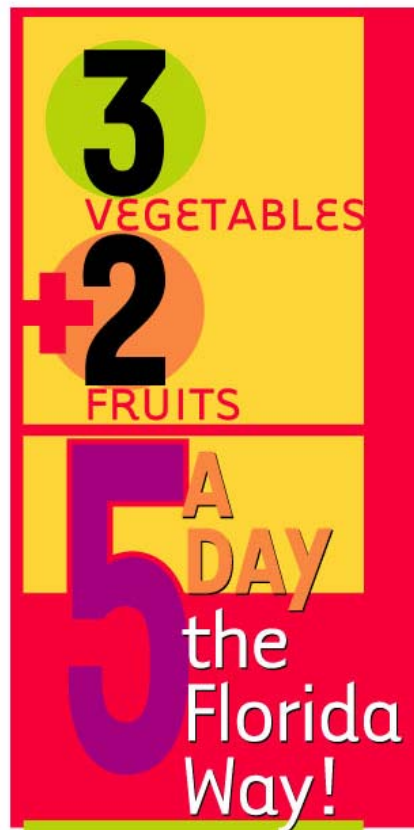


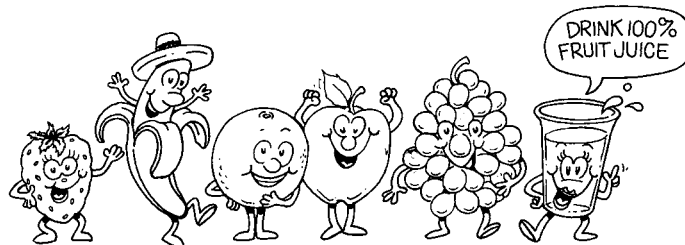
# 5 A Day the Florida Way!



Recipes for Better Health  
2003

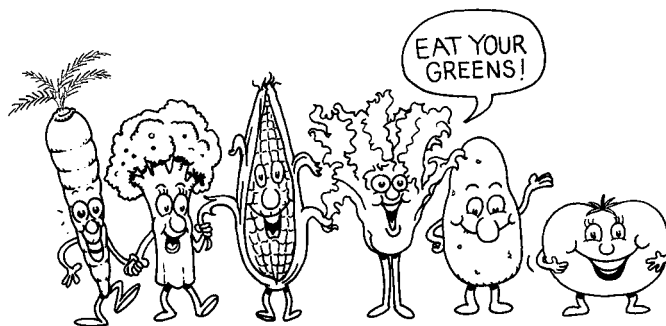
Department of Health  
WIC and Nutrition Services

Eating at least 5 servings of vegetables and fruits each day will help keep your family healthy.



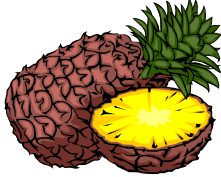
What is a Serving Size?

- 1 medium size fruit
- $\frac{3}{4}$  cup (6 oz.) 100% fruit or vegetable juice
- $\frac{1}{2}$  cup fresh, frozen or canned fruit or vegetables
- 1 cup raw leafy vegetables
- $\frac{1}{2}$  cup cooked dry peas or beans
- $\frac{1}{4}$  cup dried fruit



The WIC Program is an equal opportunity provider.

## Eating vegetables and fruits taste good.

<p><b><u>Fruit Sundaes</u></b></p> <p>1 pint (2 cups) strawberries sliced or other berries            1 banana, sliced            11-oz. can mandarin oranges, drained, or 1 orange, peeled and chopped            16-oz. can pineapple chunks in own juice, drained, reserve liquid            16 oz. low fat (1%) vanilla yogurt            ¼ cup Grape Nuts<sup>®</sup>, Mini Wheats<sup>®</sup> or Life<sup>®</sup> cereal, crushed            Mix berries, banana, orange segments, and pineapple in a bowl. Pour reserved pineapple juice over fruit. Refrigerate until chilled. To make sundaes: Drain fruit. Divide fruit mixture into 6 bowls. Top with yogurt. Sprinkle each sundae with crushed cereal just before serving. Makes 6 servings.</p> <p>Calories 176 Fat 1 gram Fiber 4 grams            Protein 5 grams Carbohydrates 39 grams Sugar 30 grams</p>	<p><b><u>Breakfast Shake</u></b></p> <p>1 banana, peeled            ¾ cup pineapple juice, unsweetened            8 oz. lowfat (1% fat) vanilla yogurt            ½ cup strawberries, fresh or frozen</p> <p>Put all ingredients in blender. Blend until smooth. Divide shake between two glasses and serve immediately. Makes 2 servings.</p> <div style="text-align: center;">  </div> <p>Calories 236 Fat 2 grams Fiber 2 grams            Protein 6 grams Carbohydrates 51 grams Sugar 45 grams</p>
<p><b><u>Hamburger, Rice, and Vegetable Casserole</u></b></p> <p>1 lb. lean hamburger            1 onion (medium) chopped            1 red or green sweet pepper, chopped            1 zucchini (medium), chopped            2 tomatoes (medium), chopped            1 cup brown rice, uncooked            3 cups beef broth, low sodium            ¼ teaspoon garlic powder <u>or</u> 2 cloves garlic, minced            ½ teaspoon black pepper</p> <p>Brown hamburger in a large saucepan; drain fat. Add onion, red or green pepper, and zucchini to the pan. Cook over low heat, stirring occasionally, until the vegetables are soft, about 5 minutes. Add tomatoes, rice, broth, garlic powder and black pepper. Bring the broth to a boil and then turn down to a slow simmer. Let simmer about 45 minutes, until the rice is tender. Makes 6 servings.</p> <p>Calories 281 Fat 9 grams Fiber 2 grams            Protein 21 grams Carbohydrates 29 grams Sugar 3 grams</p>	<p><b><u>Chicken Ratatouille</u></b></p> <p>1 lb. chicken breasts, skinned, boned, cut into chunks            2 teaspoons oil            2 zucchini or yellow summer squash, sliced            1 eggplant (small), peeled, cut into cubes            1 onion (medium), chopped            1 green pepper, chopped            8-oz can mushrooms, drained            16-oz can whole tomatoes, cut-up            1/8 teaspoon garlic powder <u>or</u> 1 clove garlic, minced            1 ½ teaspoons basil            ¼ teaspoon black pepper.</p> <p>Heat oil in large skillet. Add chicken and sauté until lightly brown. Add vegetables and spices and cook about 20 minutes, or until chicken is tender. Makes 4 servings.</p> <p>Calories 283 Fat 9 grams Fiber 8 grams            Protein 29 grams Carbohydrates 23 grams Sugar 12 grams</p>

**Eating vegetables and fruits help reduce the risk of cancer.**

**Peanut Butter Fruit Burritos**

¼ cup peanut butter  
8-oz. can crushed pineapple, canned in juice, well drained  
2 medium bananas, chopped  
4 flour tortillas, 8 inch

Spread 1 tablespoon peanut butter on each tortilla. Mix fruits. Divide fruit between the 4 tortillas. Roll up tortillas and enjoy. Makes 4 servings.



Calories 313 Fat 9 grams Fiber 5 grams  
Protein 9 grams Carbohydrates 46 grams Sugar 17 grams

**Sweet Fruit Burrito**

2 flour tortillas, 8 inch  
2 teaspoons sugar  
¼ teaspoon cinnamon  
2 teaspoons jam  
2 peaches, thinly sliced

Place tortillas on baking sheet. Mix sugar and cinnamon and sprinkle evenly over tortillas. Broil tortillas 1 minute or until hot and lightly browned. Spread jam down center of tortillas. Place peach slices on center of each tortilla. Roll up tortilla and serve. Makes 2 servings.

Calories 219 Fat 3 grams Fiber 4 grams  
Protein 5 grams Carbohydrates 44 grams Sugar 15 grams

**Fruit Freeze**

1 envelope unflavored gelatin  
1 cup orange juice  
1 teaspoon grated lemon peel and juice of 1 lemon  
¼ cup sugar  
1 ½ cup mashed fresh or thawed, frozen strawberries  
½ cup unsweetened applesauce

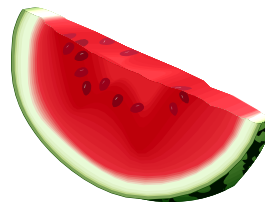
In saucepan, gently heat orange and lemon juices and gelatin until gelatin is soft. Add sugar and lemon peel. Stir over low heat until gelatin and sugar are dissolved. Cool. Stir in strawberries and applesauce. Pour into shallow pan. Freeze until firm, about 4 hours. Makes six ½ cup servings.

Calories 86 Fat <1 gram Fiber 2 grams  
Protein 2 grams Carbohydrates 21 grams Sugar 19 grams

**Melon Salad**


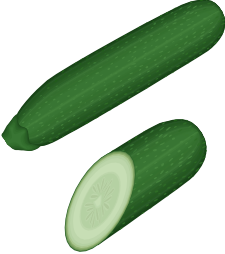
½ cantaloupe, cut into cubes  
½ honeydew melon, cut into cubes  
3 cups watermelon cubes  
1 cup blueberries  
2 tablespoons honey  
2 tablespoons lemon juice

In small bowl, combine honey and lemon juice. Stir until mixed. In large bowl combine melons and blueberries. Pour honey-lemon mixture over fruit; toss to mix. Cover and refrigerate. Makes 6 servings.

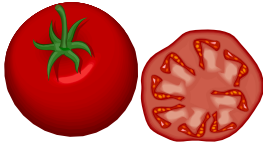


Calories 119 Fat <1 gram Fiber 2 grams  
Protein 2 grams Carbohydrates 30 grams Sugar 27 grams

## Eating vegetables and fruits help prevent heart disease.

<p><b><u>Festive Fruit Salad</u></b></p> <p>1/2 head lettuce            1 red apple, cored and sliced            ¼ lb. seedless grapes; cut in half            ½ cantaloupe, cut into chunks            8 oz. plain yogurt            1/2 cup unsweetened orange juice concentrate, thawed</p> <p>Break lettuce into bite-size pieces. Arrange apple slices, grapes, and melon chunks on the lettuce. Mix yogurt and orange juice concentrate for an orange dressing. Makes 4 servings.</p>  <p>Calories 166 Fat 1 gram Fiber 3 grams            Protein 5 grams Carbohydrates 35 grams Sugar 32 grams</p>	<p><b><u>Dilly Salad</u></b></p> <p>2 tomatoes, diced            1 cucumber, peeled and diced            ¼ cup green onions, finely chopped            ½ cup red or green bell pepper, diced            1 clove garlic, minced <u>or</u> ¼ teaspoon garlic powder            ¼ teaspoon salt            ½ teaspoon basil            ½ teaspoon dill            ¼ teaspoon black pepper            1 head lettuce</p> <p>Combine tomatoes, cucumber, onion, bell pepper, garlic, and seasonings. Chill for several hours or overnight. Just before serving, tear lettuce into bite-sized pieces. Add the vegetables and their juices and toss with the lettuce. Makes 4 servings.</p> <p>Calories 47 Fat &lt;1 gram Fiber 3 grams            Protein 3 grams Carbohydrates 10 grams Sugar 3 grams</p>
<p><b><u>Peach Pitas</u></b></p> <p>1 large ripe peach, thinly sliced            2 pita breads            1 cup low fat or nonfat cottage cheese            1 large cucumber, peeled and thinly sliced</p> <p>Warm pita bread and cut in half. Fill each with cottage cheese, peaches and cucumber slices. Makes 2 servings.</p>  <p>Calories 286 Fat 2 grams Fiber 4 grams            Protein 21 grams Carbohydrates 47 grams Sugar 12 grams</p>	<p><b><u>Asian Salad</u></b></p> <p>1 lb. boneless chicken breast, cooked and diced            10 oz. bag shredded cabbage (about 6 cups)            1 cup shredded carrots            1 cucumber, thinly sliced            3 green onions, finely chopped            1 tangerine, divided into sections or 10-oz. can mandarin oranges, drained            ½ cup nonfat Asian or Oriental style salad dressing</p> <p>In large bowl, combine cooked chicken, cabbage, carrots, cucumber, onion and dressing. Toss well. Top with tangerine sections or mandarin oranges. Makes 4 servings.</p> <p>Calories 235 Fat 7 grams Fiber 5 grams            Protein 29 grams Carbohydrates 16 grams Sugar 10 grams</p>

**Eating vegetables and fruits help prevent some birth defects.**

<p><b><u>Chinese Vegetables and Pork</u></b></p> <p>2 teaspoons oil          1 lb. lean pork chops, boneless, cut into thin strips          1 onion (small), chopped          1 cup carrots, sliced          2 cups celery, sliced          10-oz. frozen green beans <u>or</u> broccoli flowerets          2 cups pineapple juice, unsweetened          2 tablespoons soy sauce, low sodium          2 tablespoons corn starch</p> <p>In large saucepan, heat oil, brown pork strips and onion. Add carrots, celery, green beans (or broccoli), and 1 cup pineapple juice. Bring to a boil. Cover; simmer until vegetables are crisp-tender, about 5-8 minutes. Blend cornstarch with remaining 1 cup of pineapple juice and soy sauce. Pour over vegetables; bring to a boil, stirring constantly until thickened. Serve over hot rice. Makes 4 servings.</p> <p>Calories 317 Fat 8 grams Fiber 4 grams          Protein 29 grams Carbohydrates 31 grams Sugar 22 grams</p>	<p><b><u>Crunchy Tuna Salad</u></b></p> <p>½ cup cooked rice, brown rice, or bulgur          ½ cup plain low fat yogurt          1 tablespoon lemon juice          1 tablespoon Dijon or regular mustard          2 tablespoons thinly sliced green onions          6 1/2 oz. can tuna packed in water, drained          1 medium tomato, diced          1 cup diced cucumber          2 cups lettuce greens</p> <p>Mix together yogurt, lemon juice, mustard, and onion. Break up tuna and sir into yogurt mixture. Add rice or bulgur, tomato, and cucumber. Serve on top on lettuce greens. Makes 4 servings.</p> <div align="center" data-bbox="938 863 1198 1003">  </div> <p>Calories 207 Fat 3 grams Fiber 3 grams          Protein 16 grams Carbohydrates 28 grams Sugar 4 grams</p>
<p><b><u>Fiesta “Baked” Potatoes</u></b></p> <p>4 potatoes for baking, scrubbed          16-oz. can black beans, drained          1 cup salsa          8-oz. can mushrooms, drained          1 large tomato, diced          4 oz. shredded reduced-fat cheddar cheese          4 oz. fat free sour cream, optional</p> <p>Mix black beans, mushrooms, and salsa. (Can refrigerate overnight if desired.) Prick potatoes with a fork, bake in 350 degree oven for 1 hour or put in microwave bowl with 2 tablespoons water, cover, and cook 10-15 minutes (turn and check potatoes every 5 minutes) until potatoes are soft. Cut each potato in the middle and add ½ cup bean mixture, diced tomatoes, and 1 oz. shredded cheese to the top of each potato. Heat in microwave until hot. Serve with fat free sour cream, if desired. Makes 4 servings.</p> <p>Calories 370 Fat 6 grams Fiber 12 grams          Protein 22 grams Carbohydrates 60 grams Sugar 5 grams</p>	<p><b><u>Skillet Beef with Red Potatoes and Greens</u></b></p> <p>¾ lb. Round beef steak          Non-stick cooking spray          4 red-skinned potatoes, halved          1 cup finely chopped onion          2 cups (16-oz. can) beef broth, low-sodium          2 cloves, minced <u>or</u> ¼ teaspoon garlic powder          ¼ teaspoon black pepper          1 teaspoon chili powder          2 large carrots, peeled and cut into thin strips          2 bunches (1 lb. total) mustard greens, kale, or turnip greens, stems removed, chopped</p> <p>Thinly slice beef across the grain. Spray skillet with nonstick cooking spray. Preheat pan. Add meat; cook, stirring for 5 minutes to brown. Add potatoes, onion, broth, and spices. Cook covered, over medium heat for 20 minutes. Stir in carrots, lay greens over top, cover, and cook until carrots are tender, about 15 minutes. Makes 4 servings.</p> <p>Calories 300 Fat 4 grams Fiber 6 grams          Protein 27 grams Carbohydrates 38 grams Sugar 7 grams</p>

**Vegetables and fruits contain fiber to help with digestion and prevent constipation.**

**Indonesian Chicken Salad**

2 cooked chicken breasts, cubed and chilled  
 3 fresh pears, cubed  
 ¼ cup peanuts, chopped\*  
 1 cucumber, peeled and chopped  
 2 tablespoons green onions, finely chopped  
 Lettuce leaves

\*Peanuts should not be served to children less than 4 years of age due to possibility of choking.

**Curry dressing**

½ cup lowfat plain yogurt  
 ½ teaspoon curry powder  
 ¼ teaspoon dry mustard  
 ¼ teaspoon allspice  
 ½ teaspoon ginger  
 ¼ teaspoon garlic powder

Mix together ingredients for curry dressing and refrigerate. Mix chicken, pears, peanuts, cucumber, and onion. Pour curry dressing on top and gently coat all ingredients. Refrigerate until ready to serve. Serve on lettuce leaves. Makes 4 servings.

Calories 238 Fat 9 grams Fiber 5 grams  
 Protein 20 grams Carbohydrates 21 grams Sugar 13 grams

**Pumpkin Bread**

2 cups flour  
 1 cup brown sugar  
 1 tablespoon baking powder  
 2 teaspoons cinnamon  
 ¼ teaspoon baking soda  
 ½ teaspoon ginger  
 ¼ teaspoon cloves  
 15 oz. can pumpkin  
 ½ cup skim milk  
 1 egg  
 1 cup (8 oz.) fat free sour cream

Preheat oven to 350 degrees. Grease a bundt pan or a 9 x 13 baking pan. Combine flour, brown sugar, baking powder, baking soda, cinnamon, ginger, and cloves in large mixing bowl. In medium bowl, combine pumpkin, milk, egg, and sour cream. Mix pumpkin mixture until well blended. Add pumpkin mixture to flour mixture and mix just until moistened. Pour batter into prepared pan. Bake 40 - 50 minutes for 9 x 13 pan or 55- 60 minutes for bundt pan. Makes 18 servings.

Calories 129 Fat < 1 gram Fiber 1 gram  
 Protein 3 grams Carbohydrates 28 grams Sugar 14 grams

**Italian Broccoli and Pasta**

2 cups noodles, uncooked  
 2 cups broccoli flowerets, fresh or frozen  
 3 tablespoons green onions, chopped  
 Non-stick cooking spray  
 15-oz. can stewed or diced tomatoes  
 ½ teaspoon thyme  
 ½ teaspoon oregano  
 ½ teaspoon black pepper  
 1 tablespoon Parmesan cheese

Cook noodles according to package (do not add oil or salt). Drain. Spray a skillet with non-stick cooking spray and stir-fry onion and broccoli for 3 – 5 minutes. Add tomatoes and seasonings and heat through. Spoon vegetable mixture over cooked noodles and top with Parmesan cheese. Makes 4 servings.

Calories 112 Fat 1 gram Fiber 3 grams  
 Protein 5 grams Carbohydrates 22 grams Sugar 1 gram

**Vegetables Primavera**



4 cups vegetables, fresh or frozen (you choose!)  
 24 oz jar spaghetti sauce (Purchase sauce with less than 4 grams fat per 4 oz. serving)  
 8 oz. spaghetti noodles

Cook spaghetti noodles according to package directions (do not add salt or oil). Mix vegetables and spaghetti sauce, cover and cook for 15 minutes, stirring occasionally until vegetables tender. Serve over spaghetti noodles. Makes 5 servings.



Calories 360 Fat 4 gram Fiber 11 grams  
 Protein 12 grams Carbohydrates 71 grams Sugar 17 grams

## Eating vegetables and fruits help your body fight infections.

<p><b><u>Apple Stir-fry</u></b></p> <p>½ onion, thinly sliced            2 medium carrots, thinly sliced            1 teaspoon oil            1 teaspoon basil            1 cup pea pods, fresh or frozen            1 tablespoon water            1 medium apple; cored and thinly sliced.</p> <p>Heat oil in skillet. Stir-fry onion, carrots, and basil until carrots are tender. Stir in pea pods and water. Stir-fry 3 or more minutes. Stir in apple and heat until hot. Makes 4 servings.</p>  <p>Calories 74 Fat 1 gram Fiber 4 grams            Protein 2 grams Carbohydrates 14 grams Sugar 9 grams</p>	<p><b><u>Bean Dip</u></b></p> <p>15-oz. can pinto beans, drained, or 2 cups cooked pinto beans            2 cups (16 oz.) salsa            8 oz. nonfat sour cream            1 tomato, chopped, optional</p> <p>Put ¾ cup salsa and pinto beans into blender and blend until smooth. In a serving bowl, spread remaining 1 ¼ cup salsa on bottom of bowl. Layer bean mixture on top of salsa; cover bean mixture with nonfat sour cream. If desired, top with chopped tomato. Serve with vegetable sticks, toasted pita bread, or baked tortilla chips. Makes 8 servings.</p> <p>Calories 91 Fat &lt;1 gram Fiber 4 grams            Protein 5 grams Carbohydrates 17 grams Sugar 3 grams</p>
<p><b><u>Apple and Acorn (squash)</u></b></p> <p>1 small acorn squash            1 apple, peeled and sliced            2 tablespoons brown sugar            ¼ teaspoon cinnamon            1 tablespoon light or diet margarine</p> <p>Pierce squash with knife several times. Microwave until tender (about 5-6 minutes, turn half way in between). Mix apple slices with brown sugar and cinnamon. Cut cooked squash in half and remove seeds. Fill hollow in squash with apple mixture. Return squash and apples to microwave. Cook until apples are soft (about 2 minutes). Top each half with margarine. Makes 2 servings.</p> <p>Calories 174 Fat 3 grams Fiber 5 grams            Protein 2 grams Carbohydrates 39 grams Sugar 20 grams</p>	<p><b><u>Strawberry Orange Nectar</u></b></p> <p>2 cups orange juice            12 oz. (1 ½ cups) apricot <u>or</u> mango nectar            1 cup frozen strawberries, unsweetened</p> <p>Blend all ingredients in blender until smooth. Serve immediately. Makes 6 servings.</p>  <p>Calories 81 Fat &lt;1 gram Fiber 1 gram            Protein 1 gram Carbohydrates 20 grams Sugar 19 grams</p>

**Vegetables and fruit are low in fat and help maintain a healthy weight.**

**Apple Cheddar Muffins**

- 1 cup bran flakes
- ¼ cup nonfat milk
- 1 cup apple, peeled, cored and diced
- 1/3 cup oil
- 1 egg
- 1 ½ cups flour
- 3 ½ teaspoons baking powder
- ¼ teaspoon salt
- 1 teaspoon cinnamon
- 1/3 cup brown sugar
- ¼ cup shredded lowfat Cheddar cheese

Combine bran flakes, milk, and apples. Mix well. Beat in oil and egg. In another bowl, mix flour, baking powder, salt, cinnamon, and brown sugar. Add flour mixture to apple mixture. Add shredded cheese and mix until just moistened. Pour the batter into 12 muffin tins (either greased or lined with paper liners). Bake at 375 degrees for 18-20 minutes. Makes 12 muffins.

Calories 162 Fat 7 grams Fiber 1 gram  
Protein 3 grams Carbohydrates 23 grams Sugar 8 grams

**Citrus Salad**

- 1 teaspoon grated orange peel
- ½ cup orange juice
- 1 tablespoon oil
- 1 ½ teaspoons poppy seed
- 1 papaya, peeled and sliced
- 2 red grapefruit, peeled, sectioned, and seeded
- 1 head endive, sliced into 8 pieces
- lettuce leaves

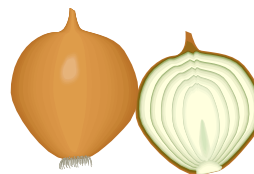
Combine orange peel, orange juice, oil and poppy seed. Cover, shake well, and chill for at least 1 hour. Put lettuce leaves on 4 salad plates. Arrange papaya slices, grapefruit sections, and endive on the lettuce leaves. Shake dressing well, pour over each salad. Makes 4 servings.

Calories 139 Fat 4 grams Fiber 7 grams  
Protein 3 grams Carbohydrates 25 grams Sugar 16 grams

**Vegetable Fish Chowder**

- 2 teaspoons oil
- ½ cup onion, chopped (may use frozen)
- ½ cup red or green bell pepper, chopped (may use frozen)
- 2 cloves garlic, minced, or ¼ teaspoon garlic powder
- 3 potatoes, peeled and diced
- 1 lb. cod, haddock, or other white fish
- 28-oz. can crushed tomato puree
- 10-oz. frozen mixed vegetables (corn, peas, carrots, green beans)
- 1 teaspoon dried parsley
- ½ teaspoon celery seed
- ¼ teaspoon black pepper

Heat oil, add onion, bell pepper, and garlic and sauté until tender. Add diced potatoes and ½ cup water. Cover pan and cook 5 minutes. Remove any skin and bone from fish, cut into cubes. Add to pan, reduce heat to medium and cook, stirring gently, until fish is opaque. Add crushed tomato puree, frozen mixed vegetables, and seasonings. Bring to a boil, reduce heat, cover pan, and cook until vegetables are soft, about 10 minutes. Serve immediately. Makes 5 servings.



Calories 289 Fat 3 grams Fiber 8 grams  
Protein 25 grams Carbohydrates 44 grams Sugar 13 grams

## Vegetables and fruits add color, texture and eye appeal to meals.

### Summer Pasta Salad

3 tablespoons cider vinegar or red wine vinegar  
2 tablespoons oil  
2 cloves garlic, minced or ½ teaspoon garlic powder  
½ teaspoon salt  
¼ teaspoon black pepper  
8 ounces spaghetti, broken in half, cooked, drained, and chilled  
1 large tomato, chopped  
1 cup shredded part-skim mozzarella cheese  
2 teaspoons basil

Combine vinegar, oil, garlic, salt, and black pepper in small bowl and mix well. Chill. When ready to serve, combine with cooked spaghetti, tomatoes, cheese, and basil. Pour vinegar mixture over pasta mixture. Serve chilled. Makes 8 servings.

Calories 113 Fat 6 grams Fiber 1 gram  
Protein 5 grams Carbohydrates 10 grams Sugar 2 grams

### Roasted Sweet Potato Spears

2 medium sweet potatoes  
Non-stick cooking spray  
Salt, black pepper, and/or cayenne pepper to taste

Preheat oven to 375 degrees. Wash and dry sweet potatoes. Cut each potato lengthwise into 8 wedges. Spray a baking sheet lightly with cooking oil spray. Arrange potato wedges in a single layer on the cookie sheet. Bake 15 minutes; turn wedges over, bake 15 minutes more or until fork-tender and golden brown. Sprinkle lightly with salt and pepper, if desired. Serve immediately. Makes 4 servings.



Calories 59 Fat 0 grams Fiber 2 grams  
Protein 1 gram Carbohydrates 14 grams Sugar 6 grams

### Fruit Pizza

1 1/3 cups flour  
¼ cup (4 tablespoons) margarine  
1 egg  
1 ½ teaspoons baking powder  
¼ teaspoon salt  
1 cup sugar, divided  
8 oz. nonfat cream cheese, softened  
16-oz. can pineapple chunks, packed in juice, drained well; save juice  
2 teaspoons pineapple juice (saved from drained pineapple)  
1 cup strawberries, sliced  
1 cup blueberries  
1 kiwi, peeled and sliced  
8-oz. can mandarin orange segments, drained well  
Preheat oven to 350 degrees. Grease 12-inch round pizza pan. Mix together flour, ½ cup sugar, margarine, egg, baking powder, and salt. Press into the greased pizza pan. Bake 10 minutes at 350 degrees. Cool and refrigerate.

Mix cream cheese, ½ cup sugar and pineapple juice. Spread over the cooled crust.

Arrange sliced fruit and blueberries over the crust and filling. Cool thoroughly and cut into eight wedges. Makes 8 servings.



Calories 310 Fat 7 grams Fiber 2 grams  
Protein 8 grams Carbohydrates 56 grams Sugar 36 grams

### 3 Vegetables + 2 Fruits = 5 A Day for Better Health!

#### Ham and Rice Salad

1 cup uncooked brown or white rice  
 2 cups (16 oz can) low sodium chicken broth  
 8 oz. lean reduced sodium ham, cubed  
 1 cup fresh or frozen and thawed whole kernel corn  
 1 cup fresh or frozen and thawed green peas  
 1 cup shredded carrots  
 2 green onions, chopped finely  
 1 medium red or green bell pepper, chopped  
 4 radishes, chopped

#### Dressing

½ cup nonfat or lowfat Italian salad dressing  
 1 teaspoon Dijon or regular mustard  
 1 head lettuce

Cook rice according to package instructions, except substitute chicken broth for the water and do not add salt or butter. Cool. Combine cooled rice with vegetables and ham. In small bowl, mix salad dressing and mustard; combine with ham and rice mixture. Makes 6 servings.

Calories 255 Fat 6 grams Fiber 3 grams  
 Protein 14 grams Carbohydrates 37 grams Sugar 4 grams

#### Sweet Potato and Spinach Sauté

3 medium sweet potatoes, cooked, peeled and cut into slices  
 ¼ pound mushrooms, sliced  
 1 tablespoon oil  
 ¼ cup green onions, sliced  
 1 clove garlic or 1/8 teaspoon garlic powder  
 4 cups spinach leaves  
 2 oranges, peeled and sliced  
 1 tablespoon lemon juice  
 1 teaspoon mustard

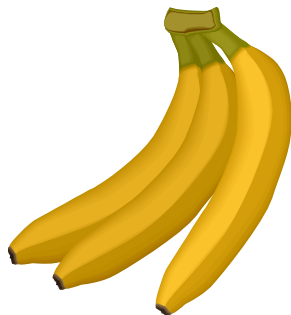
In large non-stick skillet, brown sweet potatoes, mushrooms, onion and garlic in oil over medium-high, stirring often, until onion is soft. Add remaining ingredients. Toss to blend and heat. Serve immediately. Makes 6 servings.

Calories 112 Fat 3 grams Fiber 4 grams  
 Protein 3 grams Carbohydrates 21 grams Sugar 10 grams

#### Peanut Butter Banana Sandwich

2 tablespoons peanut butter  
 1 banana, peeled and sliced  
 4 slices cinnamon bread

Spread peanut butter on 2 slices of bread. Arrange banana slices over peanut butter. Top with remaining bread. Cut each sandwich into quarters. Makes 2 servings.



Calories 309 Fat 13 grams Fiber 6 grams  
 Protein 11 grams Carbohydrates 45 grams Sugar 20 grams

#### Fruit Salsa

2 apples, cored and chopped  
 1 cup strawberries, chopped  
 2 kiwi, peeled and chopped  
 1 small orange, peeled, seeded and chopped  
 1 tablespoon brown sugar  
 2 tablespoons apple jelly  
 Mix together and refrigerate. Serve with cinnamon tortilla chips. Serves four.

Calories 105 Fat <1 gram Fiber 3 grams  
 Protein 1 gram Carbohydrates 26 grams Sugar 19 grams

#### Cinnamon tortilla chips

4 flour tortillas, 8 inch  
 ¼ cup sugar  
 1 tablespoon cinnamon  
 Non-stick cooking spray  
 Mix cinnamon and sugar. Spray tortillas with non-stick cooking spray. Sprinkle cinnamon-sugar mixture on each tortilla. Bake in 375 degree oven for 5-10 minutes. Let cool. Store in airtight container. Makes 4 servings.

Calories 208 Fat 3 grams Fiber 1 gram  
 Protein 4 grams Carbohydrates 38 grams Sugar 13 grams