Place berries in a small bowl with jam. Microwave on high for 1 minute. Stir, then cook for 1 minute more. Spoon topping over pancakes.

Nutrition information per serving: calories: 197, total fat: 1.8g, saturated fat: 0.4g, % calories from fat: 8%, % calories from saturated fat: 2%, protein: 4g, carbohydrates: 43g, cholesterol: 7mg, dietary fiber: 3g, sodium: 397mg

Each serving provides: An excellent source of vitamin C, and a good source of folate and fiber.
Heart Warming Oatmeal with Fruit and Nuts

Take the chill off your morning with a hearty and delicious twist on regular oatmeal.

PREPARATION TIME: 10-15 MINUTES • SERVES 2 • 1 CUP OF FRUIT PER SERVING

<table>
<thead>
<tr>
<th>¾ cup pink grapefruit juice</th>
<th>In a medium saucepan, combine grapefruit juice, water, cinnamon, and salt; bring to a boil over high heat. Stir in the oats and reduce the heat to medium-low. Cook for 5 minutes, stirring occasionally; remove from heat. Cover the oatmeal and let stand for 8 minutes, or until desired consistency is reached (it will continue to thicken as it stands). Stir in brown sugar. Spoon the oatmeal into bowls and top with oranges, dates, and almonds.</th>
</tr>
</thead>
<tbody>
<tr>
<td>¾ cup water</td>
<td>¼ teaspoon ground cinnamon</td>
</tr>
<tr>
<td>¼ teaspoon salt</td>
<td>½ teaspoon ground cinnamon</td>
</tr>
<tr>
<td>½ cup old fashioned oats</td>
<td>⅛ teaspoon salt</td>
</tr>
<tr>
<td>1 tablespoon and 1 teaspoon brown sugar, firmly packed</td>
<td>⅔ cup old fashioned oats</td>
</tr>
<tr>
<td>2 seedless oranges or tangerines, sectioned, chopped</td>
<td>4 dates (2 tablespoons), chopped</td>
</tr>
<tr>
<td>1 tablespoon almonds, slivered</td>
<td>Nutrition information per serving: calories: 276, total fat: 3.8g, saturated fat: 0.4g, % calories from fat: 11%, % calories from saturated fat: 1%, protein: 6g, carbohydrates: 59g, cholesterol: 0mg, dietary fiber: 7g, sodium: 152mg</td>
</tr>
</tbody>
</table>

Each serving provides: An excellent source of vitamin C, magnesium, and fiber and a good source of vitamin A, folate, calcium, and potassium.
Out of this Whirled Shake

Get into a perfect orbit with this refreshing blast of fruit flavors.

**PREPARATION TIME: 5 MINUTES • SERVES TWO 1¼ CUP PORTIONS • ½ CUP OF FRUIT PER SERVING**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 medium banana, peeled and sliced</td>
<td></td>
</tr>
<tr>
<td>1 cup unsweetened frozen berries (strawberries, blueberries, and/or blackberries)</td>
<td></td>
</tr>
<tr>
<td>1/2 cup low-fat (1%) milk or soft tofu</td>
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<tr>
<td>1/2 cup 100% orange juice</td>
<td></td>
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</tbody>
</table>

Place all ingredients in a blender. Cover tightly. Blend until smooth. If mixture is too thick, add 1/2 cup cold water and blend again. Pour into 2 glasses and serve.

**Nutrition information per serving:** calories: 106, total fat: 0.9g, saturated fat: 0.4g, % calories from fat: 7%, % calories from saturated fat: 4%, protein: 3g, carbohydrates: 23g, cholesterol: 3mg, dietary fiber: 2g, sodium: 30mg

**Each serving provides:** An excellent source of vitamin C and a good source of folate and potassium.
Perfectly Peachy Waffles

Even confirmed breakfast skippers will find time to enjoy these delicious fruit-topped waffles.

PREPARATION TIME: 30 MINUTES  •  SERVES 8  •  ½ CUP OF FRUIT PER SERVING

- 26 oz. sliced peaches canned in own juice
- 1 tablespoon cornstarch
- ¾ teaspoon ground cinnamon
- 1 banana, sliced
- 1 tablespoon fresh lemon juice
- 1 cup red seedless grapes
- 8 low-fat, whole-grain waffles (4" diameter)

Drain the peaches, reserving 1 cup of juice. Pour the juice into a small saucepan, set the peaches aside. Add the cornstarch and cinnamon to the juice, stirring until blended and smooth. Cook over medium-high heat, stirring constantly, until the mixture thickens and boils. Toast waffles and keep warm. Carefully mix the banana slices with the lemon juice to prevent browning. In a large bowl, combine the banana slices, drained peaches, and grapes with the juice mixture. Place a waffle on each plate and top with equal portions of the fruit mixture.

Nutrition information per serving: calories: 143, total fat: 1.2g, saturated fat: 0.2g, % calories from fat: 7%, % calories from saturated fat: 1%, protein: 3g, carbohydrates: 33g, cholesterol: 0mg, dietary fiber: 3g, sodium: 219mg

Each serving provides: A good source of vitamins A & C and fiber.
Tropical Sunrise Parfait
This taste from the tropics will put a splash of sunshine in your morning.

PREPARATION TIME: 15 MINUTES • SERVES 4 • 1 CUP OF FRUIT PER SERVING

2 cups canned pineapple chunks in 100% fruit juice, drained
1 cup (½ pint) raspberries (fresh or frozen)
1 cup low-fat vanilla yogurt
1 medium banana, sliced
⅓ cup dates, chopped
¼ cup whole almonds, toasted and chopped

Heat oven to 300°F. Put almonds on a nonstick baking sheet. Place in oven for 5-6 minutes, and shake sheet several times during toasting. Remove from oven, cool, and coarsely chop. While almonds are toasting, layer the pineapple, raspberries, yogurt, banana, and dates in parfait glasses. Sprinkle the almonds on top and serve.

Nutrition information per serving: calories: 238, total fat: 5.7g, saturated fat: 0.9g, % calories from fat: 20%, % calories from saturated fat: 3%, protein: 6g, carbohydrates: 46g, cholesterol: 3mg, dietary fiber: 6g, sodium: 42mg

Each serving provides: An excellent source of vitamin C and fiber, and a good source of calcium and potassium.
How many cups of fruit and vegetables do you need everyday?

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

<table>
<thead>
<tr>
<th></th>
<th>WOMEN</th>
<th>MEN</th>
<th>KIDS AGE 2-3</th>
<th>KIDS AGE 4-13</th>
<th>KIDS AGE 14-18</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>4-5 CUPS</td>
<td>5-6 CUPS</td>
<td>2-3 CUPS</td>
<td>3-5 CUPS</td>
<td>4½-6 CUPS</td>
</tr>
</tbody>
</table>

**Examples of 1 cup**

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 large banana</td>
<td>16 grapes</td>
</tr>
<tr>
<td>1 medium grapefruit</td>
<td>1 cantaloupe wedge</td>
</tr>
<tr>
<td>1 large orange</td>
<td>½ medium grapefruit</td>
</tr>
<tr>
<td>1 medium pear</td>
<td>4 large strawberries</td>
</tr>
<tr>
<td>1 small watermelon wedge</td>
<td>5 broccoli florets</td>
</tr>
<tr>
<td>2 large or 3 medium plums</td>
<td>½ cup beans</td>
</tr>
<tr>
<td>8 large strawberries</td>
<td>1 large plum</td>
</tr>
<tr>
<td>1 large bell pepper</td>
<td></td>
</tr>
<tr>
<td>1 medium potato</td>
<td></td>
</tr>
<tr>
<td>12 baby carrots</td>
<td></td>
</tr>
<tr>
<td>1 large sweet potato</td>
<td></td>
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</tbody>
</table>

**Examples of ½ cup**

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>16 grapes</td>
<td></td>
</tr>
<tr>
<td>1 cantaloupe wedge</td>
<td></td>
</tr>
<tr>
<td>½ medium grapefruit</td>
<td></td>
</tr>
<tr>
<td>4 large strawberries</td>
<td></td>
</tr>
<tr>
<td>5 broccoli florets</td>
<td></td>
</tr>
<tr>
<td>½ cup beans</td>
<td></td>
</tr>
<tr>
<td>1 large plum</td>
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</table>
Main Dishes
Honey Dijon Chicken with Peach-Cilantro Salsa

*Take your chicken on a tangy jaunt from Atlanta, Georgia, to Veracruz, Mexico, picking up heaps of flavor along the way.*

<table>
<thead>
<tr>
<th>4 4-oz. boneless, skinless chicken breast halves</th>
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</thead>
<tbody>
<tr>
<td>½ cup, fat-free honey-dijon dressing</td>
</tr>
<tr>
<td>½ teaspoon salt</td>
</tr>
<tr>
<td>¼ cup fresh cilantro, chopped</td>
</tr>
<tr>
<td>1 small red onion, chopped</td>
</tr>
<tr>
<td>1 tablespoon lime juice, fresh</td>
</tr>
</tbody>
</table>

Preheat broiler. Place the chicken breasts between two pieces of plastic wrap and pound until ¼" thick. Brush honey-dijon dressing on both sides and season with salt and pepper. Place in the oven 4" to 6" from the heat source, and broil for about 4 minutes on each side, or until a thermometer inserted in the thickest portion registers 160°F and the juices run clear. Meanwhile, in a medium bowl, combine the peaches, cilantro, red onion, and lime juice. To serve, place the chicken on plates and spoon the salsa on top.

**Nutrition information per serving:**
- calories: 220, total fat: 2.7g, saturated fat: 0.8g, % calories from fat: 11%
- % calories from saturated fat: 3%
- protein: 25g, carbohydrates: 22g, cholesterol: 63mg, dietary fiber: 3g, sodium: 468mg

**Each serving provides:** A good source of vitamin C and fiber.
Mexican Mushroom Salad

Olé, Olé! Nachos as good tasting as they are good for you!

PREPARATION TIME: 40 MINUTES • SERVES 8 • 1 CUP OF VEGETABLES PER SERVING

Place large skillet over medium-high heat. Add ground turkey, chopped mushrooms, and spices. Sauté until turkey is completely cooked. Add stewed tomatoes and simmer for about 10 minutes. The mix should be close to dry when finished. In a separate bowl, combine dressing, ¾ cup fresh tomatoes, cucumber, and cilantro. On large platter, place romaine lettuce in the middle with the chips around the edges. Top lettuce with turkey mixture, shredded Cheddar, dressing mixture, remaining tomatoes, and onions.

Nutrition information per serving: calories: 209, total fat: 6.3g, saturated fat: 2.2g, % calories from fat: 26%, % calories from saturated fat: 9%, protein: 20g, carbohydrates: 20g, cholesterol: 35mg, dietary fiber: 3g, sodium: 318mg

Each serving provides: An excellent source of vitamins A and C, and calcium, and a good source of fiber.

<table>
<thead>
<tr>
<th>1 lb. 99% fat-free ground turkey</th>
<th>1 lb. 99% fat-free ground turkey</th>
</tr>
</thead>
<tbody>
<tr>
<td>1⅓ cups mushrooms, chopped</td>
<td>1⅓ cups mushrooms, chopped</td>
</tr>
<tr>
<td>2 teaspoons chili powder</td>
<td>2 teaspoons chili powder</td>
</tr>
<tr>
<td>2 teaspoons cumin</td>
<td>2 teaspoons cumin</td>
</tr>
<tr>
<td>2 teaspoons oregano</td>
<td>2 teaspoons oregano</td>
</tr>
<tr>
<td>1 14.5 oz. can unsalted stewed tomatoes</td>
<td>1 14.5 oz. can unsalted stewed tomatoes</td>
</tr>
<tr>
<td>¼ cup light ranch salad dressing</td>
<td>¼ cup light ranch salad dressing</td>
</tr>
<tr>
<td>1 cup fresh tomatoes, diced</td>
<td>1 cup fresh tomatoes, diced</td>
</tr>
<tr>
<td>½ cup cucumber, peeled, seeded, and diced</td>
<td>½ cup cucumber, peeled, seeded, and diced</td>
</tr>
<tr>
<td>1 tablespoon fresh cilantro, chopped</td>
<td>1 tablespoon fresh cilantro, chopped</td>
</tr>
<tr>
<td>6 cups romaine lettuce</td>
<td>6 cups romaine lettuce</td>
</tr>
<tr>
<td>1 cup reduced-fat Cheddar cheese, shredded</td>
<td>1 cup reduced-fat Cheddar cheese, shredded</td>
</tr>
<tr>
<td>4 oz. baked low-fat tortilla chips (about 80 small chips)</td>
<td>4 oz. baked low-fat tortilla chips (about 80 small chips)</td>
</tr>
<tr>
<td>¼ cup green onions/scallions, chopped</td>
<td>¼ cup green onions/scallions, chopped</td>
</tr>
</tbody>
</table>
New Wave Chicken Salad Wraps

Trendy lettuce wraps tie up this veggie-rich chicken salad with a nutritious twist.

PREPARATION TIME: 30 MINUTES • SERVES 8 • ½ CUP OF VEGETABLES PER SERVING

1½ cups cooked chicken breast (about 8 oz. raw)
1 cup carrots, shredded
2 cups fresh spinach, chopped
1 cup fresh tomatoes, chopped
1 cup frozen corn, thawed
2 teaspoons garlic-herb seasoning
¼ cup reduced-fat mayonnaise
16 large green leaf lettuce leaves

Combine all ingredients except lettuce leaves and mix well. Place equal amount of salad mixture on each lettuce leaf. Roll from one end of the lettuce leaf to the middle. Fold in the sides and continue to roll. Secure with a toothpick. Arrange on a platter and serve.

Nutrition information per serving: calories: 92, total fat: 2.3g, saturated fat: 0.6g, % calories from fat: 21%, % calories from saturated fat: 5%, protein: 10g, carbohydrates: 9g, cholesterol: 22mg, dietary fiber: 2g, sodium: 115mg

Each serving provides: An excellent source of vitamin A, and a good source of vitamin C and folate.
Peachy Chipotle Salsa
An elegant way to dress up a main dish with fruit and vegetables.

| 2 cups ripe peaches, diced | Combine all ingredients in a large bowl. Cover and refrigerate for up to 3 days. Delicious over baked fish. |
| ¼ cup fresh lemon juice | **Nutrition information per serving:** calories: 47, total fat: 0.4g, saturated fat: 0g, % calories from fat: 8%, % calories from saturated fat: 0%, protein: 1g, carbohydrates: 11g, cholesterol: 0mg, dietary fiber: 2g, sodium: 82mg |
| ½ cup red onion, diced | **Each serving provides:** An excellent source of vitamin C and a good source of vitamin A. |
| ½ cup red bell pepper, diced | |
| ¼ cup canned chipotle chili peppers, seeded and minced | |
| 1½ teaspoons minced garlic | |
| 1½ teaspoons toasted and crushed cumin seeds | |
| ½ teaspoon minced fresh oregano | |
| ½ teaspoon salt | |
| ⅛ teaspoon freshly ground black pepper | |
Pear Bistro Salad

A hearty chicken breast salad featuring fresh pears, blue cheese, and walnuts.

Cut cooked chicken into strips. Line platter with greens; top with pears, chicken, shallots, and walnuts. Top with cheese. Drizzle balsamic vinegar to taste over salad. Serve with crusty bread, if desired.

1 pound cooked, skinned chicken breast halves
8 cups torn mixed salad greens
2 fresh pears, cored and sliced
2 tablespoons minced shallots or green onions
¼ cup chopped walnuts
¼ cup crumbled blue cheese or other cheese
¾ cup balsamic vinegar

Nutrition information per serving: calories: 297, total fat: 10.3g, saturated fat: 2.8g, % calories from fat: 31%, % calories from saturated fat: 8%, protein: 28g, carbohydrates: 25g, cholesterol: 73mg, dietary fiber: 5g, sodium: 151mg

Each serving provides: An excellent source of vitamins A and C, folate, potassium, and fiber, and a good source of calcium and magnesium.
Pork Chops with Mandarin Orange Salsa

A savory, fruit-based salsa anchors this colorful, fruit and vegetable rich meal.

PREPARATION TIME: 45 MINUTES  •  SERVES 4  •  1½ CUPS OF FRUIT AND VEGETABLES PER SERVING

| 4 4-oz. boneless pork loin chops | Place pork chops in casserole dish. Place half of the clementine sections in a small bowl (chop the other half, reserve, and refrigerate for later use in salsa). Use a fork to press half the sections into small pieces. Add orange juice and soy sauce. Cover pork with mixture to marinate. Cover the dish and refrigerate 4-6 hours or overnight. Preheat oven to 350°F. In a small dish, blend onion powder, salt substitute seasoning, and chili powder. Remove chops from marinade and season both sides with spice mix. Bake for 22-28 minutes depending on the thickness of the pork chops. Combine the cucumber, grape tomatoes, bell pepper, and lime juice with the remaining clementines to make a salsa. Prepare brown rice and spinach according to directions on package. Serve each pork chop with equal amounts of clementine salsa, ½ cup of brown rice, and ½ cup of spinach.
| 8 clementines, peeled, seeded, and sectioned | Nutrition information per serving: calories: 467, total fat:15.2g, saturated fat: 4.9g, % calories from fat: 28%, % calories from saturated fat: 9%, protein: 31g, carbohydrates: 55g, cholesterol: 67mg, dietary fiber: 9g, sodium: 310mg.
| ½ cup orange juice | Each serving provides: An excellent source of vitamins A & C, folate, calcium, magnesium, potassium, and fiber.
| 1 tablespoon light soy sauce | |
| 1 teaspoon onion powder | |
| 2 teaspoons salt substitute seasoning | |
| 1 teaspoon chili powder | |
| 1 tablespoon cucumber, diced | |
| 2 tablespoons grape tomatoes, quartered (about 4 grape tomatoes) | |
| 1 tablespoon bell peppers, diced | |
| 2 lime wedges, juice only | |
| 2 cups brown rice, cooked | |
| 2 cups spinach, cooked, drained | |
Sesame Chicken with Peppers and Snow Peas

Get a taste of the orient with this delicious Asian-themed main dish.

PREPARATION TIME: 30 MINUTES • SERVES: FOUR 1¼ CUP PORTIONS • ½ CUP OF VEGETABLES PER SERVING

| 1 tablespoon sesame seeds | Place sesame seeds in a large nonstick skillet; cook for 2 minutes over medium-high heat until lightly browned. Remove from skillet and set aside. Spray same skillet with nonstick cooking spray. Add chicken; cook for 10 minutes or until chicken is cooked through. Add snow peas and bell peppers; stir-fry for 3 to 4 minutes until vegetables are crisp and tender. In a small bowl, combine soy sauce, water, brown sugar, and ginger; add to skillet. Cook for 5 minutes over medium-high heat. Sprinkle with green onions and serve. |
| 3 seconds nonstick cooking spray | |
| 1 lb. boneless, skinless chicken breasts, cut into strips | |
| 2 cups snow peas, trimmed | |
| 1 medium red bell pepper, cubed | |
| 1 medium green bell pepper, cubed | |
| 2 ½ tablespoons low-sodium soy sauce | |
| 2 tablespoons water | |
| 1 ½ teaspoons brown sugar | |
| ¼ teaspoon ground ginger | |
| 2 green onions, sliced | |

Nutrition information per serving: calories: 261, total fat: 5.5g, saturated fat: 1.4g, % calories from fat: 19%, % calories from saturated fat: 5%, protein: 39g, carbohydrates: 13g, cholesterol: 96mg, dietary fiber: 4g, sodium: 424mg

Each serving provides: An excellent source of vitamins A and C, and a good source of folate, magnesium, potassium, and fiber.
Sirloin Steak and Roasted Vegetable Salad

Beef up your vegetable intake with this hearty main dish salad.

PREPARATION TIME: 45 MINUTES • SERVES 4 • 3 CUPS OF VEGETABLES PER SERVING

| 1 lb. top sirloin steak, cut \( \frac{3}{4} \)" thick |
| 1 cup dry barley |
| 4 large roma tomatoes, cut into quarters |
| 2 cups peeled baby carrots |
| 2 cups sliced green bell pepper, 1" thick |
| 3 seconds olive oil cooking spray |
| 2 teaspoons no-salt herb seasoning |
| 1 teaspoon fresh dill, chopped |
| \( \frac{1}{2} \) teaspoon black pepper, freshly ground |
| 1 teaspoon onion powder |
| 1 teaspoon garlic powder |
| 6 cups romaine lettuce |
| \( \frac{1}{2} \) cup light ranch salad dressing |
| 2 whole-wheat pitas, 6\( \frac{1}{2} \)" diameter |

Prepare barley according to package directions. Drain and cool. Preheat oven to 400°F. Combine tomatoes, carrots, and peppers in a large bowl. Coat with olive oil spray and mix well. Place vegetables on a flat, non-stick oven pan and roast for 30 minutes, or until tender. When vegetables are cooked, add no-salt herb seasoning and fresh dill. While vegetables are cooking, season steak with black pepper, onion powder, and garlic powder. Place steak in center of grill over medium, ash-covered coals. Grill to desired doneness, turning occasionally. Let rest for 5-10 minutes before slicing. Slice on the bias into \( \frac{1}{4} \)" strips. On large plates, layer the following: 1\( \frac{1}{2} \) cups romaine lettuce, \( \frac{1}{4} \) of the steak, \( \frac{1}{4} \) of the vegetable mix, and \( \frac{1}{4} \) of the barley. Top with 2 tablespoons of salad dressing. Cut pitas in 6 pieces. Garnish each plate with three pita wedges.

Nutrition information per serving: calories: 566, total fat: 17.9g, saturated fat: 4.4g, % calories from fat: 28%, % calories from saturated fat: 7%, protein: 37g, carbohydrates: 66g, cholesterol: 65mg, dietary fiber: 15g, sodium: 534mg

Each serving provides: An excellent source of vitamins A and C, folate, magnesium, potassium, and fiber, and a good source of calcium.
Tuna Pasta Salad with Avocado

A cornucopia of flavors changes a regular salad into more than a meal.

PREPARATION TIME: 30-60 MINUTES  •  SERVES 4  •  ½ CUP OF VEGETABLES PER SERVING

2 cups pasta shells
¼ cup fat-free Italian dressing
¼ cup fresh basil, chopped
2 cloves garlic, minced
¼ teaspoons red pepper flakes, crushed
1 6-oz. can water-packed tuna, drained and flaked
¾ cup diced tomatoes
½ ripe avocado, diced
¼ cup red onion, thinly sliced
2 tablespoons black olives, chopped
4 green leaf lettuce leaves

In a large saucepan, cook the pasta according to the package directions. Drain, then rinse briefly under cold water. Drain again. In a small bowl, combine the Italian dressing, basil, garlic, and crushed red pepper. In a large bowl, combine the pasta, tuna, tomato, avocado, red onion, and olives. Add the dressing and toss until evenly coated. Line plates with the lettuce leaves and spoon the salad on top.

Nutrition information per serving: calories: 295, total fat: 6.4g, saturated fat: 1.1g, % calories from fat: 19%, % calories from saturated fat: 3%, protein: 18g, carbohydrates: 41g, cholesterol: 18mg, dietary fiber: 5g, sodium: 363mg

Each serving provides: An excellent source of vitamin A, folate, and a good source of vitamin C, magnesium, potassium, and fiber.
Veggie Bean Wrap
An easy way to get your hands around your daily fruit and vegetables.

PREPARATION TIME: 25 MINUTES • SERVES 4 • 1 CUP OF FRUIT, VEGETABLES, BEANS PER SERVING

2 green or red bell peppers, seeded and chopped
1 onion, peeled and sliced
1 15-oz. can 50% reduced-salt black beans, drained and rinsed
2 mangos, chopped
juice of 1 lime
½ cup chopped fresh cilantro
1 avocado, peeled and diced
4 7”-8” fat-free flour tortillas

In a nonstick pan, sauté bell peppers and onion for 5 minutes over medium heat. Add beans, stir well. Reduce heat to low and simmer about 5 minutes. In a small bowl, combine mangos, lime juice, cilantro, and avocado. Reserve ½ mixture for topping. Fill warmed tortillas with ¼ bean mixture and ¼ mango mixture. Fold ends of the tortillas over. Roll up to make wraps. Top veggie bean wraps with remaining mango mixture.

Nutrition information per serving: calories: 351, total fat: 9.6g, saturated fat: 1.8g, % calories from fat: 23%, % calories from saturated fat: 4%, protein: 10g, carbohydrates: 63g, cholesterol: 0mg, dietary fiber: 12g, sodium: 537mg

Each serving provides: An excellent source of vitamins A and C, folate, potassium, and fiber, and a good source of calcium, and magnesium.
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Spaghetti Squash with Chunky Tomato-Garlic Sauce

You won’t miss the pasta in this savory spaghetti.

PREPARATION TIME: 1 HOUR AND 20 MINUTES • SERVES 4 • 2 CUPS OF VEGETABLES PER SERVING

1 large spaghetti squash, cut in half lengthwise
½ tablespoon olive oil
5 medium firm, ripe tomatoes, peeled, seeded, and chopped
1 clove garlic, crushed with the side of a chef’s knife
¼ cup balsamic vinegar
¼ cup reduced-fat Parmesan cheese, freshly grated
½ cup basil leaves, lightly packed, cut into thin strips
ground black pepper and salt (optional)

Preheat oven to 350°F. Wrap the squash halves in aluminum foil and place in a baking dish. Bake for 45 minutes, or until tender. Reduce oven temperature to 200°F. Meanwhile, in a large skillet, heat oil over medium heat. Add tomatoes and garlic and cook, stirring, for 20 to 30 minutes, or until the mixture thickens. Add vinegar and season with salt and pepper, if desired. Carefully open the foil (be careful of any steam) and remove squash. Scoop out the seeds and discard. With a large spoon, scoop the stringy flesh into a bowl. Using two forks, pull apart the flesh so it separates into spaghetti-like strands. Transfer the spaghetti squash to a serving dish. Spoon the tomato sauce over the squash and sprinkle with Parmesan cheese and basil.

Nutrition information per serving: calories: 122, total fat: 3.9g, saturated fat: 0.4g, % calories from fat: 27%, % calories from saturated fat: 3%, protein: 4g, carbohydrates: 20g, cholesterol: 8mg, dietary fiber: 4g, sodium: 148mg

Each serving provides: An excellent source of vitamins A and C, and a good source of folate, potassium, and fiber.
**Chinatown Vegetable Medley**

*People will come to you for take-out with this colorful, vegetable stir-fry dish.*

**Preparation Time:** 20 Minutes  •  **Serves:** 4  •  **½ Cup of Vegetables per Serving**

### Vegetables
- 1 teaspoon cooking oil
- 1 medium carrot, thinly sliced diagonally
- 1 red bell pepper, seeded and cut into bite-sized pieces
- ½ yellow onion, cut into 1” pieces
- 2 oz. baby corn
- ¼ cup broccoli florets
- ¼ cup cauliflower florets
- ½ cup snow peas

### Sauce
- ½ cup vegetable broth
- 1 tablespoon dark soy sauce
- 1 tablespoon oyster-flavored sauce
- 1 teaspoon sesame oil

Combine sauce ingredients in a bowl, and set aside. Place a wok or wide frying pan over high heat until hot. Add oil, swirling to coat sides. Add vegetables and stir-fry for 1 minute. Add sauce and bring to a boil. Reduce heat to medium-high; cover and cook for 5 minutes.

**Nutrition Information per Serving:**
- Calories: 61
- Total Fat: 2.6g
- Saturated Fat: 0.4g
- % Calories from Fat: 35%
- % Calories from Saturated Fat: 5%
- Protein: 2g
- Carbohydrates: 9g
- Cholesterol: 0mg
- Dietary Fiber: 2g
- Sodium: 326mg

Each serving provides: An excellent source of vitamins A and C.
Broccoli Rabe with White Beans

Greens and beans never tasted so good.

PREPARATION TIME: 30 MINUTES  •  SERVES 5  •  1 CUP OF VEGETABLES AND BEANS PER SERVING

<table>
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<tr>
<td>2 teaspoons olive oil</td>
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<td>1 shallot, peeled and chopped</td>
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<tr>
<td>1 clove garlic, peeled and thinly sliced</td>
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<tr>
<td>1 bunch broccoli rabe, rinsed, stems trimmed, chopped</td>
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<tr>
<td>1 cup low-sodium chicken broth or water</td>
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<td>1 16-oz. can white cannellini beans, drained and rinsed</td>
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<tr>
<td>¼ teaspoon crushed red pepper flakes</td>
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<tr>
<td>1 oz. shredded Parmesan cheese</td>
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Heat a large skillet over medium-high heat. When hot, add olive oil, then shallot and garlic. Cook and stir until transparent but not brown, about 5 minutes. Add broccoli rabe and broth or water and simmer, covered, until rabe is tender, about 5 minutes. Add beans and pepper flakes and cook until beans are hot, about 5 minutes. Garnish with Parmesan cheese. Serve hot.

Nutrition information per serving: calories: 130, total fat: 3.8g, saturated fat: 1.3g, % calories from fat: 27%, % calories from saturated fat: 9%, protein: 8g, carbohydrates: 16g, cholesterol: 5mg, dietary fiber: 4g, sodium: 322mg

Each serving provides: An excellent source of vitamins A and C, and a good source of calcium and fiber.
Ranch Style Spuds
Lasso up some down-home flavor with these spur-kickin’ spuds.

Preheat oven to 400°F. Wash potatoes and cut into ½” slices. Place in wide, shallow nonstick casserole dish, spray with cooking spray, and toss with herb seasoning. Bake for 30 minutes. Add 2 cups of diced tomatoes, 1 tablespoon bacon bits, broccoli, lemon pepper, and dressing. Lower oven temperature to 350°F and bake for 20 minutes. Top with ½ cup diced tomato, Parmesan cheese, and remaining bacon bits.

1½ lbs. small red potatoes (7-8 potatoes)
3 seconds cooking oil spray
1½ teaspoons no-salt herb seasoning
2½ cups diced tomatoes, divided
2 tablespoons bacon bits, divided
2 cups chopped frozen broccoli
1½ teaspoons lemon pepper
¼ cup buttermilk ranch dressing with bacon
¼ cup grated Parmesan cheese

Nutrition information per serving: calories: 131, total fat: 5.0g, saturated fat: 1.1g, % calories from fat: 33%, % calories from saturated fat: 7%, protein: 5g, carbohydrates: 18g, cholesterol: 5mg, dietary fiber: 3g, sodium: 205mg.

Each serving provides: An excellent source of vitamin C, and a good source of vitamin A, folate, potassium, and fiber.
Apple Stuffed Acorn Squash

This delicious recipe is a true celebration of fall favorites: apples and squash.

PREPARATION TIME: 1 HOUR • SERVES 8 • ½ CUP OF FRUIT AND VEGETABLES PER SERVING

¼ cup raisins
2 acorn squash (about 4" diameter)
8 seconds butter-flavor cooking oil spray
2 tablespoons sucralose no-calorie sweetener
¼ teaspoon cinnamon
2 medium Fuji apples
2 tablespoons light butter

Cover raisins with warm water and soak for 20 minutes, then drain. While soaking, preheat oven to 375°F. Cut acorn squash into quarters and remove the seeds. Spray the inside of each squash quarter with one second of cooking oil spray. Mix sweetener and cinnamon together. Sprinkle squash quarters with half of cinnamon mixture. Bake for 10 minutes.

While baking, cut apples into quarters and remove the core. Chop apples into ½" pieces. Melt butter in a saucepan over medium heat. Add apples, raisins, and remaining cinnamon mixture. Mix well and remove from heat. Take squash from the oven and top with equal amounts of apple mixture, making sure to scrape saucepan well. (Squash needs all the melted butter to stay moist as it bakes.) Return squash to the oven and cook for 30-35 minutes or until apples and squash are tender. Serve warm.

Nutrition information per serving: calories: 101, total fat: 3.2g, saturated fat: 1.0g, % calories from fat: 25%, % calories from saturated fat: 7%, protein: 1g, carbohydrates: 21g, cholesterol: 4mg, dietary fiber: 3g, sodium: 28mg

Each serving provides: An excellent source of vitamin C and a good source of vitamin A, potassium, and fiber.
## Splendidly Roasted Yams

Warm and slightly sweet, this side dish will impress your dinner guests as it melts in their mouths.

### Nutrition Information

- **Calories:** 172
- **Total Fat:** 2.5g
- **Saturated Fat:** 0.2g
- **% Calories From Fat:** 13%
- **% Calories From Saturated Fat:** 1%
- **Protein:** 2g
- **Carbohydrates:** 37g
- **Cholesterol:** 0mg
- **Dietary Fiber:** 5g
- **Sodium:** 10mg

Each serving provides:

- An excellent source of vitamin C and potassium,
- A good source of fiber.

### Ingredients

- 2 medium yams (about 3 cups of cubes)
- 1 teaspoon olive oil
- 1 tablespoon sugar
- ½ teaspoon cinnamon
- 3 seconds cooking oil spray
- 2 teaspoons sugar

### Preparation Time: 50 MINUTES  •  SERVES 4  •  ½ CUP OF VEGETABLES PER SERVING

Preheat oven to 350°F. Peel and cut 2 medium yams into 1" squares. Drizzle yams with 1 teaspoon olive oil. Combine 1 tablespoon sugar and cinnamon; stir in potatoes until evenly coated. Spray flat, shallow baking pan with cooking oil. Place potatoes on pan, sprinkle with 2 teaspoons sugar, and bake for 40 minutes, turning potatoes twice.
**Very Veggie Baked Potatoes**

*Have it your way with a choice of toppings.*

**PREPARATION TIME: 30-60 MINUTES • SERVES: 4 • 1½ CUPS OF VEGETABLES PER SERVING**

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<td>4 medium baking potatoes</td>
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<td>2 tablespoons margarine</td>
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<td>2 tablespoons fat-free sour cream</td>
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<td><strong>Mexican Topping</strong></td>
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<td>1 cup prepared fresh salsa</td>
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<td>¼ cup diced green chilies</td>
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<td>6 tablespoons shredded low-fat Cheddar or Monterey Jack cheese</td>
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<td><strong>Veggie Topping</strong></td>
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<tr>
<td>¾ cup chopped broccoli</td>
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<tr>
<td>½ cup chopped yellow squash</td>
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<tr>
<td>½ cup shredded low-fat Cheddar cheese</td>
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<tr>
<td>¼ cup sliced green onion</td>
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Wash potatoes and pierce three times with a fork. Microwave on high for about 6 minutes. Turn potatoes over and cook on high for about 10 minutes more. Or, bake in the oven at 400°F for 45 to 60 minutes. When cooked, carefully cut open the top. Place ½ tablespoon margarine and ½ tablespoon sour cream on top of each potato. Top each potato with one of the toppings below. The ingredient amounts listed are for one potato.

**Mexican topping nutrition information per serving:** calories: 261, total fat: 6.8g, saturated fat: 1.5g, % calories from fat: 23%, % calories from saturated fat: 5%, protein: 8g, carbohydrates: 43g, cholesterol: 3mg, dietary fiber: 4g, sodium: 385mg

*Each serving provides:* An excellent source of vitamin C and potassium, and a good source of folate, magnesium, and fiber.

**Veggie topping nutrition information per serving:** calories 253, total fat: 7.1g, saturated fat: 1.7g, % calories from fat: 25%, % calories from saturated fat: 6%, protein: 9g, carbohydrates: 40g, cholesterol: 4mg, dietary fiber: 5g, sodium: 184mg

*Each serving provides:* An excellent source of vitamin C, potassium, and fiber, and a good source of vitamin A, folate, calcium, and magnesium.
Savory Pear Salad
Fruit and vegetables join forces to create this savory salad.

Prepare orzo according to package directions. Place diced pears in a small bowl and add orange and lemon juices. Allow to sit for 5 minutes. Mix in 2 teaspoons fresh dill and remaining ingredients except spinach and almonds. Refrigerate for 2 hours. Place equal amounts of torn spinach on four plates. Spoon equal amounts of pear salad on bed of spinach. Top with equally divided amounts of sliced almonds and remaining fresh dill.

Nutrition information per serving: calories: 244, total fat: 8.2g, saturated fat: 1.1g, % calories from fat: 29%, % calories from saturated fat: 4%, protein: 5g, carbohydrates: 40g, cholesterol: 2mg, dietary fiber: 5g, sodium: 133mg

Each serving provides: An excellent source of vitamins A and C, and fiber, and a good source of folate.