



Just Say **Yes**
to
Fruits and Vegetables Cookbook

*Just Say **Yes***
To Fruits & Vegetables

What is *Just Say Yes to Fruits and Vegetables?*



The Just Say Yes to Fruits and Vegetables Program (JSY) delivers nutrition education to low-income New Yorkers who are eligible to receive Supplemental Nutrition Assistance Program (SNAP) benefits or do receive SNAP benefits. The nutrition education workshops include cooking demonstrations to encourage persons to: eat more fruits and vegetables; prepare them in a safe way; make the most of food budgets; increase physical activity; and drink healthier beverages.

This institution is an equal opportunity provider and employer.

For more recipes, visit our website: jsyfruitsveggies.org

A note of thanks



This cookbook was developed and funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

SNAP provides nutrition assistance to people with low income. It can help low-income individuals and families buy nutritious foods for a healthy diet. To find out more, contact 1-800-342-3009, or go to: myBenefits.ny.gov.

A special note of thanks to the JSY Nutritionists and staff for developing and field testing the recipes and cookbook. Your dedication, hard work, and commitment continue to make this program a success.

Thank you!

About eating with the seasons



This book is organized by season because buying foods when they are in season is often cheaper. Frozen or canned fruits and vegetables can be substituted for fresh fruits and vegetables in most of the recipes, so that you can make these recipes year round.

When buying canned vegetables or beans, look for low sodium (salt) versions. When preparing canned products, draining the liquid and rinsing the vegetables or beans decreases the salt.

When buying canned fruits, look for fruits packaged in juice. Fruits packaged in heavy or light syrup have a higher sugar content. When preparing canned fruit, drain the liquid (keeping it if the recipe says to). You can use the juice to make popsicles, or just drink it. When buying frozen fruit look for fruit without sugar in the ingredients list.

Cooking Terms



Bake: Cook food using dry heat, such as an oven. Baking is used when making cookies, cakes, and breads.

Braise: Sear or brown food in a small amount of oil, just enough to coat the bottom of the pot or pan. Then cook it slowly with stock or liquid in a covered container, like a pot or slow cooker. Braising is used when cooking hearty greens and some meats.

Roast: Cook food using dry heat, such as an oven, with a little oil. Roasting is similar to baking, but typically uses a higher temperature. Roasting is used when cooking harder root vegetables like potatoes and beets, or meat like chicken.

Sauté: Cook food quickly in a small amount of fat, usually just enough to coat the bottom of a pot or pan. Sautéing is used for cooking vegetables, like in a stir fry.

Simmer: Simmering is just below the point of boiling. When simmering a food it should steam and have very tiny bubbles slowly coming to the surface. Simmering is good for soups, stews, and sauces.

Chop: Quickly run a knife through an ingredient to cut it into bite-sized pieces. Chopping is good for herbs, or any food where the size of the cut pieces does not need to be equal.

Dice: To cut food into small, equal sized blocks (or dice). Dicing is used to create uniform sized pieces for even cooking.

Mince: Smaller than dicing, mincing is used to cut food into very small pieces. Mincing is good for garlic, shallots, and any other food that is strong in flavor. Because biting into a large piece of garlic can be overwhelming.

Cooking Tips



When cooking vegetables, start with the hardest vegetables first (like onions, carrots, and celery), before cooking the softer ones (like green peppers, zucchini, or asparagus). If everything is thrown into the pan at once, the peppers will be mushy before the carrots are cooked.

Smaller pieces of vegetables will cook quicker. If you want to make home fries quickly, chopping the potatoes into smaller pieces will allow it to cook quicker. Cutting vegetables into relatively even pieces will help them cook more evenly. If you decide to cook large pieces of potatoes with small pieces of potatoes, the larger pieces will still be hard when the smaller pieces are done.

Use what you have. These recipes are meant to be guidelines, we want you to make them your own. If you don't like, or don't have, an ingredient, substitute that ingredient with what you have available. Learning how to sauté, simmer, roast, bake, and braise is more important than following the recipe. If you learn these techniques, you can prepare delicious meals using whatever you have on hand. So please, use these recipes as guidelines and adjust them however you like.

To cook beans, first refer to the "Helpful Hints" section of any bean recipe for how to soak dried beans. After beans have been soaked and rinsed, cover with fresh water and simmer for 1-2 hours, or until tender. Do not let beans dry out, beans should always be covered with water.

Herbs & Spices

(and other flavorings)



Adjusting the seasoning of a recipe can add variety and fun to meals. If you are adjusting the seasoning of a recipe, start with just a little bit of any herb or spice, because you can always add more, but you can't take it out.

Look for herbs and spices in bulk, if your local grocery store has a bulk section. Bulk herbs and spices are often much cheaper than buying them in jars.

Italian

Basil
Oregano
Paprika
Parsley
Rosemary

Indian

Chili Powder
Cinnamon
Cloves
Coriander
Cumin
Turmeric

Mexican

Cilantro
Cumin
Thyme
Oregano
Jalapeno
Lime

Asian

Black Pepper
Ginger (ground or fresh)
Soy Sauce

Conversions



3 teaspoons = 1 tablespoon

4 tablespoons = 1/4 cup

2 cups = 1 pint

2 pints = 1 quart

4 quarts = 1 gallon

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For more recipes, visit our website: jsyfruitsveggies.org

Spring



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Asparagus Vinaigrette

(Serves 6)

Ingredients:

2 bunches asparagus (or 2 pounds)
3 tablespoons vinegar
2 tablespoons minced onion
1 tablespoon vegetable oil
1 minced garlic clove
1/4 teaspoon pepper
Salt to taste

Directions:

1. Cook asparagus in a large pot of boiling water until tender, about 3 minutes. Drain and cool.
2. In a large bowl mix together vinegar, onion, oil, garlic, salt and pepper.
3. Add asparagus and toss.
4. Serve and enjoy.
5. Refrigerate leftovers.

Each Serving Provides

60 Calories, 2.5g Total Fat, 0g Saturated Fat, 95mg Sodium,
7g Total Carbohydrates, 3g Dietary Fiber, 3g Protein



Helpful Hints

Selection: Choose asparagus spears that are crisp and have pointed tops. Avoid wilted or dry asparagus.

Storage: Keep asparagus in a plastic bag in the refrigerator and use within 3-5 days.

Preparation: Rinse and snap off ends of the stems.

Nutrition: Asparagus contains fiber which helps to keep you regular.

Kids can...

Help prepare the asparagus. Hold one spear of asparagus at each end, and bend it until it snaps. The most tender part is closest to the tip.

Notes

Avocado & Tomato Salad

(Serves 8)

Ingredients:

- 4 avocados, pitted and diced*
- 4 chopped tomatoes
- 1 thinly sliced onion
- 1 tablespoon vegetable oil
- 2 tablespoons vinegar
- 1/2 teaspoon garlic powder
- 1/4 teaspoon oregano
- Salt and pepper to taste

*See the "Preparation" section under "Helpful Hints" on this page.

Directions:

1. In a large bowl toss together avocados, tomatoes, and onion.
2. In a small bowl stir together the oil, vinegar, garlic powder, oregano, black pepper, and salt. Pour over avocado and tomato mixture.
3. Cover and chill for one hour before serving.
4. Refrigerate leftovers.

Each Serving Provides

190 Calories, 16g Total Fat, 2g Saturated Fat, 85mg Sodium, 13g Total Carbohydrates, 7g Dietary Fiber, 3g Protein



Helpful Hints

Selection: Choose avocados that are firm, but slightly soft to the touch.

Storage: Refrigerate ripe avocados and use within 2-3 days. To store cut avocados, sprinkle with lemon juice and wrap tightly.

Preparation: Cut in half lengthwise, then twist to separate the halves. Remove the pit and scoop out the inside of the avocado with a spoon, being careful not to remove the skin.

Nutrition: Avocados contain heart healthy fats, which may help lower cholesterol.

Kids can...

Stir the mixture to make sure all of the oil and spices coat the avocado evenly.

Notes

Black Eyed Pea & Celery Salad

(Serves 8)

Ingredients:

- 2 tablespoons vegetable oil
- 3 tablespoons lemon juice
- 1/2 cup chopped onion
- 2 minced garlic cloves
- 1/2 teaspoon dried oregano or Italian seasoning
- 3 cups cooked black eyed peas (from canned or dried)
- 2 celery stalks
- 1 bell pepper, chopped small
- 1/4 cup chopped fresh parsley
- 1 teaspoon hot sauce (optional)
- Salt and pepper to taste

Directions:

1. Combine all ingredients in a large bowl. Mix well.
2. Add salt and pepper to taste.
3. Chill.
4. Serve and enjoy.
5. Refrigerate leftovers

Each Serving Provides

100 Calories, 4g Total Fat, 0g Saturated Fat, 115mg Sodium,
15g Total Carbohydrates, 4g Dietary Fiber, 2g Protein



Helpful Hints

Selection: Before preparing dried beans, sort through them on a baking sheet for tiny pebbles.

Storage: Keep dried beans in an air tight container for 1 year.

Preparation: To soak dried beans, cover them in cold water and bring to a boil, then turn off the heat and allow the beans to soak in the water for 1-2 hours. Drain water and rinse with fresh water. Or soak beans overnight in warm water, drain and rinse. Refer to page 6 for cooking instructions.

Nutrition: Beans are an inexpensive source of protein & fiber.

Kids can...

Help sort through the beans for tiny pebbles, and stir the mixture to make sure the oil, lemon juice, and spices coat everything evenly.

Notes

Classic Guacamole

(Serves 4)

Ingredients:

- 2 avocados, pitted and the insides scooped out*
- 1/2 cup chopped onion
- 1 chopped tomato
- 1 tablespoon chopped fresh parsley or cilantro
- 3 tablespoons lemon or lime juice
- 1 minced garlic clove
- 1 dash salt
- 1/4 canned green chili peppers, diced (optional)

*See the "Preparation" section under "Helpful Hints" on this page.

Directions:

1. In a medium bowl, mash avocados with a fork.
2. Add onion, tomato, parsley, lemon juice, garlic, salt, and green chili peppers. Stir well.
3. Serve immediately with raw vegetables or tortilla chips.
4. Store leftovers, tightly covered, in the refrigerator for up to 24 hours.

Each Serving Provides

180 Calories, 15g Total Fat, 2g Saturated Fat, 210mg Sodium,
13g Total Carbohydrates, 7g Dietary Fiber, 2g Protein



Helpful Hints

Selection: Choose avocados that are firm, but slightly soft to the touch.

Storage: Refrigerate ripe avocados and use within 2-3 days. To store cut avocados, sprinkle with lemon juice and wrap tightly.

Preparation: Cut in half lengthwise, then twist to separate the halves. Remove the pit and scoop out the inside of the avocado with a spoon, being careful not to remove the skin.

Nutrition: Avocados contain heart healthy fats, which may help lower cholesterol.

Kids can...

Mash and stir the avocados together. And help store the guacamole by placing plastic wrap on top of the guacamole and pressing out all of the air.

Notes

Fruity Banana Smoothie

(Serves 4)

Ingredients:

- 1 peeled banana
- 1 cup low fat vanilla yogurt
- 2 cups sliced peaches
- 2 cups frozen strawberries
- 1 cup nonfat dry milk powder (optional)

Directions:

1. Mix all ingredients in a blender.
2. Blend until smooth.
3. Serve and enjoy.
4. Refrigerate leftovers.

Each Serving Provides

180 Calories, 1g Total Fat, 0.5g Saturated Fat, 430mg Sodium,
34g Total Carbohydrates, 4g Dietary Fiber, 10g Protein



Helpful Hints

Selection: Choose bananas that are yellow or have green tips.

Storage: Keep bananas at room temperature for 5 days. Bananas help other fruits and vegetables ripen, so store bananas away from fruits and vegetables to keep them fresh.

Preparation: Rinse, peel, and eat fresh, cooked, or dried.

Nutrition: Bananas contain potassium, which is good for a healthy heart.

Kids can...

Make this whole recipe! Just make sure they have the blender lid on tight.

Notes

Spinach and Beans

(Serves 6)



Ingredients:

- 2 tablespoons vegetable oil
- 1 onion, chopped
- 2 minced garlic cloves
- 3 1/2 cups cooked great northern beans (from canned or dried)
- 6 cups fresh spinach, stems removed
- 1 tablespoon vinegar
- Salt and pepper to taste

Directions:

1. In a large frying pan, heat oil over medium heat.
2. Add onion, cook 2 minutes, stirring often.
3. Add garlic, cook 1 minute.
4. Add beans and cook until hot, about 3 minutes.
5. Add spinach and vinegar (add spinach in small batches), stirring often until spinach is wilted, about 3 minutes.
6. Season with salt and pepper and serve.
7. Refrigerate leftovers.

Each Serving Provides

230 Calories, 5g Total Fat, 0.5g Saturated Fat, 390mg Sodium,
36g Total Carbohydrates, 9g Dietary Fiber, 12g Protein



Helpful Hints

Selection: Choose spinach with crisp, dark leaves.

Storage: Refrigerate for up to 3 days.

Preparation: Rinse leaves well to remove dirt.

Nutrition: Spinach contains vitamin A which is good for healthy eyes and skin.

Kids can...

Remove the tough spinach stems, and help with adding the salt and pepper.

Notes

Spinach Orange Salad

(Serves 4)



Ingredients:

- 4 cups fresh spinach, stems removed and torn
- 2 cups orange sections
- 1 thinly sliced onion
- 1 tablespoon vegetable oil
- 1 tablespoon vinegar
- 3 tablespoons orange juice
- Salt and pepper to taste

Directions:

1. In a large bowl combine spinach, orange sections, and onion slices. Toss gently.
2. In a small bowl whisk together oil, vinegar, and orange juice to make dressing. Mix well.
3. Pour dressing on top of spinach mixture. Add salt and pepper to taste.
4. Toss well and serve.
5. Refrigerate leftovers.

Each Serving Provides

110 Calories, 4g Total Fat, 0g Saturated Fat, 170mg Sodium, 18g Total Carbohydrates, 3g Dietary Fiber, 2g Protein



Helpful Hints

Selection: Choose spinach with crisp, dark leaves.

Storage: Refrigerate for up to 3 days.

Preparation: Rinse leaves well to remove dirt.

Nutrition: Spinach contains vitamin A which is good for healthy eyes and skin.

Kids can...

Help whisk the salad dressing, or toss all of the ingredients together.

Notes

Strawberry Basil Sauce

(Serves 4)



Ingredients:

- 4 cups chopped strawberries (fresh or frozen)
- 1 tablespoon honey
- 2 tablespoons lemon juice
- 1/4 cup sliced fresh basil

Directions:

1. In a large pot heat strawberries over medium heat.
2. Cook until strawberries are soft, about 4 minutes (longer if you are using frozen strawberries).
3. Add honey and lemon juice. Stir. Cook 8-10 more minutes.
4. Turn off heat, add basil, and stir well.
5. Serve hot or chilled.
6. Refrigerate leftovers.

Each Serving Provides

70 Calories, 0.5g Total Fat, 0g Saturated Fat, 0mg Sodium,
18g Total Carbohydrates, 3g Dietary Fiber, 1g Protein



Helpful Hints

Selection: Choose strawberries that are bright red and firm.

Storage: Refrigerate for up to 3 days.

Preparation: Rinse and remove stems.

Nutrition: Frozen strawberries are picked when they are ripe, so they taste great year round. They also contain almost as much vitamin C as fresh strawberries, which is good for fighting colds and healing cuts.

Kids can...

Help measure all of the ingredients. It's a great way to practice math skills.

Notes

Strawberry Pepper Salsa

(Serves 6)



Ingredients:

2 cups chopped strawberries (fresh or frozen)
1/2 red onion, thinly sliced
1 jalapeno pepper, diced
1/2 red pepper, chopped
1/2 green bell pepper, chopped
1/2 orange bell pepper
2 tablespoons lemon juice
1 tablespoon vegetable oil
Salt, pepper, and cilantro (optional) to taste

Directions:

1. Combine all ingredients in a bowl and mix well.
2. Serve and enjoy!
3. Refrigerate leftovers.

Each Serving Provides

50 Calories, 2.5g Total Fat, 0g Saturated Fat, 100mg Sodium,
8g Total Carbohydrates, 2g Dietary Fiber, 1g Protein



Helpful Hints

Selection: Choose strawberries that are bright red and firm.

Storage: Refrigerate for up to 3 days.

Preparation: Rinse and remove stems.

Nutrition: Frozen strawberries are picked when they are ripe, so they taste great year round. They also contain almost as much vitamin C as fresh strawberries, which is good for fighting colds and healing cuts.

Kids can...

Mix all of the ingredients together.

Notes

Banana Pancakes

(Serves 6)

Ingredients:

- 2 bananas, peeled
- 1 egg
- 3/4 cup low fat milk*
- 1 tablespoon vegetable oil
- 1 cup pancake mix
- 1/2 cup raisins (optional)
- 1/2 teaspoon cinnamon (optional)

*If using nonfat dry milk powder for the pancakes, add 2/3 cup water with the egg instead of milk. Add 1/4 cup nonfat dry milk powder with the pancake mix.

Directions:

1. Mash bananas in a bowl. Stir in egg, milk, and oil.
2. In a separate bowl, combine pancake mix, raisins, and cinnamon.
3. Add pancake mix to banana mixture. Stir until moist.
4. Lightly grease a frying pan and heat it over medium high heat.
5. Pour 1/4 cup of batter onto frying pan. When bubbles appear on the surface, flip the pancake and brown on the other side.
6. Refrigerate leftovers.

Each Serving Provides

180 Calories, 4g Total Fat, 0.5g Saturated Fat, 270mg Sodium,
33g Total Carbohydrates, 2g Dietary Fiber, 5g Protein



Helpful Hints

Selection: Choose bananas that are yellow or have green tips.

Storage: Keep bananas at room temperature for 5 days. Bananas help other fruits and vegetables ripen, so store bananas away from fruits and vegetables to keep them fresh.

Preparation: Rinse, peel, and eat fresh, cooked, or dried.

Nutrition: Bananas contain potassium, which is good for a healthy heart.

Kids can...

Mash bananas in a bowl, and help stir everything together.

Notes

Bok Choy and Mushroom Stir Fry

(Serves 6)



Ingredients:

- 1 pound bok choy
- 2 teaspoons vegetable oil
- 3 cups sliced mushrooms
- 2 minced garlic cloves
- 1 teaspoon sugar
- 1/2 cup chicken broth
- 1 teaspoon cornstarch or flour
- 2 teaspoons soy sauce
- Black pepper to taste

Directions:

1. Slice the bok choy stems and leaves separately.
2. In a large frying pan, heat oil over medium high heat. Add the bok choy stems, mushrooms, garlic, and sugar to the pan. Cook 2 minutes, stirring often.
3. Add the bok choy leaves to the pan. Cook 2 minutes.
4. In a small bowl combine chicken broth and cornstarch.
5. Pour chicken broth mixture and soy sauce into pan.
6. Cook until sauce thickens and bok choy is tender. Stir often. Add black pepper to taste. Serve over rice and enjoy.
7. Refrigerate leftovers.

Each Serving Provides

50 Calories, 1.5g Total Fat, 0g Saturated Fat, 500mg Sodium, 6g Total Carbohydrates, 1g Dietary Fiber, 4g Protein



Helpful Hints

Selection: Choose bok choy with firm stems and no brown spots.

Storage: Wrap unwashed greens in a damp paper towel and keep in the refrigerator for 3-5 days.

Preparation: Cut off the root bottom. Both the white stems and green leaves can be eaten raw or cooked.

Nutrition: Bok choy contains vitamin A, which is good for healthy eyes and skin.

Kids can...

Tear the bok choy leaves. Tearing leaves instead of cutting them helps to retain more of the nutrients.

Notes

Radish & Spinach Sauté

(Serves 4)



Ingredients:

- 2 teaspoons vegetable oil
- 16 radishes, cut into quarters
- 4 minced garlic cloves
- 10 cups fresh spinach, stems removed
- Salt and pepper to taste

Directions:

1. In a large frying pan heat oil over medium heat.
2. Add the radishes and cook until softened, about 12 minutes. Stir often.
3. Add the garlic to the pan. Cook for 1 minute.
4. Add the spinach and 2 tablespoons of water to the pan.
5. Cook over medium high heat until the spinach is wilted, about 2-3 minutes. Stir often.
6. Add salt and pepper to taste. Serve over rice and enjoy.
7. Refrigerate leftovers.

Each Serving Provides

50 Calories, 2.5g Total Fat, 0g Saturated Fat, 220mg Sodium, 6g Total Carbohydrates, 3g Dietary Fiber, 3g Protein



Helpful Hints

Selection: Choose radishes that are brightly colored and free from cracks and soft spots.

Storage: Remove leaves and stems if not using them right away. Refrigerate radishes in a plastic bag for 1-2 weeks.

Preparation: Separate the root from the leaves. Scrub the radishes well to remove any dirt.

Nutrition: Radishes contain vitamin C, which is good for fighting colds and healing cuts.

Kids can...

Separate radish greens from their root. Radish greens can be used as a spicy addition to any stir fry.

Notes

Spring Vegetable Hash

(Serves 8)

Ingredients:

- 2 teaspoons vegetable oil
- 1 onion, chopped small
- 1 potato chopped small
- 1 carrot, chopped small
- 1 bunch asparagus (or 1 pound), chopped
- 1 cup chicken broth
- Salt and pepper to taste
- 8 eggs, fried or poached

Directions:

1. Heat oil in a large frying pan over medium high heat.
2. Cook onion, potatoes, and carrots over medium high heat until lightly browned, about 15 minutes. Stir often.
3. Add asparagus and broth. Cook until asparagus is soft, about 3-5 minutes.
4. Continue to cook until broth has cooked away and bottom of hash is crispy.
5. Serve each portion of hash topped with an egg, if desired.
6. Refrigerate leftovers.

Each Serving Provides

110 Calories, 6g Total Fat, 1.5g Saturated Fat, 270mg Sodium,
7g Total Carbohydrates, 1g Dietary Fiber, 8g Protein



Helpful Hints

Selection: Choose asparagus spears that are crisp and have pointed tops. Avoid wilted or dry asparagus.

Storage: Keep asparagus in a plastic bag in the refrigerator and use within 3-5 days.

Preparation: Rinse and snap off ends of the stems.

Nutrition: Asparagus contains fiber which helps to keep you regular.

Kids can...

Help prepare the asparagus. Hold one spear of asparagus at each end, and bend it until it snaps. The most tender part is closest to the tip.

Notes

Taco Salad

(Serves 5)



Ingredients:

- 6 cups torn lettuce leaves
- 2 cups cooked kidney beans (from canned or dried)
- 3 cups chopped tomatoes
- 1/3 cup low fat sour cream
- 2 teaspoons low sodium taco seasoning.
- 1/2 cup crushed, baked tortilla chips
- 1/4 cup shredded low fat cheese

Directions:

1. Place lettuce in a large bowl.
2. In a medium bowl mix together the beans, tomatoes, sour cream, and taco seasoning. Taste and add more taco seasoning if necessary.
3. Top lettuce with bean mixture.
4. Toss lightly.
5. Top salad with crushed tortilla chips and cheese.
6. Refrigerate leftovers.

Each Serving Provides

190 Calories, 4g Total Fat, 1.5g Saturated Fat, 170mg Sodium, 29g Total Carbohydrates, 6g Dietary Fiber, 10g Protein



Helpful Hints

Selection: Choose lettuce that is firm, green, and smells slightly sweet.

Storage: Wrap lettuce in a damp paper towel and refrigerate for up to 3 days.

Preparation: Remove the center core and outer wilted leaves. Rinse well and dry with a clean towel.

Nutrition: Lettuce contains vitamin A, which is good for healthy eyes and skin.

Kids can...

Tear the lettuce leaves. Tearing leaves instead of cutting them helps to retain more of the nutrients.

Notes

Strawberry Shortcake

(Serves 6)



Ingredients:

- 1 cup flour
- 1 1/2 teaspoons baking powder
- 3 tablespoons vegetable oil
- 1/2 cup low fat milk*
- 4 1/2 cups sliced strawberries (fresh or frozen)
- 1/4 cup sugar
- 1 1/2 cups low fat yogurt

*If using non fat dry milk powder, mix 1/2 cup water with 3 tablespoons of non fat dry milk powder.

Directions:

1. Preheat oven to 425 degrees.
2. In a bowl mix flour, baking powder, vegetable oil, and milk.
3. Spoon batter onto a lightly greased baking pan to create 3 biscuits.
4. Bake for 12-15 minutes. Set aside.
5. In a separate bowl mix strawberries and sugar.
6. Cut biscuits in half and top each half with the strawberry mixture. Top with yogurt.
7. Refrigerate leftovers.

Each Serving Provides

260 Calories, 9g Total Fat, 1.5g Saturated Fat, 190mg Sodium, 40g Total Carbohydrates, 3g Dietary Fiber, 6g Protein



Helpful Hints

Selection: Choose strawberries that are bright red and firm.

Storage: Refrigerate for up to 3 days.

Preparation: Rinse and remove stems.

Nutrition: Frozen strawberries are picked when they are ripe, so they taste great year round. They also contain almost as much vitamin C as fresh strawberries, which is good for fighting colds and healing cuts.

Kids can...

Help mix the dough for the shortcake, and top each biscuit with strawberries and yogurt.

Notes

Summer



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Beets, Beans, and Greens Salad

(Serves 6)



Ingredients:

- 1/4 cup lemon juice or vinegar
- 1 minced garlic clove
- 2 teaspoons mustard
- 2 tablespoons vegetable oil
- Salt and pepper to taste
- 2 cups sliced, cooked beets
- 1 head escarole, torn into bite sized pieces
- 2 cups cooked white beans (from canned or dried)

Directions:

1. Make the dressing: in a large bowl combine lemon juice, garlic, mustard, oil, salt, and pepper.
2. Place sliced beets in a small bowl. Measure 1 tablespoon of dressing and add to the beets. Toss well to coat the beets in the dressing.
3. Add the escarole and beans to the remaining dressing in the large bowl.
4. Place the escarole and bean mixture on 6 plates.
5. Top the salad with beets and serve.
6. Refrigerate leftovers.

Each Serving Provides

160 Calories, 5g Total Fat, 0.5g Saturated Fat, 250mg Sodium,
22g Total Carbohydrates, 10g Dietary Fiber, 7g Protein



Helpful Hints

Selection: Choose escarole with bright green leaves with no wilting, bruising, or yellowing.

Storage: Wrap unwashed greens in a damp paper towel and keep in the refrigerator for up to 1 week.

Preparation: Remove tough or damaged outer leaves. Cut off the root & tear leaves into large pieces. Rinse and dry well.

Nutrition: Escarole contains vitamin A, which is good for healthy eyes and skin.

Kids can...

Mix the dressing and toss the beets in it. Be careful with the beets, they can stain. Rub salt on your hands to remove beet stains.

Notes

Bell Pepper & White Bean Salad

(Serves 6)



Ingredients:

- 3 cups chopped arugula or spinach leaves
- 1 cup chopped bell peppers
- 1/3 cup sliced red onion
- 1 1/2 cups cooked white beans (from canned or dried)
- 1 1/2 tablespoons balsamic vinegar
- 1 tablespoon vegetable oil
- 1 minced garlic clove
- Salt and pepper to taste

Directions:

1. In a large bowl combine arugula (or spinach), peppers, red onion, and white beans.
2. In a small bowl whisk together vinegar, oil, garlic, salt, and pepper.
3. Pour dressing over salad and mix well.
4. Refrigerate leftovers.

Each Serving Provides

100 Calories, 2.5g Total Fat, 0g Saturated Fat, 110mg Sodium,
15g Total Carbohydrates, 6g Dietary Fiber, 5g Protein



Helpful Hints

Selection: Choose shiny, firm peppers.

Storage: Refrigerate fresh peppers for up to 5 days.

Preparation: Rinse and remove stem, core, and seeds before using.

Nutrition: Peppers contain vitamin C, which is good for fighting colds and healing cuts.

Kids can...

Help prepare the peppers. Slice the pepper in half for them, then have them dig out the seeds and take off the stem.

Notes

Carrot Tomato Sauce

(Serves 6)



Ingredients:

- 2 tablespoons vegetable oil
- 3 cups shredded carrots
- 2 minced garlic cloves
- 1 can (28 ounces) low sodium diced tomatoes
- 1/2 teaspoon dried basil
- 1 tablespoon tomato paste
- 1/2 teaspoon oregano
- Salt and pepper to taste

Directions:

1. Add vegetable oil and shredded carrots to a medium sized frying pan on medium heat. Cook until carrots are tender, about 5-10 minutes.
2. Add minced garlic and stir.
3. Add canned tomatoes, dried basil, tomato paste, oregano, salt, and pepper. Cook on high heat until sauce comes to a low boil.
4. Turn the heat down to medium. Cook 20-25 minutes.
5. Serve over pasta or beans.
6. Refrigerate leftovers.

Each Serving Provides

60 Calories, 1.5g Total Fat, 0g Saturated Fat, 140mg Sodium, 10g Total Carbohydrates, 2g Dietary Fiber, 2g Protein



Helpful Hints

Selection: Choose carrots that are firm, smooth, and without cracks.

Storage: Refrigerate unwashed carrots for up to 2 weeks. Refrigerate cooked carrots for up to 3 days.

Preparation: Wash well, then peel before eating. Carrots are a root vegetable and need to be washed thoroughly.

Nutrition: Carrots contains vitamin A, which is good for healthy eyes and skin.

Kids can...

Help scrub the carrots. Carrots are roots so they need to have all of the dirt washed off well before peeling.

Notes

Cream of Celery Soup

(Serves 4)



Ingredients:

- 4 chopped celery stalks
- 1 chopped onion
- 1 1/2 cups cooked spinach
- 2 cups low sodium chicken broth
- 2 cups low fat milk
- Salt and pepper to taste
- 1/4 cup low fat sour cream (optional)

Directions:

1. In a large saucepan add celery, onion, spinach, and chicken broth.
2. Cook on medium high heat and bring to a boil.
3. Reduce heat to low and add milk. Let cook for 10 minutes or until vegetables are tender.
4. Add salt and pepper to taste.
5. Serve soup and add spoonful of sour cream to each bowl, if desired.
6. Refrigerate leftovers.

Each Serving Provides

150 Calories, 4.5g Total Fat, 2g Saturated Fat, 410mg Sodium,
18g Total Carbohydrates, 5g Dietary Fiber, 11g Protein



Helpful Hints

Selection: Choose celery with many leaves and straight stalks, and free of any brown spots.

Storage: Refrigerate celery in a clear plastic bag for up to 3 days.

Preparation: Wash and then trim off the base of the stalk.

Nutrition: Celery contains fiber, which helps to keep you regular.

Kids can...

Help season and taste this dish, & adjust the seasoning to your liking. Start small with additional seasonings. You can always add more, but you can't take it out.

Notes

Cucumber Dip with Pita Chips

(Serves 4)



Ingredients:

- 2 chopped cucumbers
- 1 carrot, peeled and chopped
- 2 minced garlic cloves
- 1 cup low fat plain yogurt
- Salt and pepper to taste
- 2 pita breads
- 2 teaspoons vegetable oil

Directions:

1. Preheat oven to 400 degrees.
2. In a small bowl stir together cucumbers, carrot, garlic, yogurt, salt, and pepper. Chill until ready to serve.
3. Cut each pita bread into 8 wedges and place on a baking sheet.
4. Brush pita bread with oil. Bake for 10 minutes or until crispy and lightly browned. Cool.
5. Serve pita chips with the dip.
6. Refrigerate any leftover dip.

Each Serving Provides

150 Calories, 1.5g Total Fat, 0.5g Saturated Fat, 320mg Sodium,
26g Total Carbohydrates, 2g Dietary Fiber, 7g Protein



Helpful Hints

Selection: Choose firm, unspotted cucumbers.

Storage: Refrigerate whole cucumbers for up to 1 week.

Preparation: Rinse and remove ends before eating.

Nutrition: Cucumbers contain fiber, which helps to keep you regular.

Kids can...

Mix together the vegetables, yogurt, and spices. Or help brush the pita bread with oil.

Notes

Cucumber Tomato Salad

(Serves 6)



Ingredients:

- 2 sliced cucumbers
- 2 chopped tomatoes
- 1 sliced onion
- 1/2 teaspoon minced garlic
- 1/2 teaspoon oregano (optional)
- 1 tablespoon vegetable oil
- 3 tablespoons vinegar
- Salt and pepper to taste

Directions:

1. Combine all ingredients in a medium bowl.
2. Chill for one hour.
3. Toss and serve.
4. Refrigerate leftovers.

Each Serving Provides

60 Calories, 2.5g Total Fat, 0g Saturated Fat, 100mg Sodium,
7g Total Carbohydrates, 2g Dietary Fiber, 2g Protein



Helpful Hints

Selection: Choose firm, unspotted cucumbers.

Storage: Refrigerate whole cucumbers for up to 1 week.

Preparation: Rinse and remove ends before eating.

Nutrition: Cucumbers contain fiber, which helps to keep you regular.

Kids can...

Make this whole recipe! Just make sure to have everything chopped for them.

Notes

Easy Tomato Sauce

(Serves 5)



Ingredients:

- 1 1/2 teaspoons vegetable oil
- 1 chopped onion
- 2 1/2 cups chopped tomatoes or 1 can (28 ounces) low sodium diced tomatoes
- 1 tablespoon garlic powder (or 2 minced garlic cloves)
- 1/2 teaspoon oregano
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Directions:

1. In a large frying pan heat oil over medium heat. Add onion and cook until soft. Stir often.
2. Add tomatoes, garlic, oregano, salt, and pepper.
3. Simmer for 15-20 minutes or until sauce has thickened.
4. Serve over pasta, rice, or cooked vegetables.
5. Refrigerate leftovers.

Each Serving Provides

60 Calories, 1.5g Total Fat, 0g Saturated Fat, 250mg Sodium, 10g Total Carbohydrates, 2g Dietary Fiber, 2g Protein



Helpful Hints

Selection: Choose firm tomatoes with smooth skins. Green tomatoes will ripen at room temperature.

Storage: Keep tomatoes at room temperature (out of direct sunlight) for 2-3 days if unripe. If tomatoes are ripe, store in the refrigerator for up to 1 week.

Preparation: Rinse and slice or chop. Eat fresh or cooked.

Nutrition: Tomatoes contain vitamin C, which is good for fighting colds and healing cuts.

Kids can...

Help measure the spices. It's a great way to practice math skills.

Notes

Gingered Beet and Carrot Slaw

(Serves 6)



Ingredients:

4 cups grated beets
4 cups grated carrots
1/2 cup chopped onion
1/2 cup chopped poblano pepper
1 tablespoon minced ginger
2 tablespoons lime juice
1 tablespoon vegetable oil
2 teaspoons mustard
1/4 cup chopped fresh cilantro
Salt and pepper to taste

Directions:

1. In a large bowl combine the beets, carrots, onion, poblano pepper, and ginger.
2. In a small bowl whisk together the lime juice, oil, mustard, and cilantro. Pour onto the slaw.
3. Season with salt and pepper.
4. Refrigerate leftovers.

Each Serving Provides

100 Calories, 2.5g Total Fat, 0g Saturated Fat, 230mg Sodium,
18g Total Carbohydrates, 5g Dietary Fiber, 2g Protein



Helpful Hints

Selection: Choose firm, smooth beets that have a rich, dark color.

Storage: Store in the refrigerator for up to 2 weeks.

Preparation: Remove greens, leaving 1 inch of stem. Scrub well to remove all of the dirt and sand. Peel before cooking.

Nutrition: Beets contain fiber, which helps to keep you regular.

Kids can...

Whisk the salad dressing. Making salad dressings at home is a great way to save money.

Notes

Greens and Grapes

(Serves 8)



Ingredients:

- 2 cups seedless grapes
- 5 cups mixed salad greens
- 2 cups cooked chickpeas* (from canned or dried)
- 2 cups orange segments
- 3 tablespoons vinegar
- 2 tablespoons vegetable oil
- 1 teaspoon sugar

*Also called garbanzo beans

Directions:

1. In a large bowl combine grapes, salad greens, chickpeas and oranges.
2. In a small bowl whisk together vinegar, oil, and sugar.
3. Pour the oil and vinegar mixture over the salad greens mixture.
4. Toss well and serve.
5. Refrigerate leftovers.

Each Serving Provides

160 Calories, 5g Total Fat, 0.5g Saturated Fat, 10mg Sodium,
26g Total Carbohydrates, 5g Dietary Fiber, 5g Protein



Helpful Hints

Selection: Choose grapes that are firm and attached to the stem.

Storage: Store grapes in the refrigerator for up to 3 days.

Preparation: Rinse and remove from stems.

Nutrition: Grapes contain fiber, which helps to keep you regular.

Kids can...

Make this whole recipe! Making salad dressings at home is a great way to save money.

Notes

Melon Salad with Fresh Herbs

(Serves 7)



Ingredients:

3 cups chopped cantaloupe
1/2 jalapeno, diced
1/4 cup fresh chopped cilantro
1/4 cup fresh chopped basil
1/4 cup fresh chopped mint
1/4 cup fresh lime juice
Pepper to taste

Directions:

1. In a large bowl combine all ingredients and mix well.
2. Add pepper to taste.
3. Eat right away, or refrigerate and serve cold.
4. Refrigerate leftovers.

Each Serving Provides

50 Calories, 0g Total Fat, 0g Saturated Fat, 25mg Sodium,
12g Total Carbohydrates, 2g Dietary Fiber, 1g Protein



Helpful Hints

Selection: Choose melons that have a good scent and are heavy for their size. Watermelons should sound hollow when tapped.

Storage: Store in the refrigerator for up to 2 weeks.

Preparation: Rinse rind, cut in half, and remove the seeds. Cut into wedges if desired.

Nutrition: Cantaloupe contains vitamin A , which is good for healthy eyes and skin..

Kids can...

Mix all of the ingredients together to make sure the herbs and spices cover the cantaloupe evenly.

Notes

Roasted Beet Salad

(Serves 6)



Ingredients:

4 beets, greens removed, peeled, and sliced
2 tablespoons mustard
1 tablespoon vinegar
2 teaspoons vegetable oil
1 teaspoon sugar
Salt and pepper to taste
4 cups lettuce

Directions:

1. Preheat oven to 400 degrees.
2. Place sliced beets on a large square of foil. Close foil tightly around the beets. Place on a baking sheet.
3. Roast beets for 45-60 minutes or until tender.
4. Let cool slightly and remove beets from foil.
5. In a large bowl whisk together the mustard, vinegar, oil, and sugar.
6. Add beets to the bowl. Stir gently.
7. Serve over lettuce.
8. Refrigerate leftovers.

Each Serving Provides

70 Calories, 5g Total Fat, 0.5g Saturated Fat, 170mg Sodium,
7g Total Carbohydrates, 2g Dietary Fiber, 1g Protein



Helpful Hints

Selection: Choose firm, smooth beets that have a rich, dark color.

Storage: Store in the refrigerator for up to 2 weeks.

Preparation: Remove greens, leaving 1 inch of stem. Scrub well to remove all of the dirt and sand. Peel before cooking.

Nutrition: Beets contain fiber, which helps to keep you regular.

Kids can...

Help scrub the beets. Beets are roots so they need to have all of the dirt washed off well before peeling.

Notes

Skillet Summer Squash

(Serves 8)



Ingredients:

- 2 teaspoons vegetable oil
- 2 minced garlic cloves
- 3 green or yellow summer squash, sliced thick (about 1/2 inch)
- 1 cup corn
- 1 3/4 cup chopped tomatoes
- Salt and pepper to taste

Directions:

1. In a large frying pan, heat oil over medium heat.
2. Add garlic, summer squash, and corn. Cook for 2 minutes.
3. Add tomatoes, and salt and pepper to taste.
4. Cover pan and simmer for 5 minutes or until squash is tender.
5. Serve hot.
6. Refrigerate leftovers.

Each Serving Provides

50 Calories, 1.5g Total Fat, 0g Saturated Fat, 75mg Sodium,
9g Total Carbohydrates, 2g Dietary Fiber, 2g Protein



Helpful Hints

Selection: Choose summer squash that is firm and without soft or brown spots.

Storage: Refrigerate in an open plastic bag for up to 3 days.

Preparation: Scrub and rinse skins. Cut off ends before cooking.

Nutrition: Summer squash contains potassium, which is good for a healthy heart.

Kids can...

Help season and taste this dish, & adjust the seasoning to your liking. Start small with additional seasonings. You can always add more, but you can't take it out.

Notes

Summer Sauce

(Serves 6)



Ingredients:

- 1 1/2 tablespoons vegetable oil
- 2 sliced garlic cloves
- 1 chopped eggplant
- 1 chopped onion
- 1 chopped zucchini
- 1 cup chopped mushrooms
- 1 can (28 ounces) low sodium pureed or crushed tomatoes
- 1 teaspoon dried basil (optional)
- 1 teaspoon dried oregano (optional)

Directions:

1. Add the oil to a medium pot over medium heat. Add garlic and cook until browned.
2. Add all of the chopped vegetables. Cover and cook until vegetables become soft, about 5 minutes. Stir often.
3. Add the can of tomatoes, basil, and oregano. Stir and bring to a boil. Lower heat and cook for 15 minutes.
4. Serve over pasta or rice.
5. Refrigerate leftovers.

Each Serving Provides

120 Calories, 3.5g Total Fat, 0g Saturated Fat, 45mg Sodium, 18g Total Carbohydrates, 6g Dietary Fiber, 4g Protein



Helpful Hints

Selection: Choose an eggplant with smooth skin and no soft spots. It should feel slightly spongy when squeezed lightly.

Storage: Store in the refrigerator for up to 4 days.

Preparation: Rinse, cut off the green top, and peel if desired.

Nutrition: Eggplants contain fiber, which helps to keep you regular.

Kids can...

Help measure all of the ingredients. It's a great way to practice math skills.

Notes

Summer Squash & White Bean Salad

(Serves 10)



Ingredients:

- 4 cups diced summer squash
- 1 cup chopped red onion
- 1 can (19 ounces) cannellini beans, drained and rinsed
- 2 tablespoons vegetable oil
- 1/4 cup apple cider vinegar
- 1/2 tablespoon chopped fresh rosemary
- Salt and pepper to taste

Directions:

1. In a large bowl combine summer squash, onion, and beans.
2. In a small bowl whisk together oil, vinegar, rosemary, salt, and pepper.
3. Pour oil mixture over bean and squash mixture and toss.
4. Chill and enjoy.
5. Refrigerate leftovers.

Each Serving Provides

80 Calories, 3.5g Total Fat, 0g Saturated Fat, 75mg Sodium,
11g Total Carbohydrates, 3g Dietary Fiber, 3g Protein



Helpful Hints

Selection: Choose summer squash that is firm and without soft or brown spots.

Storage: Refrigerate in an open plastic bag for up to 3 days.

Preparation: Scrub and rinse skins. Cut off ends before cooking.

Nutrition: Summer squash contains potassium, which is good for a healthy heart.

Kids can...

Toss all of the ingredients together to make sure everything is coated evenly.

Notes

Tomato Salsa

(Serves 6)



Ingredients:

- 3 chopped tomatoes
- 2 chopped onions
- 2 minced garlic cloves
- 3/4 teaspoon salt
- 1 tablespoon vinegar
- 1 1/2 teaspoons vegetable oil
- 1 cup chopped fresh cilantro (optional)

Directions:

1. Combine all ingredients in a large bowl.
2. Cover and chill.
3. Serve with raw vegetables, tortilla chips, or over rice.
4. Refrigerate leftovers.

Each Serving Provides

60 Calories, 4g Total Fat, 0g Saturated Fat, 300mg Sodium,
8g Total Carbohydrates, 2g Dietary Fiber, 1g Protein



Helpful Hints

Selection: Choose firm tomatoes with smooth skins. Green tomatoes will ripen at room temperature.

Storage: Keep tomatoes at room temperature (out of direct sunlight) for 2-3 days if unripe. If tomatoes are ripe, store in the refrigerator for up to 1 week.

Preparation: Rinse and slice or chop. Eat fresh or cooked.

Nutrition: Tomatoes contain vitamin C, which is good for fighting colds and healing cuts.

Kids can...

Help spice the salsa, and mix everything together.

Notes

Watermelon Black Bean Salsa

(Serves 6)



Ingredients:

- 2 cups chopped watermelon, seeds removed
- 1 cup cooked black beans (from canned or dried)
- 1/2 cup chopped onion
- 1 minced garlic clove
- 2 tablespoons lime juice
- 1 tablespoon vegetable oil
- Salt and pepper to taste (optional)

Directions:

1. Combine all ingredients in a large bowl. Stir well.
2. Cover and chill.
3. Stir and serve with tortilla chips or with chicken or fish.
4. Refrigerate leftovers.

Each Serving Provides

120 Calories, 4g Total Fat, 0g Saturated Fat, 150mg Sodium,
19g Total Carbohydrates, 4g Dietary Fiber, 5g Protein



Helpful Hints

Selection: Before preparing dried beans, sort through them on a baking sheet for tiny pebbles.

Storage: Keep dried beans in an air tight container for 1 year.

Preparation: To soak dried beans, cover them in cold water and bring to a boil, then turn off the heat and allow the beans to soak in the water for 1-2 hours. Drain water and rinse with fresh water. Or soak beans overnight in warm water, drain and rinse. Refer to page 6 for cooking instructions.

Nutrition: Beans are an inexpensive source of protein & fiber.

Kids can...

Make this whole recipe! Just make sure to have everything chopped for them.

Notes

Broccoli Stir Fry

(Serves 5)



Ingredients:

- 2 teaspoons vegetable oil
- 2 minced garlic cloves
- 1 chopped onion
- 3 cups broccoli florets
- 2 cups chopped carrots
- 1 bell pepper, cut into strips
- 2 tablespoons lemon juice
- 1/2 teaspoon salt (optional)

Directions:

1. In a large frying pan over high heat add oil, garlic, and onion. Cook for 2 minutes.
2. Add broccoli, carrots, and 1/2 cup of water. Cook for 3 minutes, stirring often.
3. Add pepper and continue to cook for 5 more minutes, stirring often.
4. Remove from heat. Vegetables should be crisp and brightly colored.
5. Toss with lemon juice and salt. Serve over rice.
6. Refrigerate leftovers.

Each Serving Provides

70 Calories, 2g Total Fat, 0g Saturated Fat, 270mg Sodium, 10g Total Carbohydrates, 3g Dietary Fiber, 2g Protein



Helpful Hints

Selection: Choose broccoli with dark green florets and stems.

Storage: Refrigerate unwashed broccoli in a plastic bag in the refrigerator for up to 1 week.

Preparation: Wash and trim florets from the stalks. You can also chop the stalks for use in stir fry or soup.

Nutrition: Broccoli contains vitamin C, which is good for fighting colds and healing cuts.

Kids can...

Help prepare the peppers. Slice the pepper in half for them, then have them dig out the seeds and take off the stem.

Notes

Onion Casserole

(Serves 6)



Ingredients:

1 tablespoon vegetable oil
3 large onions chopped
1 chopped bell pepper
3 eggs
3/4 cup low fat milk
1 cup shredded low fat cheese, such as cheddar or Swiss
Salt and pepper to taste

Directions:

1. Preheat oven to 325 degrees.
2. Grease a medium baking dish with cooking spray or by rubbing vegetable oil on it with a paper towel.
3. In a medium frying pan, heat oil over medium heat.
4. Add onions and peppers. Cook for 10 minutes, or until soft. Stir often.
5. In a medium bowl mix eggs and milk.
6. Place onion mixture in a baking dish. Top with shredded cheese.
7. Pour egg mixture into the baking dish, over the onion mixture and cheese. Bake for 25 minutes or until firm.
8. Refrigerate leftovers.

Each Serving Provides

130 Calories, 6g Total Fat, 2g Saturated Fat, 310mg Sodium,
10g Total Carbohydrates, 2g Dietary Fiber, 9g Protein



Helpful Hints

Selection: Choose onions without soft spots or sprouts.

Storage: Store onions away from potatoes in a cool, dry place for up to 2 weeks.

Preparation: Remove the papery skin and first layer before cutting.

Nutrition: Onions contain potassium, which is good for a healthy heart.

Kids can...

Help prepare the onions. Cut them in half first, then let your kids peel off the papery layer, and the first layer of onion.

Notes

Pepper Frittata

(Serves 6)



Ingredients:

2 tablespoons vegetable oil
2 chopped potatoes
2 chopped onions
3 chopped bell peppers
6 beaten eggs
Salt and pepper to taste

Directions:

1. Heat oil in a frying pan over medium heat.
2. Add potatoes, onions, and peppers and cook until vegetables are soft, about 5 minutes.
3. Pour in beaten eggs and gently stir together with a spatula.
4. Cover the pan and continue to cook the eggs until firm.
5. Serve hot.
6. Refrigerate leftovers.

Each Serving Provides

170 Calories, 9g Total Fat, 2g Saturated Fat, 215mg Sodium,
18g Total Carbohydrates, 3g Dietary Fiber, 8g Protein



Helpful Hints

Selection: Choose shiny, firm peppers.

Storage: Refrigerate fresh peppers for up to 5 days.

Preparation: Rinse and remove stem, core, and seeds before using.

Nutrition: Peppers contain vitamin C, which is good for fighting colds and healing cuts.

Kids can...

Help beat the eggs. The egg yolks are yellow because of vitamin A, the same vitamin that gives carrots, pumpkins, and other yellow or orange foods their color.

Notes

Pepper Pizza

(Serves 4)



Ingredients:

- 4 English muffins, split and toasted
- 1 cup tomato sauce
- 1 chopped bell pepper
- 1/2 teaspoon garlic powder (optional)
- 1 teaspoon oregano (optional)
- 1/2 cup shredded low fat Mozzarella cheese

Directions:

1. Preheat oven to 400 degrees.
2. Place English muffin halves on a baking sheet (you will have 8 halves).
3. Top each muffin half with 2 tablespoons of tomato sauce.
4. Divide chopped pepper evenly on top of the sauce.
5. Sprinkle each pizza with garlic and oregano if desired.
6. Top each pizza with 1 tablespoon of cheese.
7. Bake for 10-15 minutes or until cheese is melted and slightly brown.
8. Refrigerate leftovers.

Each Serving Provides

200 Calories, 4.5g Total Fat, 2g Saturated Fat, 570mg Sodium,
31g Total Carbohydrates, 3g Dietary Fiber, 10g Protein



Helpful Hints

Selection: Choose shiny, firm peppers.

Storage: Refrigerate fresh peppers for up to 5 days.

Preparation: Rinse and remove stem, core, and seeds before using.

Nutrition: Peppers contain vitamin C, which is good for fighting colds and healing cuts.

Kids can...

Build their own pizza. Try other vegetables as toppings for variety. Or use the Carrot Tomato Sauce recipe on p. 31, to add in veggies.

Notes

Blueberry Sauce

(Serves 4)



Ingredients:

- 2 tablespoons sugar
- 2 tablespoons cornstarch
- 2 1/2 cups fresh or frozen blueberries
- 1/4 cup orange juice

Directions:

1. In a small pot stir together sugar and cornstarch. Stir in 1/2 cup water. Add blueberries.
2. Cook over medium heat until thickened and bubbly, about 5-8 minutes. Stir often.
3. Cook and stir constantly for 2 more minutes.
4. Remove pot from heat. Stir in orange juice.
5. Serve warm over angel food cake, pancakes, ice cream, or yogurt.
6. Refrigerate leftovers.

Each Serving Provides

100 Calories, 0g Total Fat, 0g Saturated Fat, 0mg Sodium,
25g Total Carbohydrates, 2g Dietary Fiber, 1g Protein



Helpful Hints

Selection: Choose blueberries that are firm and not wrinkled.

Storage: Refrigerate for up to 3 days.

Preparation: Rinse and remove stems before eating or cooking.

Nutrition: Blueberries contain vitamin C, which is good for fighting colds and healing cuts.

Kids can...

Mix everything together in the pot before cooking the blueberries.

Notes

Blueberry Thyme Fruit Salad

(Serves 5)



Ingredients:

- 1 cup blueberries
- 5 chopped peaches or nectarines
- 1 tablespoon chopped fresh thyme
- 2 teaspoons grated, peeled ginger (or 1/2 teaspoon dried ginger)
- 1/4 cup lemon juice
- 1 teaspoon grated lemon peel
- 1 tablespoon sugar

Directions:

1. In a large bowl combine all ingredients. Add 1/4 cup water and mix well.
2. Chill in the refrigerator for at least 1 hour.
3. Refrigerate leftovers.

Each Serving Provides

90 Calories, 0.5g Total Fat, 0g Saturated Fat, 0mg Sodium,
23g Total Carbohydrates, 3g Dietary Fiber, 2g Protein



Helpful Hints

Selection: Choose blueberries that are firm and not wrinkled.

Storage: Refrigerate for up to 3 days.

Preparation: Rinse and remove stems before eating or cooking.

Nutrition: Blueberries contain vitamin C, which is good for fighting colds and healing cuts.

Kids can...

Make this whole recipe! Make sure to chop the peaches or nectarines first. And be careful when children are mixing, blueberries can stain.

Notes

Fall



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Applesauce

(Serves 6)



Ingredients:

6 Apples

Directions:

1. Peel and core apples. Cut apples into large chunks.
2. Place apples and 1 cup of water into a medium pot.
3. Bring apples to a boil over high heat, stirring often.
4. Turn heat to medium and simmer the apples for 30 minutes, or until the apples are very soft. Stir often.
5. The applesauce may be left lumpy or mashed with a fork to become smoother.
6. May be served warm or chilled.
7. Refrigerate leftovers.

Each Serving Provides

90 Calories, 0g Total Fat, 0g Saturated Fat, 0mg Sodium,
Total Carbohydrates, 4g Dietary Fiber, 0g Protein



Helpful Hints

Selection: Choose firm apples that have smooth, bright skins with no bruises.

Storage: Put the apples in a plastic bag and keep in the refrigerator for 3-4 weeks.

Preparation: Squeeze lemon juice over cut apples to keep them from turning brown.

Nutrition: Apples contain fiber which helps to keep you regular.

Kids can...

Help wash and peel the apples. Apple skins make for a tasty snack.

Notes

Autumn Fruit Salad

(Serves 8)



Ingredients:

- 2 1/2 cups seedless grapes
- 2 apples, cored and chopped
- 1 banana, peeled and sliced
- 2 cups chopped pears
- 1 cup low fat vanilla yogurt
- 1 teaspoon cinnamon
- 1 tablespoon apple cider or apple juice
- 1/2 cup slivered almonds (optional)

Directions:

1. Cut grapes in half.
2. Combine grapes, apples, banana, and pears in a medium bowl.
3. In a small bowl mix yogurt with cinnamon and apple cider or apple juice.
4. Pour yogurt mixture and almonds over fruit and mix together.
5. Chill and serve.
6. Refrigerate leftovers.

Each Serving Provides

160 Calories, 3.5g Total Fat, 0g Saturated Fat, 20mg Sodium,
31g Total Carbohydrates, 4g Dietary Fiber, 3g Protein



Helpful Hints

Selection: Choose grapes that are firm and attached to the stem.

Storage: Store grapes in the refrigerator for up to 3 days.

Preparation: Rinse and remove from stems.

Nutrition: Grapes contain fiber, which helps to keep you regular.

Kids can...

Mix the yogurt, cinnamon, juice, and almonds together.

Notes

Brussels Sprouts with Peanut Dressing

(Serves 5)



Ingredients:

- 10 cups sliced Brussels sprouts
- 1 tablespoon peanut butter
- 1 tablespoon vegetable oil
- 1 tablespoon honey
- 1 tablespoon vinegar
- 1 tablespoon low sodium soy sauce
- Black pepper to taste

Directions:

1. Place sliced Brussels sprouts in a large bowl.
2. In a small bowl mix peanut butter, oil, honey, vinegar, and low sodium soy sauce.
3. Pour dressing over Brussels sprouts.
4. Add black pepper to taste.
5. Refrigerate leftovers.

Each Serving Provides

130 Calories, 5g Total Fat, 0.5g Saturated Fat, 170mg Sodium, 20g Total Carbohydrates, 7g Dietary Fiber, 7g Protein



Helpful Hints

Selection: Choose Brussels sprouts that are firm and bright green with no yellow or wilted leaves, and no holes.

Storage: Keep unwashed Brussels sprouts in a plastic bag in the refrigerator for up to 10 days.

Preparation: Remove stems and discolored leaves. Rinse well.

Nutrition: Brussels sprouts contain vitamin C, which is good for fighting colds and healing cuts.

Kids can...

Make the peanut dressing while Brussels sprouts are being prepared. For a spicier dressing add red pepper flakes.

Notes

Cabbage Apple Slaw

(Serves 6)



Ingredients:

4 cups cabbage, chopped small
2 chopped apples
1 chopped bell pepper
1 1/2 tablespoons low fat mayonnaise
1 tablespoon brown sugar
1 teaspoon lemon juice
Salt and pepper to taste

Directions:

1. In a large bowl combine cabbage, apple, and bell pepper.
2. In a small bowl combine mayonnaise, sour cream, brown sugar, and lemon juice.
3. Add mayonnaise mixture to large bowl (cabbage mixture). Mix well.
4. Season with salt and pepper.
5. Can be served immediately or covered and chilled before serving.
6. Refrigerate leftovers.

Each Serving Provides

100 Calories, 4g Total Fat, 1.5g Saturated Fat, 150mg Sodium,
16g Total Carbohydrates, 3g Dietary Fiber, 2g Protein



Helpful Hints

Selection: Choose cabbage with firm heads and no brown spots.

Storage: Refrigerate unwashed cabbage for up to 1 week.

Preparation: Remove outer leaves and rinse well. Remove core by cutting in half lengthwise, then cutting around the core to remove it.

Nutrition: Cabbage contains vitamin C, which is good for fighting colds and healing cuts.

Kids can...

Help toss the slaw together, or whisk the dressing together.

Notes

Cauliflower Mashed Potatoes

(Serves 4)



Ingredients:

- 2 potatoes, cut into chunks
- 3 cups cauliflower florets
- 1/2 cup shredded reduced fat cheddar cheese
- 2/3 cup low fat milk*
- Salt and pepper to taste
- 1/2 teaspoon garlic powder (optional)

*If using non fat dry milk powder, mix 2/3 cup water with 1/4 cup non fat dry milk powder and add to recipe.

Directions:

1. In a large pot bring 4 cups of water to a boil. Add potatoes and cook for 5 minutes.
2. Add cauliflower and cook for 5 more minutes. Drain.
3. In a large mixing bowl add potatoes, cauliflower, and grated cheese. Mash with a fork until well blended.
4. Add milk, salt, pepper, and garlic powder. Mix well.
5. Refrigerate leftovers

Each Serving Provides

110 Calories, 1.5g Total Fat, 1g Saturated Fat, 310mg Sodium, 20g Total Carbohydrates, 3g Dietary Fiber, 9g Protein



Helpful Hints

Selection: Choose cauliflower that is firm and heavy with a white, creamy color.

Storage: Refrigerate unwashed cauliflower in a plastic bag for up to 1 week.

Preparation: Wash and trim florets from stalk.

Nutrition: Cauliflower contains vitamin C, which is good for fighting colds and healing cuts.

Kids can...

Help mash the potato and cauliflower. Also try rutabaga, celeriac, and other root vegetables to give your mashed potatoes a unique flavor.

Notes

Creamy Pumpkin Soup

(Serves 4)



Ingredients:

- 1 can (14.5 ounces) low sodium chicken broth
- 1 chopped onion
- 1 minced garlic clove
- 2 teaspoons packed brown sugar
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 can (15 ounces) pureed pumpkin, or 2 cups pureed fresh pumpkin
- 1 1/2 cups low fat milk
- 1/8 teaspoon cinnamon (optional)

Directions:

1. In a large pot heat 1/4 cup chicken broth over medium heat.
2. Add onions, garlic, and brown sugar. Cook until soft, stirring often.
3. Add the rest of the broth, 1/2 cup water, salt, and pepper. Turn heat to high and bring to a boil, stirring often.
4. Stir in pumpkin puree, milk, and cinnamon. Cook for 5 more minutes.
5. Refrigerate leftovers.

Each Serving Provides

110 Calories, 2g Total Fat, 1g Saturated Fat, 230mg Sodium,
20g Total Carbohydrates, 4g Dietary Fiber, 7g Protein



Helpful Hints

Selection: Choose pumpkins with bright orange skins, and no brown spots.

Storage: Keep in a cool, dry place for up to 1 month.

Preparation: Rinse and cut in half, remove stem. Remove seeds with a spoon and place halves in a baking dish, skin side up. Cook for 30-60 minutes or until tender. Scoop out the inside of the pumpkin, leaving the peel.

Nutrition: Pumpkins contain vitamin A, which is good for healthy eyes and skin.

Kids can...

Help season and taste this dish, & adjust the seasoning to your liking. Start small with additional seasonings. You can always add more, but you can't take it out.

Notes

Fiesta Bean and Potato Salad

(Serves 8)



Ingredients:

- 3 potatoes, cut into chunks
- 3 tablespoons vegetable oil
- 2 1/2 tablespoons lime juice
- 1 1/2 teaspoons chili powder
- 1 cup salsa
- 2 cups cooked black beans (from canned or dried)
- 2 cups corn
- Salt and pepper to taste

Directions:

1. In a large pot add potatoes and cover with water. Bring to a boil and cook for 12 minutes, or until tender. Drain and cool.
2. In a large bowl mix together oil, lime juice, and chili powder. Add potatoes.
3. Stir in salsa, black beans, and corn.
4. Toss gently to combine. Add salt and pepper to taste.
5. Refrigerate leftovers.

Each Serving Provides

180 Calories, 6g Total Fat, 0.5g Saturated Fat, 320mg Sodium, 29g Total Carbohydrates, 6g Dietary Fiber, 7g Protein



Helpful Hints

Selection: Before preparing dried beans, sort through them on a baking sheet for tiny pebbles.

Storage: Keep dried beans in an air tight container for 1 year.

Preparation: To soak dried beans, cover them in cold water and bring to a boil, then turn off the heat and allow the beans to soak in the water for 1-2 hours. Drain water and rinse with fresh water. Or soak beans overnight in warm water, drain and rinse. Refer to page 6 for cooking instructions.

Nutrition: Beans are an inexpensive source of protein & fiber.

Kids can...

Mix everything together. Remember not to mix too hard or the potatoes will mash.

Notes

Green Beans with Potatoes

(Serves 6)



Ingredients:

- 4 potatoes, cut into chunks
- 1 sliced onion
- 1 cup chicken broth
- 1/4 teaspoon garlic powder
- Dash of black pepper
- 1 3/4 cups cooked green beans
- 1 tablespoon vegetable oil
- 2 tablespoons lemon juice

Directions:

1. In a medium pot add potatoes, onion, chicken broth, garlic powder, and pepper.
2. Bring to a boil. Reduce heat, cover and simmer for 15 minutes or until potatoes are tender.
3. Add green beans, stirring gently.
4. Heat on low for 5 minutes, or until green beans are tender.
5. Remove from heat. Drizzle vegetable oil and lemon juice on top, and serve with a slotted spoon.
6. Refrigerate leftovers.

Each Serving Provides

120 Calories, 4g Total Fat, 0.5g Saturated Fat, 55mg Sodium, 22g Total Carbohydrates, 3g Dietary Fiber, 4g Protein



Helpful Hints

Selection: Choose firm, crisp green beans, with no brown spots.

Storage: Keep in a loosely closed plastic bag and store in the refrigerator for 3-5 days.

Preparation: Rinse and remove ends before eating or cooking.

Nutrition: Green beans contain vitamin A, which is good for healthy eyes and skin.

Kids can...

Drizzle the vegetable oil and lemon juice over the green beans.

Notes

Pan Roasted Brussels Sprouts with Red Cabbage

(Serves 4)



Ingredients:

- 1 pound Brussels sprouts, trimmed and cut in half
- 2 tablespoons vegetable oil
- 1/2 head red cabbage, shredded
- 1/2 cup low sodium chicken broth
- Salt and pepper to taste

Directions:

1. Place Brussels sprouts in a large pot of water. Bring to a boil over high heat. Boil for 1 minute, drain the Brussels sprouts and rinse under cold water.
2. In a large frying pan heat the oil over medium high heat.
3. Add Brussels sprouts to the pan. Cook 3-5 minutes, or until browned. Stir often.
4. Add the cabbage and chicken broth to the pan.
5. Cook for 10 minutes or until the cabbage is soft. Stir often.
6. Add salt and pepper to taste.
7. Refrigerate leftovers.

Each Serving Provides

160 Calories, 8g Total Fat, 1g Saturated Fat, 220mg Sodium,
21g Total Carbohydrates, 7g Dietary Fiber, 6g Protein



Helpful Hints

Selection: Choose Brussels sprouts that are firm and bright green with no yellow or wilted leaves, and no holes.

Storage: Keep unwashed Brussels sprouts in a plastic bag in the refrigerator for up to 10 days.

Preparation: Remove stems and discolored leaves. Rinse well.

Nutrition: Brussels sprouts contain vitamin C, which is good for fighting colds and healing cuts.

Kids can...

Help measure all of the ingredients. It's a great way to practice math skills.

Notes

Succotash Salad

(Serves 4)



Ingredients:

- 2 cups corn
- 2 cups butter beans or lima beans
- 1 chopped bell pepper
- 3 scallions or 1/2 onion, chopped
- 1 minced garlic clove
- 2 tablespoons vegetable oil
- 2 tablespoons vinegar
- Salt and pepper to taste

Directions:

1. In a large bowl combine corn, beans, bell pepper, scallions (or onion), and garlic.
2. In a small bowl whisk together oil, vinegar, salt, and pepper.
3. Add oil mixture to the large bowl.
4. Mix well and serve.
5. Refrigerate leftovers.

Each Serving Provides

240 Calories, 9g Total Fat, 1g Saturated Fat, 180mg Sodium, 35g Total Carbohydrates, 7g Dietary Fiber, 9g Protein



Helpful Hints

Selection: Choose corn with fresh green husks and no rotten spots.

Storage: Leave husk on and wrap it in a plastic bag. Refrigerate for up to 3 days.

Preparation: Remove husk and silk from corn. Place ears in boiling water for 7 minutes. Drain and allow to cool.

Nutrition: Corn contains fiber, which helps to keep you regular.

Kids can...

Help measure all of the ingredients. It's a great way to practice math skills.

Notes

Sweet Potato Fries

(Serves 4)



Ingredients:

- 3 sweet potatoes
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon vegetable oil

Directions:

1. Preheat oven to 400 degrees.
2. Cut each potato in half lengthwise, then cut each half into wedges.
3. In a small bowl combine salt and pepper.
4. In a large bowl combine the potato wedges, salt and pepper mixture, and oil. Toss until potatoes are evenly coated.
5. Arrange potatoes in a single layer on a baking sheet.
6. Bake until edges are crisp and potatoes are cooked through, about 30 minutes.
7. Refrigerate leftovers.

Each Serving Provides

110 Calories, 3.5g Total Fat, 0g Saturated Fat, 340mg Sodium, 20g Total Carbohydrates, 3g Dietary Fiber, 2g Protein



Helpful Hints

Selection: Choose sweet potatoes with smooth, unbruised skin.

Storage: Keep in a cool dry place for 1-2 weeks. Storing in a refrigerator will make them spoil faster.

Preparation: Scrub and remove eyes and dark spots.

Nutrition: Sweet potatoes contain vitamin A, which is good for healthy eyes and skin.

Kids can...

Season and arrange the potato wedges on the baking tray. Try different seasonings like garlic and oregano, or cinnamon and nutmeg, for variety.

Notes

Three Bean Salad

(Serves 8)



Ingredients:

- 1 3/4 cup cooked green beans
- 1 3/4 cup cooked kidney beans (from canned or dried)
- 1 3/4 cup cooked chickpeas* (from canned or dried)
- 1 chopped onion
- 3 tablespoons red or white vinegar
- 3 tablespoons vegetable oil
- 3 tablespoons sugar
- 1 minced garlic clove (optional)

*Also called garbanzo beans.

Directions:

1. Make the salad: Put the beans and onion in a large bowl.
2. Make the dressing: In a small bowl whisk together the vinegar, oil, sugar, and garlic.
3. Pour the dressing over the salad and toss together.
4. Cover and refrigerate.
5. Refrigerate leftovers.

Each Serving Provides

170 Calories, 6g Total Fat, 0.5g Saturated Fat, 150mg Sodium,
24g Total Carbohydrates, 7g Dietary Fiber, 6g Protein



Helpful Hints

Selection: Choose firm, crisp green beans, with no brown spots.

Storage: Keep in a loosely closed plastic bag and store in the refrigerator for 3-5 days.

Preparation: Rinse and remove ends before eating or cooking.

Nutrition: Green beans contain vitamin A, which is good for healthy eyes and skin.

Kids can...

Mix the salad, or whisk the dressing together. Making salad dressings at home is a great way to save money.

Notes

Black Bean and Sweet Potato Stew

(Serves 6)



Ingredients:

- 2 tablespoons vegetable oil
- 1 chopped onion
- 2 minced garlic cloves
- 1 chopped green pepper
- 1 1/2 cups diced sweet potatoes
- 2 chopped tomatoes
- 2 cups cooked black beans (from canned or dried)
- 2 tablespoons chopped fresh parsley (or 2 teaspoons dried)
- Salt and pepper to taste

Directions:

1. Heat oil in a large pot over medium heat. Add onion, garlic, and pepper. Cook until soft, about 5 minutes.
2. Add sweet potato and 2 cups of water. Cook until sweet potatoes are soft, about 15 minutes.
3. Stir in tomatoes, black beans, parsley, salt, and pepper. Cook for 5 more minutes.
4. Refrigerate leftovers.

Each Serving Provides

180 Calories, 5g Total Fat, 0.5g Saturated Fat, 105mg Sodium, 30g Total Carbohydrates, 7g Dietary Fiber, 6g Protein



Helpful Hints

Selection: Before preparing dried beans, sort through them on a baking sheet for tiny pebbles.

Storage: Keep dried beans in an air tight container for 1 year.

Preparation: To soak dried beans, cover them in cold water and bring to a boil, then turn off the heat and allow the beans to soak in the water for 1-2 hours. Drain water and rinse with fresh water. Or soak beans overnight in warm water, drain and rinse. Refer to page 6 for cooking instructions.

Nutrition: Beans are an inexpensive source of protein & fiber.

Kids can...

Help prepare the onions. Cut them in half first, then let your kids peel off the papery layer, and the first layer of onion.

Notes

Cauliflower Sauté

(Serves 6)



Ingredients:

- 4 cups cauliflower florets
- 2 teaspoons vegetable oil
- 1 chopped onion
- 2 minced garlic cloves
- 1 package (8 ounces) frozen sugar snap peas (or 1 cup fresh)
- 1 red pepper, cut into strips
- 1 cup sliced mushrooms
- 1/4 teaspoon salt (optional)

Directions:

1. In a small pot cook cauliflower in 1 cup boiling water for 8 minutes. Drain and set aside.
2. In a large frying pan add oil, onion, and garlic. Cook over medium high heat for 3 minutes or until onion is tender. Stir often.
3. Add cooked cauliflower, snap peas, red pepper, mushrooms, and salt. Cook for 5 more minutes on medium heat, stirring often. Serve over rice or pasta.
4. Refrigerate leftovers.

Each Serving Provides

70 Calories, 2g Total Fat, 0g Saturated Fat, 270mg Sodium, 10g Total Carbohydrates, 3g Dietary Fiber, 3g Protein



Helpful Hints

Selection: Choose cauliflower that is firm and heavy with a white, creamy color.

Storage: Refrigerate unwashed cauliflower in a plastic bag for up to 1 week.

Preparation: Wash and trim florets from stalk.

Nutrition: Cauliflower contains vitamin C, which is good for fighting colds and healing cuts.

Kids can...

Help prepare the peppers. Slice the pepper in half for them, then have them dig out the seeds and take off the stem.

Notes

Eggplant with Basil

(Serves 8)



Ingredients:

- 1 tablespoon vegetable oil
- 1/2 jalapeno, seeded and diced
- 2 minced garlic cloves
- 8 cups diced eggplant
- 2 tablespoons low sodium soy sauce
- 1 teaspoon honey or sugar
- 1 cup chopped fresh basil
- Salt and pepper to taste

Directions:

1. Heat oil in a large pan over medium heat. Add jalapeno and garlic and cook for 2 minutes, stirring often.
2. Add eggplant and stir. Add 1 cup of water, cover pan, and cook until eggplant is soft, about 6-7 minutes. Add extra water if needed.
3. Add soy sauce and honey, and stir. Turn off heat.
4. Add basil and stir. Add salt and pepper to taste.
5. Serve over pasta or rice.
6. Refrigerate leftovers.

Each Serving Provides

45 Calories, 2g Total Fat, 0.5g Saturated Fat, 220mg Sodium, 6g Total Carbohydrates, 2g Dietary Fiber, 1g Protein



Helpful Hints

Selection: Choose an eggplant with smooth skin and no soft spots. It should feel slightly spongy when squeezed lightly.

Storage: Store in the refrigerator for up to 4 days.

Preparation: Rinse, cut off the green top, and peel if desired.

Nutrition: Eggplants contain fiber, which helps to keep you regular.

Kids can...

Help measure all of the ingredients. It's a great way to practice math skills.

Notes

Minestrone

(Serves 8)



Ingredients:

- 1 chopped onion
- 1 cup chopped carrots
- 2 minced garlic cloves
- 3 cans (14.5 ounces each) low sodium chicken broth
- 1 tablespoon tomato paste
- 2 cups chopped cabbage
- 1 teaspoon basil (optional)
- 1 teaspoon oregano (optional)
- 2 cups cooked red kidney beans (from canned or dried)
- Salt and pepper to taste

Directions:

1. Spray a large pot with nonstick cooking spray. Cook onions, carrots, and garlic for 5 minutes.
2. Add broth, tomato paste, cabbage, basil, and oregano.
3. Bring to a boil. Reduce heat to medium and cook for 15 minutes or until all vegetables are tender.
4. Add kidney beans and cook for 5 more minutes. Add salt and pepper to taste.
5. Refrigerate leftovers.

Each Serving Provides

100 Calories, 1g Total Fat, 0g Saturated Fat, 150mg Sodium, 17g Total Carbohydrates, 8g Dietary Fiber, 7g Protein



Helpful Hints

Selection: Before preparing dried beans, sort through them on a baking sheet for tiny pebbles.

Storage: Keep dried beans in an air tight container for 1 year.

Preparation: To soak dried beans, cover them in cold water and bring to a boil, then turn off the heat and allow the beans to soak in the water for 1-2 hours. Drain water and rinse with fresh water. Or soak beans overnight in warm water, drain and rinse. Refer to page 6 for cooking instructions.

Nutrition: Beans are an inexpensive source of protein & fiber.

Kids can...

Help season and taste this dish, & adjust the seasoning to your liking. Start small with additional seasonings. You can always add more, but you can't take it out.

Notes

Potato Corn Soup

(Serves 5)



Ingredients:

- 1 tablespoon vegetable oil
- 1 cup chopped onions
- 3 cups diced potatoes
- 2 cups low sodium chicken broth
- 1 cup low fat milk
- 1 1/2 cups corn
- Salt and pepper to taste

Directions:

1. In a large pot heat oil over medium heat. Add onions and cook until soft, about 5 minutes.
2. Add potatoes, broth, and 1 cup of water. Bring to a boil.
3. Lower heat and simmer for 30 minutes.
4. Stir until smooth. Use the back of a spoon or fork to mash some of the potatoes. For a smoother soup: place the soup, a few cups at a time, into a blender and blend until smooth.
5. Add milk and corn. Reheat for 10 minutes.
6. Refrigerate leftovers.

Each Serving Provides

180 Calories, 4.5g Total Fat, 1g Saturated Fat, 180mg Sodium, 31g Total Carbohydrates, 3g Dietary Fiber, 7g Protein



Helpful Hints

Selection: Choose potatoes that are firm and without green spots.

Storage: Store potatoes away from onions in a cool, dry place for up to 2 weeks.

Preparation: Rinse well and scrub skins with a vegetable scrubber or by hand.

Nutrition: Potatoes contain potassium, which is good for a healthy heart.

Kids can...

Help mash the potatoes with the back of a spoon or fork.

Notes

Spaghetti Squash Primavera

(Serves 6)



Ingredients:

- 1 spaghetti squash, about 2 pounds, cooked
- 2 cups broccoli florets
- 3 sliced carrots
- 1 sliced zucchini
- 1/2 cup sliced onion
- 3 minced garlic cloves
- 3 cups low sodium tomato puree or crushed tomatoes
- 1 teaspoon dried oregano (optional)

Directions:

1. Prepare squash as shown in the “Preparation” section under “Helpful Hints” on this page. Set cooked strands aside and cover.
2. In a large frying pan heat 1 cup of water over medium heat.
3. Add the broccoli, carrots, zucchini, onion, and garlic. Cover and cook for 5 minutes or until vegetables are soft.
4. Uncover and cook until most of the liquid is gone.
5. Add pureed tomatoes and oregano. Cook over low heat for 15 minutes, stirring often. Serve over spaghetti squash.
6. Refrigerate leftovers.

Each Serving Provides

120 Calories, 0.5g Total Fat, 0g Saturated Fat, 95mg Sodium, 25g Total Carbohydrates, 7g Dietary Fiber, 5g Protein



Helpful Hints

Selection: Choose squash that are heavy and have smooth skin.

Storage: Keep in a cool, dry place for up to 3 months.

Preparation: Rinse and cut squash in half lengthwise. Remove seeds. Bake, skin side up, for 30-45 minutes or until it separates into strands when running a fork through the inside.

Nutrition: Squash contain potassium, which is good for a healthy heart.

Kids can...

Make the strands of spaghetti. Just take a fork and run it through the inside of the cooked spaghetti squash half.

Notes

Apple and Pear Stir Fry

(Serves 6)



Ingredients:

- 2 teaspoons vegetable oil
- 2 apples, cored and chopped
- 1 pear, cored and chopped
- 2 tablespoons lemon juice
- 1/2 teaspoon cinnamon
- 1/8 teaspoon ground nutmeg

Directions:

1. Heat oil in a large pot over medium heat.
2. Add apples and cook for 3 minutes.
3. Add pears and lemon juice. Cook for another 3 minutes.
4. Sprinkle cinnamon and nutmeg over the mixture. Cook for another 3 minutes.
5. Serve immediately.
6. Refrigerate leftovers.

Each Serving Provides

60 Calories, 1.5g Total Fat, 0g Saturated Fat, 0mg Sodium,
13g Total Carbohydrates, 3g Dietary Fiber, 0g Protein



Helpful Hints

Selection: Choose firm apples that have smooth, bright skins with no bruises.

Storage: Put the apples in a plastic bag and keep in the refrigerator for 3-4 weeks.

Preparation: Squeeze lemon juice over cut apples to keep them from turning brown.

Nutrition: Apples contain fiber which helps to keep you regular.

Kids can...

Help wash and prepare the fruit. If you decide to peel the apples and pears, the leftover skin makes for a tasty snack.

Notes

Apple Raisin Salad

(Serves 2)



Ingredients:

- 1 apple, cored and chopped
- 1/2 cup raisins
- 1/2 cup low fat yogurt
- Cinnamon to taste (optional)

Directions:

1. Combine all ingredients in a large bowl. Mix well.
2. Chill and serve.
3. Refrigerate leftovers.

Each Serving Provides

220 Calories, 1g Total Fat, 0.5g Saturated Fat, 55mg Sodium,
48g Total Carbohydrates, 5g Dietary Fiber, 4g Protein



Helpful Hints

Selection: Choose dark or golden raisins.

Storage: Keep in a jar or plastic container with a tight lid. Raisins will stay fresh for up to 3 months.

Preparation: No preparation necessary. Raisins can be eaten plain or mixed in with your favorite salads and desserts.

Nutrition: Raisins contain fiber which helps to keep you regular.

Kids can...

Make this whole recipe! Just make sure to have everything chopped for them.

Notes

Pumpkin Bread

(Serves 8)



Ingredients:

- 1 cup canned pumpkin puree (not pie filling)
- 1/2 cup sugar
- 1/4 cup vegetable oil
- 1/2 cup applesauce
- 2 eggs
- 1 1/2 cups flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/2 cup raisins

Directions:

1. Preheat oven to 350 degrees.
2. In a large bowl combine pumpkin, sugar, oil, applesauce, & eggs.
3. In a separate bowl combine all of the remaining ingredients, except the raisins.
4. Add flour mixture to large bowl. Stir until smooth. Stir in raisins.
5. Pour batter into greased loaf pan. Bake for 1 hour 10 minutes, or until a toothpick inserted in the center of the loaf comes out clean.
6. Refrigerate leftovers.

Each Serving Provides

260 Calories, 8g Total Fat, 1g Saturated Fat, 320mg Sodium,
43g Total Carbohydrates, 2g Dietary Fiber, 5g Protein



Helpful Hints

Selection: Choose pumpkins with bright orange skins, and no brown spots.

Storage: Keep in a cool, dry place for up to 1 month.

Preparation: Rinse and cut in half, remove stem. Remove seeds with a spoon and place halves in a baking dish, skin side up. Cook for 30-60 minutes or until tender. Scoop out the inside of the pumpkin, leaving the peel.

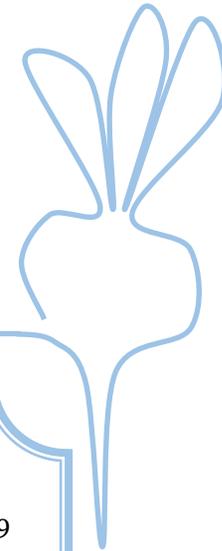
Nutrition: Pumpkins contain vitamin A, which is good for healthy eyes and skin.

Kids can...

Stir the batter together until smooth. Try adding other ingredients like walnuts or chocolate chips for variety.

Notes

Winter



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Baked Winter Squash

(Serves 4)



Ingredients:

- 1 butternut squash
- 2 tablespoons vegetable oil
- 2 tablespoons brown sugar or maple syrup
- 1/4 teaspoon cinnamon or nutmeg (optional)
- Salt and pepper to taste

Directions:

1. Cut squash in half and remove seeds.
2. Place in a baking dish, cut side down. Bake at 325 degrees for 1 hour, or until tender.
3. Remove from oven. Scoop out the inside of the squash and place in a bowl.
4. Add remaining ingredients.
5. Mash together until smooth.
6. Refrigerate leftovers.

Each Serving Provides

190 Calories, 7g Total Fat, 1g Saturated Fat, 150mg Sodium, 33g Total Carbohydrates, 5g Dietary Fiber, 2g Protein



Helpful Hints

Selection: Choose butternut squash that is heavy and has smooth skin.

Storage: Keep in a cool, dry place for up to 3 months.

Preparation: Rinse and cut squash in half lengthwise. Remove seeds. Bake, skin side up, for 1 hour or until tender. Scoop out the inside with a spoon.

Nutrition: Squash contains potassium, which is good for a healthy heart.

Kids can...

Mash all of the ingredients together. Try serving this recipe with yogurt or oatmeal.

Notes

Black Bean Dip with Veggies

(Serves 8)



Ingredients:

- 1 3/4 cups cooked black beans (from canned or dried)
- 1 3/4 cups cooked chickpeas* (from canned or dried)
- 1 tablespoon vegetable oil
- 3 tablespoons lemon juice
- 1 minced garlic clove
- 1 tablespoon low sodium taco seasoning
- 2 cups carrot sticks (or 2 cups cut raw vegetables)
- Salt and pepper to taste

*Also called garbanzo beans

Directions:

1. Put all ingredients except carrot sticks in a blender.
2. Blend until smooth (add 2-3 tablespoons of water to thin the dip mixture if needed).
3. Serve as a dip with carrot sticks.
4. Refrigerate leftovers.

Each Serving Provides

130 Calories, 3g Total Fat, 0g Saturated Fat, 220mg Sodium,
20g Total Carbohydrates, 7g Dietary Fiber, 6g Protein



Helpful Hints

Selection: Before preparing dried beans, sort through them on a baking sheet for tiny pebbles.

Storage: Keep dried beans in an air tight container for 1 year.

Preparation: To soak dried beans, cover them in cold water and bring to a boil, then turn off the heat and allow the beans to soak in the water for 1-2 hours. Drain water and rinse with fresh water. Or soak beans overnight in warm water, drain and rinse. Refer to page 6 for cooking instructions.

Nutrition: Beans are an inexpensive source of protein & fiber.

Kids can...

Make this whole recipe! Just make sure they have the blender lid on tight.

Notes

Collard Greens with Spicy Peanut Sauce

(Serves 6)



Ingredients:

- 1 teaspoon vegetable oil
- 1 cup chopped onion
- 2 minced garlic cloves
- 1/4 teaspoon crushed red pepper flakes
- 6 cups chopped collard greens
- 1 cup chopped tomatoes
- 2 tablespoons peanut butter
- Black pepper to taste

Directions:

1. Heat oil in a large pot over medium heat.
2. Add onion, garlic, and red pepper flakes. Cook until soft, about 5 minutes, stirring often.
3. Add greens and 1/4 cup of water. Cover and cook until greens are soft, about 15 minutes.
4. Add tomato and peanut butter. Add black pepper to taste. Stir well.
5. Refrigerate leftovers.

Each Serving Provides

90 Calories, 5g Total Fat, 1g Saturated Fat, 35mg Sodium,
8g Total Carbohydrates, 3g Dietary Fiber, 3g Protein



Helpful Hints

Selection: Choose greens that are moist and crisp, with dark green leaves.

Storage: Wrap unwashed greens in a damp paper towel, place in a plastic bag and refrigerate for 3-5 days.

Preparation: Rinse well and trim leaves from the stem.

Nutrition: Dark greens contain vitamin A, which is good for healthy eyes and skin.

Kids can...

Tear the collard leaves. Tearing leaves instead of cutting them helps to retain more of the nutrients.

Notes

Greens and Garlic

(Serves 4)



Ingredients:

- 8 cups chopped braising greens
- 1 teaspoon vegetable oil
- 2 minced garlic cloves
- 1/4 teaspoon crushed red pepper flakes (optional)
- Salt and pepper to taste

Directions:

1. In a large pot bring 1 cup of water to a boil over medium heat.
2. Add the braising greens to the pot. Cover and cook until the greens wilt, about 4 minutes. Stir often.
3. Uncover the pot and cook until all the water is gone. Remove the pot from the heat.
4. In a large frying pan, heat the oil over medium heat.
5. Add the garlic and crushed red pepper to the oil and cook for 1 minute, stirring often.
6. Add the cooked greens to the frying pan. Cook for 3 minutes, stirring often. Add salt and pepper to taste.
7. Refrigerate leftovers.

Each Serving Provides

35 Calories, 1.5g Total Fat, 0g Saturated Fat, 160mg Sodium,
5g Total Carbohydrates, 3g Dietary Fiber, 2g Protein



Helpful Hints

Selection: Choose greens that are moist and crisp, with dark green leaves.

Storage: Wrap unwashed greens in a damp paper towel, place in a plastic bag and refrigerate for 3-5 days.

Preparation: Rinse well and trim leaves from the stem.

Nutrition: Dark greens contain vitamin A, which is good for healthy eyes and skin.

Kids can...

Separate the leaves from the stems. Don't discard the stems, they can be used in stir fry or pasta. Chop the stems first, then cook them along with the onions.

Notes

Kidney Bean and Pasta Salad

(Serves 8)



Ingredients:

- 1 chopped bell pepper
- 1 teaspoon onion powder
- 2 teaspoons Italian seasoning, or oregano
- 1/3 cup white or red vinegar
- 2 minced garlic cloves
- 1/4 cup vegetable oil
- 2 diced tomatoes
- 2 cups cooked kidney beans (from canned or dried)
- 5 cups cooked pasta, cooled
- 1/2 cup shredded low fat cheddar cheese (optional)
- Salt and pepper to taste

Directions:

1. In a large bowl mix together pepper, onion powder, Italian seasoning, vinegar, and garlic. Stir in oil.
2. Add remaining ingredients and toss together.
3. Add salt and pepper to taste.
4. Chill and serve.
5. Refrigerate leftovers.

Each Serving Provides

280 Calories, 8g Total Fat, 1g Saturated Fat, 230mg Sodium,
41g Total Carbohydrates, 6g Dietary Fiber, 11g Protein



Helpful Hints

Selection: Before preparing dried beans, sort through them on a baking sheet for tiny pebbles.

Storage: Keep dried beans in an air tight container for 1 year.

Preparation: To soak dried beans, cover them in cold water and bring to a boil, then turn off the heat and allow the beans to soak in the water for 1-2 hours. Drain water and rinse with fresh water. Or soak beans overnight in warm water, drain and rinse. Refer to page 6 for cooking instructions.

Nutrition: Beans are an inexpensive source of protein & fiber.

Kids can...

Mix all of the ingredients together.

Notes

Mushrooms and Beans

(Serves 6)



Ingredients:

- 2 tablespoons vegetable oil
- 1 chopped onion
- 1 minced garlic clove
- 3 cups whole fresh mushrooms (10 ounce package), cut in half
- 1/2 teaspoon basil (optional)
- 1/2 teaspoon oregano (optional)
- 2 cups cooked cannellini or black beans (from canned or dried)
- 1 cup tomato sauce
- 2 tablespoons grated Parmesan cheese

Directions:

1. In a large frying pan heat oil over medium heat.
2. Add onions and garlic, cook for 2 minutes, stirring often.
3. Add mushrooms, basil, and oregano. Cook for 6 minutes, stirring often.
4. Stir in beans and tomato sauce and heat through. Stir in Parmesan.
5. Serve as a side dish, or over pasta or rice if desired.
6. Refrigerate leftovers.

Each Serving Provides

180 Calories, 6g Total Fat, 1g Saturated Fat, 390mg Sodium,
25g Total Carbohydrates, 6g Dietary Fiber, 9g Protein



Helpful Hints

Selection: Choose mushrooms that look smooth and dry. Mushrooms should not smell moldy.

Storage: Place mushrooms in a paper bag and refrigerate for up to 5 days.

Preparation: Rinse under running water. Pat dry with a paper towel, and trim off the stems.

Nutrition: Mushrooms contain potassium, which is good for a healthy heart.

Kids can...

Help prepare the mushrooms. To remove the stems just pull the bottom of the stem until the mushroom cap pops off.

Notes

Smashed Potatoes with Kale

(Serves 8)

Ingredients:

1 tablespoon vegetable oil
6 cups diced potatoes
6 cups diced kale
3 tablespoons chopped scallions
1/4 teaspoon crushed red pepper flakes
Salt and pepper to taste

Directions:

1. Heat oil in a large frying pan over medium heat.
2. Add potatoes and cook for 5 minutes.
3. Add kale and cook for 5 more minutes.
4. Add 1 cup of water, cover, and cook for 5 more minutes.
5. Mash potatoes and kale until smooth.
6. Add scallions, red pepper flakes, and salt and pepper to taste.
7. Refrigerate leftovers.

Each Serving Provides

110 Calories, 2g Total Fat, 0g Saturated Fat, 85mg Sodium,
21g Total Carbohydrates, 3g Dietary Fiber, 3g Protein



Helpful Hints

Selection: Choose potatoes that are firm and without green spots.

Storage: Store potatoes away from onions in a cool, dry place for up to 2 weeks.

Preparation: Rinse well and scrub skins with a vegetable scrubber or by hand.

Nutrition: Potatoes contain potassium, which is good for a healthy heart.

Kids can...

Help mash the potatoes. If the mixture is too dry, try adding some low fat milk to make it smooth and creamy.

Notes

Southern Style Braising Greens

(Serves 6)

Ingredients:

- 2 teaspoons vegetable oil
- 1 chopped onion
- 1 minced garlic clove
- 8 cups chopped braising greens
- 3 cups low sodium chicken broth
- 1 cup chopped tomatoes
- 1 tablespoon cider vinegar (optional)
- Salt and pepper to taste

Directions:

1. In a large pot heat oil over medium heat.
2. Add onions and garlic, cook until soft, about 5 minutes.
3. Add braising greens and broth. Cover pot and cook for 20 minutes or until greens are tender.
4. Add chopped tomatoes, cider vinegar, and salt and pepper to taste. Stir.
5. Refrigerate leftovers.

Each Serving Provides

70 Calories, 2.5g Total Fat, 0g Saturated Fat, 150mg Sodium, 10g Total Carbohydrates, 3g Dietary Fiber, 5g Protein



Helpful Hints

Selection: Choose greens that are moist and crisp, with dark green leaves.

Storage: Wrap unwashed greens in a damp paper towel, place in a plastic bag and refrigerate for 3-5 days.

Preparation: Rinse well and trim leaves from the stem.

Nutrition: Dark greens contain vitamin A, which is good for healthy eyes and skin.

Kids can...

Help wash the greens. Make sure all of the dirt is off, sometimes it sticks right where the leaves meet the stem.

Notes

Warm Kale and Potato Salad

(Serves 4)



Ingredients:

- 1 tablespoon vegetable oil
- 1 cup chopped onion
- 3 minced garlic cloves
- 3 sliced potatoes
- 1 bunch kale (1 pound), trimmed from stems and chopped
- 1 cup low sodium chicken broth
- 1 tablespoon lemon juice
- Salt and pepper to taste

Directions:

1. In a large pot heat oil over medium heat.
2. Add the onions and garlic, cook until soft.
3. Add potatoes, kale, and broth. Cover pot and cook for about 15 minutes or until potatoes are soft.
4. Add lemon juice, and salt and pepper to taste.
5. Refrigerate leftovers.

Each Serving Provides

190 Calories, 5g Total Fat, 0.5g Saturated Fat, 210mg Sodium, 35g Total Carbohydrates, 7g Dietary Fiber, 10g Protein



Helpful Hints

Selection: Choose greens that are moist and crisp, with dark green leaves.

Storage: Wrap unwashed greens in a damp paper towel, place in a plastic bag and refrigerate for 3-5 days.

Preparation: Rinse well and trim leaves from the stem.

Nutrition: Dark greens contain vitamin A, which is good for healthy eyes and skin.

Kids can...

Separate the leaves from the stems. Hold the kale stem lightly between thumb and forefinger, just below the leaves. Grab the stem with the other hand and pull.

Notes

Black Beans and Rice

(Serves 5)

Ingredients:

- 1 tablespoon vegetable oil
- 1 chopped onion
- 1 chopped green pepper
- 2 minced garlic cloves
- 1 can (14.5 ounces) low sodium diced tomatoes
- 2 cups cooked black beans (from canned or dried)
- 1 teaspoon chili powder
- 1 1/2 cups uncooked brown or white rice
- Salt and pepper to taste

Directions:

1. Heat oil in a large pot over medium heat.
2. Add onion, green pepper, and garlic. Cook until soft.
3. Stir in tomatoes, black beans, 3 cups of water, and chili powder. Bring to a boil and stir in rice.
4. Reduce heat, cover, and cook for 30-45 minutes, or until rice is fluffy and soft.
5. Let stand for 5 minutes, then serve.
6. Refrigerate leftovers.

Each Serving Provides

360 Calories, 5g Total Fat, 0.5g Saturated Fat, 320mg Sodium, 69g Total Carbohydrates, 10g Dietary Fiber, 12g Protein



Helpful Hints

Selection: Before preparing dried beans, sort through them on a baking sheet for tiny pebbles.

Storage: Keep dried beans in an air tight container for 1 year.

Preparation: To soak dried beans, cover them in cold water and bring to a boil, then turn off the heat and allow the beans to soak in the water for 1-2 hours. Drain water and rinse with fresh water. Or soak beans overnight in warm water, drain and rinse. Refer to page 6 for cooking instructions.

Nutrition: Beans are an inexpensive source of protein & fiber.

Kids can...

Help prepare the peppers. Slice the pepper in half for them, then have them dig out the seeds and take off the stem.

Notes

Black Bean Wraps

(Serves 4)



Ingredients:

- 2 cups cooked black beans (from canned or dried)
- 1/2 cup low fat shredded cheese
- 1/3 cup salsa
- 1/2 cup cooked brown or white rice
- 1 1/2 cups shredded lettuce
- 4 flour tortillas

Directions:

1. In a medium bowl combine black beans, cheese, salsa, and rice.
2. Top each tortilla with 3/4 cup of the black bean mixture and some lettuce.
3. Roll up tortillas and slice in half to serve.
4. Refrigerate leftovers.

Each Serving Provides

310 Calories, 5g Total Fat, 2g Saturated Fat, 640mg Sodium,
52g Total Carbohydrates, 11g Dietary Fiber, 16g Protein



Helpful Hints

Selection: Before preparing dried beans, sort through them on a baking sheet for tiny pebbles.

Storage: Keep dried beans in an air tight container for 1 year.

Preparation: To soak dried beans, cover them in cold water and bring to a boil, then turn off the heat and allow the beans to soak in the water for 1-2 hours. Drain water and rinse with fresh water. Or soak beans overnight in warm water, drain and rinse. Refer to page 6 for cooking instructions.

Nutrition: Beans are an inexpensive source of protein & fiber.

Kids can...

Build their own tortilla. Try using homemade Tomato Salsa (p. 43) with this recipe.

Notes

Lentil and Rice Casserole

(Serves 4)

Ingredients:

- 2 cups low sodium chicken broth
- 3/4 cup uncooked lentils, sorted and rinsed
- 1 chopped onion
- 1/2 cup uncooked brown rice
- 1/2 teaspoon basil (optional)
- 1/2 teaspoon oregano (optional)
- 1/2 teaspoon thyme (optional)
- 1/2 cup low fat mozzarella cheese, divided

Directions:

1. Preheat oven to 350 degrees.
2. In a large bowl add chicken broth, 1 cup of water, lentils, onion, brown rice, herbs, and 1/4 cup mozzarella cheese. (If using white rice, reduce water to 3/4 cup.)
3. Mix well. Spread mixture evenly in a medium baking dish.
4. Cover and bake for 2 hours.
5. Top with the remaining cheese and bake for another 2-3 minutes uncovered, or until all the cheese is melted.
6. Refrigerate leftovers.

Each Serving Provides

290 Calories, 5g Total Fat, 2g Saturated Fat, 150mg Sodium,
46g Total Carbohydrates, 6g Dietary Fiber, 17g Protein



Helpful Hints

Selection: Before preparing dried lentils, sort through them on a baking sheet for tiny pebbles

Storage: Keep in an airtight container for up to 1 year. Cooked lentils can be refrigerated for up to 4 days.

Preparation: Rinse under cold water before using. Unlike beans, lentils do not need to soak before being cooked.

Nutrition: Lentils are high in fiber, which helps keep you regular.

Kids can...

Mix everything together and spread the casserole evenly in the baking dish.

Notes

Pasta with Beans

(Serves 8)

Ingredients:

- 2 tablespoons vegetable oil
- 3 minced garlic cloves
- 1 can (28 ounces) low sodium diced tomatoes
- 1 chopped head escarole
- 2 cups cooked red kidney beans (from canned or dried)
- 2 cups pasta shells, cooked and drained
- Salt and pepper to taste

Directions:

1. Heat oil in a large pot. Add garlic and cook until lightly browned.
2. Add canned tomatoes and escarole. Bring to a boil.
3. Cover and cook over medium heat for 10 minutes, stirring often.
4. Add kidney beans and cook for 5 more minutes.
5. Serve over hot cooked pasta.
6. Refrigerate leftovers.

Each Serving Provides

170 Calories, 4g Total Fat, 0g Saturated Fat, 310mg Sodium,
26g Total Carbohydrates, 6g Dietary Fiber, 7g Protein



Helpful Hints

Selection: Before preparing dried beans, sort through them on a baking sheet for tiny pebbles.

Storage: Keep dried beans in an air tight container for 1 year.

Preparation: To soak dried beans, cover them in cold water and bring to a boil, then turn off the heat and allow the beans to soak in the water for 1-2 hours. Drain water and rinse with fresh water. Or soak beans overnight in warm water, drain and rinse.

Nutrition: Beans are an inexpensive source of protein and fiber.

Kids can...

Help measure all of the ingredients. It's a great way to practice math skills. Try Easy Tomato Sauce (p. 35) or Carrot Tomato Sauce (p. 31) with this recipe.

Notes

Red Lentil Carrot Soup

(Serves 6)



Ingredients:

2 tablespoons vegetable oil
1 tablespoon onion powder
4 chopped carrots
2 teaspoons ground cumin
3 cans (15 ounces each) low sodium vegetable broth
2 cans (15 ounces each) low sodium diced tomatoes
1 cup uncooked red lentils, sorted and rinsed
3 cups fresh baby spinach, or 1 (10 ounce) box frozen spinach
Salt and pepper to taste

Directions:

1. Add vegetable oil, onion powder, and carrots to a large pot.
2. Cook on medium heat until soft, about 10 minutes. Add cumin and cook for 1 more minute.
3. Add vegetable broth, canned tomatoes, and red lentils. Cook for 15-30 minutes, or until lentils are soft.
4. Stir in spinach. Add salt and pepper to taste.
5. Refrigerate leftovers.

Each Serving Provides

230 Calories, 6g Total Fat, 0.5g Saturated Fat, 190mg Sodium,
35g Total Carbohydrates, 7g Dietary Fiber, 10g Protein



Helpful Hints

Selection: Choose carrots that are firm, smooth, and without cracks.

Storage: Refrigerate unwashed carrots for up to 2 weeks. Refrigerate cooked carrots for up to 3 days.

Preparation: Wash well, then peel before eating. Carrots are a root vegetable and need to be washed thoroughly.

Nutrition: Carrots contains vitamin A, which is good for healthy eyes and skin.

Kids can...

Help scrub the carrots. Carrots are roots so they need to have all of the dirt washed off well before peeling.

Notes

Swiss Chard and Pasta

(Serves 6)



Ingredients:

- 2 teaspoons vegetable oil
- 2 sliced onions
- 3 bunches Swiss chard, trimmed from stems and chopped
- 3 minced garlic cloves
- 1 1/2 cups chopped tomatoes
- 1/4 teaspoon crushed red pepper flakes (optional)
- 8 ounces pasta (1/2 of a box), cooked
- 1/4 cup grated Parmesan cheese
- Salt and pepper to taste

Directions:

1. In a large frying pan heat oil over medium heat. Add onions and cook until soft, about 5 minutes, stirring often.
2. Add the Swiss chard and garlic to the pan and cook until the Swiss chard wilts, about 7 minutes.
3. Stir in tomatoes and red pepper flakes. Cover and cook until the Swiss chard becomes very soft, about 5 minutes.
4. Add pasta to Swiss chard mixture and toss to mix. Sprinkle with the grated cheese. Add salt and pepper to taste.
5. Refrigerate leftovers.

Each Serving Provides

200 Calories, 5g Total Fat, 2g Saturated Fat, 440mg Sodium,
32g Total Carbohydrates, 5g Dietary Fiber, 9g Protein



Helpful Hints

Selection: Choose greens that are moist and crisp, with dark green leaves.

Storage: Wrap unwashed greens in a damp paper towel, place in a plastic bag and refrigerate for 3-5 days.

Preparation: Rinse well and trim leaves from the stem.

Nutrition: Dark greens contain vitamin A, which is good for healthy eyes and skin.

Kids can...

Tear the chard leaves. Tearing leaves instead of cutting them helps to retain more nutrients. For more color & flavor, chop the stems & add them to the pan with the chard leaves.

Notes

Swiss Chard Tacos

(Serves 6)



Ingredients:

- 8 cups Swiss chard, stems removed
- 1 tablespoon vegetable oil
- 1 sliced onion
- 3 minced garlic cloves
- 1 teaspoon crushed red pepper flakes
- 1/2 cup low sodium chicken or vegetable broth
- 12 corn tortillas
- 3/4 cup salsa (optional)
- 1 cup crumbled feta (optional)

Directions:

1. Cut the Swiss chard into 2 inch slices.
2. In a large skillet, heat the oil over medium heat. Add onions and stir until the onions are golden brown, about 10 minutes.
3. Add the garlic and red pepper. Cook for 1 minute. Stir often.
4. Add the greens and broth. Cover and reduce heat to low. Cook until greens are almost tender, stirring often.
5. Remove lid, turn heat to medium. Stir until mixture is nearly dry.
6. Fill the tortillas with Swiss chard. Top with salsa & crumbled feta.
7. Refrigerate leftovers.

Each Serving Provides

230 Calories, 9g Total Fat, 4g Saturated Fat, 570mg Sodium, 30g Total Carbohydrates, 4g Dietary Fiber, 8g Protein



Helpful Hints

Selection: Choose greens that are moist and crisp, with dark green leaves.

Storage: Wrap unwashed greens in a damp paper towel, place in a plastic bag and refrigerate for 3-5 days.

Preparation: Rinse well and trim leaves from the stem.

Nutrition: Dark greens contain vitamin A, which is good for healthy eyes and skin.

Kids can...

Build their own taco. Add cooked chicken or beans to the tacos for a heartier meal. Try topping this recipe with homemade Tomato Salsa (p. 43)

Notes

Carrot Cookies

(Serves 12)



Ingredients:

- 1 cup flour
- 1 teaspoon baking powder
- 1 cup quick or old fashioned oats
- 1 teaspoon cinnamon
- 1 1/4 cups shredded carrots
- 1 1/2 cups raisins
- 1/2 cup applesauce
- 1/4 cup vegetable oil
- 1/2 cup honey

Directions:

1. Preheat oven to 350 degrees.
2. In a large bowl stir together flour, baking powder, oats, cinnamon, carrots, and raisins.
3. In a small bowl stir together the applesauce, oil, and honey.
4. Mix wet ingredients into dry ingredients.
5. Drop by teaspoonful onto 2 greased cookie sheets to make 36 cookies (each serving is 3 cookies).
6. Bake for 10 minutes, or until cookies are golden brown.
7. Refrigerate leftovers.

Each Serving Provides (3 cookies)

220 Calories, 5g Total Fat, 0.5g Saturated Fat, 60mg Sodium, 42g Total Carbohydrates, 2g Dietary Fiber, 3g Protein



Helpful Hints

Selection: Choose carrots that are firm, smooth, and without cracks.

Storage: Refrigerate unwashed carrots for up to 2 weeks. Refrigerate cooked carrots for up to 3 days.

Preparation: Wash well, then peel before eating. Carrots are a root vegetable and need to be washed thoroughly.

Nutrition: Carrots contains vitamin A, which is good for healthy eyes and skin.

Kids can...

Mix everything together. Remember to mix well, or clumps of dry flour might show up in your cookies.

Notes
