

1 apple, washed ¹/8 cup brown sugar ¹/4 teaspoon cinnamon

Nutrition Information per serving

222 calories, 0 g fat, 0 g sat fat,0.6 g protein, 58 g carbohydrate,5 g fiber, 10 mg sodium

Instructions

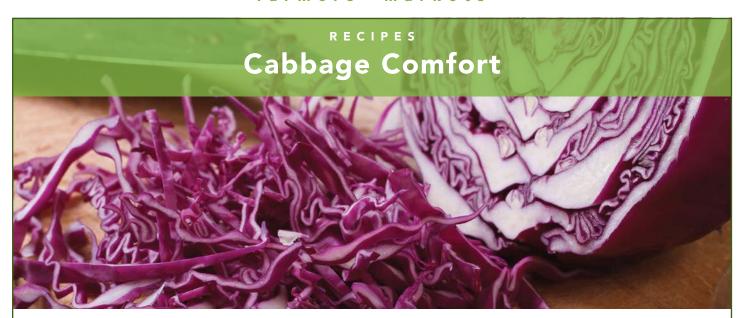
- 1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
- 2. Wash apple and remove core.
- 3. Cut a thin slice off the bottom of the apple to form a flat surface. Place apple in a microwave-safe baking dish.
- **4.** Mix brown sugar and cinnamon in a small dish. Spoon mixture into the center of the apple.
- 5. Cover with wax paper and microwave on high power 3 to 4 minutes or until apple is soft.

APPLES

Choose: firm, shiny apples that smell fresh.

Store: in the refrigerator in a plastic bag. Use within 3 weeks.

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



1/2 onion (sliced)

1 teaspoon vegetable oil

2 -1/4 cups cabbage (washed and sliced)

1/4 teaspoon salt

1/4 teaspoon black pepper

1/2 teaspoon caraway seeds

Healthy add-in:

1 sliced tart apple — e.g., Granny Smith.

Instructions

- 1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
- 2. Heat oil in a medium-sized pan.
- 3. Sauté onion over medium heat until light brown, about 5-6 minutes.
- **4.** Add sliced cabbage, salt, black pepper and caraway seeds.
- 5. Stir and cook for 30 minutes.
- 6. Serve immediately.

Nutrition Information per serving

79 calories, 2.25 g fat, 0.15 g sat fat, 1.7 g protein, 9.3 g carbohydrate, 3.15 g fiber, 310 mg sodium

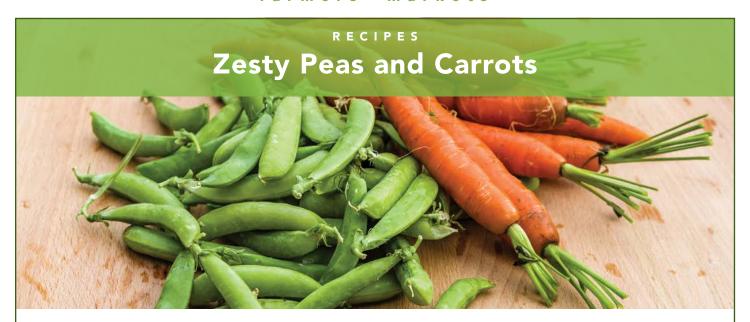
CABBAGE

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

Store: the whole head in a plastic bag in the crisper of your refrigerator for 1-2 weeks. Store partial cabbage heads in the refrigerator, covered tightly with plastic wrap.

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





3/4 cup shelled green peas or frozen peas
2-3 tablespoons grated carrot
2 tablespoons minced green or white onion
1/2 teaspoon sugar
dash of ground black pepper
1 tablespoon prepared Italian salad dressing

Healthy add-in:

chopped fresh dill (add in step 3).

Nutrition Information per serving

268 calories, 1.75 g fat, 0.22 g sat fat,2.83 g protein, 11 g carbohydrate,2.7 g fiber, 135 mg sodium.

Instructions

- Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
- 2. In a covered saucepan, boil peas, carrots and onion in a small amount of water until just tender. Remove from heat and drain. (Or cook covered in a microwave without water.)
- **3.** Stir in sugar, pepper and dressing.
- **4.** Using low heat, cook briefly until heated through.
- 5. Serve hot.

CARROTS

Choose: firm carrots that smell fresh.

Store: in the crisper in the refrigerator or cut off the greens and store (peeled or unpeeled) in a container filled with cold water. Secure with a lid or plastic wrap. Replace the water every day with clean water. Best if used within 2 weeks.

How much? 1 carrot chopped = about 1/2 cup.



- 2 large eggs
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon salt
- 1 medium unpeeled red or white potato, washed
- ¹/₂ tablespoon olive oil
- 2 cups Italian kale or other kale variety, washed
- 2 tablespoons chopped onion
- 1/4 red bell pepper, washed and chopped

Healthy add-in: chopped green onions, fresh asparagus, tomatoes or basil.

Nutrition Information per serving

195 calories, 8.5 g fat, 2 g sat fat, 9.3 g protein, 21 g carbohydrate, 2.7 g fiber, 243 mg sodium

Instructions

- 1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
- 2. Beat eggs, pepper and salt in a large bowl. Set aside.
- 3. Microwave potato until slightly soft but not completely cooked, then cube. (Alternate method without microwave: cube potato and boil 5 minutes until slightly soft; drain.)
- **4.** Chop remaining vegetables into small pieces while potato cools. Mix all vegetables together.
- 5. Heat oil in a medium-sized non-stick skillet. Sauté vegetables for 5-8 minutes; add to eggs and mix well.
- 6. Pour egg-vegetable mixture into the same skillet. Cook over low to medium heat until eggs are almost set, about 8-10 minutes.
- 7. Cover and let sit until eggs are completely set, about 5 minutes. Serve immediately.

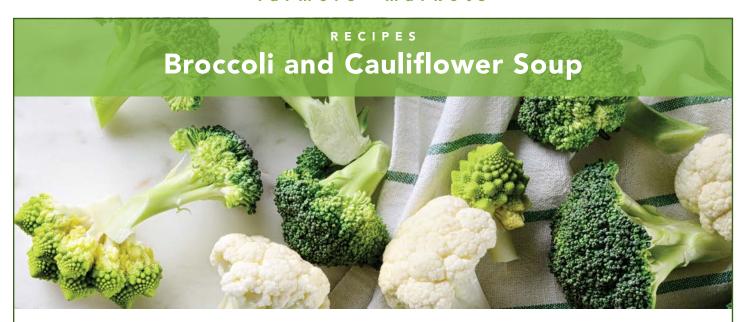
KALE

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

Store: in a plastic bag, removing as much of the air from the bag as possible. Kale will keep in the refrigerator for a week or more. Do not wash before storing.

How much? 1 bunch of kale weighs about 1 pound.





cheddar cheese

1 cup chopped broccoli
1 cup chopped cauliflower
1/4 cup chopped onion
1/2 cup low-fat, low-sodium chicken broth
1 cup skim milk, divided
1 teaspoon cornstarch
1/4 cup (about 11/2 ounces) finely
chopped cooked lean ham
1/8 teaspoon ground black pepper
2 tablespoons shredded Swiss or

Healthy add-in: chopped green onion, diced red pepper (add in Step 2).

Nutrition Information per serving

70 calories, 2 g fat, 1 g sat fat, 7 g protein, 7g carbohydrate, 1 g fiber, 190 mg sodium

Instructions

- 1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
- 2. In a covered saucepan, boil broccoli, cauliflower and onion gently in the chicken broth until tender, about 3 minutes. Remove from heat.
- 3. Pour half of the mixture and ¹/₂ cup skim milk into a blender. Hold lid down and blend until smooth.
- 4. Return blended mixture to pan.
- 5. In a jar with a tight-fitting lid, place 1/2 cup skim milk. Add cornstarch and shake well. Pour into soup mixture.
- 6. Add ham and pepper to mixture. Boil over medium heat about 5 minutes, stirring occasionally.
- 7. Blend in cheese and stir until melted. Serve hot.

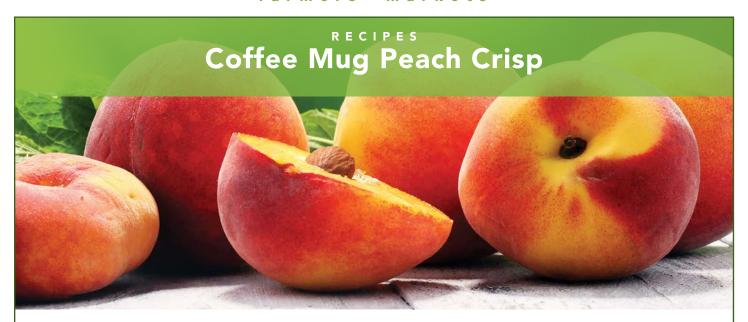
CAULIFLOWER

Choose: cauliflower that is creamy white with densely packed florets that are free of blemishes, browning or wet spots. Smell it. If the cauliflower has a strong smell, it's past its prime.

Store: Place in a sealed plastic bag with a paper towel tucked in to absorb any excess moisture. Whole heads will keep in the refrigerator 4-7 days. Precut florets will keep no more than 4 days.

How much? 1 medium head = 2-3 pounds.





11/2 cups washed, diced fresh peaches, pears or apples
2 tablespoons butter or light butter
11/2 tablespoons brown sugar
2 tablespoons whole wheat or white flour
1/2 teaspoon cinnamon
4 tablespoons quick oats

Healthy add-in:

raisins or dried cranberries.

Non-stick cooking spray

Instructions

- 1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
- 2. Spray two microwave-safe coffee mugs or bowls with non-stick spray.
- 3. Divide the diced fruit into the mugs.
- In a small bowl, combine the remaining ingredients and mix with a fork until crumbly.
- 5. Sprinkle the topping over the fruit.
- **6.** Microwave on high, 3-5 minutes.

Nutrition Information per serving

240 calories, 13 g fat, 7.4 g sat fat, 3.5 g protein, 30.4 g carbohydrate, 3.9 g fiber, 94 mg sodium

PEACHES

Choose: peaches with few bruises.

Store: in a cool, dry place. Perforated plastic or paper bags help extend their shelf

life. Keep peaches out of the sunlight.

How much? 4 peaches = about 1 pound.





1 egg

1 small potato, washed and sliced

1 green onion (including greens), washed and sliced

1 mushroom, washed and sliced Cooking spray

Healthy add-in: diced red or green peppers, fresh spinach, sliced zucchini, shredded low-fat cheese

Nutrition Information per serving

232 calories, 8 g fat, 2 g sat fat, 9.7 g protein, 31 g carbohydrates, 3 g fiber, 107 mg sodium.

Instructions

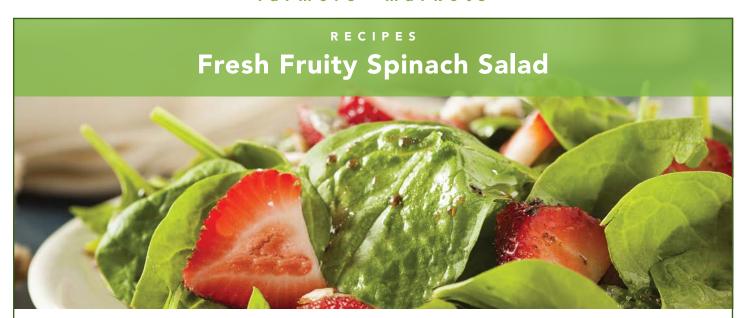
- 1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
- 2. Place sliced potatoes in a microwave safe dish and cover with water. Microwave for one minute intervals, until tender. Drain thoroughly.
- 3. Spray a non-stick pan with cooking spray and sauté vegetables at medium heat until tender.
- 4. Add potatoes to the pan.
- 5. Beat the egg in a small bowl and add to the pan with vegetable and potato mixture.
- 6. Gently mix egg and vegetables, cooking until egg is firm, not runny.

PEPPERS

Choose: brightly colored peppers with firm skin.

Store: in the refrigerator in a bag in the vegetable crisper.

How much? 1 large pepper = about 1/2 pound.



2 cups fresh spinach

1 cup fresh peaches or berries

1 green onion, minced

1 tablespoon sugar

1/4 teaspoon Worcestershire sauce

2 teaspoons salad oil

2 teaspoons vinegar

Healthy add-in: thinly sliced radishes, raisins or other dried fruit, or chopped nuts (add in Step 4).

Nutrition Information per serving

105 calories, 4.8 g fat, 0.6 g sat fat, 1.6 g protein, 14 g carbohydrate, .8 g fiber, 32 mg sodium.

Instructions

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

SPINACH

Choose: crisp, deep green spinach leaves. Baby spinach is best for eating raw.

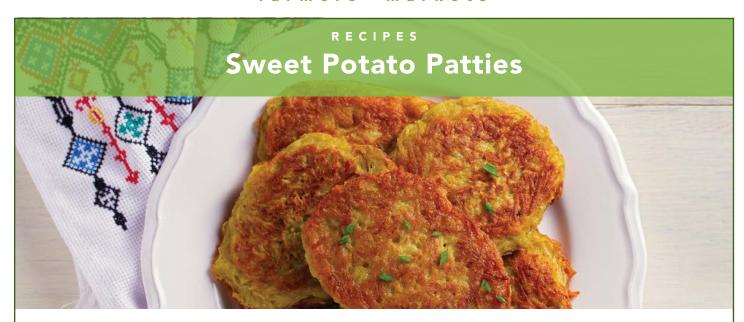
More mature spinach will hold up better in cooking.

Store: in a plastic bag, removing as much of the air from the bag as possible.

Do not wash before storing.

How much? Six cups of spinach = about 1 pound.





1-2 small sweet potatoes
1/2 cup crushed dry bread crumbs
1/2 tablespoon vegetable oil

Healthy add-in: chopped green onion and fresh parsley; or finely diced apple and a pinch of cinnamon (add in Step 5).

Nutrition Information per serving

115 calories, 2.7 g fat, .22 g sat fat, 2 g protein, 21 g carbohydrate, 2.8 g fiber, 84 mg sodium.

Instructions

- 1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
- 2. Wash the sweet potatoes.
- **3.** Cook the sweet potatoes in a microwave until they are soft.
- 4. Remove the peels from the sweet potatoes.
- 5. Put the sweet potatoes in a medium bowl. Mash them with a fork.
- **6.** Crush the bread crumbs on a cutting board with a rolling pin or jar.
- 7. Put the crushed bread crumbs in a small bowl.
- 8. Shape sweet potato into 6 small patties.
- 9. Roll each patty in the crushed crumbs.
- 10. Heat the oil in a frying pan on medium heat.
- 11. Brown each patty on both sides in the oil.

SWEET POTATOES

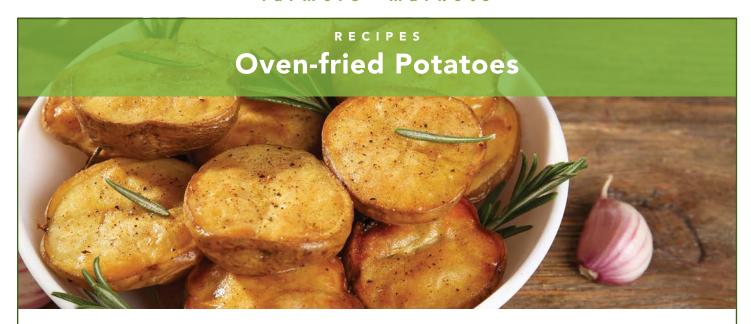
Choose: clean, smooth, firm-textured potatoes with no cuts, bruises or discoloration

Store: in a cool dry place. Perforated plastic or paper bags help extend their shelf life.

Keep potatoes out of the light.

How much? 1 medium potato weighs about 5-6 ounces. 1 pound of potatoes is generally about 3 medium potatoes.





2 medium-sized potatoes (white or sweet, or both kinds mixed together)2 teaspoons olive or cooking oil

salt and pepper to taste (optional)

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

Nutrition Information per serving

204 calories, 4.7 g fat, .65 g sat fat, g protein, 37.3 g carbohydrate, 4.5 g fiber, 158 mg sodium.

Instructions

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

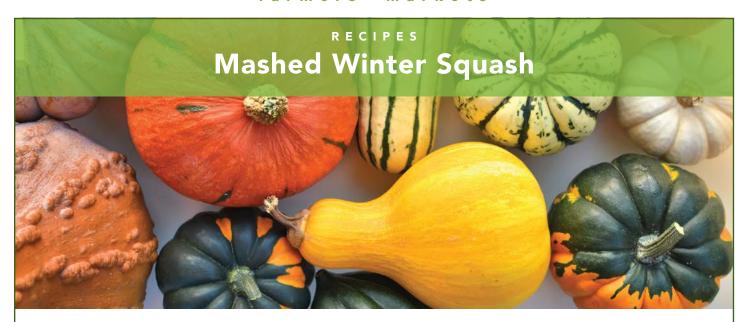
POTATOES

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

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

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





1 cup winter squash (peeled, seeds removed, cut into small pieces)
1 tablespoon margarine
1¹/₂ teaspoons brown or regular sugar
1/₄ teaspoon salt
2 tablespoons orange juice

Healthy add-in: After mixing, stir in a few teaspoons of toasted nuts.

Instructions

- 1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
- 2. Wash and bake or boil squash until soft. Mash with a fork.
- 3. Mix in margarine, sugar and salt. Add the orange juice, a tablespoon at a time, until squash is the thickness you like.

Nutrition Information per serving

98 calories, 5.7 g fat, 1.2 g sat fat, .7 g protein, 12 g carbohydrate, 1 g fiber, 359 mg sodium.

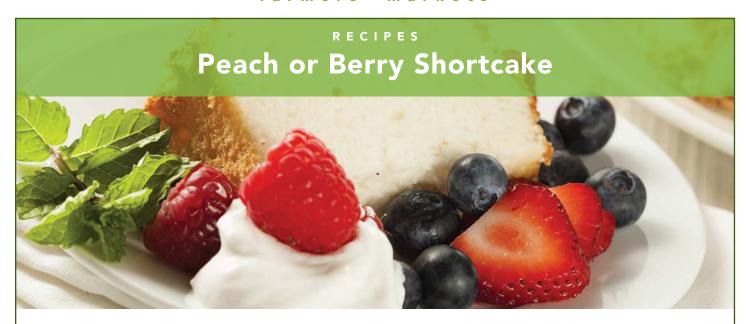
WINTER SQUASH

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

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

How much? 1 pound = 1 cup cooked pureed squash.





2 slices prepared angel food cake 1/4 cup low-fat vanilla or fruit-flavored yogurt

1/2 - 1 cup sliced fresh peaches or berries2 tablespoons non-fat whipped topping,if desired

Healthy add-in:

Top with a few teaspoons of toasted nuts.

Nutrition Information per serving

134 calories, 1 g fat, .35 g sat fat, 4 g protein, 28.8 g carbohydrate, 1.6 g fiber, 233 mg sodium.

Instructions

- Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
- 2. Cut the portion of cake into 4 slices. Place each slice on a small serving plate.
- 3. Cover each piece of cake with 1 tablespoon yogurt.
- **4.** Cover each piece with ¹/₄ cup fruit. Top with whipped topping, if desired.
- **5.** Serve immediately.

BERRIES

Choose: strawberries that are bright red and blueberries that are dusty blue.

All berries should be dry and plump. Avoid wet, moldy or mushy berries.

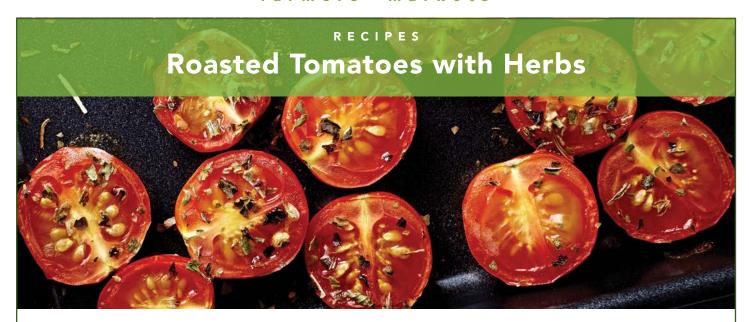
Store: in the refrigerator. Don't wash berries until you are ready to use them.

Blueberries will keep 10-14 days, but strawberries, blackberries and

raspberries keep only a few days.

How much? 1 pint = 2 cups of berries





Non-stick cooking oil spray, as needed

2 tomatoes, washed

2 teaspoons olive or canola oil

1/4 teaspoon pepper

1/2 teaspoon dried parsley

1 teaspoon minced garlic

1-2 tablespoons grated Parmesan cheese

Note: You can also make this dish in a toaster oven.

Nutrition Information per serving

67 calories, 4.3 g fat, 1 g sat fat, 2.8 g protein, 4.8 g carbohydrate, 1 g fiber, 138 mg sodium.

Instructions

- 1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
- 2. Preheat oven to 425°.
- Spray a large baking sheet with cooking oil spray.
- **4.** Cut each tomato in half. Place tomatoes on the sheet, cut side up.
- 5. Drizzle tomatoes with half of the oil and season with pepper.
- 6. Cook for 30 minutes, or until tomatoes are beginning to brown on the bottom.
- 7. Mix the remaining oil, parsley, garlic and cheese in a small bowl.
- 8. Remove tomatoes from the oven and sprinkle the herb mixture over the tomatoes.
- 9. Return to oven for another 10 minutes or until spices begin to brown.

TOMATOES

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

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

How much? 1 large tomato = 1 cup chopped





- 2 small (6-inch) zucchini or other summer squash
- 1 egg white
- 2 tablespoons low-fat milk
- 1/4 cup grated Parmesan cheese
- 1/4 cup breadcrumbs
- 1/2 tablespoon Italian seasoning

Nutrition Information per serving

70 calories, 3 g fat, 1.4 g sat fat, 4 g protein, 7 g carbohydrates, 0.5 g fiber, 201 mg sodium.

Instructions

- 1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
- 2. Wash and cut zucchini into 3-inch sticks or cut into slices for chips.
- 3. Beat egg white in a small bowl with a fork. Add milk.
- 4. Combine Parmesan, breadcrumbs and Italian seasoning in a separate bowl.
- 5. Dip zucchini sticks or slices into egg mixture, and then roll in breadcrumb mixture.
- Coat a baking sheet (any size) with non-stick spray.
- 7. Place zucchini on sheet.
- 8. Bake at 425° for 25-30 minutes or until golden brown.

ZUCCHINI OR YELLOW SUMMER SQUASH

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

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

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

