



Everyday Healthy Meals



www.calvivahealth.org

Acknowledgements

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Be a Champion for Change in Your Kitchen

You can become a Champion for Change for your family by making meals and snacks packed with plenty of fruits and vegetables. You should also make sure your family is active every day.



**Start using these
low-cost, easy-
to-make recipes
today to keep your
family healthy and
happy!**

Eating the right amount of fruits and vegetables is part of a low fat, high fiber diet. Eating these foods may lower your risk of serious problems like:

- obesity
- type 2 diabetes
- heart disease
- stroke
- certain types of cancer

The amount of fruits and vegetables that is right for you depends on your age, gender and how active you are. View the Suggested Cups of Fruits and Vegetables chart on page 29 to find out how many cups of fruits and vegetables each person in your family needs.

Don't forget to be active, too! Being active can give you more energy. And it can help to lower stress. It can also help you keep a healthy body weight. With just 30 minutes of physical activity every day, you can lower your risk of serious health problems. When we say physical activity, think of things like dancing, walking or doing yard work. Children need at least 60 minutes of physical activity every day.



Apple Oatmeal

A tasty recipe packed with good foods.

INGREDIENTS

- | | |
|--|----------------------------|
| 1¾ cups 100% apple juice | ½ teaspoon ground cinnamon |
| 1 cup quick cooking oats | ⅛ teaspoon salt (optional) |
| 1 large apple, cored and cut into bite-size chunks | |

Preparation

1. Combine all ingredients in a medium-size, microwave-safe bowl.
2. Place in microwave uncovered and cook on high for about 2 minutes.
3. Stir and let cool for 1 minute before serving.

 **Makes 4 servings**
¾ cup
per serving

 **Prep time**
10 minutes


 **Cook time**
2 minutes

Nutrition information per serving

Calories 157, Carbohydrate 34 g, Dietary Fiber 4 g, Protein 3 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 78 mg

Tomato and Garlic Omelet

This unique omelet includes vegetables and whole wheat bread for a balanced breakfast.

 **Makes 1 serving**
1 omelet
per serving

 **Prep time**
10 minutes

 **Cook time**
30 minutes

INGREDIENTS

1/2 slice whole wheat bread	2 tablespoons grated part-skim Mozzarella cheese
1/2 teaspoon olive oil	1 large tomato, chopped
1 clove garlic, finely chopped	1 teaspoon dried basil
Nonstick cooking spray	
3/4 cup egg substitute	

Preparation

1. Preheat oven to 300°F.
2. Cut the bread into cubes. Toss with oil and garlic in a small bowl. Spread the cubes in a single layer on a baking sheet and toast in the oven for 15 to 25 minutes, or until golden brown, tossing once or twice. Transfer to a plate to cool.
3. Spray a medium pan with nonstick cooking spray and heat over medium-high heat. Pour in egg substitute.
4. When the egg begins to set, spread evenly across the bottom of the pan and reduce the heat to low.
5. Once the top layer of egg is almost cooked, sprinkle the cheese and basil on top and scatter the tomatoes and bread over half of the omelet. Fold the unfilled omelet half over the filling. Slide the omelet on a plate and serve.



Nutrition information per serving

Calories 235, Carbohydrate 18 g, Dietary Fiber 5 g, Protein 27 g, Total Fat 7 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 8 mg, Sodium 506 mg



Banana Berry Pancakes

This recipe promises to be a family favorite. Try fresh, canned, or frozen fruits for different flavors.

INGREDIENTS

1 large banana, peeled and sliced
1 cup complete pancake mix
½ cup water
Nonstick cooking spray

Topping

1 cup unsweetened frozen strawberries, thawed and sliced
2 tablespoons orange juice



Makes 4 servings

2 pancakes per serving



Prep time

10 minutes



Cook time

10 minutes

Preparation

1. Place bananas in a medium bowl and mash with a fork.
2. Add pancake mix and water. Stir until blended.
3. Spray a large skillet with nonstick cooking spray and heat over medium heat.
4. Pour ¼ cup batter for each pancake into hot skillet. Cook pancakes for about 2 minutes per side until fully cooked.

Topping

5. To make the topping, spray a pan with nonstick cooking spray and heat over medium heat.
6. Cook berries and orange juice for 3 minutes or until the berries are soft.
7. Spoon topping over pancakes and serve.


Nutrition information per serving

Calories 109, Carbohydrate 24 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 182 mg

Huevos Rancheros with Fresh Salsa

A healthy version of a classic breakfast dish!

 **Makes 4 servings**
1 tortilla
per serving

 **Prep time**
15 minutes

 **Cook time**
15 minutes

INGREDIENTS

4 (6-inch) corn tortillas	2 tablespoons shredded Cheddar or Monterey Jack cheese
½ tablespoon vegetable oil	2 cups fresh salsa (see page 24)
Nonstick cooking spray	⅛ teaspoon ground black pepper
1½ cups egg substitute	

Preparation

1. Preheat oven to 450°F.
2. Lightly brush tortillas with oil on both sides and place on a baking sheet. Bake for 5 to 10 minutes or until tortillas are crisp on the edges and starting to brown. Remove from the oven and set aside.
3. Spray a large skillet with nonstick cooking spray.
4. Pour egg substitute into skillet. Cook over medium heat for 2 to 3 minutes until eggs are cooked through.
5. Place an equal amount of eggs on each tortilla and top each with ½ tablespoon of cheese.
6. Place under the broiler for about 2 minutes until cheese is melted. Spoon ½ cup fresh salsa on each tortilla and top with ground black pepper. Serve warm.



Nutrition information per serving

Calories 146, Carbohydrate 16 g, Dietary Fiber 3 g, Protein 13 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 255 mg




Black Bean and Corn Pitas

A protein-packed mixture of seasoned vegetables, black beans and cheese.

INGREDIENTS

- | | |
|--|--|
| 1 (15-ounce) can low-sodium black beans | 1/8 teaspoon cayenne pepper or more to taste |
| 1 cup frozen corn, thawed | 2 teaspoons lemon juice |
| 1 cup fresh or no salt added canned tomatoes | 1/2 teaspoon chili powder |
| 1 avocado, chopped | 2 medium whole wheat pita pockets |
| 1 clove garlic, finely chopped | 1/3 cup shredded part-skim Mozzarella cheese |
| 1 teaspoon chopped fresh parsley | |

 **Makes 4 servings**
1/2 pita per serving

 **Prep time**
15 minutes

Preparation

1. Drain and rinse beans. In a medium bowl, combine beans, corn, tomatoes, avocado, and garlic. Add parsley, cayenne pepper, lemon juice, and chili powder.
2. Cut pita bread in half to form 4 pockets and spoon equal amounts of filling into each half. Top with cheese and serve.


Nutrition information per serving

Calories 352, Carbohydrate 54 g, Dietary Fiber 17 g, Protein 16 g, Total Fat 10 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 5 mg, Sodium 176 mg

Zesty Asian Chicken Salad

A colorful salad packed with all kinds of healthy foods.

 **Makes 4 servings**
1 cup
per serving

 **Prep time**
20 minutes

INGREDIENTS

3 boneless, skinless chicken breasts, cooked and chilled	1 red bell pepper, cut into strips
3 green onions, sliced	2 cups shredded cabbage
1½ cups small broccoli florets	½ cup fat-free Asian or sesame salad dressing
2 medium carrots, peeled and cut into strips	¼ cup 100% orange juice
	¼ cup chopped fresh cilantro

Preparation

1. Cut chicken breasts into small strips and place in a medium bowl with onions, broccoli, carrots, bell peppers, and cabbage.
2. In a small bowl, stir together dressing and juice. Pour over salad and toss well to coat. Stir in cilantro. Serve at room temperature.



Nutrition information per serving

Calories 184, Carbohydrate 13 g, Dietary Fiber 4 g, Protein 22 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 55 mg, Sodium 456 mg



Avocado Garden Salad

This salad is easy to fix, looks great on a plate and is delicious to eat.

INGREDIENTS

- | | |
|---------------------------------------|--|
| 6 cups torn or cut mixed salad greens | 2 tablespoons lemon juice |
| 3 medium tomatoes, chopped | $\frac{1}{3}$ teaspoon garlic powder |
| 5 green onions, chopped | $\frac{1}{2}$ teaspoon ground black pepper |
| 1 small cucumber, peeled and chopped | $\frac{1}{2}$ teaspoon salt |
| | 1 large avocado, peeled |

 **Makes 6 servings**
1½ cups per serving

 **Prep time**
20 minutes

Preparation

1. Mix salad greens, tomatoes, onions, and cucumber in a large serving bowl.
2. In a small bowl, mix lemon juice, garlic powder, ground black pepper, and salt. Pour over salad mixture and toss together.
3. Cut avocado in half lengthwise. Remove pit and peel avocado halves. Slice into thin wedges about $\frac{1}{8}$ -inch thick.
4. Arrange avocado slices on top of salad and serve immediately.

Recipe courtesy of the Produce for Better Health Foundation.

Nutrition information per serving

Calories 78, Carbohydrate 9 g, Dietary Fiber 4 g, Protein 2 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 222 mg

Tuna Apple Salad

Apples and raisins add a nice twist to tuna salad.

-  **Makes 4 servings**
1 cup
per serving
-  **Prep time**
15 minutes

INGREDIENTS

- 2 (6-ounce) cans water packed tuna, drained
- 2 tablespoons finely chopped red onion
- 1 medium apple, cored and chopped
- ¼ cup chopped celery
- ¼ cup golden raisins
- 3 tablespoons fat-free Italian dressing
- 2 cups salad greens
- 2 medium whole wheat pitas

Preparation

1. In a small bowl, stir together tuna, onion, apple, celery, raisins, and 2 tablespoons of dressing.
2. In another medium bowl, toss together salad greens with remaining dressing.
3. Cut pitas in half to make 4 pita pockets.
4. Carefully fill pita pockets with equal amounts of salad greens and tuna salad. Serve.



Nutrition information per serving:

Calories 216, Carbohydrate 27 g, Dietary Fiber 4 g, Protein 25 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 26 mg, Sodium 544 mg



Vegetable Quesadillas

These quesadillas make a great meatless meal for a healthy lunch! Serve with red or green salsa and light sour cream.

INGREDIENTS

Nonstick cooking spray	2 tablespoons chopped fresh cilantro
½ cup chopped green bell pepper	4 (6-inch) flour tortillas
½ cup frozen corn, thawed	½ cup shredded reduced-fat Cheddar or Monterey Jack cheese
½ cup sliced green onion	
½ cup chopped tomato	

 **Makes 4 servings**
1 tortilla per serving

 **Prep time**
10 minutes

 **Cook time**
15 minutes

Preparation

1. Spray a medium skillet with nonstick cooking spray. Sauté bell pepper and corn until softened, about 5 minutes.
2. Add green onion and tomato. Cook for several minutes more until heated through. Stir in cilantro.
3. Heat tortillas in a large skillet over high heat. Place equal amounts of cheese and vegetables on each tortilla. Fold in half and continue to cook until cheese is melted and tortilla is crisp and lightly browned. Serve while hot.


Nutrition information per serving

Calories 134, Carbohydrate 20 g, Dietary Fiber 2 g, Protein 7 g, Total Fat 3 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 302 mg

Chicken Tortas

Serve these sandwiches with sliced jalapeño peppers for a little added heat!

 **Makes 4 servings**
1 sandwich per serving

 **Prep time**
15 minutes

INGREDIENTS

2 cups cooked, shredded chicken	½ cup shredded reduced-fat Monterey Jack cheese
1 teaspoon chili powder	2 radishes, sliced
2 cups prepared fresh salsa (see page 24)	1 fresh avocado, mashed
2 cups shredded romaine lettuce	4 bolillos or French bread rolls, cut in half lengthwise
4 thin slices white onion	

Preparation

1. In a medium bowl, combine chicken, chili powder and 1 cup fresh salsa.
2. In another medium bowl, combine lettuce, onion, cheese, and radishes.
3. Spread equal amounts of mashed avocado on each roll.
4. Place equal amounts of chicken and lettuce mixtures inside of each roll.
5. Spoon ¼ cup fresh salsa over lettuce and close sandwich. Serve immediately.



Nutrition information per serving

Calories 379, Carbohydrate 32 g, Dietary Fiber 6 g, Protein 30 g, Total Fat 15 g, Saturated Fat 4 g, Trans Fat 0 g, Cholesterol 67 mg, Sodium 500 mg




Easy Turkey Skillet Dinner

Serve this hearty meal with whole wheat bread and green salad.

INGREDIENTS

Nonstick cooking spray	1 teaspoon each dried basil, oregano and garlic powder
¾ pound lean ground turkey	½ teaspoon salt
1 medium onion, peeled and chopped	¼ teaspoon ground black pepper
3 tomatoes, chopped	2 medium zucchini, sliced
3 tablespoons tomato paste	

 **Makes 4 servings**
1 cup
per serving

 **Prep time**
5 minutes

 **Cook time**
25 minutes

Preparation

1. Spray nonstick cooking spray in a large skillet.
2. Brown turkey and onion over medium heat until turkey is cooked through and onion is soft, about 10 minutes.
3. Add tomatoes, tomato paste and seasonings. Simmer over medium heat for 10 minutes.
4. Add zucchini and cook for 5 minutes more. Serve while hot.

Nutrition information per serving

Calories 181, Carbohydrate 13 g, Dietary Fiber 4 g, Protein 21 g, Total Fat 6 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 57 mg, Sodium 462 mg

Spaghetti with Turkey Meat Sauce

Top your pasta with this healthy version of a classic Italian dish.



Makes 8 servings

1½ cups
per serving



Prep time

10 minutes



Cook time

30 minutes

INGREDIENTS

Nonstick cooking spray	2 cloves garlic, finely chopped
¾ pound lean ground turkey	1 teaspoon crushed dried oregano
2 (14½-ounce) cans diced tomatoes, juice reserved	1 teaspoon ground black pepper
1 green bell pepper, finely chopped	1 pound spaghetti noodles
1 cup finely chopped onion	

Preparation

1. Spray a large skillet with nonstick cooking spray. Preheat skillet over medium heat.
2. Add turkey and cook, stirring occasionally for 5 to 10 minutes or until cooked through. Drain fat.
3. Stir in tomatoes with their juice, bell pepper, onion, garlic, oregano, and ground black pepper. Bring to a boil and reduce heat. Cover and simmer for 15 minutes, stirring occasionally.
4. Meanwhile, cook spaghetti according to package directions. Drain well. Serve sauce over spaghetti.



Nutrition information per serving

Calories 346, Carbohydrate 57 g, Dietary Fiber 5 g, Protein 20 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 28 mg, Sodium 162 mg





Grilled Chicken Vegetable Kabobs

Try these kabobs at your next family barbecue.

INGREDIENTS

2 teaspoons olive oil	8 cherry tomatoes
3 tablespoons fresh lemon juice	12 whole bay leaves
Ground black pepper to taste	1 medium onion, cut into 1-inch cubes
1 pound boneless chicken breast without skin, cut into 2-inch cubes	1 medium green bell pepper, cut into 1-inch cubes
	2 cups cooked brown rice

 **Makes 6 servings**
1 skewer per serving

 **Prep time**
1 hour, 15 minutes

 **Cook time**
10 minutes

Special equipment

4 wooden skewers

Preparation

1. In a small bowl, mix olive oil, lemon juice and ground black pepper. Pour over chicken and marinate one hour in the refrigerator.
2. To make skewers, thread tomato, chicken, bay leaf, onion, and bell pepper. Repeat.
3. Grill over medium heat for 5 minutes on each side or until cooked through. Discard bay leaves before serving.
4. Serve each kabob over $\frac{1}{2}$ cup of brown rice.

Nutrition information per serving

Calories 297, Carbohydrate 29 g, Dietary Fiber 5 g, Protein 28 g, Total Fat 7 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 68 mg, Sodium 73 mg

Simple Fish Tacos

Make your own restaurant-style fish tacos at home for a light and healthy dinner.

 **Makes 6 servings**
2 tacos
per serving

 **Prep time**
20 minutes

 **Cook time**
5 minutes

INGREDIENTS

1 pound cod or white fish fillets, cut into 1-inch pieces	1 cup shredded red cabbage
1 tablespoon olive oil	1 cup shredded green cabbage
2 tablespoons lemon juice	2 cups chopped tomatoes
½ package taco seasoning	½ cup nonfat sour cream
12 (6-inch) warmed corn tortillas	Taco sauce to taste
	Lime wedges for serving (optional)

Preparation

1. In a medium bowl, combine fish, olive oil, lemon juice, and seasoning mix. Pour into a large skillet.
2. Cook, stirring constantly, over medium-high heat for 4 to 5 minutes or until fish flakes easily when tested with a fork.
3. Fill tortillas with fish mixture.
4. Top with cabbage, tomato, sour cream, and taco sauce. Serve with lime wedge, if desired.

Recipe courtesy of the Produce for Better Health Foundation.



Nutrition information per serving

Calories 239, Carbohydrate 32 g, Dietary Fiber 4 g, Protein 19 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 42 mg, Sodium 247 mg



Rosemary Lemon Chicken with Vegetables

This meal goes great with a crisp green salad.

INGREDIENTS

- | | |
|---|--|
| ½ pound small red potatoes (about 3 potatoes), rinsed and cubed | ¼ cup lemon juice, divided |
| 1½ cups baby carrots | 2 tablespoons honey ¹ |
| 1 cup green beans, trimmed | 1 tablespoon chopped fresh rosemary or 1 teaspoon dried rosemary |
| 2 boneless, skinless chicken breasts, halved (about 1 pound) | 1 teaspoon grated lemon peel |
| 1 tablespoon olive oil | ¼ teaspoon ground black pepper |



Makes 4 servings

½ chicken breast and 1 cup vegetables per serving



Prep time

10 minutes



Cook time

25 minutes

Preparation

1. In a medium pot, bring 8 cups of water to a boil.
2. Add potatoes, carrots, and green beans and cook for 5 minutes. Drain and set aside.
3. Cut chicken breasts in half. Place olive oil and chicken breasts in a medium skillet. Cook over medium heat for 5 minutes on each side.
4. Add potatoes, carrots, green beans, and all remaining ingredients to skillet, except 2 tablespoons lemon juice.
5. Cook over low heat for 5 minutes more or until chicken is fully cooked. Add remaining lemon juice to taste and serve.

¹Do not give honey to children under the age of one.

Nutrition information per serving

Calories 276, Carbohydrate 26 g, Dietary Fiber 4 g, Protein 27 g, Total Fat 7 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 68 mg, Sodium 103 mg

Vegetable Chicken Enchiladas

Full of fresh vegetables and loaded with flavor.



Makes 4 servings

2 enchiladas per serving



Prep time

10 minutes



Cook time

40 minutes

INGREDIENTS

Nonstick cooking spray	¾ cup red enchilada sauce
1 large onion, peeled and chopped	2 (8-ounce) cans no salt added tomato sauce
1 green bell pepper, seeded and chopped	8 (6-inch) corn tortillas
1 large zucchini, chopped	⅔ cup shredded reduced-fat Monterey Jack cheese
1 cup cooked, chopped chicken breast	

Preparation

1. Preheat oven to 375°F.
2. Spray large skillet with nonstick cooking spray. Sauté onion for 5 minutes, stirring occasionally. Add bell pepper and zucchini. Cook for 5 minutes more. Stir in chicken. Set aside.
3. Meanwhile, combine enchilada sauce and tomato sauce in a small bowl. Add ½ cup to vegetable and chicken mixture.
4. Soften tortillas on the stovetop or in the microwave. Dip each tortilla in sauce and place equal amounts of vegetable and chicken mixture on one side. Roll up and place in a 13 x 9-inch baking pan. Pour remaining sauce over the top.
5. Cover loosely with foil and bake for 20 to 25 minutes. Remove cover and sprinkle cheese over top. Bake for 5 minutes more. Serve while hot.



Nutrition information per serving

Calories 311, Carbohydrate 41 g, Dietary Fiber 7 g, Protein 22 g, Total Fat 8 g, Saturated Fat 3 g, Trans Fat 0 g, Cholesterol 41 mg, Sodium 521 mg



Savory Greens

You do not have to boil your greens for hours. In fact, doing this pulls nutrients out of them. Save time and nutrients by cooking greens for only 30 minutes.

INGREDIENTS

- | | |
|--|--|
| 3 cups water | ¼ teaspoon ground cloves |
| ¼ pound skinless, smoked turkey breast | ½ teaspoon dried thyme |
| ¼ cup chopped onion | 1 green onion, chopped |
| 1 tablespoon chopped and seeded jalapeño pepper (optional) | 1 teaspoon ground ginger |
| 2 cloves garlic, crushed | 2 pounds greens (mixture of mustard greens, collard greens, kale, and turnip greens) |
| ¼ teaspoon cayenne pepper | |

 **Makes 6 servings**

1 cup
per serving

 **Prep time**
10 minutes

 **Cook time**
30 minutes

Preparation

1. Place all ingredients except greens into a large pot and bring to a boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Tear or slice greens into bite-size pieces.
4. Add greens to turkey stock. Cook 20 to 30 minutes until tender. Serve while hot.

Adapted from a recipe courtesy of National Heart, Lung, and Blood Institute.

Nutrition information per serving

Calories 69, Carbohydrate 10 g, Dietary Fiber 4 g, Protein 7 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 9 mg, Sodium 267 mg

Zucchini Sauté

This vegetable side dish tastes lively and is fast to fix.

 **Makes 5 servings**
1 cup
per serving

 **Prep time**
10 minutes

 **Cook time**
5 minutes

INGREDIENTS

1¼ pounds zucchini (about 3 medium zucchini)	1 teaspoon grated lemon peel
½ teaspoon olive oil	1 tablespoon grated Parmesan cheese
1 tablespoon dried oregano	¼ teaspoon ground black pepper
2 cloves garlic, finely chopped	

Preparation

1. Cut zucchini in half crosswise, then cut each half into 4 lengthwise sticks.
2. Heat oil in a heavy nonstick skillet over medium-high heat.
3. Add oregano and garlic, and sauté for about 2 minutes.
4. Add zucchini and lemon peel and sauté for about 3 minutes until zucchini is lightly browned.
5. Mix in Parmesan cheese and pepper. Serve warm.



Nutrition information per serving

Calories 32, Carbohydrate 5 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 31 mg




Fruit Dip

Use fresh orange segments and kiwifruit slices when winter fruits are in season.

INGREDIENTS

- | | |
|--|---------------------------------------|
| 1 (8-ounce) container low-fat vanilla yogurt | 2 medium red apples, cored and sliced |
| 2 tablespoons 100% orange juice | 1 medium pear, cored and sliced |
| 1 tablespoon lime juice | 1 medium plum, sliced |
| ½ tablespoon brown sugar | 8 large strawberries |

 **Makes 4 servings**
¼ recipe per serving

 **Prep time**
15 minutes

Preparation

1. In a small bowl, combine yogurt, orange juice, lime juice, and brown sugar. Mix well.
2. Serve dip in a bowl on a large plate and surround with fruit.

Nutrition information per serving

Calories 140, Carbohydrate 32 g, Dietary Fiber 4 g, Protein 4 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 40 mg

Peach Crumble

A light and healthy dessert that takes just minutes to prepare.

 **Makes 12 servings**

½ cup per serving

 **Prep time**
5 minutes

 **Cook time**
25 minutes

INGREDIENTS

Nonstick cooking spray	1¼ teaspoons ground cinnamon
4 (15-ounce) cans juice-packed peach slices, drained ²	⅔ cup old fashioned oats
2 tablespoons cornstarch	¼ cup brown sugar
1 teaspoon vanilla	⅓ cup flour
	2½ tablespoons butter

PREPARATION

1. Preheat oven to 400°F.
2. Spray a 9-inch deep dish pie pan with nonstick cooking spray and pour peaches in the pan.
3. In a small bowl, stir in cornstarch, vanilla and 1 teaspoon cinnamon. Pour the mixture over peaches.
4. In a large bowl, mix the remaining cinnamon, oats, brown sugar, flour, and butter with a fork until crumbly. Sprinkle over peaches.
5. Bake for 20 to 25 minutes or until juices are thickened and bubbly, and topping is lightly browned. Serve while hot.

²Canned fruit packed in 100% fruit juice.



Nutrition information per serving

Calories 139, Carbohydrate 28 g, Dietary Fiber 3 g, Protein 2 g, Total Fat 3 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 6 mg, Sodium 25 mg



Paradise Freeze

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

INGREDIENTS

- | | | |
|---------------------|---|------------------------|
| 1 large banana | ⋮ | 2 ripe mangos, chopped |
| 2 cups strawberries | ⋮ | 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.



Makes 4 servings

1 cup per serving



Prep time

5 minutes


i 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

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	3 jalapeño peppers, seeds removed and chopped
1½ cups chopped onion	2 tablespoons lime juice
⅓ cup chopped fresh cilantro	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




Pear Mango Salsa

A tropical twist on a traditional favorite.

INGREDIENTS

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

 **Makes 6 servings**
¼ cup
per serving

 **Prep time**
30 minutes

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

Chickpea Dip with Fresh Vegetables

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



Makes 4 servings

2 tablespoons per serving



Prep time

15 minutes

INGREDIENTS

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

Preparation

1. Put the first eight ingredients into a food processor and blend until smooth.
2. 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



Peachy Peanut Butter Pita Pockets

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

INGREDIENTS

- | | |
|--|----------------------------------|
| 2 medium whole wheat pita pockets | ½ apple, cored and thinly sliced |
| ¼ cup reduced fat chunky peanut butter | ½ banana, thinly sliced |
| | ½ fresh peach, 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

 **Makes 4 servings**
½ pita pocket per serving

 **Prep time**
10 minutes

 **Cook time**
10 seconds

Grab and Go!

You do not need to carry measuring cups with you to eat your recommended amounts of fruits and vegetables.



The key to a healthy life is in your hands!

½ cup of vegetables



1 cup of raw, leafy greens



¼ cup of dried fruit



½ cup of fruit



1 cup of fruit



Suggested Cups of Fruits and Vegetables

How many cups of fruits and vegetables do you need to eat every day? It depends on your gender, age and how active you are. The tables below are suggestions for you.

To learn more, visit www.myplate.gov.

Daily Vegetables Table

TODDLERS	12 to 23 months	2/3 to 1 cup
CHILDREN	2-4 years	1 to 2 cups
	5-8 years	1½ to 2½ cups
GIRLS	9-13 years	1½ to 3 cups
	14-18 years	2½ to 3 cups
BOYS	9-13 years	2 to 3½ cups
	14-18 years	2½ to 4 cups
WOMEN	19-30 years	2½ to 3 cups
	31-59 years	2 to 3 cups
	60+ years	2 to 3 cups
MEN	19-30 years	3 to 4 cups
	31-59 years	3 to 4 cups
	60+ years	2½ to 3½ cups



Keep it safe!
You should always
rinse your fruits
and vegetables
before you
eat them.

Daily Fruits Table

TODDLERS	12 to 23 months	½ to 1 cup
CHILDREN	2-4 years	1 to 1½ cups
	5-8 years	1 to 2 cups
GIRLS	9-13 years	1½ to 2 cups
	14-18 years	1½ to 2 cups
BOYS	9-13 years	1½ to 2 cups
	14-18 years	2 to 2½ cups
WOMEN	19-30 years	1½ to 2 cups
	31-59 years	1½ to 2 cups
	60+ years	1½ to 2 cups
MEN	19-30 years	2 to 2½ cups
	31-59 years	2 to 2½ cups
	60+ years	2 cups



This information is not intended as a substitute for professional medical care. Please always follow your health care provider's instructions. Programs and services are subject to change.

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