



# 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

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|--|--------------------------------|
| 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**

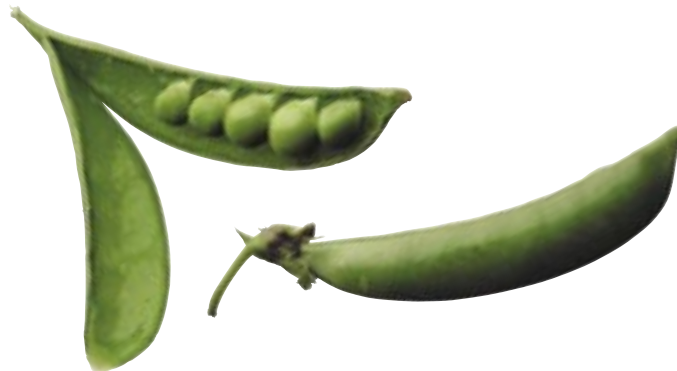
Calories 180, Carbohydrate 32 g, Protein 5 g,  
Total Fat 4 g, Saturated Fat 1 g, Cholesterol 0 mg,  
Sodium 115 mg, Dietary Fiber 4 g

### 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.*

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### 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.*

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### 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

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## 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