



Chickpea Dip with Fresh Vegetables

Purée canned chickpeas, garlic, and seasonings for a quick veggie dip.

Makes 4 servings. 2 tablespoons per serving.

Prep time: 15 minutes

Ingredients

- | | |
|--|--------------------------------|
| 1 (15-ounce) can chickpeas (known as garbanzo beans), drained and rinsed | ¼ teaspoon paprika |
| 3 cloves garlic | ⅛ teaspoon ground black pepper |
| ¼ cup plain lowfat yogurt | 1 medium carrot, sliced |
| 1 tablespoon lemon juice | 2 medium celery stalks, sliced |
| 1 teaspoon olive oil | ½ cup snap peas |
| ¼ teaspoon salt | |

Preparation

1. Put the first eight ingredients into a food processor and blend until smooth. Serve at room temperature with vegetable slices and snap peas.

Nutrition information per serving: Calories 211, Carbohydrate 34 g, Dietary Fiber 8 g, Protein 11 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 336 mg



Great Grape Smoothie

Quick and healthy, this snack is a favorite with kids.

Makes 2 servings.

1 cup per serving.

Prep time: 5 minutes

Ingredients

- 1 cup seedless grapes
- ½ cup frozen cherries
- ½ cup unsweetened frozen strawberries
- ½ cup orange slices
- ½ cup banana slices

Preparation

1. Combine all ingredients in a blender container. Blend until mixture is smooth.
2. Pour into glasses and serve.

Tip: For a thicker consistency, freeze grapes before blending ingredients. To freeze grapes, rinse, dry, and spread grapes in a single layer on a cake pan or pie pan. Cover and freeze 1½ to 2 hours until completely frozen.

Nutrition information per serving:

Calories 187, Carbohydrate 48 g,
Dietary Fiber 5 g, Protein 2 g, Total Fat 0 g,
Saturated Fat 0 g, Trans Fat 0 g,
Cholesterol 0 mg, Sodium 4 mg

Fresh Salsa

Fresh tasting with just a bit of heat.

Makes 6 servings.

½ cup per serving.

Prep time: 20 minutes

Ingredients

- 1 pound ripe tomatoes (about 2 medium tomatoes), chopped
- 1½ cups chopped onion
- ⅓ cup chopped fresh cilantro
- 3 jalapeño peppers, seeds removed and chopped
- 2 tablespoons lime juice
- 2 cloves garlic, finely chopped
- ¼ teaspoon salt

Preparation

1. Combine all ingredients in a medium bowl.
2. Serve immediately or cover and refrigerate for up to 3 days.

Nutrition information per serving:

Calories 34, Carbohydrate 8 g,
Dietary Fiber 2 g, Protein 1 g, Total Fat 0 g,
Saturated Fat 0 g, Trans Fat 0 g,
Cholesterol 0 mg, Sodium 105 mg



Jicama Piña Breeze

Ingredients

½ cup canned pineapple
chunks, packed in
100% juice, undrained

½ cup fresh jicama, peeled and
cut into small pieces

½ cup fresh orange chunks
2 cups orange juice
ice cubes

Preparation

1. Place all ingredients in a blender container.
2. Blend until smooth. Pour into glasses and serve.

A variety of flavors make up this refreshing drink.

Makes 3 servings. 1 cup per serving.

Prep time: 10 minutes

Nutrition information per serving:

Calories 117, Carbohydrate 28 g, Dietary Fiber 3 g, Protein 2 g, Total Fat 0 g,
Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 5 mg



Mexican Rice

With the help of frozen vegetables, this is a tasty, nutritious side dish. Garnish with chopped fresh cilantro or a sprinkle of cheese.

Makes 6 servings. $\frac{3}{4}$ cup per serving.

Prep time: 5 minutes

Cook time: 30 minutes

Nutrition information per serving

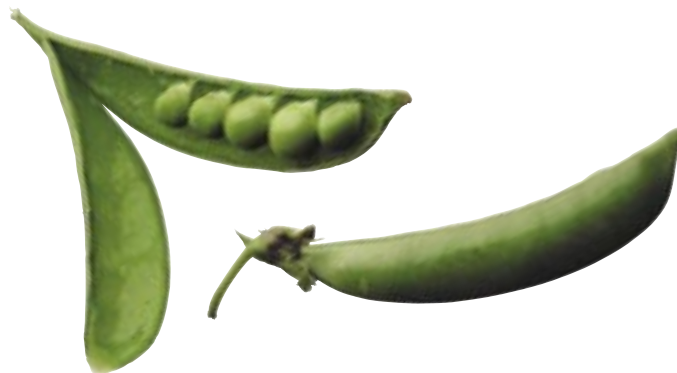
Calories 180, Carbohydrate 32 g, Protein 5 g,
Total Fat 4 g, Saturated Fat 1 g, Cholesterol 0 mg,
Sodium 115 mg, Dietary Fiber 4 g

Ingredients

- 1 tablespoon margarine
- 1 cup chopped onion
- 1 (14½-ounce) can 33% less sodium chicken broth
- 1 cup white rice
- 1 cup chopped tomatoes
- $\frac{1}{2}$ teaspoon chili powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup frozen corn, thawed
- $\frac{1}{2}$ cup frozen pea and carrot blend, thawed

Preparation

1. Heat margarine in a medium saucepan over medium heat. Add onion and sauté until soft, about 5 minutes.
2. Stir in broth, rice, $\frac{3}{4}$ cup tomatoes, chili powder, and salt. Bring to a boil; reduce heat and simmer, covered, for 25 minutes.
3. Stir in vegetables and let stand for 5 minutes. Spoon remaining tomatoes over top.





Paradise Freeze

This dessert is simple to make, using just a few ingredients and a blender.

.....

Makes 4 servings.

1 cup per serving.

Prep time: 5 minutes

Ingredients

- 1 large banana
- 2 cups strawberries
- 2 ripe mangos, chopped
- ½ cup of ice cubes

Preparation

1. Combine all ingredients in a blender or food processor container. Blend until mixture is smooth.
2. Pour into glasses and serve.

Nutrition information per serving:

Calories 121, Carbohydrate 31 g,
Dietary Fiber 4 g, Protein 1 g, Total Fat 1 g,
Saturated Fat 0 g, Trans Fat 0 g,
Cholesterol 0 mg, Sodium 3 mg

Savory Grilled Fruit

Try this sweet and juicy recipe at your next family barbecue. Fruit that is firm can be used in most baked or grilled recipes.

.....

Makes 8 servings.

½ piece fruit per serving.

Prep time: 5 minutes

Cook time: 8 minutes

Ingredients

- 4 peaches, plums, or nectarines, halved and pitted

Preparation

1. Cook 4 halved peaches, plums, and/or nectarines over medium, indirect heat for 8 minutes in a covered barbecue grill. Turn after 4 minutes. Serve while hot.

Nutrition information per serving:

Calories 19, Carbohydrate 5 g,
Dietary Fiber 1 g, Protein 0 g, Total Fat 0 g,
Saturated Fat 0 g, Trans Fat 0 g,
Cholesterol 0 mg, Sodium 0 mg



Peachy Peanut Butter Pita Pockets

Delicious, nutritious, and sure to be a kid favorite!

Makes 4 servings. $\frac{1}{2}$ pita pocket per serving.

Prep time: 10 minutes **Cook time:** 10 seconds



Ingredients

- | | |
|--|--|
| 2 medium whole wheat pita pockets | $\frac{1}{2}$ banana, thinly sliced |
| $\frac{1}{4}$ cup reduced fat chunky peanut butter | $\frac{1}{2}$ fresh peach, thinly sliced |
| $\frac{1}{2}$ apple, cored and thinly sliced | |

Preparation

1. Cut pitas in half to make 4 pockets and warm in the microwave for about 10 seconds to make them more flexible.
2. Carefully open each pocket and spread a thin layer of peanut butter on the inside walls.
3. Fill with a combination of apple, banana, and peach slices. Serve at room temperature.

Nutrition information per serving: Calories 180, Carbohydrate 26 g, Dietary Fiber 4 g, Protein 7 g, Total Fat 7 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 217 mg

Pear Mango Salsa

A tropical twist on a traditional favorite.

Makes 6 servings. *¼ cup per serving.*

Prep time: 30 minutes

.....

Ingredients

- 2 medium pears, peeled, cored, and cut into small chunks
- ½ mango, peeled, seeded, and cut into small chunks
- ⅓ cup finely chopped yellow bell pepper
- ⅓ cup finely chopped red bell pepper
- ¼ cup finely chopped red onion
- 1 small jalapeño pepper, seeded and finely chopped
- 3 tablespoons finely chopped fresh cilantro
- 2 teaspoons vegetable oil
- lime juice to taste
- salt to taste



Preparation

1. Mix all ingredients in a bowl and refrigerate in a covered container for at least 30 minutes or up to 3 hours before serving.
2. Serve with tortilla chips, quesadillas, or grilled or roasted meats or fish.

Recipe courtesy of the California Pear Advisory Board.

Nutrition information per serving: Calories 65, Carbohydrate 13 g, Dietary Fiber 3 g, Protein 1 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0g, Cholesterol 0 mg, Sodium 100 mg



Potato Sauté with Onions and Bell Peppers

This recipe is great as a side dish with dinner or for breakfast.

Makes 4 servings. ½ cup per serving.

Prep time: 15 minutes

Cook time: 30 minutes

Nutrition information per serving

Calories 159, Carbohydrate 25 g, Protein 4 g,
Total Fat 5 g, Saturated Fat 2 g, Cholesterol 5 mg,
Sodium 215 mg, Dietary Fiber 2 g

Ingredients

- 2 cups water
- 2 large russet potatoes, cleaned and cut in half
- 1 tablespoon vegetable oil
- ½ cup chopped onion
- ½ cup chopped green and red bell pepper
- ½ cup no salt added canned corn or frozen corn, thawed
- ½ cup chopped tomato
- ½ teaspoon oregano
- ¼ teaspoon each salt and ground black pepper
- ¼ cup crumbled queso fresco or reduced fat Monterey Jack cheese

Preparation

1. Bring water to a boil in a large pan. Add potatoes and cook until crisp-tender, about 15 minutes. Drain well and cut into bite-size pieces.
2. Heat oil in a large skillet. Sauté onion until golden brown and soft. Add potatoes and bell pepper to skillet and cook over medium-high heat, stirring frequently, until golden brown.
3. Stir in corn, tomato, oregano, salt, and ground black pepper. Top with cheese.





Tropical Fruit and Nut Snack Mix

Great snack to have on hand when you and your family are on the go!

Makes 5 servings. *¾ cup per serving.*

Prep time: 5 minutes **Cook time:** 20 minutes

Ingredients

- | | |
|--------------------------------------|---------------------------------|
| 1 tablespoon butter | nonstick cooking spray |
| ¼ cup honey* | ½ cup sliced almonds |
| 1 teaspoon almond or coconut extract | ¾ cup dried tropical fruit bits |
| 1 teaspoon ground cinnamon | ½ cup banana chips |
| 2 cups old fashioned oats | ¼ cup raisins |

Preparation

1. Preheat oven to 350°F.
2. Melt butter in a medium saucepan. Add honey, almond or coconut extract, and cinnamon; mix well.
3. Stir in oats and transfer to a baking sheet coated with nonstick cooking spray. Spread into a 1-inch thick layer.
4. Bake for 10 minutes, stirring once. Stir in almonds and bake for 5 to 10 minutes more.
5. Remove from oven and toss with dried fruit. Let cool completely and serve.

* Do not give honey to children under the age of one.

Nutrition information per serving: Calories 384, Carbohydrate 62 g,
Dietary Fiber 7 g, Protein 9 g, Total Fat 13 g, Saturated Fat 4 g,
Trans Fat 0 g, Cholesterol 6 mg, Sodium 67 mg



Veggie Tortilla Roll-Ups

Enjoy fresh veggies and flavored cream cheese in an easy-to-eat wrap! Cut into thick slices and serve as a snack.

Makes 4 servings. 1 tortilla roll per serving.

Prep time: 20 minutes



Ingredients

- | | |
|--|--|
| 4 (7-inch) whole wheat tortillas | ½ cup chopped bell pepper (red, green, orange, yellow, or a mixture) |
| 8 tablespoons (½ cup) nonfat cream cheese | ½ cup chopped cucumber |
| 2 cups shredded romaine lettuce or fresh chopped spinach | ¼ cup diced canned green chiles |
| 1 cup chopped tomato | ¼ cup sliced ripe olives, drained |

Preparation

1. Spread each tortilla with 2 tablespoons of cream cheese.
2. Top with equal amounts of vegetables.
3. Roll up tightly to enclose filling and serve.

Nutrition information per serving: Calories 128, Carbohydrate 20 g, Dietary Fiber 4 g, Protein 8 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 427 mg