

RECIPES

Crunchy Apple Salad



Ingredients (8 servings)

- 2 cups apples (chopped)
- 1 cup celery (chopped)
- 1/2 cup raisins or dried cranberries
- 1/2 cup nuts (any kind, chopped)
- 2 tablespoons light or regular mayonnaise
- 1 tablespoon orange juice

Instructions

1. Mix orange juice with salad dressing or mayonnaise.
2. Toss apples, celery, raisins and nuts with the dressing mixture. Chill for an hour and serve.

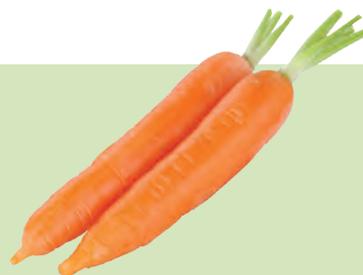
Nutrition Information per serving

110 calories, 6 g fat, .5 g sat fat,
2 g protein, 15 g carbohydrate,
2 g fiber, 45 mg sodium



HEALTHY ADD IN

add two grated carrots



RECIPES

Spiced Chunky Applesauce



Ingredients (3 servings)

2 medium apples, cored,
peeled and cut into chunks
1/2 cup unsweetened apple juice
3 tablespoons sugar
1/2 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg, if desired

Nutrition Information per serving

110 calories, 0 g fat, 0 g protein,
29 g carbohydrates, 1 g fiber,
0 mg sodium

Instructions

1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
2. Combine apples and juice in a saucepan. Cover and boil gently over medium high heat for about 5 minutes, or until apples are tender.
3. Place apple mixture in a blender or crush with a hand-held potato masher and blend until mostly smooth.
4. Return mixture to saucepan. Stir in remaining ingredients.
5. Over medium low heat, boil applesauce gently uncovered, stirring frequently. Cook for about 5 minutes or until thickened.
6. Serve hot or cold.

APPLES

Choose: firm shiny apples that smell fresh.

Store: in the refrigerator in a plastic bag. Use within three weeks.

How much? 1 large apple = about 1 cup sliced or chopped.

RECIPES

Spring Vegetable Saute



Ingredients (4 servings)

- 1 teaspoon olive oil
- 1/2 cup sweet onion, sliced
- 1 garlic clove, finely chopped
- 3 small potatoes, quartered
- 3/4 cup carrot, sliced
- 3/4 cup asparagus pieces
- 3/4 cup snap peas or green beans
- 1/2 cup radishes (quartered)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dried dill

Nutrition Information per serving

70 calories, 2 g fat, 0 g sat fat, 2 g protein,
13 g carbohydrates, 2 g fiber, 170 mg sodium

Instructions

1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
2. Heat the oil in a skillet. Cook the onion 2 minutes, add the garlic and cook another minute.
3. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes.
4. If the vegetables start to brown, add 1-2 tablespoons of water.
5. Now add the asparagus, peas, radishes, salt, pepper and dill. Cook, stirring often, until just tender — about 4 minutes more.
6. Serve immediately.

ASPARAGUS

Choose: spears with bright green or purplish tips. Stems should be firm but not woody.

Store: Trim the bottoms and wrap the cut ends in a damp paper towel. Refrigerate in a plastic bag for up to three days.

How much? A 1-pound bunch is about 12-15 spears.

RECIPES

Fresh Fruity Spinach Salad



Ingredients (2 servings)

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

Nutrition Information per serving

110 calories, 5 g fat, .5 g saturated fat,
 2 g protein, 16 g carbohydrates, 2 g fiber,
 50 mg sodium

Instructions

1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
2. Rinse spinach and remove large, tough stems. Drain. Tear leaves into small pieces. Place in a serving bowl.
3. Rinse peaches or berries. Slice into bite-sized pieces. Combine with spinach. Add onion.
4. Combine the remaining ingredients in a jar with a tight-fitting lid. Shake well.
5. Pour dressing over spinach mixture. Toss. Serve cold.

BERRIES

Choose: strawberries that are bright red and blueberries that are dusty blue. All berries should be dry and plump. Avoid wet or mushy berries.

Store: in the refrigerator. Don't wash berries until you are ready to use them. Blueberries will keep 10-14 days but strawberries, blackberries and raspberries keep only a few days.

How much? 1 pint = 2 cups of berries.

RECIPES

Confetti Cabbage Slaw



Ingredients (8 servings)

1/4 – 1/3 head of cabbage (Napa or green)
 2 medium carrots
 1/4 cup raisins
 1/4 cup peanuts (chopped)
 1/2 cup low- or fat-free vanilla yogurt
 1 tablespoon orange juice

For fun and color

Combine 1/8 head each red and green cabbage.
 Add 2 tablespoons multi-colored mini-marshmallows.

Instructions

1. Remove the tough outer leaves. Slice and cut cabbage into thin strips. Place strips in large bowl.
2. Peel and grate or thinly slice carrots. Add to bowl.
3. Add the raisins and peanuts to the bowl. Toss to mix.
4. Combine yogurt and orange juice in small bowl.
5. Add yogurt mixture to cabbage mixture, stirring to combine ingredients thoroughly.

Nutrition Information per serving

70 calories, 2.5 g fat, 0 g sat fat, 2 g protein,
 11 g carbohydrate, 2 g fiber, 30 mg sodium

CABBAGE

Choose: cabbage heads that are firm and dense with shiny, crisp, colorful leaves free of cracks, bruises, and blemishes.

Store: the whole head in a plastic bag in the crisper of your refrigerator for 1-2 weeks. If you need to store part of a head of cabbage, cover it tightly with plastic and refrigerate.

How much? One head of cabbage weighs about 3-4 pounds.

RECIPES

Cucumber and Red Onion Salad



Ingredients (4 servings)

- 2 cucumbers
- 3 tablespoons vinegar
- 1 tablespoon sugar
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 red onion, peeled and sliced
- 1 teaspoon dry dill (optional)

Nutrition Information per serving:

40 calories, 0 g fat, 1 g protein,
10 g carbohydrates, 1 g fiber,
150 mg sodium

Instructions

1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
2. Rinse and scrub cucumbers.
3. Thinly slice the cucumbers crosswise into circles.
4. Place the vinegar, sugar, salt and pepper in a bowl and mix until sugar is dissolved.
5. Add the cucumber and onion; if using dill, add that, too. Toss well.



CUCUMBERS

Choose: dark green, heavy, firm cucumbers.

Store: in the refrigerator in the vegetable keeper or a bag. Use within 7 days.

How much? 1 medium cucumber = 1 – 1 1/2 cups chopped

RECIPES

Fresh Corn and Tomato Salsa

**Ingredients** (6 servings)

4 ears fresh corn, kernels removed
 1 cup green pepper, chopped
 1/2 cup red onion, chopped
 2 tomatoes, chopped
 2 cloves garlic, chopped
 2 tablespoons lemon juice
 1/2 teaspoon black pepper
 1/4 teaspoon salt

Instructions

1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
2. Combine all ingredients in a large bowl.
3. Refrigerate for at least 1 hour before serving.

Nutrition Information per serving:

70 calories, 1 g fat, 0 g sat fat, 2 g protein,
 15 g carbohydrates, 3 g fiber, 110 mg sodium

Corn Five Ways**To microwave corn:**

- Remove the husk and silk.
- Wet a paper towel and wring it out.
- Wrap the corn in the moist paper towel.
- Cook in the microwave for 2 minutes for each ear of corn.
- Season to taste. *See below for ideas.*

1. **Parmesan Dill.** Coat very lightly with butter. Sprinkle with dry dill weed and parmesan cheese.
2. **South of the Border.** Rub cooked corn with lime wedges, a sprinkle of chili powder and a dash of salt.
3. **Herbed Corn.** Coat very lightly with butter. Sprinkle with freshly chopped basil, cilantro or dill.
4. **Spicy Corn.** Lightly coat with a little butter or olive oil. Sprinkle lightly with cayenne pepper, cumin, and garlic salt. Add a dash of bottle hot sauce.
5. **Sweet Corn.** Lightly coat with a little butter. Sprinkle with cinnamon and sugar (1 tablespoon sugar to 3/4 teaspoon cinnamon).

CORN

Choose: corn with green husks, fresh dry silk and tight rows of kernels.

Store: covered in the refrigerator. Do not remove husks until ready to use. Use within a few days.

How much? 1 ear = about 1/2 cup kernels

RECIPES

Potato, Black Bean and Kale Skillet



Ingredients (4 servings)

- 4 red potatoes
- 2 1/2 cups kale (approximately 6 ounces)
- 2 tablespoons olive oil
- 1 clove garlic, minced
- 1/4 cup chopped onion
- 1 teaspoon chili powder
- 1/4 teaspoon salt
- 1/8 teaspoon cayenne pepper (optional)
- 1 15-ounce can of no-salt-added black beans, drained and rinsed

Nutrition Information per serving:

222 calories, 12 g fat, 2.5 g sat fat, 11 g protein, 21 g carbohydrate, 5.7 g fiber, 166 mg sodium

Instructions

1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
2. Dice potatoes into 1/4 - inch pieces.
3. Chop kale.
4. Heat oil in large skillet over medium heat. Add garlic and onions. Cook 2-3 minutes until they're just starting to brown.
5. Add diced potatoes, chili powder, salt and pepper (if desired) to skillet. Cover with lid and cook 8-10 minutes, stirring occasionally.
6. Add chopped kale and black beans. Cook about 3-5 more minutes, stirring gently.

KALE

Choose: crisp deeply colored leaves (beware of yellow or brown patches) and moist, hardy stems.

Store: in a plastic bag, removing as much of the air from the bag as possible. Kale will keep in the refrigerator for five days, but the longer you keep it, the more bitter its flavor becomes. Do not wash before storing.

How much? 1 bunch of kale weighs about 3/4 - 1 pound

RECIPES

Squash-Apple Casserole



Ingredients (6 servings)

2-1/2 cups winter squash (such as acorn, butternut or hubbard), washed, peeled and sliced in 1/4-inch slices

1-1/2 cups apples (such as Macintosh, Granny Smith or Rome), washed, cored and sliced in 1/4 -inch slices

1/2 teaspoon nutmeg

1 teaspoon cinnamon

Nutrition Information per serving:

40 calories, 0 g fat, 1 g protein,
11 g carbohydrates, 2 g fiber, 0 mg sodium

Instructions

1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
2. Alternate layers of squash and apples in 8 x 8-inch pan; end with apples.
3. Sprinkle spices over top layer.
4. Cover with aluminum foil.
5. Bake at 350 degrees Fahrenheit for 45-60 minutes or until squash is tender.

SQUASH

Choose: squash that is heavy for its size. Avoid squash with soft spots or cracks.

Store: in the refrigerator or in a cool, dark place. Butternut squash for up to a month. Buttercup and acorn squash for up to 3 months.

How much? 1 pound = 1 cup cooked pureed squash

RECIPES

Italian Vegetable Casserole

**Ingredients** (6 servings)

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

Nutrition Information per serving:

290 calories, 10 g fat, 3 g sat fat, 21 g protein, 26 g carbohydrates, 3 g fiber, 410 g sodium

Instructions

1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
2. Cut cooked spaghetti noodles into short pieces.
3. Preheat oven to 350 degrees Fahrenheit.
4. Meanwhile, mix garlic, rosemary, oregano and tomato sauce. Set aside.
5. Over medium heat, cook zucchini, broccoli and onion in a skillet sprayed with non-stick cooking spray with 1/4 cup water until crisp-tender. (Or cook in microwave without water.)
6. Add spinach to vegetable mixture. Cook until just warm. Remove from heat. Stir in carrots. Set aside.
7. In a medium bowl, mix cottage cheese, eggs and Parmesan. Set aside.
8. In an 8 x 8-inch baking pan sprayed with non-stick cooking spray, place noodles, then add cottage cheese mixture followed by the cooked vegetable mixture, then the tomato sauce mixture.
9. Sprinkle mozzarella on top.
10. If desired, cover, refrigerate and cook casserole later today or tomorrow.
11. Cover with aluminum foil and bake at 350 degrees Fahrenheit for 30-40 minutes or until hot and bubbly. Remove cover and bake 10 minutes longer or until the mozzarella cheese is light brown.
12. Remove casserole from the oven. Wait 10 minutes before serving.

ZUCCHINI OR YELLOW SUMMER SQUASH

Choose: zucchini or summer squash with shiny firm skin with no cuts or bruises.

Store: in a plastic bag in the refrigerator. Use within 5 days. Do not wash until you are ready to use it.

How much? 2 medium zucchini or summer squash = 1 cup cooked.

RECIPES

Oven-fried Potatoes



Ingredients (6 servings)

3 medium sized potatoes
(white or sweet, or both kinds
mixed together)

3 tablespoons olive or cooking oil

Salt and pepper to taste (optional)

For a flavor change -

add a sprinkle of dried herbs before baking.
Try rosemary, thyme, oregano, marjoram or dill.

Instructions

1. Scrub potatoes. Peel only if desired. Pat dry.
2. Cut into 1/4-inch slices.
3. In a large bowl, toss slices in olive oil until coated. Sprinkle with salt and pepper if desired.
4. On a baking sheet, spread in a single layer.
5. Bake at 425 °F for 20-30 minutes or until tender and golden brown, turning occasionally to brown evenly.

Nutrition Information per serving:

142 calories, 7 g fat, 1 g sat fat, 2 g protein,
19 g carbohydrate, 2.3 g fiber, 7 mg sodium

POTATOES

Choose: Look for clean, smooth, firm-textured potatoes with no cuts, bruises or discoloration.

Store: in a cool dry place. Perforated plastic or paper bags help extend their shelf life. Keep potatoes out of the light.

How much? 1 medium potato weighs 5-6 ounces each. 1 medium potato weighs 5-6 ounces;
1 pound of potatoes is generally about three medium potatoes.

RECIPES

Zucchini and Tomatoes



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Ingredients (4 servings)

- 2 tablespoons butter or margarine
- 1/4 cup onion, chopped
- 1 garlic clove, chopped
- 1 pound zucchini, chopped
- 2 tomatoes, peeled and diced
- 1/4 teaspoon salt
- black pepper to taste
- 1 teaspoon sugar

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Nutrition Information per serving:

90 calories, 6 g fat, 4 g sat fat, 2 g protein,
8 g carbohydrates, 2 g fiber, 211 mg sodium

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Instructions

1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
2. Melt butter in a saucepan over medium heat.
3. Add onion and garlic.
4. Cook until tender, about 5-7 minutes.
5. Add zucchini, tomatoes and seasonings.
6. Cover pan, reduce heat, and cook until vegetables are tender — about 20 minutes.

TOMATOES

Choose: smooth firm tomatoes with no cracks or soft spots.

Store: at room temperature. Once you cut them store them in the refrigerator.

How much? 1 large tomato = 1 cup chopped