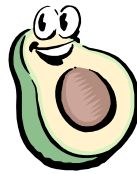


"Color Your Plate"

Avocado Tomato Salad

- 3 ripe avocados
- 1 pint cherry or grape tomatoes
- 1 pint flavored feta cheese
- 2 Tbsp. of olive oil
- 1 clove garlic, minced
- 1 tsp. fruit fresh



Mash the avocados and sprinkle with fruit fresh. Cut the tomatoes in half. Combine the avocado, tomatoes, minced garlic and crumbled feta cheese. Drizzle the olive oil and add salt (**optional**) and pepper to taste. Serve with sliced baguette, pita chips or French bread. Serves 10-12. Source: Unknown

Nutritional facts: 220 calories, 19 grams fat, 570 mg. sodium and 4 grams dietary fiber

Shrimp Salad with Red Bell Pepper and Lime Vinaigrette

- $\frac{1}{4}$ cup fat-free Italian salad dressing
- 1 tsp. Jamaican or other jerk seasoning
- 1 lb. small to medium cooked shrimp, peeled, deveined
- Grated peel from 2 limes (reserve limes and cut into halves)
- 2 Tbsp. honey
- 3 cups hot cooked brown rice, quinoa or bulgar
- 1 can (15-25 oz.) tropical fruit salad, drained
- 1 cup diced red bell pepper
- $\frac{1}{2}$ cup diced red onion
- $\frac{1}{4}$ cup chopped cilantro (optional)



Combine lime juice, lime peel, jerk seasoning, and honey in a small bowl. Whisk in $\frac{1}{4}$ cup Italian dressing. Combine rice, tropical fruit salad, bell pepper, onion, cilantro, and shrimp in large bowl. Pour lime dressing mixture over and gently toss to coat. Let stand 15 minutes to blend flavors.

Serves 4 Source: Dole Food For Thought Spring

Nutritional facts: 415 calories, 3 grams fat, 451 mg. sodium, and 5 grams fiber

Curried Spinach Soup

1 Tbsp. olive oil
1 1/2 cups chopped onion
1 cup chopped celery
1 cup chopped and peeled carrots
3 garlic cloves, minced
1 Tbsp. curry powder
1 Tbsp. minced fresh ginger
1 tsp. ground cumin
1 bay leaf
1/4 tsp. dried crushed red pepper
5 cups vegetable broth, divided
1/2 package (14 oz.) soft tofu, drained
1 package (6oz.) baby spinach



Heat oil over medium-high heat in large non-stick saucepan. Add onion, celery, carrots, garlic, curry powder, ginger, cumin, bay leaf and red pepper. Cook 5-6 minutes; stirring occasionally. Add 4 cups vegetable broth. Bring to boil. Reduce heat; simmer 20- 25 minutes or until vegetables are tender. Cool, remove bay leaf. Combine tofu and remaining 1 cup broth in blender or food processor container. Cover; blend until smooth. Remove from container; set aside. Process vegetable mixture in batches in blender until smooth. Return to saucepan and add tofu mixture. Heat over medium heat until bubbles appear around edge. Add spinach and cook, stirring occasionally, until spinach wilts, about 5 minutes.

Serves 6-8 Source: Dole Food For Thought Spring

Nutritional facts: 91 calories, 3 grams fat, 478 mg. sodium and 4 grams fiber

Papaya Ginger Smoothie

1/2 papaya, peeled, seeded, chopped (about 1 cup)
2 Tbsp. chopped fresh mint leaves
1/2 tsp. ground ginger
1 banana
1 1/2 cups ice cubes
1/2 cup vanilla-flavored soy milk



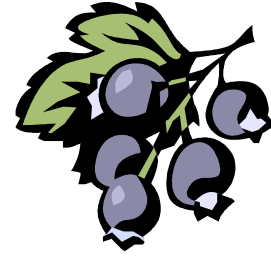
Combine all ingredients in blender or food processor container. Cover; blend until smooth. Garnish with additional mint leaves (if desired).

Serves 2 Source: Food for thought

Nutritional facts: 66 calories, 1 gram fat, 45 mg. sodium and 2 grams fiber

Blueberry Sauce

- *For the best buy, choose blueberries that are firm and without wrinkles.
- *To prepare blueberries, wash and remove stems.
- *To keep fresh, refrigerate blueberries for up to 3 days.
- *Blueberries can be kept in the freezer for months- wash, place on cookie tray in the freezer, until individually frozen, then put in freezer bags.



- $\frac{1}{2}$ cup sugar
- 2 Tbsp. cornstarch
- $\frac{1}{2}$ cup water
- 2 cups fresh or frozen blueberries
- 1 Tbsp. orange juice

In a small pot, stir together sugar and cornstarch. Stir in water. Add blueberries. Cook over medium heat until thickened and bubbly. Cook and stir for 2 more minutes. Remove pot from heat. Stir in orange juice. Serve warm over angel food cake, pancakes, ice cream or yogurt. Makes 2 cups of sauce. Serves 6

Source: Just Say Yes to Fruits and Vegetables

Nutritional facts: 100 calories, 0 grams of fat, 0 mg. sodium and 1 gram fiber

Chunky Summer Sauce

- *For best buy, choose an eggplant that is even colored. Select smaller ones to avoid the bitter taste.
- *To prepare eggplant, wash skin and cook with skin or peel it off.
- *To keep fresh, store eggplants in the refrigerator for up to 4 days.

- 1 Tbsp. oil
- 1 medium eggplant, peeled (if desired) and chopped
- 1 medium bell pepper (red or green)
- 1 medium onion, chopped
- 1 medium zucchini, chopped
- 1 cup chopped mushrooms, optional
- 1-32oz. jar tomato sauce (spaghetti sauce)



Add oil to a large pot over medium high heat. Add chopped vegetables and cook until they become slightly tender. Add tomato sauce and cook over low heat for 15-20 minutes or until vegetables become soft. Serve over spaghetti or rice. Great with chicken! Serves 6 Source: Just say Yes to Fruits and Vegetables

Nutritional facts: 120 calories, 2.5 grams fat, 840 mg. sodium and 6 grams fiber

Asparagus Strata

12 (3/4") slices day old French bread (from long, thin loaf or 8 slices Italian bread)
1 package (10 oz.) frozen asparagus cuts, cooked and drained
2 cups skim milk
3 whole eggs
3 egg whites
3 tsp. lemon juice
1 tsp. instant minced onion
1/2 tsp. garlic salt



Arrange 6 slices on bottom of lightly greased 8x8x2 inch baking dish. Evenly spoon asparagus, over bread. Top with remaining bread slices. In a medium bowl, beat together remaining ingredients. Pour over bread. Cover and refrigerate several hours or overnight. Uncover and bake in a pre-heated 350° oven until golden brown and puffed and a knife inserted in the center comes clean-approximately 50-60 minutes. Sprinkle with pepper if desired. Serves 8 Source: Unknown

Nutritional facts: 320 calories, 4.5 grams fat, 810 mg. sodium and 3 grams fiber

Wholesome Whole Grain Pilaf

1/2 cup bulgar wheat
1/2 cup brown rice (minute brown rice is okay)
1/2 cup whole wheat spaghetti-broken into small pieces
1 cup total of (chopped onion, celery, carrot)
1 3/4 cups liquid (low sodium broth/boullion)
1 Tbsp. olive oil
Garlic powder to taste
Thyme or Italian seasoning to taste (at least a tbsp.)



Sauté vegetables and grains in olive oil until the grains are toasted and the onions are soft. Add seasonings and liquid, cover and reduce heat to simmer. Cook 15 minutes or until done. Serves 4 Source: Unknown

Nutritional facts: 250 calories, 5 grams fat, 55 mg. sodium and 8 grams fiber

Steamed Broccoli & Garlic

For the best buy, choose broccoli with dark green leaves and stems.
To prepare broccoli, wash and eat raw or cooked.
To keep fresh, refrigerate it unwashed in a plastic bag for 1 week.



1 bunch broccoli or a 10 oz. bag of frozen
2 tsp. chopped garlic
 $\frac{1}{2}$ cup water

Rinse broccoli. Cut stalks from the bunch. Place the broccoli, garlic and water in a large saucepan. Cook 7 minutes over medium heat. Broccoli should be tender but not mushy. Enjoy over pasta or rice! Serves 4 Source: Just Say Yes To Fruits and Vegetables.

Nutritional facts: 20 calories, 0 grams fat, 20 mg. sodium and 2 grams fiber

Broccoli Bake

12 oz. package egg noodles, cooked
2 cans cream of mushroom or broccoli soup (can use low sodium)
1 bunch broccoli, washed and chopped
 $\frac{1}{2}$ cup water
 $\frac{1}{2}$ cup cheddar cheese, shredded
breadcrumbs (optional)



Preheat oven to 325°F. Mix noodles, soup, broccoli, water and $\frac{1}{4}$ cup cheese in a large bowl. Put in a large baking dish. Top with $\frac{1}{4}$ cup cheese and the breadcrumbs. Bake for 20-25 minutes, until the top is lightly browned.

Serves 4-6 Source: Just Say Yes To Fruit and Vegetables

Nutritional facts: 380 calories, 10 grams fat, 1000 mg. sodium and 6 grams fiber

Black Bean Salad

1 (15.5 oz.) can of black beans
1 (11 oz.) can of Mexicorn
 $\frac{1}{2}$ cup of diced red bell pepper
1 medium tomato chopped
4 Tbsp. fresh chopped cilantro
3 Tbsp. rice vinegar



Drain and rinse the black beans and corn. Chop tomato, cilantro and red bell pepper. Mix all together and add seasoned vinegar to taste. Serve on a bed of shredded lettuce. Serves 4 Source: Unknown

Nutritional facts: 110 calories, 0.5 grams fat, 510 mg. sodium and 6 grams dietary fiber

Fresh Fruit Tarts

- 12 Wonton wrappers
- 2 Tbsp. sugar free fruit spread
- 1 $\frac{1}{2}$ cup diced fresh fruit
- 1 cup low fat vanilla yogurt
- Vegetable spray



Preheat oven to 375° and spray muffin tins with vegetable spray. Press wonton skins into muffin tins allowing the corners to stand up over the edges. Bake wontons for 5 minutes or until they are lightly browned. Remove from oven and carefully take each wonton "bowl" out of the muffin tins and allow them to cool. Warm fruit spread and lightly coat the bottom of each wonton. Fill each bowl with the fruit, adding a rounded tablespoon of yogurt on top. Garnish with a small piece of fruit. Serve immediately.

Makes 12 tarts. Source: Unknown

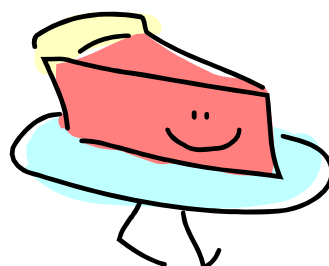
Nutritional facts: 60 calories, 0 grams fat, sodium 60 mg. and 1 gram of fiber

Raspberry Gelatin Pie

- 1 cup of raspberries
- 3 oz. package of raspberry flavored gelatin (can be sugar free)
- 1 cup boiling water
- 2 cups of ice cubes
- 1 graham cracker crust
- 2 cups fat-free whipped topping

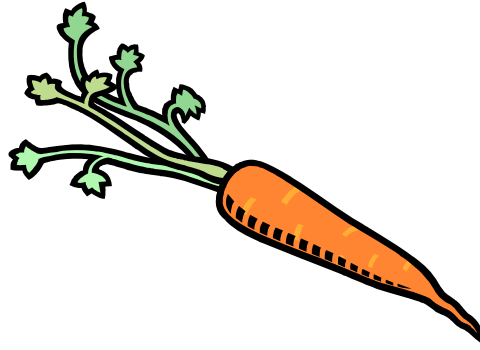
Place raspberries on the bottom of the prepared graham cracker pie crust. In a bowl, dissolve gelatin in 1 cup boiling water. Stir for 2 minutes until completely dissolved. Add 2 cups of ice cubes. Stir until gelatin begins to thicken, removing un-melted ice cubes. Pour gelatin over raspberries in crust. Refrigerate until set. Add whipped topping. Serves 8. Source: Unknown

Nutritional facts: 190 calories, 7 grams fat, 190 mg. sodium and 1 gram of fiber



Vegetable Ribbons

1 medium zucchini (about 1 $\frac{1}{2}$ cups after cutting)
1 large carrot (about 1 $\frac{1}{2}$ cups after cutting)
1 tsp olive or vegetable oil (or use cooking spray)
Optional: $\frac{1}{2}$ teaspoon pepper, dash salt



1. Wash hands.
2. Wash zucchini and peel carrot; cut off ends. Using a vegetable peeler, shave the zucchini and carrot into ribbons by moving the peeler back and forth.
3. Heat the oil in a large skillet over medium heat. (Or lightly coat pan with cooking spray).
4. Ad the vegetable ribbons, stir; cover with a tight-fitting lid and cook for 2 to 3 minutes, or until vegetables are tender but not overcooked.
5. Remove from heat, add pepper and salt, if desired, and serve immediately.

Option: To make vegetable coins instead of ribbons, cut zucchini and carrot into thin slices. Add $\frac{1}{4}$ cup water to the pan; cover and cook 5 to 8 minutes.

Makes 4 servings. Source: EFNEP

Nutritional facts: 35 calories, 1.5 grams fat, 35mg sodium and 2 grams fiber

Strawberry, Kiwi and Spinach Salad

2 Tbsp raspberry vinegar
2 $\frac{1}{2}$ Tbsp raspberry jam
1/3 cup vegetable oil
8 cups spinach, rinsed and torn into bite-size pieces
 $\frac{1}{2}$ cup chopped walnuts
8 strawberries, quartered
2 kiwis, peeled and sliced

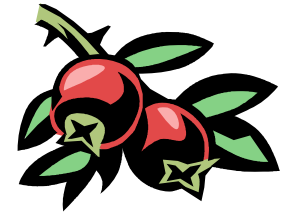


Mix together raspberry vinegar, raspberry jam, and vegetable oil in a small container. Combine spinach, nuts, strawberries, and kiwi in a salad bowl. Toss with raspberry dressing.

Makes 8 servings. Source: Allrecipes.com

Nutritional facts: 169 calories, 14.3g fat, 26mg sodium and 2.2 grams fiber

Bulgur Stuffing with Dried Cranberries and Hazelnuts



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|-------------------------------------|---|
| 1 Tbsp olive oil | 2/3 cup dried cranberries |
| 3 cup chopped onions (2 large) | 1/4 cup orange juice |
| 1 cup chopped celery (2-3 stalks) | 2/3 cup chopped hazelnuts (about 2 oz), roasted |
| 1 clove garlic, minced | 1/2 cup fresh flat leaf parsley |
| 1/2 tsp ground cinnamon | 1/4 tsp fresh ground black pepper |
| 1/4 tsp ground allspice | Optional: Add 1 to 1 1/2 cups cook Garbanzo beans |
| 2 cups bulgur, rinsed | to make a meal |
| 3 cups reduced sodium chicken broth | |
| 1 bay leaf | |

Heat oil in a Dutch oven over medium heat. Add onions and celery, cook, stirring often for 5-8 minutes until softened. Add garlic, cinnamon and allspice, cook, stirring for one minute. Add bulgur and stir for a few seconds, add broth and bay leaf, bring to a simmer. Reduce heat to low, cover and simmer 15-20 minutes until bulgur is tender and liquid has been absorbed. Meanwhile, combine dried cranberries and orange juice in a small microwave-safe container, cover with vented plastic wrap and microwave on high for 2 minutes. Let cranberries rest for another minute or two to plump with orange juice. When bulgur is ready, discard the bay leaf, add the cranberries with orange juice, toasted hazelnuts, parsley and pepper and fluff with a fork.

Makes 10, 3/4 cup servings Source: www.dashdietoregon.org
Nutritional Facts: 190 calories, 6g fat, 109mg sodium and 7 grams fiber

Boos' Kiwi and Mango Salad

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|--|------------------------------------|
| 2 kiwis, peeled and chopped | 1 large green bell pepper, chopped |
| 2 small mangos, peeled, seeded & diced | 1/2 cup sweet corn |
| 1 large red bell pepper, chopped | 1/4 cup light French dressing |



Stir together the kiwi, mango, red bell pepper, green bell pepper, and sweet corn in a bowl. Pour the dressing over the salad and stir to coat; serve immediately.

Makes 4 servings Source: Allrecipes.com
Nutritional Facts: 156 calories, 3.4g fat, 186mg sodium and 4.6 grams fiber

