

RECIPES

Microwave Baked Apple



Ingredients (1 serving)

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.

RECIPES

Cabbage Comfort



Ingredients (2 serving)

- 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.

RECIPES

Zesty Peas and Carrots



Ingredients (2 servings)

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

1. 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.

RECIPES

Garden Frittata with Kale

**Ingredients** (2 servings)

- 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.

RECIPES

Broccoli and Cauliflower Soup

**Ingredients** (4 serving)

- 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 1 1/2 ounces) finely chopped cooked lean ham
- 1/8 teaspoon ground black pepper
- 2 tablespoons shredded Swiss or cheddar cheese

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.

RECIPES

Coffee Mug Peach Crisp



Ingredients (2 serving)

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
 Non-stick cooking spray

Healthy add-in:

raisins or dried cranberries.

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.
4. 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.

RECIPES

Spanish Omelet Scramble



Ingredients (1 serving)

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.

RECIPES

Fresh Fruity Spinach Salad



Ingredients (2 servings)

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.

RECIPES

Sweet Potato Patties



Ingredients (3 serving)

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.

RECIPES

Oven-fried Potatoes



Ingredients (2 serving)

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

1. 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.
6. 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.

RECIPES

Mashed Winter Squash



Ingredients (2 serving)

- 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.

RECIPES

Peach or Berry Shortcake



Ingredients (2 serving)

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

1. 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

RECIPES

Roasted Tomatoes with Herbs



Ingredients (2 serving)

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°.
3. 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

RECIPES

Baked Zucchini Fries or Sticks



Ingredients (3 serving)

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.
6. 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