

Fruit and Veggie Quantity Recipe Cookbook



Developed by the

New Hampshire Department of Health and Human Services, Division of Public Health Services
Fruit and Vegetable Program

in collaboration with the

Centers for Disease Control and Prevention, Division of Nutrition, Physical Activity, and Obesity

and the

University of Hawaii, College of Tropical Agriculture and Human Resources
Cooperative Extension Service
Nutrition Education for Wellness Program

with assistance from

Kearsarge Regional School District

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Foreword

The *Fruit and Veggie Quantity Recipe Cookbook* is a revision of the 2003 *5 A Day Quantity Recipe Cookbook*. All the recipes in this cookbook have been modified to meet the **Fruits & Veggies—More Matters®** recipe criteria. Out of the 40 recipes from the original cookbook, 30 met the new criteria. The recipe criteria can be found at http://www.fruitsandveggiesmatter.gov/health_professionals/program_guidelines.html.

Partners

The New Hampshire Fruit and Vegetable Program in the Department of Health and Human Services, Division of Public Health Services, lead the cookbook project with the assistance of partners who generously contributed their time and talents. They are:

- Centers for Disease Control and Prevention, Division of Nutrition, Physical Activity, and Obesity
- University of Hawaii, College of Tropical Agriculture and Human Resources, Cooperative Extension Service, Nutrition Education for Wellness Program
- Kearsarge Regional School District

Appendices

In addition to the quantity recipes, be sure to review and use the appendices (pages 79-100), which include:

- **Resources** provides links to information about fruits and vegetables, Fruits & Veggies—More Matters®, the School Lunch and Breakfast Programs, and much more.
- **Ready to Copy Family-Size Recipes** can be used as handouts.
- **Taste-Test Surveys for Students and Adults** are an easy way to get honest feedback when introducing new foods in a classroom, cafeteria, or restaurant.

Comments, Questions, and Suggestions

Please send your comments, questions, and suggestions regarding the cookbook to the New Hampshire Fruit and Vegetable Program at 603-271-4830 or 603-271-4551 or fruitsandveggies@dhhs.state.nh.us.

Funding for the development of this cookbook was provided by the New Hampshire Department of Health and Human Services and the Centers for Disease Control and Prevention (CDC), CDC grant number NH B01 PRVS.

Soups



Bean and Barley Soup

Recipe H-8

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Vegetable oil		1/3 cup		2/3 cup	3¼ Tb	In a large stock pot or steam kettle heat oil over medium heat.
Onions, peeled, diced	4 #		8 #		2 #	Add onions, celery and carrots. Cook until slightly tender, about 10 minutes.
Celery, diced	2 #		4 #		1 #	Add garlic. Cook 2 minutes.
Carrot, diced, fresh or frozen ★	4 #		8#		2 #	Add stock, soy sauce and hot sauce. Bring to a boil.
Garlic, minced		3 Tb		4 Tb	2 Tb	Add barley and return to boil. Reduce heat and simmer 45 minutes until barley is tender.
Vegetable stock, low sodium		3½ gallons		7 gallons	7 quarts	Add the beans and return to simmer.
Soy sauce, reduced sodium		2 Tb		¼ cup	3 tsp	Hold until service.
Hot pepper sauce		2 tsp		1 Tb +1 tsp	1 tsp	Serve 1 cup soup per person.
Barley, pearl		4½ cups		9 cups	2¼ cups	
Dry, canned, beans, rinse and drain ★	7½ #		15 #		3 ¾ #	

★ Denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

Bean and Macaroni Soup

Recipe H-9

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Olive oil		¼ cup		½ cup	2 Tb	Heat oil in steam kettle or large stock pot.
Onion, fresh or frozen, small diced	2 #		4 #		1 #	Add onion, celery, and carrots and sweat over medium high heat for 10 minutes.
Carrot, diced, fresh or frozen ★	2 #		4 #		1 #	Add mushroom, garlic, tomatoes and bay leaf and bring to simmer.
Celery, small diced	2 #		4#		1 #	Drain beans and reserve liquid.
Mushrooms, sliced, canned	24 oz		48 oz		12 oz	Add beans to soup with reserved liquid and vegetable broth and return to simmer.
Garlic, minced		3 Tb		1/3 cup	1 ½ Tb	Add macaroni and cook for 10-15 minutes, or just until macaroni is tender.
Tomatoes, diced, cnd reserve juice ★		1 #10 can		2 #10 cans	6 cups	Add sage, thyme, oregano and black pepper and serve.
Vegetable Stock, low sodium		1 gallon		2 gallons	2 quarts	Serve 1 cup (8 oz ladle or #4 scoop) per person
Bay leaf	3 each		6 each		2 each	
Dry Canned Beans ★	104 oz		208 oz		52 oz	
Macaroni ★	4 #		8 #		2 #	
Sage, ground		2 tsp		1 Tb +1 tsp	1 tsp	
Thyme, dry		2 tsp		1 Tb + 1 tsp	1 tsp	
Oregano, dry		1 tsp		2 tsp	½ tsp	
Black pepper, ground		1 tsp		2 tsp	½ tsp	

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Corn Chowder

Recipe H-10

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Butter	4 oz		8 oz		2 oz	Melt butter in large stockpot or tilt steam kettle.
Canola oil	4 oz		8 oz		2 oz	Add oil.
Onions, Spanish, diced	3 #		6 #		1½ #	Sweat onions in butter-oil mixture 5 minutes over medium heat
Celery, diced	2 #		4 #		1 #	Add celery to onions and sweat over medium heat for 10 minutes.
Potatoes, diced ★	8 #		16 #		4 #	Add potatoes and salt stirring occasionally for 5 minutes.
Flour, all purpose		½ cup		1 cup	¼ cup	Add flour to potatoes, coating evenly.
Water		3 quarts		1½ gallons	1½ quarts	Over medium heat cook flour 5 minutes, using caution not to burn flour. Slowly add water and stir well being sure to loosen any flour sediment on the base of the pan.
Bay leaves, dry		4 bay leaves		8 bay leaves	2 bay leaves	Add bay leaves and gently simmer until potatoes slightly tender.
Corn, frozen kernel ★	4 #		8 #		2 #	Once potatoes are tender add corn and milk to the chowder and heat through. Do not boil after milk is added.
Milk, 2%		2 quarts		1 gallon	1 quart	Add white pepper, and adjust seasoning with a dash of salt if necessary.
Parsley, dried		2 Tb		¼ cup	1 Tb	Finish chowder with chopped parsley.
White pepper, ground		2 tsp		4 tsp	1 tsp	Serve 1 cup per person.

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Old Fashioned Vegetable Soup

Recipe H-12

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Frozen vegetables (mixture of carrots, potatoes, peas, green beans, corn) ★	6#		12#		3#	Combine all ingredients in large tilt skillet, stock pot or Dutch oven.
Onion, diced, ready to use	2 #		4 #		1 #	Bring to a boil.
Green pepper, diced	1 #		2 #		½#	Cover and reduce heat to simmer for 30-45 minutes.
Tomato juice, low sodium, cnd ★		4 48 oz cans		8 48 oz cans	2 48 oz cans	Remove bay leaf before serving.
Water		1 quart		2 quarts	2 cups	Serve ¾ cup per person.
Mushrooms, canned, sliced	24 oz		48 oz		12 oz	
Bay leaf		5 each		8 each	3 each	

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Pesto Minestrone

Recipe H-13

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Olive Oil		2 Tb		¼ cup	1 Tb	In large stockpot or steam kettle lightly sweat onion in olive oil 5 minutes over medium heat.
Onion, Spanish, diced	2 #		4 #		1 #	Add carrots and broccoli.
Carrots, diced, fresh or frozen ★	2 #		4 #		1 #	Cook stirring occasionally 5 minutes.
Broccoli, Fresh or frozen, chopped	2 #	3 quarts	4 #	6 quarts	6 cup or 1#	Add zucchini, tomatoes (with juice), water and chicken broth. Bring to boil.
Zucchini, diced	1.5 #		3 #		3 cup	Add pasta and beans. Cook 10 minutes or until pasta is al dente.
Tomatoes, cnd, no salt, chopped, reserve juice for soup		1 #10 can		2 #10 can	3.2 # or ½ #10 can	While pasta is cooking prepare Pesto in blender, food processor or robocoupe
Water		1 gallon		2 gallons	2 quarts	Add the fresh basil, parsley, garlic, parmesan cheese and olive oil.
Chicken Broth, low sodium		1 gallon		2 gallons	2 quarts	Puree until smooth and uniformly blended.
Kidney Beans, cnd, drained and rinsed ★	6 #		12 #		3 #	If too thick, add a few drops of water.
Elbow macaroni or small shells ★	2 #		4 #		1 #	Just before service remove soup from heat and stir in pesto.
For Pesto						
Basil, fresh leaves, washed		1 quart		2 quarts	2 cup	Serve 1 cup per person.
Italian Parsley or Curly Parsley, fresh leaves, washed		1 quart		2 quarts	2 cup	If desired, garnish each portion with a ½ tsp of pesto.
Garlic Cloves, peeled		¼ cup		½ cup	1/8 cup	
Parmesan Cheese, finely grated		3 Tb		1/3 cup	1½ Tb	
Olive Oil		2 Tb		¼ cup	1 Tb	

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Touchdown Tomato Basil Soup

Recipe H-14

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Oil, olive or canola		¼ cup		½ cup	2 Tb	Heat oil in large stockpot.
Onion, diced	2 #		4 #		2 each or 1 #	Skin and dice onion. Sweat for 5 minutes over medium high heat.
Celery, diced	1 #		2#		8 stalk or ½ #	Add diced celery and diced carrots and sweat an additional 10 minutes.
Carrot, diced	1¾ #		3.5 #		4 each or ¾ #	Add chopped spinach and minced garlic and continue to simmer covered for 2 minutes.
Garlic cloves, minced		2 Tb		¼ cup	1 Tb	Add diced tomatoes and chickpeas and return to simmer.
Spinach, stems removed, washed, roughly chopped	2 #		4 #		1 #	Add tomato sauce and vegetable broth and heat thoroughly.
Tomatoes, canned diced ★	6 #	1 #10 can	12 #	2 #10 cans	½ #10 can or 3#	Finish soup with dry basil. Adjust seasoning with salt and pepper.
Chick peas, canned*	4 #		8 #		2 #	Serve 6 ounces (6 oz ladle or ¾ cup) per person.
Tomato Sauce, low sodium		2 48ozcans		4 48oz cans	1 48oz can	
Vegetable broth, low sodium		2 quarts		1 gallon	1 quart	
Parmesan cheese		1½ cups		3 cups	¾ cup	
Basil, dry leaves		4 tsp		2½ Tb	2 tsp	

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Salads



Chicken Caesar-Style Salad

Recipe E-24

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Diced cooked chicken ★	6.25 #		12.5 #		3.25 #	Defrost the diced cooked chicken in a refrigerator.
Non-stick cooking spray						Preheat oven to 375° F. Spray evenly to coat baking sheet.
Whole wheat bread, cut into 1-inch cubes		2 #		4 #	1 #	Spread whole wheat bread for croutons onto sprayed baking sheet and bake for 10-15 minutes until golden color and crispy.
Lemon juice		1 cup		2 cup	½ cup	Let cool.
Dijon mustard		4 Tb		½ cup	2 Tb	<i>For Dressing:</i> In a mixing bowl, combine lemon juice, Dijon mustard, garlic and black pepper.
Garlic, minced		4 Tb		½ cup	2 Tb	Whisk in oil, slowly at first and continue whisking until all of oil has been added.
Black pepper, ground		1 Tb		2 Tb	1 ½ tsp	Place toasted (cooled) croutons into large bowl and drizzle with a slight amount of dressing just to coat.
Olive oil, extra virgin		1 cup		2 cups	½ cup	Add lettuce and other vegetables to the chicken and croutons.
Iceberg lettuce, cut into bite size pieces ★		10 heads		20 heads	5 heads	Add the remaining dressing.
Romaine lettuce, washed and spun, cut into bite size pieces ★		10 heads		20 heads	5 heads	Add parmesan cheese and toss lightly to evenly coat.
Celery, chopped		3 quarts		1½ gallons	6 cups	Serve immediately.
Cucumbers with skin, chopped		3 quarts		1½ gallons	6 cups	Portion size: 2 ounces of cooked chicken plus 1 cup salad
Parmesan cheese, grated		1½ cup		3 cup	¾ cup	

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Orange Couscous Salad

Recipe E-25

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Water		3 quarts		1½ gallon	6 cup	In large saucepan heat water to a boil.
Couscous, whole wheat		2½ quarts		5 quarts	5 cups dried = 3-1/8 quarts ckd ★★	Add couscous, turmeric and black pepper and cover.
Turmeric, ground		2 Tb		¼ cup	1 Tb	Turn off heat and let sit covered for 5 minutes. Fluff with fork and let sit.
Black pepper, ground		2 tsp		1 Tb+1 tsp	1 tsp	In a large bowl combine chickpeas, oranges, onion and raisins.
Chickpeas, cnd, drained ★	6½ #		13 #		52 oz	In a separate bowl whisk together orange zest, lemon juice, olive oil and chives.
Mandarin oranges, cnd, drained	48 oz		96 oz		24 oz	Pour dressing over chickpeas mixture in bowl. Once mixed, fold in the cooled couscous.
Onion, red, small diced		3½ cups		7 cups	1¾ cups	Cover and refrigerate at least 1 hour.
Raisins, seedless ★		1 quart		2 quarts	2 cup	Serve 1 cup per person.
Orange zest, minced		1/3 cup		2/3 cup	3 Tb	
Lemon juice		1½ cup		3 cup	¾ cup	
Olive oil, extra virgin		2/3 cup		1-1/3 cup	1/3 cup	
Chives, dry		2 Tb		4 Tb	1 Tb	

★ Denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

★★ Using the conversion factor of 2.55 (dry to cooked) taken from the Food Buying Guide

Pineapple Poppy Seed Salad

Recipe E-26

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Pineapple, fresh, peeled and cored r canned, chunk ★	4 #	4 each	8 #	8 each	2 each or 2 #	Place pineapple chunks in large bowl.
Kiwi fruit, peel and slice in half and then into slices		13 each		25 each	6 each	Add sliced kiwi, bananas, melon and strawberries to bowl.
Bananas, peel and sliced		10 each		20 each	5 each	<u>For dressing:</u> combine lemon juice and honey in medium bowl.
Strawberries, hulled and sliced		1½ quarts		3 quarts	3 cups	Add poppy seeds and lime rind to dressing bowl. Whisk together to blend.
Melon, honeydew or cantaloupe, peeled and medium dice or balls		1½ quarts		3 quarts	3 cups	Pour dressing over fruit and toss lightly to evenly coat fruit.
<u>For Dressing:</u> 100% pineapple juice, unsweetened		2 cups		1 quart	1 cup	Cover with food film and refrigerate at least 15 minutes for best flavor.
Honey		½ cup		1 cup	¼ cup	Serve ½ cup per person.
Lime zest, grated		4 tsp		2½ Tb	2 tsp	
Poppy seeds		2 Tb		4 Tb	1 Tb	

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Rainbow Fruit Salad

Recipe E-27

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Mango, peeled and diced		4 each		8 each	2 each	Prepare all of the fruit as listed.
Blueberries, washed ★		1 quart		2 quarts	2 cup	Place fruit in large bowl.
Nectarines, unpeeled and sliced		8 each		16 each	4 each	<u>For dressing:</u> Combine orange juice, lemon juice, honey, ginger and nutmeg. Whisk well to completely mix dressing.
Strawberries, hulled, sliced in half		2 quarts		4 quarts	1 quart	Pour orange honey dressing over fruit and toss lightly to coat evenly.
Grapes, red or green seedless, washed ★★★		1 quart		2 quarts	2 cups	Cover bowl with wrap and refrigerate until service.
Banana, peeled and sliced		8 each		16 each	4 each	Serve ½ cup (#8 scoop or ½ cup ladle) per person.
Kiwi fruit, peel and sliced		16 each		32 each	8 each	
<u>For Orange Honey Dressing</u>						
Orange juice, unsweetened		1½ cup		3 cup	¾ cup	
Lemon juice		1 cup		2 cup	½ cup	
Honey		1/3 cup		2/3 cup	3 Tb	
Ginger, ground		½ tsp		1 tsp	¼ tsp	
Nutmeg, ground		½ tsp		1 tsp	¼ tsp	

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★★★ Grapes represent a choking hazard for young children. Please cut grapes in half for service or do not serve to young children.

Raspberry Grape Salad

Recipe E-28

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Yogurt, vanilla, low-fat		1 quart		2 quarts	2 cups	Combine yogurt and raspberries in large bowl.
Raspberries, IQF or fresh		2 quarts		1 gallon	1 quart	
Mint, dried		2 Tb		4 Tb	1 Tb	Add green and red grapes to the yogurt mixture and toss lightly to coat.
Red Grapes, seedless, washed		3 quarts		6 quarts	6 cups	Serve 6 oz ($\frac{3}{4}$ cup) well chilled portions.
Green Grapes, seedless, washed ★★★		3 quarts		6 quarts	6 cups	

★★★ Grapes represent a choking hazard for young children. Please cut grapes in half for service or do not serve to young children.

Raspberry Grape Salad

Treasure Salad

Recipe E-30

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Apple, any variety, with peel, diced (local produce, if desired)		13 each		25 each	6 each	Wash apples thoroughly. Slice in half lengthwise and then into quarters. Core quarters. Cut into medium dice and place in large bowl.
Lemon juice		¼ cup		½ cup	2 Tb	Drizzle apple cuts with lemon juice and toss to coat evenly.
Grapes, seedless, washed ★★★		3 quarts		6 quarts	6 cup	Wash grapes and remove from the stem. Add to apple and lemon mixture.
Yogurt, low fat, vanilla		1 quart		2 quarts	2 cups	Fold yogurt into apples and grapes mixing to evenly coat. Cover with food film and refrigerate.
Almonds, slivered, lightly toasted ★		1½ cup		3 cup	¾ cup	Serve ¾ cup per person. Garnish individually, or entire salad with slivered almonds on top.

★ Denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

★★★ Grapes represent a choking hazard for young children. Please cut grapes in half for service or do not serve to young children.

Tropical Fruit Salad

Recipe E-31

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Canned peaches packed in juice, diced ★		1 #10 can		2 #10 cans	½ #10 can or 3 #	Prepare ingredients as listed.
Strawberries Fresh, stemmed and halved or Frozen, IQF or Block Frozen ★	4#		8#		2#	In a large bowl combine all ingredients.
Kiwi, peeled and sliced		10 each		20 each	5 each	Toss well to mix evenly and chill.
100% pineapple juice, unsweetened		1 48 fl oz can		2 48 fl oz cans	3 cups	Serve ½ cup salad per person. Or, load fruit onto skewers for fresh fruit kabobs. (Note: Frozen fruit is not recommended for kabobs.) <i>Note: Do not serve food on skewers to young children.</i>
Mint, dried	2 oz		4 oz		3 Tb	

★ Denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

Breakfast Items



Fruit on a Raft (Waffles with Apples)

Recipe J-5

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Frozen waffles, whole-grain		50 each		100 each	25 each	Toast waffles until golden brown on both sides in 375° F oven for 15 minutes.
Unsweetened apples, canned, peeled and diced ★	12 #	2 #10 cans	24#	4 #10 cans	1 #10 can or 6 #	Wrap waffles with foil. Keep warm until ready for service.
Water		2 quarts		1 gallon	1 quart	Heat apples in large tilt skillet, pot or steam kettle.
Raisins, seedless ★	2 #		4 #		1 #	Add water and raisins to the heating apple mixture. Add dry spices to apple mixture and bring to a boil.
Cloves, ground		3 tsp		2 Tb	1½ tsp	Whisk cornstarch into cold water to make a slurry.
Allspice, ground		3 tsp		2 Tb	1½ tsp	Pour slurry into boiling apple mixture stirring constantly to blend well. When mixture thickens remove from heat.
For slurry; Cornstarch		1/3 cup		2/3 cup	3 Tb	Serve 6 oz (¾ cup) warm apple mixture over each toasted waffle.
Water, cold		1/3 cup		2/3 cup	3 Tb	For service unwrap waffles and re-crisp in 350° F oven for 5 minutes.

★ Denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

Fruity Breakfast Parfait

Recipe J-6

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Bananas, peeled and sliced		13 each		25 each	6 each	In glasses or see-through cups put a base layer of 1/8 cup or approximately 3 pieces sliced bananas.
Strawberries, hulled and sliced		3 quarts		6 quarts	1½ quarts	On top of bananas place an even layer of ¼ cup sliced strawberries.
Yogurt, vanilla, low fat		3 quarts		6 quarts	1½ quarts	Evenly place a layer of ¼ cup yogurt on top of the strawberries.
Pineapple, chopped ★		3 quarts		6 quarts	1½ quarts	On top of the yogurt place an even layer of ¼ cup chopped pineapple.
Dates, chopped ★		4 cups		8 cups	2 cups	Top the layer of pineapple with 1 tablespoon chopped dates.
Almonds, sliced, toasted ★		3 cups		6 cups	1½ cups	Finish parfait with a sprinkle of toasted almond slices.
						Refrigerate until ready for service.

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Golden Apple Oatmeal

Recipe J-7

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Apples, fresh or canned, diced ★		1½ gallons		3 gallon	3 quarts	Combine apples, apple juice and water in steam kettle or saucepan. Bring to boil.
100% apple juice, unsweetened ★		1 gallon		2 gallons	2 quarts	
Water		1 gallon		2 gallons	2 quarts	Stir in rolled oats and cook 5 minutes stirring occasionally until oats are soft and creamy.
Salt		2 Tb		4 Tb	1 Tb	Turn heat to low, cover oats and hold until service, or place into sprayed hotel pan for steam table.
Cinnamon, ground		½ cup		1 cup	¼ cup	Serve 1 cup per person.
Nutmeg, ground		4 Tb		1/3 cup	2 Tb	
Rolled oats, uncooked ★		4 quarts		8 quarts	2 quarts	

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Spanish Zucchini Frittata

Recipe J-8

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Onion, small diced		2 cups		1 quart	1 cup	In a large non-stick skillet, or skillet sprayed with non-stick spray, heat onions and zucchini over medium high heat 10 minutes.
Zucchini, unpeeled, grated	8 #	6 quarts	16 #	3 gallons	4 # or 3 quarts	Add minced garlic and diced green chilies.
Garlic, minced		¼ cup		½ cup	2 Tb	Simmer until excess liquid is removed from vegetables.
Chiles, canned diced green (optional)	16 oz		32 oz		8 oz	In a separate container whisk egg whites with milk and dried spices to blend well. Mixture should be slightly frothy
Egg substitute	6 #	12½ cups		25 cups	3 # or 6¼ cups	Pour egg substitute into skillet and stir constantly with spatula while egg mixture begins to coagulate. Mixture can now be poured into greased hotel pan for ease of service.
Milk, skim (can use reconstituted) ★		3 cups		1½ quarts	1½ cup	Once eggs are almost completely set up place skillet under broiler or into 400° F oven for 5-10 minutes until slightly golden brown.
Cumin, ground		2 Tb		3 Tb	1 Tb	Sprinkle frittata with shredded cheese.
Black pepper, ground		3 tsp		2 Tb	1½ tsp	Hold in 200° F oven until service.
Chili powder, ground		2 Tb		¼ cup	1 Tb	Serve with salsa (optional).
Cheddar Cheese, shredded ★		2½ cups		5 cups	1¼ cup	
Salsa suggested accompaniment (optional)						

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Strawberry Yogurt Breakfast Split

Recipe J-9

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Banana		50 each		100 each	25 each	Peel banana and slice lengthwise. Place onto individual plates.
Strawberries, fresh or frozen ★	12 #	6 gallons	24 #	12 gallons	6 # or 3 gallons	Top banana with #4 scoop (1 cup) sliced strawberries.
Low-fat vanilla yogurt	6 #	6 quarts	12 #	3 gallons	6 # or 3 quarts	Top berries with 4 oz (½ cup) yogurt.
Almonds, toasted, chopped ★	14 oz	3 cup	1¾ #	1½ quarts	7 oz or 1½ cup	Top yogurt with 1 tablespoon chopped almonds.

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Side Dishes



Apple Glazed Sweet Potatoes

Recipe I-20

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Sweet potatoes, fresh, whole	18 #		36#		9 #	Preheat oven to 375° F. Prick sweet potatoes with a fork and bake 45-60 minutes until tender. Peel when cooled. Slice into lengthwise wedges.
100% apple juice, unsweetened ★	2 quarts		1 gallon		1 quart	Place apple juice in steam kettle, tilt skillet or sauté pan and reduce to ¼ over medium high heat.
Nutmeg, ground	1 oz	2 tsp	2 oz	1 Tb	1 tsp	Add nutmeg, cinnamon and salt to apple glaze and stir in pats of butter. Reduce heat.
Cinnamon, ground		2 Tb		¼ cup	1 Tb	Add sweet potatoes to apple-spice glaze, continue to stir until well coated and heated through.
Salt		2 Tb		1/8 cup	1 Tb	Hold warm until service in 200° F oven.
Butter, unsalted, cut into 1-inch pats	4 oz	½ cup	8 oz	1 cup	¼ cup or 2 oz	Serve 4 wedges per person.

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Orange-Sauced Vegetables

Recipe I-22

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Broccoli, fresh or frozen, cuts	4 #		8 #		2 #	Steam broccoli and carrots until bright and slightly tender.
Baby carrots, fresh or frozen	2 #		4 #		1 #	Heat water chestnuts thoroughly in saucepan until heated through.
Water chestnuts, canned or frozen	2 #		4 #		1 #	In a saucepan combine orange zest, orange juice and honey. Bring mixture to a boil.
Orange zest, minced		2 Tb		4 Tb	3 tsp	Combine soy sauce and corn starch to make slurry.
100% orange juice, unsweetened ★		3 cups		1½ quarts	1½ cup	While whisking, pour soy and corn starch slurry into boiling orange juice and honey mixture to thicken.
Soy sauce, reduced sodium		¼ cup		½ cup	2 Tb	Pour sauce over hot vegetables and toss lightly to coat.
Cornstarch		¼ cup		½ cup	2 Tb	Serve ½ cup vegetables per person.

★ Denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

Red Potatoes with Herbs

Recipe I-23

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Baby Red potatoes, unpeeled	14 #		28 #		7 #	In a large stockpot or steam kettle boil potatoes until just fork tender approximately 20 minutes.
Basil, dry		½ cup		¾ cup	6 Tb	While potatoes are cooking combine basil, chives, lemon juice pepper and oil in a saucepan and heat to simmer.
Chives, dry		½ cup		¾ cup	6 Tb	Drain potatoes once tender, and let the steam evaporate.
Lemon juice		½ cup		¾ cup	6 Tb	Allow potatoes to air dry slightly before coating with oil mixture.
Black pepper, ground		1 ½ tsp		1 Tb	¾ tsp	Pour hot herb and oil mixture over the cooked potatoes and toss lightly to evenly coat.
Vegetable oil		2/3 cup		1-1/3 cups	1/3 cup	Serve immediately or hold in 200° F oven until service. Portion size: ½ cup.

Roasted Butternut Squash

Recipe I-24

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Butternut squash, average size (use local produce, if desired)	20 #		40 #		10 #	Preheat oven to 350° F. Cut squash lengthwise into four wedges. Remove seeds from squash.
Allspice		2 tsp		1 Tb + 1 tsp	1 tsp	Place wedges onto baking sheet that has been lightly coated with non-stick cooking spray.
Salt		2 Tb		4 Tb	1 Tb	In a small bowl mix together allspice, salt and pepper. Mist each wedge with cooking spray and dust each with allspice seasoning.
Pepper, black ground		2 tsp		1 Tb + 1 tsp	1 tsp	Bake squash 30-40 minutes until tender.
Spray oil, as needed						Serve one wedge per person.

Vegetable Sage Stuffing

Recipe I-25

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Butter, unsalted	¼ #	½ cup	½ #	1 cup	¼ cup	Preheat oven to 375° F
Onion, skinned, diced	2 #		4 #		1 #	In a large saucepan or steam kettle melt butter.
Celery, diced	2 #		4 #		1 #	Add onions, celery and carrots to melted butter and cook over medium heat for 10 minutes.
Carrots, diced, fresh or frozen ★	4 #		8 #		2 #	Add mushrooms, dry sage, poultry seasoning, pepper and peas.
Mushrooms, button, sliced	2 #		4 #		1 #	Add broth and simmer until volume of broth has reduced by ½.
Frozen Green Peas ★		8 cups		16 cups	4 cups	Add cubed bread and stir until evenly moistened and vegetables are uniformly spread throughout stuffing.
Sage, dry, ground		2 Tb		4 Tb	1 Tb	Place stuffing into 4-inch hotel pans that have been sprayed with non-stick cooking spray. [For the 100-serving recipe, use 4 pans; for the 50-serving recipe, use 2 pans; for the 25-serving recipe, use 1 pan.]
Poultry seasoning		2 Tb		4 Tb	1 Tb	Bake uncovered for 30-45 minutes until top is slightly crispy and golden brown.
Black pepper, ground		2 Tb		4 Tb	1 Tb	Cut each hotel pan into 25 portions.
Chicken broth, low sodium		3 quarts		6 quarts	1½ quarts	
Whole Wheat Bread, day-old, sliced into 1-inch cubes		4 #		8 #	32 slices or 2 #	

★ Denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

Main Dishes



Chicken Ratatouille

Recipe D-52

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Olive oil		1 cup		2 cups	½ cup	Heat oil in large tilt skillet
Chicken Breast, boneless, skinless, 2-ounce portion when cooked		50 each		100 each	25 each	Sauté chicken 3 minutes on each side in hot oil.
Onion, Spanish, diced	2 #		4 #		1 #	Add onion, eggplant, zucchini, green pepper and mushrooms.
Eggplant, diced	2 #		4 #		1 #	Continue to stir occasionally about 10 minutes.
Zucchini, diced	2 #		4 #		1 #	Add garlic and cook 1 minute.
Green pepper, diced	2 #		4 #		1 #	Add tomatoes, including the juice from the tomatoes to the chicken and vegetables.
Mushrooms, fresh or canned, sliced	2 #		4#		1#	Add the dried basil, parsley and black pepper.
Tomatoes, canned, chopped ★		2 #10 cans		4 #10 cans	1 #10 can	Simmer chicken until thermometer reads 165° F internal temperature.
Garlic, minced	2 oz		4 oz		6 cloves	Serve each person 1 chicken breast with ½ cup (#8 scoop) vegetables on top.
Dried parsley		4 Tb		½ cup	2 Tb	
Black pepper, ground		2 Tb		¼ cup	1 Tb	
Dried basil leaves		4 Tb		½ cup	2 Tb	

★ Denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

Tomato and Bean Burritos

Recipe D-53

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Vegetable oil		1 cup		2 cups	½ cup	Heat oil in large stockpot, tilt skillet or steam kettle.
Tomatoes, fresh, medium diced	25 #		50 #		12½ #	Add the tomatoes and onions to the pan. Sauté for 15 minutes over medium high heat, stirring occasionally.
Onion, diced		6 cups		12 cups	3 cups	Add garlic and spices to tomato and onions and stir to combine fully.
Garlic, minced		2 Tb		1/8 cup	1 Tb	Add kidney beans and return to simmer. Add dried parsley to mixture. Remove from heat.
Chili powder, ground		2 Tb		¼ cup	1 Tb	Preheat tortillas by microwave, 1-2 minutes until warm or wrap tortillas tightly with aluminum foil and heat in 350° F oven 15 minutes.
Cumin, ground		2 tsp		1 Tb+1 tsp	1 tsp	Once tortillas are warm place ¾ cup of the filling in the center of tortilla.
Red kidney beans, canned, drained and rinsed ★	8 #	1 gallon	16 #	2 gallons	4# or 8 cups	Sprinkle each tortilla with 2 tablespoons shredded cheese and fold one side over the mixture towards the center.
Parsley, dried		2 Tb		1/4 cup	1 Tb	Fold the two opposite sides toward the center and then fold onto remaining side to make a burrito.
Flour tortillas, enriched, 10 inch		50 each		100 each	25 each	Line burritos up closely onto parchment paper lined sheet pans and wrap <u>tightly</u> with plastic wrap and then top with foil.
Mozzarella or cheddar cheese, shredded*		2½ cups		5 cups	1¼ cups	To keep burritos soft until service the pan must be covered tightly. Hold in 200° F oven.

★ Denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

Tomatoes with Garbanzos and Rosemary over Rotini Pasta

Recipe D-54

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Olive oil		½ cup		1 cup	¼ cup	Heat water to cook pasta. The amount of water should be in a 4:1 ratio (water to pasta). Add pasta and cook to al dente. Place cooked pasta in sprayed hotel pans, cover tightly with wrap and hold until service in 200° F oven.
Garlic, minced		1/3 cup		2/3 cup	3 Tb	In a large skillet, heat olive oil over medium heat.
Rosemary, dried		1 Tb + 1 tsp		3 Tb	2 tsp	Add minced garlic and dried rosemary to oil to infuse the flavor into the oil. Cook approximately 2 minutes; do not brown garlic.
Red pepper flakes, crushed		1 tsp		2 tsp	½ tsp	Add crushed red pepper flakes and chopped tomatoes w/ juice.
Tomatoes, canned, diced, undrained ★		2 #10 cans		4 #10 cans	1 #10 can	Increase heat to medium high and simmer sauce until it begins to thicken. Approximately 8-10 minutes.
Garbanzo beans, rinsed ★	7.5 #		15 #		6 cups or 3¾ #	Add garbanzo beans and heat thoroughly.
Green beans, frozen, thawed, drained		12½ cups		25 cups	6¼ cups	Add green beans to sauce. Heat thoroughly. The beans should be firm.
Parsley, dried leaves		¼ cup		½ cup	2 Tb	Add dried parsley to sauce. Place sauce in hotel pans and hold in 200° F oven until service.
Rotini pasta ★	9 #		18 #		4½ #	Serve each person ¾ cup sauce over 1 cup cooked pasta.
Parmesan cheese, grated		1¾ cups		3 cups	¾ cup	Finish pasta with a sprinkling of ½ teaspoon Parmesan cheese.

★ Denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

Miscellaneous



Cool Clementines

Recipe M-1

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Clementines		50 each		100 each	25 each	Peel each clementine and divide into sections.
						Onto a parchment covered sheet pan arrange clementine sections individually onto sheet pan.
						Place sheet pan into freezer for at least ½ hr to freeze solid.
						Enjoy as a refreshing treat. Once frozen these can be placed into individual portion cups and held in the freezer until service. Serve ½ cup fruit per person.

Go Bananas Orange Dip

Recipe M-2

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Banana, peeled		25 each		50 each	12 each	Place bananas in large blender or food processor.
Yogurt, plain or vanilla Note: If using plain yogurt, add 2 Tb honey per quart.		3½ quarts		6 quarts	1¾ quarts	Add yogurt to bananas and blend on low speed until thoroughly mixed.
Oranges, peeled and sectioned ★ ★★★★★ Or try other "dippers"		50 each		100 each	25 each	Place dip in serving bowl or into individual ½-cup portions. Arrange oranges onto serving platter or onto individual plates.
★★★★★ Many fruits and vegetables make good dippers. For example: <ul style="list-style-type: none"> • Strawberries • Kiwi sections • Watermelon or other melons • Apples • Pineapple • Carrots • Celery • Cucumbers • Peppers • Broccoli • Cauliflower. 						This recipe can be presented with the dip in the center of the tray and colorful "dippers" arranged around the edge If age appropriate, fruit can be skewered and stuck into a piece of dense fruit as a base, such as melon or pineapple for a dramatic presentation.

★ Denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

Polar Berries

Recipe M-3

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Grapes, seedless, red, purple, and/or green ★★★		6 quarts + 1 cup		3 gallons + 2 cups	3 quarts + ½ cup	Wash grapes well and remove stems.
						Onto a parchment covered sheet pan arrange grapes individually onto sheet pan.
						Place sheet pan into freezer for at least 30 minutes to freeze solid.
						Enjoy as a refreshing treat. Once frozen these can be placed into individual ½-cup portion cups and held in the freezer until service.

★★★ Grapes represent a choking hazard for young children. Please cut grapes in half for service or do not serve to young children.

Strawberry Yogurt Shake

Recipe M-4

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
100% pineapple juice, unsweetened, canned	2 48oz cans		4 48oz cans		1 48oz can	Add pineapple juice, strawberries and yogurt in a gallon container. Use immersion blender to puree until smooth. [If immersion blender is not available mixture can be divided into smaller batches and blended in upright blender or Robot Coupe.]
Strawberries, fresh or frozen ★	8 #	8 quarts	16 #	16 quarts	4 # or 4 quarts	Add honey, milk and lemon juice to fruit puree and blend until completely incorporated.
Vanilla yogurt	4 #	2 quarts	8 #	4 quarts	2 # or 1 quart	Chill until service.
Honey		2/3 cup		1 1/3 cup	5 Tb or 1/3 cup	Serve: 3/4 cup.
Milk, 2%		1 gallon		2 gallons	2 quarts	
Lemon juice, full strength		1/4 cup		1/2 cup	2 Tb	

★ Denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

Appendices



Resources

Centers for Disease Control and Prevention

<http://www.fruitsandveggiesmatter.gov>

Fruits & Veggies—More Matters®

<http://www.fruitsandveggiesmorematters.org>

Fruits & Veggies—More Matters® Products Promotable and Recipe Guidelines

http://www.fruitsandveggiesmatter.gov/health_professionals/program_guidelines.html

NH Fruit and Vegetable Program, Department of Health and Human Services

<http://www.dhhs.nh.gov/DHHS/NHP/fruitsandveggies>

School Nutrition Association

<http://www.schoolnutrition.org>

USDA National Food Service Management Institute

HACCP-Based Standard Operating Procedures

<http://sop.nfsmi.org/HACCPBasedSOPs.php>

USDA National School Lunch Program

<http://www.fns.usda.gov/cnd/Lunch>

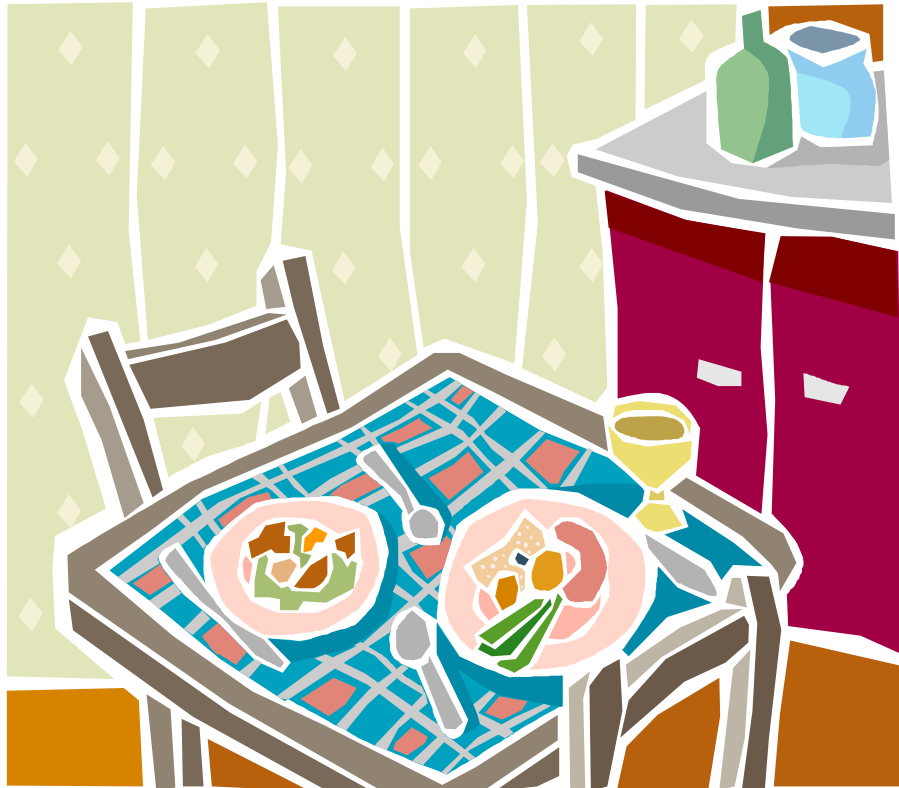
USDA School Breakfast Program

<http://www.fns.usda.gov/cnd/Breakfast>



Family-Size Recipes

The original recipes for the 2003 edition of this cookbook were expanded from the following family-size recipes. Where needed, the recipes have now been modified to meet the Fruits & Veggies—More Matters® recipe criteria. The criteria can be found at: http://www.fruitsandveggiesmatter.gov/health_professionals/program_guidelines.html



Apple Glazed Sweet Potatoes

Serves 6

½ cup fruits/vegetables per person

Approximate preparation time: 30 minutes

½ cup apple juice

¼ teaspoon cinnamon

½ teaspoon salt

3 large sweet potatoes, cooked

- Cut sweet potatoes in half lengthwise.
- Pour apple juice into a fry pan over low heat. Stir in cinnamon and salt.
- Add sweet potatoes. Cook over low heat, turning sweet potatoes several times until they are well coated and most of the juice is absorbed, about 6 minutes.

Nutrients per Serving: Serving size: 1/6 of recipe. 90 calories; 0g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 21g carbohydrate; 3g dietary fiber; 8g sugars; 2g protein; 230mg sodium; 350% vitamin A; 30% vitamin C; 4% calcium; 4% iron.

Original Recipe Source: Produce for Better Health Foundation / American Cancer Society

Barley Bean Soup

Serves 8

½ cup fruits/vegetables per person

Approximate preparation time: 40 minutes

1 tablespoon canola oil
3 celery ribs, diced
3 carrots, diced
1½ cups chopped onions
9 cups low sodium vegetable stock
¾ cup pearly barley, medium
3 garlic cloves, minced
1 tablespoon low sodium soy sauce
¼ teaspoon hot-pepper sauce
1 (19 ounce) can cannelloni beans, rinsed and drained

- In a 4-quart saucepan over medium heat, warm the oil.
- Add the celery, carrots, onions and garlic. Cook, stirring frequently, for 6 to 7 minutes, or until tender.
- Add the stock, barley, garlic, soy sauce and hot-pepper sauce; bring to a boil. Reduce the heat to low; cover and simmer for 50 minutes to 1 hour, or until barley is just tender.
- Stir in the beans; simmer for 5 to 10 minutes, or until heated through.

Nutrients per Serving: Serving size: 1/8 of recipe. 160 calories; 3g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 30g carbohydrate; 6g dietary fiber; 4g sugars; 5g protein; 520mg sodium; 96% vitamin A; 6% vitamin C; 6% calcium; 8% iron.

Original Recipe Source: Produce for Better Health Foundation

Bean and Macaroni Soup

Serves 8

½ cup fruits/vegetables per person

Approximate preparation time: 35 minutes

16-ounce can Great Northern beans
1½ teaspoons olive oil
¼ pound fresh mushrooms, sliced
½ cup coarsely chopped onion
1 cup sliced carrots
½ cup coarsely chopped celery
1 clove garlic, minced
1½ cups peeled, chopped tomatoes
½ teaspoon dried sage
½ teaspoon dried thyme
¼ teaspoon dried oregano
¼ teaspoon freshly ground black pepper
¼ teaspoon salt
1 bay leaf, crumbled
½ pound uncooked macaroni

- Drain beans – save the liquid. Rinse the beans.
- Heat oil in a 3-quart kettle.
- Add mushrooms, onion, carrots, celery and garlic. Sauté 5 minutes.
- Add tomato, sage, thyme, oregano, pepper, salt and bay leaf.
- Cover and cook over medium heat for 20 minutes.
- Cook macaroni according to package directions – do not overcook. Drain macaroni.
- Measure reserved bean liquid. Add water to make 4 cups. Add this mixture and bean mixture to the cooked macaroni.
- Bring to a boil. Cover and simmer until soup is heated stirring occasionally.

Nutrients per Serving: Serving size: 1/8 of recipe. 170 calories; 2g fat; 0.3g saturated fat; 0g trans fat; 0mg cholesterol; 34g carbohydrate; 5g dietary fiber; 4g sugars; 8g protein; 340mg sodium; 50% vitamin A; 10% vitamin C; 4% calcium; 20% iron.

Original Recipe Source: Produce for Better Health Foundation / National Heart, Lung, and Blood Institute

Chicken Caesar-Style Salad

Serves 4

1 cup fruits/vegetables per person

Approximate preparation time: 25 minutes

Cooking spray

½ pound white chicken meat, cubed

3 slices whole wheat bread (1/2 inch-thick) cubed

¼ cup lemon juice

1 teaspoon olive oil

2 cloves garlic, peeled and finely minced

¼ teaspoon pepper

3 cups iceberg lettuce, torn

3 cups romaine lettuce, torn

1 cup chopped celery

1 cup sliced cucumber with skin

2 tablespoons grated or finely shredded Parmesan cheese

- Spray a medium skillet with cooking spray. Sauté the chicken until cooked through. Put chicken in a bowl and set aside to cool.
- Spray a baking sheet with cooking spray. Sprinkle bread cubes on baking sheet. Bake at 350° F for 10 – 12 minutes or until toasted.
- Meanwhile, in a small bowl, stir together lemon juice, olive oil, garlic, and pepper.
- Remove toasted bread from oven. Place in a shallow bowl. Sprinkle 2 tablespoons of the dressing mixture over the croutons. Toss to coat.
- In a salad bowl, toss lettuce, celery, and cucumber together. Add chicken, croutons, remaining dressing and Parmesan cheese. Toss well.

Nutrients per Serving: Serving size: ¼ of recipe. 220 calories; 6g fat; 1g saturated fat; 0g trans fat; 54mg cholesterol; 17g carbohydrate; 5g dietary fiber; 5g sugars; 25g protein; 240mg sodium; 60% vitamin A; 35% vitamin C; 20% calcium; 10% iron.

Original Recipe Source: Produce for Better Health Foundation

Chicken Ratatouille

Serves 4

1½ cups fruits/vegetables per person

Approximate preparation time: 40 minutes

4 medium chicken breast halves, skinned, fat removed, boned, cut into 1-inch pieces

1 tablespoon olive oil

2 zucchini, about 7" long, unpeeled, thinly sliced

1 small eggplant, peeled, cut into 1-inch cubes

1 medium onion, thinly sliced

1 medium green pepper, cut in 1-inch pieces

½ pound fresh mushrooms, sliced

16-ounce can whole tomatoes, cut-up

1 clove garlic, minced

1½ teaspoons dried basil, crushed

1 tablespoon fresh parsley, minced

½ teaspoon freshly ground black pepper

- Heat oil in large non-stick skillet.
- Add chicken and sauté about 3 minutes, or until lightly browned.
- Add zucchini, eggplant, onion, green pepper, green beans, and mushrooms. Cook about 15 minutes, stirring occasionally.
- Add tomatoes, garlic, basil, parsley and pepper. Stir and continue cooking about 5 minutes, or until chicken is tender.

Nutrients per Serving: Serving size: ¼ of recipe. 230 calories; 6g fat; 1g saturated fat; 0g trans fat; 40mg cholesterol; 25g carbohydrate; 9g dietary fiber; 12g sugars; 21g protein; 290mg sodium; 20% vitamin A; 110% vitamin C; 10% calcium; 15% iron.

Original Recipe Source: Produce for Better Health Foundation

Cool Clementines

Serves 4

½ cup fruits/vegetables per person

Approximate preparation time: 10 minutes plus an hour to freeze

4 clementines

- Peel each clementine and divide into sections.
- Place sections onto a baking pan or jelly roll pan so that the sections are not touching.
- Place pan in freezer.
- When frozen, enjoy as a refreshing treat. Eat as is or toss them into your favorite yogurt or salad.

Nutrients per Serving: Serving size: ¼ of recipe. 35 calories; 0g fat; --g saturated fat; --g trans fat; --mg cholesterol; 9g carbohydrate; 1g dietary fiber; 7g sugars; 1g protein; 0mg sodium; --% vitamin A; 60% vitamin C; 2% calcium; 0% iron.

Original Recipe Source: New Hampshire Department of Education

Corn Chowder

Serves 14

½ cup fruits/vegetables per person

Approximate preparation time: 35 minutes

1½ tablespoons butter

1½ tablespoons canola oil

¾ pound onions, finely diced

4 celery ribs, finely diced

2 pounds white potatoes, medium dice

3 tablespoons flour

1 quart water

1 bay leaf

2 cups skim milk

1 pound corn, frozen or kernels from 3 ears of corn

½ teaspoon white pepper

1 dash salt

2 teaspoons parsley, finely chopped

- Melt butter in a large soup pot. Add oil.
- Add onions and sweat over medium heat for 5 minutes.
- Add celery to onions and sweat over medium heat for 10 minutes.
- Add potatoes. Stir occasionally for 5 minutes.
- Add flour. Coat potatoes evenly.
- Over medium heat, cook flour 5 minutes. Watch carefully being sure to not burn the flour.
- Slowly add water and stir well. Be sure to loosen any flour sediment on the bottom of the pot.
- Add bay leaf. Simmer until the potatoes are slightly tender.
- When potatoes are tender, add corn and milk to the chowder. Heat through. Do not boil.
- Add white pepper.
- Adjust seasoning with a dash of salt, if needed.
- Finish soup with chopped parsley.

Nutrients per Serving: Serving size: 1/14 of recipe. 140 calories; 3.0g fat; 1.0g saturated fat; 0g trans fat; <5mg cholesterol; 24g carbohydrate; 2g dietary fiber; 4g sugars; 4g protein; 70mg sodium; 3% vitamin A; 30% vitamin C; 6% calcium; 4% iron.

Original Recipe Source: Produce for Better Health Foundation

Fruit on a Raft (Waffles with Apples)

Serves 2

½ cup fruits/vegetables per person

Approximate preparation time: 20 minutes

4 frozen low fat whole grain waffles (or homemade waffles)

15-ounce can unsweetened apples

½ cup water

1/8 teaspoon allspice

1/8 teaspoon cloves

- Place the apples and water in a small saucepan.
- Add spices. Stir over medium heat until hot.
- Meanwhile, place the waffles in the toaster or prepare your own.
- When waffles are done, divide the apples among the waffles and serve.

Nutrients per Serving: Serving size: ½ of recipe. 300 calories; 6.5g fat; 1.5g saturated fat; 0g trans fat; 0mg cholesterol; 58g carbohydrate; 7g dietary fiber; 26g sugars; 7g protein; 460mg sodium; 4% vitamin A; 0% vitamin C; 20% calcium; 25% iron.

Original Recipe Source: National Cancer Institute

Fruity Breakfast Parfait

Serves 4

½ cup fruits/vegetables per person

Approximate preparation time: 25 minutes

2 cups fresh chopped pineapple

1 cups frozen, thawed raspberries

1 cup low-fat vanilla yogurt

1 firm medium banana, peeled and sliced

1/3 cup chopped dates

¼ cup sliced, toasted almonds

- In parfait glasses, layer the pineapple, raspberries, yogurt, banana, and dates.
- Sprinkle the top with almonds.

Nutrients per Serving: Serving size: ¼ of recipe. 210 calories; 4g fat; 1.0g saturated fat; 0g trans fat; less than 5mg cholesterol; 42g carbohydrate; 5g dietary fiber; 33g sugars; 6g protein; 40mg sodium; 2% vitamin A; 70% vitamin C; 15% calcium; 6% iron.

Original Recipe Source: Produce for Better Health Foundation

Go Bananas Orange Dip

Serves 2

½ cup fruits/vegetables per person

Approximate preparation time: 25 minutes

2 large bananas, peeled, cut into chunks

½ cup non-fat plain yogurt

2 oranges, peeled and sectioned★

- Place banana chunks into blender and add yogurt. Blend on low speed for 30 seconds until thoroughly mixed.
- Place dip into serving bowl in the center of serving platter. Surround bowl with orange sections.
- ★ Try other dippers such as strawberries, kiwi, apples, bananas, pineapple, carrots, cucumbers, celery, broccoli, peppers, and cauliflower.

Nutrients per Serving: Serving size: ½ of recipe. 220 calories; 0g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 57g carbohydrate; 11g dietary fiber; 34g sugars; 5g protein; 40mg sodium; 8% vitamin A; 150% vitamin C; 15% calcium; 4% iron.

Original Recipe Source: Produce for Better Health Foundation

Golden Apple Oatmeal

Serves 1

½ cup fruits/vegetables per person

Approximate preparation time: 20 minutes

½ cup diced golden delicious apples

1/3 cup each apple juice

1/3 cup water

1/8 teaspoon salt (optional)

dash of cinnamon

dash of nutmeg

1/3 cup uncooked, quick cooking rolled oats

- Combine apples, juice, water and seasonings. Bring to boil.
- Stir in rolled oats. Cook 1 minute.
- Cover and let stand several minutes before serving.

Nutrients per Serving: Serving size: full recipe. 220 calories; 2g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 47g carbohydrate; 6g dietary fiber; 25g sugars; 4g protein; 310g sodium; 0% vitamin A; 10% vitamin C; 4% calcium; 10% iron.

Original Recipe Source: Produce for Better Health Foundation

Old Fashioned Vegetable Soup

Serves 8

¾ cups fruits/vegetables per person

Approximate preparation time: 45 minutes

16-ounce package frozen mixed vegetables (carrots, potatoes, peas, green beans, etc.)

½ cup chopped onions (fresh or frozen)

¼ cup chopped green pepper (fresh or frozen)

1 cup sliced fresh mushrooms

46-ounce can low-sodium tomato juice

1 bay leaf

1 teaspoon dried basil

½ teaspoon salt

½ teaspoon pepper

- Combine all ingredients in a large Dutch oven.
- Bring to a boil. Reduce heat and cover. Simmer for 30 to 45 minutes.
- Remove bay leaf before serving.

Nutrients per Serving: Serving size: 1/8 of recipe. 70 calories; 0g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 15g carbohydrate; 2.5g dietary fiber; 3g protein; 8g sugars; 270mg sodium; 25% vitamin A; 80% vitamin C; 4% calcium; 6% iron.

Original Recipe Source: Produce for Better Health Foundation / Pictsweet Frozen Foods

Orange Couscous Salad

Serves 8

½ cup fruits/vegetables per person

Approximate preparation time: 20 minutes

2 cups water

1½ cups couscous, whole wheat

¾ teaspoon turmeric

¼ teaspoon freshly ground black pepper

16-ounce can chickpeas, rinsed and drained

1 cup canned mandarin oranges, drained

½ cup chopped red onions

½ cup golden raisins

red leaf lettuce, 8 medium leaves

Dressing Ingredients

¼ cup lemon juice

2 tablespoons olive oil

1 tablespoon grated orange peel

1 tablespoon minced fresh chives

- In a 1 quart saucepan over high heat, bring the water to a boil.
- Add the couscous, turmeric and pepper. Remove from the heat, cover and let stand for 5 minutes, or until the couscous is soft. Fluff with a fork. Transfer to a large bowl.
- Stir in the chickpeas, oranges, onions, and raisins.
- In a small bowl, whisk together the lemon juice, oil, orange peel and chives. Pour over the salad and toss to mix well. Cover and refrigerate for at least 1 hour.
- Serve on plates lined with lettuce.

Nutrients per Serving: Serving size: 1/8 of recipe. 260 calories; 5.0g fat; 1.0g saturated fat; 0g trans fat; 0mg cholesterol; 47g carbohydrate; 9g dietary fiber; 12g sugars; 12g protein; 40mg sodium; 25% vitamin A; 25% vitamin C; 6% calcium; 15% iron.

Original Recipe Source: Produce for Better Health Foundation

Orange-Sauced Veggies

Serves 4

½ cup fruits/vegetables per person

Approximate preparation time: 25 minutes

2 cups loose-pack frozen broccoli, baby carrots, and water chestnuts
(or other frozen mixed vegetable combination)

½ teaspoon finely shredded orange peel

¼ cup orange juice

1 tablespoon Dijon-style mustard

1 teaspoon soy sauce

- In a 1-quart microwave-safe casserole cook vegetables according to package directions.
- Meanwhile, in a small mixing bowl mix the orange peel, orange juice, mustard, and soy sauce. Stir with a fork or wire whisk until well mixed.
- Remove vegetables from microwave and drain.
- Toss vegetables with the orange juice mixture. Serve immediately.

Nutrients per Serving: Serving size: ¼ of recipe. 30 calories; 0g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 7g carbohydrate; 2g dietary fiber; 4g sugars; 1g protein; 160mg sodium; 70% vitamin A; 40% vitamin C; 0% calcium; 2% iron.

Original Recipe Source: Produce for Better Health Foundation/Polyp Prevention Trial

Pesto Minestrone

Serves 8

1 cup fruits/vegetables per person

Approximate preparation time: 35 minutes

16-ounce can diced tomatoes, drained

2 cups coarsely chopped cauliflower (2 small heads)

1 cup chopped onion (1 medium)

1 cup sliced carrot (1 medium)

1½ cup chopped zucchini (1-2 medium)

3 cups kidney beans or black-eyed peas, drained and rinsed (1 cup dry makes 3 cups cooked) or 2 15-ounce cans

3 14.5-ounce cans reduced-sodium chicken broth

1 cup elbow macaroni or small pasta shells

Pesto Ingredients

2 tablespoons olive oil (for pesto)

2 garlic cloves (for pesto)

1 cup basil leaves, fresh, loosely packed OR 1 cup Italian parsley plus 1 teaspoon dried basil leaves (for pesto)

1 tablespoon water

- In a 5-6 quart saucepan bring to boil ½ cup water, tomatoes, cauliflower, onion and carrots; reduce heat and simmer covered 10 minutes or until vegetables are tender.
- Add zucchini, beans, broth and pasta. Return to a boil, reduce heat and simmer uncovered 10 minutes.
- Meanwhile put all pesto ingredients (olive oil, garlic cloves, basil/parsley, water) in food processor or blender and process until very finely chopped.
- Just before serving, remove soup from heat and stir in pesto.

Nutrients per Serving: Serving size: 1/8 of recipe. 260 calories; 5.0g fat; 1.0g saturated fat; 0g trans fat; 0mg cholesterol; 43g carbohydrate; 14g dietary fiber; 14g protein; 6g sugars; 470mg sodium; 70% vitamin A; 120% vitamin C; 8% calcium; 10% iron.

Original Recipe Source: Produce for Better Health Foundation

Pineapple Poppy Seed Salad

Serves 4

1¼ cups fruits/vegetables per person

Approximate preparation time: 25 minutes

Dressing Ingredients

½ cup pineapple juice

2 tablespoon lime juice

2 tablespoons honey

1 tablespoon poppy seeds

1 teaspoon lime peel, grated

Salad Ingredients

1 fresh pineapple

2 kiwi fruit, peeled and sliced

2 bananas, peeled and sliced

1 cup strawberries

1 cup melon cubes or balls

Dressing

- Place dressing ingredients in a covered jar and shake.

Salad

- Cut pineapple in half, lengthwise through crown. Cut pineapple into quarters. Cut fruit from shells, leaving shells intact. Trim off core and slice fruit.
- Combine pineapple with remaining fruit.
- Toss with poppy seed dressing. Marinate at least 15 minutes for the best flavor.
- Spoon into shells to serve.
- Pass extra dressing to add to each serving if desired.

Nutrients per Serving: Serving size: ¼ of recipe. 230 calories; 2g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 56g carbohydrate; 6g dietary fiber; 40g sugars; 3g protein; 0mg sodium; 30% vitamin A; 210% vitamin C; 8% calcium; 8% iron

Original Recipe Source: Produce for Better Health Foundation

Polar Berries

Serves 4

½ cup fruits/vegetables per person

Approximate preparation time: 10 minutes plus an hour to freeze

2 cups seedless red, purple, or green grapes – or a combination

- Rinse grapes and drain well.
- Place grapes in a freezable bowl or container and put into the freezer.
- When frozen, eat as is or toss them into your favorite yogurt or salad.

Nutrients per Serving: Serving size: ¼ of recipe. 60 calories; 0g fat; 0g saturated fat; --g trans fat; 0mg cholesterol; 14g carbohydrate; 1g dietary fiber; 1g protein; 12g sugars; 0mg sodium; 2% vitamin A; 15% vitamin C; 0% calcium; 2% iron.

Original Recipe Source: California Grape Commission / "Kids...Get Cookin'!", California 5 A Day Campaign

Rainbow Fruit Salad

Serves 12
3/4 cup fruits/vegetables per person
Approximate preparation time: 20 minutes

Honey Orange Sauce Ingredients

1/3 cup unsweetened orange juice, unsweetened
1½ tablespoon honey
¼ teaspoon ground ginger
dash nutmeg

Salad Ingredients

1 large mango, peeled and diced
2 cups fresh blueberries
2 nectarines, unpeeled and sliced
2 cups fresh halved strawberries
2 cups seedless grapes
2 sliced bananas
1 kiwifruit, peeled and diced

- Mix all sauce ingredients in a bowl or jar.
- Mix the fruit in a serving bowl.
- Just before serving, pour Honey Orange Sauce over fruit.

Nutrients per Serving: Serving size: 1/12 of recipe. 100 calories; 0g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 25g carbohydrate; 3g dietary fiber; 19g sugars; 1g protein; 0mg sodium; 6% vitamin A; 60% vitamin C; 0% calcium; 2% iron.

Original Recipe Source: Produce for Better Health Foundation

Raspberry Grape Salad

Serves 6
½ cup fruits/vegetables per person
Approximate preparation time: 20 minutes

½ cup low-fat vanilla yogurt
1 cup raspberries, fresh (or defrosted frozen raspberries)
½ teaspoon dried mint
1½ cups red seedless grapes, washed
1½ cups green seedless grapes, washed

- Combine yogurt and raspberries in a mixing bowl.
- Add mint and mix well.
- Add green and red grapes. Toss lightly to coat.
- Chill well and serve.

Nutrients per Serving: Serving size: 1/6 of recipe. 80 calories; 1g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 20g carbohydrate; 2g dietary fiber; 16g sugars; 2g protein; 15% sodium; 1% vitamin A; 25% vitamin C; 4% calcium; 4% iron

Original Recipe Source: Produce for Better Health Foundation

Red Potatoes with Herbs

Serves 4

½ cup fruits/vegetables per person

Approximate preparation time: 30 minutes

1½ pound red potatoes (approximately 30)

1 tablespoon chopped fresh basil or thyme

2 tablespoon chopped chives

1 teaspoon lemon juice

1 teaspoon olive oil or vegetable oil

Freshly ground black pepper

- In saucepan, boil unpeeled potatoes until tender, about 15 minutes. Drain potatoes.
- Add basil, chives, lemon juice, oil and pepper to taste.
- Mix lightly and serve.

Nutrients per Serving: Serving size: ¼ of recipe. 150 calories; 1g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 30g carbohydrate; 3g dietary fiber; 1g sugars; 4g protein; 10mg sodium; 4% vitamin A; 50% vitamin C; 1% calcium; 8% iron.

Original Recipe Source: Produce for Better Health Foundation

Roasted Butternut Squash

Serves 4

½ cup fruits/vegetables per person

Approximate preparation time: 50 minutes

1 butternut squash, about 1½ - 2 pounds

olive oil cooking spray

1/8 teaspoon allspice

1/8 teaspoon salt

¼ teaspoon pepper

- Preheat oven to 350° degrees F.
- Cut the squash into four wedges. Remove the seeds.
- Mist each wedge with cooking spray and dust with allspice, salt and pepper.
- Bake for 30-40 minutes until tender.

Nutrients per Serving: Serving size: ¼ of recipe. 60 calories; 0g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 16g carbohydrate; 4g dietary fiber; 3g sugars; 1g protein; 80mg sodium; 340% vitamin A; 40% vitamin C; 6% calcium; 6% iron.

Original Recipe Source: National Cancer Institute

Spanish Zucchini Frittata

Serves 4

½ cup fruits/vegetables per person

Approximate preparation time: 35 minutes

Non-stick cooking spray

4 cups grated unpeeled zucchini (about 1½ lbs)

2 tablespoons chopped onion

½ teaspoon chopped garlic

1 can (4 ounces) diced green chilies

1 cup egg substitute (equal to 4 eggs)

2 tablespoons skim milk

½ teaspoon cumin

¼ teaspoon pepper

½ teaspoon chili powder

¼ cup shredded low fat cheddar cheese

salsa (optional)

- Spray a 10-inch skillet with non-stick cooking spray.
- Sauté the zucchini, onion, and garlic until the zucchini is tender. Pour off any liquid.
- Add the diced green chilies.
- Meanwhile, mix egg substitute, milk and seasonings. Add to the zucchini mixture and cook until the eggs begin to set.
- Sprinkle cheese on top. Broil just until top is golden.
- Serve with salsa (optional).

Nutrients per Serving: Serving size: ¼ of recipe. 80 calories; 1.5g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 8g carbohydrate; 3g dietary fiber; 4g sugars; 10g protein; 290mg sodium; 15% vitamin A; 45% vitamin C; 10% calcium; 10% iron.

Original Recipe Source: Produce for Better Health Foundation

Strawberry Yogurt Breakfast Split

Serves 1

1½ cups fruits/vegetables per person

Approximate preparation time: 20 minutes

1 banana

1 cup fresh whole strawberries

½ cup low fat vanilla yogurt

1 tablespoon chopped, toasted almonds

- Peel and split banana. Place banana halves in serving bowl.
- Top strawberries, yogurt and chopped, toasted almonds.

Nutrients per Serving: Serving size: full recipe. 300 calories; 6g fat; 1g saturated fat; 0g trans fat; 7mg cholesterol; 58g carbohydrate; 7g dietary fiber; 40g sugars; 9g protein; 80mg sodium; 4% vitamin A; 160% vitamin C; 20% calcium; 8% iron.

Original Recipe Source: Produce for Better Health Foundation / California Strawberry Commission

Strawberry Yogurt Shake

Serves 4

½ cup fruits/vegetables per person

Approximate preparation time: 10 minutes

½ cup 100% pineapple juice

1½ cups frozen unsweetened strawberries

1/3 cup plain nonfat yogurt

1¼ teaspoon honey

½ teaspoon lemon juice (optional)

- Blend ingredients at medium speed until thick and smooth.

Nutrients per Serving: Serving size: ¼ of recipe. 60 calories; 0g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 14g carbohydrate; 1g dietary fiber; 10g sugars; 2g protein; 25mg sodium; 2% vitamin A; 45% vitamin C; 8% calcium; 4% iron.

Original Recipe Source: Produce for Better Health Foundation

Tomato and Bean Burritos

Serves 4

1 cup fruits/vegetables per person

Approximate preparation time: 35 minutes

3 large tomatoes, approximately 2 ½ pounds

1 teaspoon ground cumin

1 tablespoon vegetable oil

½ cup chopped onion

1 teaspoon minced garlic

1-2 tablespoons chili powder

1 10½-ounce can of red kidney beans, drained and rinsed

2 tablespoons chopped cilantro or parsley

8 6-inch flour tortillas, warmed

- Use fully ripe tomatoes.
- Core and coarsely chop the tomatoes. Makes about 4 cups. Set aside.
- In a medium saucepan, heat oil until hot.
- Add onion and garlic. Cook and stir until softened, about 3 to 4 minutes.
- Add chili powder and cumin. Cook and stir for 1 minute.
- Add kidney beans, ¼ cup water and tomatoes. Bring to a boil; reduce heat and simmer, uncovered, until mixture is thickened, about 20 minutes.
- Stir in cilantro or parsley. Remove from heat.
- To serve: spoon about 1/3 cup bean mixture in the center of each tortilla. Sprinkle with chopped fresh tomatoes and chopped onion. Roll up burrito. Repeat with remaining tortillas.

Nutrients per Serving: Serving size: ¼ of recipe. 350 calories; 10g fat; 1.5g saturated fat; 0g trans fat; 0mg cholesterol; 54g carbohydrate; 10g dietary fiber; 6g sugars; 12g protein; 460g sodium; 30% vitamin A; 30% vitamin C; 10% calcium; 15% iron.

Original Recipe Source: Produce for Better Health Foundation / Florida Tomato Committee

Tomatoes with Garbanzos and Rosemary over Pasta

Serves 6

1 cup fruits/vegetables per person

Approximate preparation time: 30 minutes

1 tablespoon olive oil
1 tablespoon fresh minced rosemary or 1 teaspoon dried rosemary
1 28-ounce can diced tomatoes, undrained
2 tablespoons minced parsley
15-ounce can garbanzo beans, drained
4 garlic cloves, minced
1/8 teaspoon crushed red pepper flakes
1½ cups frozen green beans
16 ounces bowtie pasta
¼ cup grated Parmesan cheese (2 teaspoons per serving)

- Heat oil in a large skillet over medium heat. Add garlic and rosemary. Sauté 1 minute.
- Add pepper flakes and tomatoes. Increase heat to medium-high and cook, stirring often, until sauce thickens, about 8 minutes.
- Stir in garbanzos and cook until heated through.
- Cook pasta according to package directions. Drain and transfer to a warm serving bowl.
- Add frozen green bean to the sauce. Cook just until hot but still bright green and firm.
- Divide pasta among six serving plates. Serve sauce over pasta and add parsley.
- Serve with Parmesan cheese – 2 teaspoons per serving.

Nutrients per Serving: Serving size: 1/6 of recipe. 430 calories; 5g fat; 1g saturated fat; 0g trans fat; <5mg cholesterol; 76g carbohydrate; 7g dietary fiber; 8g sugars; 18g protein; 430mg sodium; 15% vitamin A; 35% vitamin C; 15% calcium; 20% iron.

Original Recipe Source: Produce for Better Health Foundation

Touchdown Tomato-Basil Soup

Serves 8

½ cup fruits/vegetables per person

Approximate preparation time: 45 minutes

2 large onions, peeled and sliced lengthwise
4 cloves of garlic, peeled and minced
2 teaspoons olive oil
2 cups drained chickpeas
2 tablespoons chopped fresh basil
1 cup low-sodium tomato sauce
4 cups fat-free vegetable broth
4 fresh tomatoes, diced
2 tablespoons grated Parmesan cheese

- In a medium stockpot, sauté onions and garlic in oil over medium heat until tender.
- Add chickpeas and 1 tablespoon of basil. Sauté 1 minute.
- Add tomato sauce, broth and tomatoes. Reduce heat and simmer 15 minutes.
- Stir in the remaining basil a few minutes before serving.
- Top with Parmesan cheese.

Nutrients per Serving: Serving size: 1/8 of recipe. 140 calories; 3.0g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 24g carbohydrate; 5g dietary fiber; 14g protein; 6 sugars; 410mg sodium; 30% vitamin A; 40% vitamin C; 10% calcium; 10% iron.

Original Recipe Source: Produce for Better Health Foundation

Treasure Salad

Serves 2

1 cup fruits/vegetables per person

Approximate preparation time: 25 minutes

1 green-skinned apple

1 cup seedless grapes – red, purple, green, or mixed

2 tablespoons lemon-flavored non-fat yogurt

2 tablespoons slivered almonds

- Core and chop apple.
- Mix together the apple, grapes, yogurt and almonds.
- Serve in small bowl.

Nutrients per Serving: Serving size: ½ recipe. 130 calories; 4g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 25g carbohydrate; 3g dietary fiber; 21g sugars; 3g protein; 10mg sodium; 4% vitamin A; 20% vitamin C; 6% calcium; 4% iron.

Original Recipe Source: Produce for Better Health Foundation / California Table Grape Commission

Tropical Fruit Salad

Serves 5

1 cup fruits/vegetables per person

Approximate preparation time: 30 minutes

2 cups canned peaches packed in own juice

1½ cups fresh strawberries, stemmed and halved (a little more than a half pint basket)

1½ cups kiwi, pared and sliced (about 3 kiwi)

1 tablespoon finely chopped fresh mint (or 1 teaspoon crumbled dried mint)

- In a large bowl, combine all ingredients. Toss and chill.
- Serve as a salad, or arrange fruit on wooden skewers for fresh fruit kabobs.

Nutrients per Serving: Serving size: 1/5 recipe. 90 calories; 0g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 22g carbohydrate; 4g dietary fiber; 17g sugars; 1g protein; 6mg sodium; 10% vitamin A; 120% vitamin C; 4% calcium; 4% iron.

Original Recipe Source: Produce for Better Health Foundation / California Strawberry Commission

Vegetable Sage Stuffing

Serves 8

½ cup fruits/vegetables per person

Approximate preparation time: 45 minutes (does not include baking time)

3 cups sliced mushrooms

3 cups frozen French style green beans, thawed and finely chopped

1 cup diced celery

1 cup finely chopped carrots (optional)

1 cup low sodium chicken broth

1 teaspoon sage

2 teaspoons poultry seasoning

salt to taste

pepper to taste

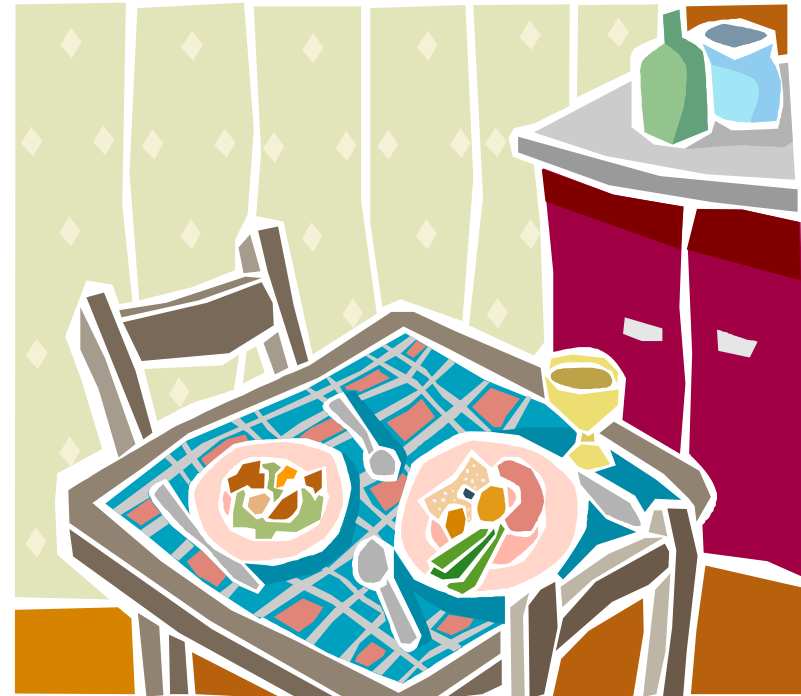
non-stick cooking spray

10 slices day-old enriched whole wheat bread cut into ½ inch cubes

- Preheat oven to 325° F.
- In large saucepan, combine the mushrooms, green beans, celery, onion, carrots, and broth.
- Cook, uncovered, until vegetables are tender and volume of broth has reduced by half (about 30 – 40 minutes).
- Add sage, poultry seasoning, salt and pepper.
- Gently add bread. Stir until moistened.
- Spray 1½ or 2 quart casserole or baking dish with non-stick cooking spray.
- Spoon mixture into the baking dish. Bake, uncovered, at 325° F for 30 – 40 minutes.

Nutrients per Serving: Serving size: 1/8 of recipe. 110 calories; 2g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 19g carbohydrate; 4g dietary fiber; 3g sugars; 5g protein; 270mg sodium; 4% vitamin A; 6% vitamin C; 4% calcium; 8% iron

Original Recipe Source: Produce for Better Health Foundation / Polyp Prevention Trial















Taste-Test Survey Elementary School Students

Name of Recipe _____

What is your grade? _____

Please circle one answer on each row.

1. How did it look?	 I liked it.	 It was OK.	 I did not like it.	Helpful comments.
2. How did it smell?	 I liked it.	 It was OK.	 I did not like it.	Helpful comments.
3. How did it taste?	 I liked it.	 It was OK.	 I did not like it.	Helpful comments.
4. How was the texture (the way it feels in your mouth)?	 I liked it.	 It was OK.	 I did not like it.	Helpful comments.

Additional Comments:

Taste-Test Survey
Middle and High School Students and Adults

Name of Recipe _____

What is your grade? _____

Please circle one answer on each row.

1. How did it look?	I liked it	It was OK.	I did not like it.	Helpful comments.
2. How did it smell?	I liked it	It was OK.	I did not like it.	Helpful comments.
3. How did it taste?	I liked it	It was OK.	I did not like it.	Helpful comments.
4. How was the texture (the way it feels in your mouth)?	I liked it	It was OK.	I did not like it.	Helpful comments.

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★ This recipe is listed in two categories.