



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 paprika |
| 3 cloves garlic | ⅛ teaspoon ground black
pepper |
| ¼ cup plain lowfat yogurt | 1 medium carrot, sliced |
| 1 tablespoon lemon juice | 2 medium celery stalks,
sliced |
| 1 teaspoon olive oil | ½ cup snap peas |
| ¼ teaspoon salt | |

Preparation

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



Watermelon Salsa

A mouthwatering combination of sweet and zesty.

Makes 8 servings.

½ cup per serving.



Prep time: 15 minutes

INGREDIENTS

- 3 cups seeded and chopped watermelon
- ½ medium onion, chopped
- ½ red bell pepper, chopped
- 1 tablespoon seeded and chopped jalapeño pepper
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons lime juice
- 1 teaspoon vegetable oil

PREPARATION

1. In a medium bowl, mix all ingredients.
2. Serve immediately or cover and refrigerate for up to 1 hour to allow flavors to blend.

Nutrition information per serving: Calories 28, Carbohydrate 6 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 2 mg



Citrus Berry Ice

A refreshing treat to beat the summer heat.

Makes 4 servings.

1 cup per serving.

Prep time: 50 minutes

INGREDIENTS

- 2 tablespoons fresh lemon juice
- 1 tablespoon sugar
- 2 oranges, peeled and quartered
- 2½ cups fresh strawberries
- ¼ teaspoon cinnamon

PREPARATION

1. Place all ingredients in a blender container and blend until smooth.
2. Pour the mixture into a shallow plastic container and place in the freezer.
3. Stir every 15 minutes until the mixture reaches a sherbet-like thickness. Serve immediately.

Nutrition information per serving: Calories 105, Carbohydrate 27 g, Dietary Fiber 5 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg



Corn Tortillas

Ingredients

- 2 cups masa harina
- 1½ cups warm water

Preparation

1. Place masa harina and water in a large bowl. Mix with your hands until a soft dough is formed. Add a little more water if the dough is dry or cracks. Add a little more masa harina if the dough is sticky.
2. Knead dough about 3 minutes. Form 12 balls of equal size. As you form each ball, cover with plastic wrap to keep it moist.
3. Place one ball between 2 baggies or 2 sheets of plastic wrap. Using a tortilla press, flatten the ball to form a 6-inch circle or use a rolling pin to roll out the circle.
4. Repeat step 3, reusing the 2 baggies or 2 sheets of plastic wrap, until 12 tortillas are formed. As you press each tortilla, cover with plastic wrap to keep it moist.
5. Heat a griddle or heavy pan over medium heat until hot. Cook each tortilla 30 seconds on one side. Turn over and cook 1 minute. Turn over again and cook 30 seconds longer.
6. Place cooked tortillas on a plate or in a basket and cover.

For a serving of vegetables, fill one tortilla with ¼ cup cooked vegetables and ¼ cup Pico de Gallo.

Makes 6 servings. 2 tortillas per serving.

Prep time: 30 minutes

Cook time: 25 minutes

Nutrition information per serving:

Calories 139, Carbohydrate 29 g, Dietary Fiber 4 g, Protein 4 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 3 mg



Crispy Taquitos

Ingredients

- | | |
|---|--|
| 2 cups Pico de Gallo, divided
(see page 9) | ½ cup shredded reduced fat
Cheddar cheese, Monterey
Jack cheese, or queso fresco |
| ½ cup cooked, finely chopped
chicken | 12 corn tortillas |
| ½ cup no salt added canned corn
or frozen corn, thawed | 2 teaspoons vegetable oil |
| ¼ cup chopped green onion | |
| ¼ cup chopped green bell pepper | |

Preparation

1. Heat oven to 425°F. In a medium bowl, combine 1 cup Pico de Gallo, chicken, corn, green onion, bell pepper, and cheese.
2. Soften tortillas on the stovetop or in the microwave oven, and spoon a heaping tablespoon of filling onto the center of each tortilla. Roll up tightly and secure each with a toothpick.
3. Place rolled tortillas seam side down on a baking sheet and brush each lightly with oil. Bake for 10 to 15 minutes or until crisp and lightly browned.
4. Place 3 taquitos on each plate and serve with remaining Pico de Gallo.

Great to keep in the freezer. You can heat and eat for a quick snack or side dish! Serve with guacamole for added flavor.

Makes 4 servings. 3 taquitos per serving.

Prep time: 15 minutes

Cook time: 10 to 15 minutes

Nutrition information per serving:

Calories 286, Carbohydrate 41 g, Dietary Fiber 6 g, Protein 14 g, Total Fat 8 g, Saturated Fat 3 g, Trans Fat 0 g, Cholesterol 24 mg, Sodium 565 mg



Fresh Cactus Leaves

Try fresh cactus in salads, burritos, scrambled eggs, or with refried beans.

Preparation

1. Using a knife or vegetable peeler, peel around the edge of fresh cactus leaves. There's no need to remove all the skin. Scrape off any spines and dark areas.
2. Finely chop cactus leaves.
3. Serve or store cactus in refrigerator for up to 3 days in a covered plastic or glass container.

Roasted Chilies and Bell Peppers

Add roasted chilies and bell peppers to salads, tacos, tostadas, and chicken tortas.

Preparation

1. Place whole chilies and bell peppers in an oven on broil or on a rack over a charcoal fire. Turn occasionally until blackened on all sides.
2. Place roasted chilies and bell peppers in a plastic bag. Close the bag and let stand until cooled.
3. Remove roasted chilies and bell peppers from the plastic bag. Using a sharp knife, peel off the skin. Remove stems and seeds. Cut chilies and bell peppers into strips.
4. Serve or store roasted chilies and bell peppers in the refrigerator for up to 3 days in a covered plastic or glass container.



Great Grape Smoothie

Quick and healthy, this snack is a favorite with kids.

Makes 2 servings.

1 cup per serving.

Prep time: 5 minutes

Ingredients

- 1 cup seedless grapes
- ½ cup frozen cherries
- ½ cup unsweetened frozen strawberries
- ½ cup orange slices
- ½ cup banana slices

Preparation

1. Combine all ingredients in a blender container. Blend until mixture is smooth.
2. Pour into glasses and serve.

Tip: For a thicker consistency, freeze grapes before blending ingredients. To freeze grapes, rinse, dry, and spread grapes in a single layer on a cake pan or pie pan. Cover and freeze 1½ to 2 hours until completely frozen.

Nutrition information per serving:

Calories 187, Carbohydrate 48 g,
Dietary Fiber 5 g, Protein 2 g, Total Fat 0 g,
Saturated Fat 0 g, Trans Fat 0 g,
Cholesterol 0 mg, Sodium 4 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
- 1½ cups chopped onion
- ⅓ cup chopped fresh cilantro
- 3 jalapeño peppers, seeds removed and chopped
- 2 tablespoons lime juice
- 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



Jicama Piña Breeze

Ingredients

½ cup canned pineapple
chunks, packed in
100% juice, undrained

½ cup fresh orange chunks
2 cups orange juice
ice cubes

½ cup fresh jicama, peeled and
cut into small pieces

Preparation

1. Place all ingredients in a blender container.
2. Blend until smooth. Pour into glasses and serve.

A variety of flavors make up this refreshing drink.

Makes 3 servings. 1 cup per serving.

Prep time: 10 minutes

Nutrition information per serving:

Calories 117, Carbohydrate 28 g, Dietary Fiber 3 g, Protein 2 g, Total Fat 0 g,
Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 5 mg



Mango and Blackeye Pea Salsa

Serve with grilled fish or chicken.



INGREDIENTS

- | | |
|---|----------------------------|
| 1 (15½-ounce) can blackeye peas, drained and rinsed | 1 tablespoon vegetable oil |
| 1½ tomatoes, finely chopped | 1 tablespoon white vinegar |
| 1 mango, peeled and finely chopped | juice of half a lime |
| 2 green onions, chopped | 1 teaspoon ground cumin |
| | ½ teaspoon garlic powder |

PREPARATION

1. In a large bowl, combine all ingredients and mix well.
2. Serve immediately or cover and refrigerate for up to 4 hours to allow the flavors to blend.
3. Serve with baked pita or corn chips.



Makes 10 servings. ½ cup per serving.

Prep time: 15 minutes

Nutrition information per serving: Calories 83, Carbohydrate 14 g,
Dietary Fiber 3 g, Protein 4 g, Total Fat 2 g, Saturated Fat 0 g,
Trans Fat 0 g, Cholesterol 0 mg, Sodium 108 mg



Mexican Rice

Ingredients

- | | |
|--|---|
| 1 tablespoon vegetable oil | ½ teaspoon chili powder |
| 1 cup chopped onion | ¼ teaspoon salt |
| 1 (14½-ounce) can low-sodium chicken broth | 1 cup frozen corn, thawed |
| 1 cup white rice | 1 cup frozen pea and carrot blend, thawed |
| ¾ cup chopped tomatoes | |

Preparation

1. Heat vegetable oil in a medium saucepan over medium heat. Add onion and sauté until soft, about 5 minutes.
2. Stir in broth, rice, ½ cup tomatoes, chili powder, and salt. Bring to a boil; reduce heat and simmer, covered, for 25 minutes.
3. Stir in vegetables and let stand for 5 minutes. Spoon remaining tomatoes over the top and serve.

With the help of frozen vegetables, this is a tasty, nutritious side dish. Garnish with chopped fresh cilantro or a sprinkle of cheese.

Makes 6 servings. ¾ cup per serving.

Prep time: 5 minutes

Cook time: 30 minutes

Nutrition information per serving:

Calories 200, Carbohydrate 39 g, Dietary Fiber 3 g, Protein 6 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 279 mg



Paradise Freeze

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

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Makes 4 servings.

1 cup per serving.

Prep time: 5 minutes

Ingredients

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

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

Savory Grilled Fruit

Try this sweet and juicy recipe at your next family barbecue. Fruit that is firm can be used in most baked or grilled recipes.

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Makes 8 servings.

½ piece fruit per serving.

Prep time: 5 minutes

Cook time: 8 minutes

Ingredients

- 4 peaches, plums, or nectarines, halved and pitted

Preparation

1. Cook 4 halved peaches, plums, and/or nectarines over medium, indirect heat for 8 minutes in a covered barbecue grill. Turn after 4 minutes. Serve while hot.

Nutrition information per serving:

Calories 19, Carbohydrate 5 g,
Dietary Fiber 1 g, Protein 0 g, Total Fat 0 g,
Saturated Fat 0 g, Trans Fat 0 g,
Cholesterol 0 mg, Sodium 0 mg



Peachy Peanut Butter Pita Pockets

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

Makes 4 servings. $\frac{1}{2}$ pita pocket per serving.

Prep time: 10 minutes **Cook time:** 10 seconds



Ingredients

- | | |
|--|--|
| 2 medium whole wheat pita pockets | $\frac{1}{2}$ banana, thinly sliced |
| $\frac{1}{4}$ cup reduced fat chunky peanut butter | $\frac{1}{2}$ fresh peach, thinly sliced |
| $\frac{1}{2}$ apple, cored and 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

Pear Mango Salsa

A tropical twist on a traditional favorite.

Makes 6 servings. *¼ cup per serving.*

Prep time: 30 minutes

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Ingredients

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



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



Pico de Gallo

Use to season your family meals or serve with tortilla chips.

Makes 6 servings.

½ cup per serving.

Prep time: 20 minutes

Ingredients

- 1 pound ripe tomatoes (about 2 medium tomatoes), chopped
- 1½ cups chopped onion
- ½ cup chopped fresh cilantro
- 3 jalapeño peppers, seeds removed and chopped
- 2 tablespoons lime juice
- 2 cloves garlic, finely chopped
- ¼ teaspoon salt

Preparation

1. Combine all ingredients in a medium bowl.
2. Serve 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

Tomatillo Salsa

Serve with eggs, quesadillas, or any of your favorite dishes.

Makes 4 servings.

½ cup per serving.

Prep time: 20 minutes

Ingredients

- 18 medium-size tomatillos (about 2 cups), husks removed, washed, and finely chopped
- ½ cup chopped onion
- ½ cup chopped fresh cilantro
- 1 tablespoon fresh lime juice
- ¼ teaspoon salt
- ¼ teaspoon sugar
- 2 serrano chilies, seeds removed and finely chopped

Nutrition information per serving: Calories 64, Carbohydrate 13 g, Dietary Fiber 4 g, Protein 2 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 152 mg

Preparation

1. Combine all ingredients in a medium bowl.
2. Serve or cover and refrigerate for up to 3 days.



Quick and Creamy Grape Shake

Serve this shake for a refreshing mid-morning snack.

Makes 4 servings.

1 cup per serving.

Prep time: 10 minutes

Ingredients

- 2 cups green or red seedless grapes
- 2 bananas, peeled and sliced
- 2 oranges, peeled and quartered
- 12-16 ice cubes, crushed

Preparation

1. Place grapes, bananas, oranges, and ice in a blender container.
2. Blend until smooth. Pour into glasses and serve.

Nutrition information per serving: Calories 139, Carbohydrate 36 g, Dietary Fiber 4 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 2 mg

Vegetable Medley with Salsa Dip

A quick and tasty snack you can enjoy throughout the day.

Makes 4 servings.

1 cup vegetables and ½ cup salsa dip per serving.

Prep time: 20 minutes

Ingredients

- 2 carrots, cut into 3-inch sticks
- 2 celery stalks, cut into 3-inch sticks
- ½ jicama, peeled and cut into 3-inch sticks
- 1 bunch radishes, trimmed

- 6 green onions, trimmed
- 1 cup fat free sour cream
- 1 cup Pico de Gallo (see page 9)

Preparation

1. Arrange vegetables on a platter.
2. In a small bowl, mix sour cream and Pico de Gallo. Serve salsa dip with vegetables.

Nutrition information per serving: Calories 100, Carbohydrate 22 g, Dietary Fiber 6 g, Protein 3 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 5 mg, Sodium 308 mg



Fresh Cactus Leaves

Try fresh cactus in salads, burritos, scrambled eggs, or with refried beans.

Preparation

1. Using a knife or vegetable peeler, peel around the edge of fresh cactus leaves. There's no need to remove all the skin. Scrape off any spines and dark areas.
2. Finely chop cactus leaves.
3. Serve or store cactus in refrigerator for up to 3 days in a covered plastic or glass container.

Roasted Chilies and Bell Peppers

Add roasted chilies and bell peppers to salads, tacos, tostadas, and chicken tortas.

Preparation

1. Place whole chilies and bell peppers in an oven on broil or on a rack over a charcoal fire. Turn occasionally until blackened on all sides.
2. Place roasted chilies and bell peppers in a plastic bag. Close the bag and let stand until cooled.
3. Remove roasted chilies and bell peppers from the plastic bag. Using a sharp knife, peel off the skin. Remove stems and seeds. Cut chilies and bell peppers into strips.
4. Serve or store roasted chilies and bell peppers in the refrigerator for up to 3 days in a covered plastic or glass container.



Pico de Gallo

Use to season your family meals or serve with tortilla chips.

Makes 6 servings.

½ cup per serving.

Prep time: 20 minutes

Ingredients

- 1 pound ripe tomatoes (about 2 medium tomatoes), chopped
- 1½ cups chopped onion
- ½ cup chopped fresh cilantro
- 3 jalapeño peppers, seeds removed and chopped
- 2 tablespoons lime juice
- 2 cloves garlic, finely chopped
- ¼ teaspoon salt

Preparation

1. Combine all ingredients in a medium bowl.
2. Serve 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

Tomatillo Salsa

Serve with eggs, quesadillas, or any of your favorite dishes.

Makes 4 servings.

½ cup per serving.

Prep time: 20 minutes

Ingredients

- 18 medium-size tomatillos (about 2 cups), husks removed, washed, and finely chopped
- ½ cup chopped onion
- ½ cup chopped fresh cilantro
- 1 tablespoon fresh lime juice
- ¼ teaspoon salt
- ¼ teaspoon sugar
- 2 serrano chilies, seeds removed and finely chopped

Preparation

1. Combine all ingredients in a medium bowl.
2. Serve or cover and refrigerate for up to 3 days.

Nutrition information per serving: Calories 64, Carbohydrate 13 g, Dietary Fiber 4 g, Protein 2 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 152 mg



Supreme Mashed Potatoes

Think your kids won't like orange mashed potatoes? Try using parsnips in place of carrots. They are white like potatoes and sweet like carrots.



INGREDIENTS

- | | |
|--|---------------------------------------|
| 6 medium baking potatoes, peeled and cut into chunks | 3 large cloves garlic, finely chopped |
| 2 large carrots, peeled and chopped | ½ cup low-sodium chicken broth |
| | 1 tablespoon butter |

PREPARATION

1. Combine potatoes and carrots in a large pot and fill with cold water. Bring to a boil and cook 5 minutes.
2. Add garlic and reduce heat to simmer until potatoes and carrots are tender, about 35 minutes.
3. Drain and keep 1 cup of the cooking liquid.
4. Mash the potatoes and carrots with a hand masher.
5. Combine chicken broth and butter in a small pan; heat over medium heat until the butter melts.
6. Slowly stir broth mixture into the mashed potatoes and carrots.
7. If necessary, add the reserved cooking liquid until the potatoes reach the desired thickness. Serve while hot.

Makes 10 servings. $\frac{3}{4}$ cup per serving.
Prep time: 10 minutes **Cook time:** 45 minutes

Nutrition information per serving: Calories 104, Carbohydrate 22 g,
Dietary Fiber 2 g, Protein 2 g, Total Fat 1 g, Saturated Fat 1 g,
Trans Fat 0 g, Cholesterol 3 mg, Sodium 51 mg



Sweet Potato Fries

A delightful surprise for kids who love fries!



INGREDIENTS

- nonstick cooking spray
- 1 large sweet potato, peeled
- ¼ cup egg substitute
- 1 teaspoon nutmeg

PREPARATION

1. Place an oven rack in the middle of the oven. Preheat oven to 425°F.
2. Spray a baking sheet with nonstick cooking spray and set aside.
3. Slice the sweet potato into ½-inch thick fries and place in a medium bowl.
4. Pour egg substitute over the sweet potato fries and sprinkle nutmeg on top; toss until well coated.
5. Place the sweet potato fries on the baking sheet so that they do not touch.
6. Bake until the edges of the potatoes start to turn crispy and brown, about 25 minutes.
7. Remove fries from the oven and serve while hot.



Makes 2 servings. *½ potato per serving.*
Prep time: 10 minutes **Cook time:** 25 minutes

Nutrition information per serving: Calories 109, Carbohydrate 20 g,
Dietary Fiber 3 g, Protein 5 g, Total Fat 1 g, Saturated Fat 0 g,
Trans Fat 0 g, Cholesterol 0 mg, Sodium 90 mg



Tortilla Pizzas

Ingredients

- 12 small corn or flour tortillas
- vegetable oil or margarine
- 1 (16-ounce) can refried beans
- ¼ cup chopped onion
- 2 ounces fresh or canned green chili peppers, diced
- 6 tablespoons red taco sauce
- 3 cups chopped vegetables, such as broccoli, mushrooms, spinach, and red bell pepper
- ½ cup (2 ounces) shredded part-skim Mozzarella cheese
- ½ cup chopped fresh cilantro (optional)

Preparation

1. Brush one side of each of two tortillas with water. Press the wet sides of the tortillas together to form a thick crust for the pizza.
2. Brush the outside of the tortillas with a small amount of oil or margarine. Evenly brown both sides in a heated frying pan. Repeat with the rest of the tortillas. Set aside.
3. Heat refried beans, onion, and half of the chili peppers together in a medium saucepan over medium heat, stirring occasionally. Remove from heat.
4. Spread about ⅓ cup of the bean mixture on each tortilla pizza. Sprinkle with 1 tablespoon taco sauce, then top with ½ cup of the chopped vegetables, 1 teaspoon chili peppers, and 1 tablespoon cheese for each pizza.
5. Return to frying pan and heat until cheese melts. Top with cilantro, if desired. Serve immediately.

Chili peppers and taco sauce give this pizza a spicy twist.

Makes 6 servings. 1 pizza per serving.

Prep time: 15 minutes

Cook time: 10 to 15 minutes

Nutrition information per serving:

Calories 235, Carbohydrate 39 g, Dietary Fiber 8 g, Protein 11 g, Total Fat 5 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 11 mg, Sodium 402 mg



Tropical Fruit and Nut Snack Mix

Great snack to have on hand when you and your family are on the go!

Makes 5 servings. *¾ cup per serving.*

Prep time: 5 minutes **Cook time:** 20 minutes

Ingredients

- | | |
|--------------------------------------|---------------------------------|
| 1 tablespoon butter | nonstick cooking spray |
| ¼ cup honey* | ½ cup sliced almonds |
| 1 teaspoon almond or coconut extract | ¾ cup dried tropical fruit bits |
| 1 teaspoon ground cinnamon | ½ cup banana chips |
| 2 cups old fashioned oats | ¼ cup raisins |

Preparation

1. Preheat oven to 350°F.
2. Melt butter in a medium saucepan. Add honey, almond or coconut extract, and cinnamon; mix well.
3. Stir in oats and transfer to a baking sheet coated with nonstick cooking spray. Spread into a 1-inch thick layer.
4. Bake for 10 minutes, stirring once. Stir in almonds and bake for 5 to 10 minutes more.
5. Remove from oven and toss with dried fruit. Let cool completely and serve.

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

Nutrition information per serving: Calories 384, Carbohydrate 62 g,
Dietary Fiber 7 g, Protein 9 g, Total Fat 13 g, Saturated Fat 4 g,
Trans Fat 0 g, Cholesterol 6 mg, Sodium 67 mg



Quick and Creamy Grape Shake

Serve this shake for a refreshing mid-morning snack.

Makes 4 servings.

1 cup per serving.

Prep time: 10 minutes

Ingredients

- 2 cups green or red seedless grapes
- 2 bananas, peeled and sliced
- 2 oranges, peeled and quartered
- 12-16 ice cubes, crushed

Preparation

1. Place grapes, bananas, oranges, and ice in a blender container.
2. Blend until smooth. Pour into glasses and serve.

Nutrition information per serving: Calories 139, Carbohydrate 36 g, Dietary Fiber 4 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 2 mg

Vegetable Medley with Salsa Dip

A quick and tasty snack you can enjoy throughout the day.

Makes 4 servings.

1 cup vegetables and ½ cup salsa dip per serving.

Prep time: 20 minutes

Ingredients

- 2 carrots, cut into 3-inch sticks
- 2 celery stalks, cut into 3-inch sticks
- ½ jicama, peeled and cut into 3-inch sticks
- 1 bunch radishes, trimmed

- 6 green onions, trimmed
- 1 cup fat free sour cream
- 1 cup Pico de Gallo (see page 9)

Preparation

1. Arrange vegetables on a platter.
2. In a small bowl, mix sour cream and Pico de Gallo. Serve salsa dip with vegetables.

Nutrition information per serving: Calories 100, Carbohydrate 22 g, Dietary Fiber 6 g, Protein 3 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 5 mg, Sodium 308 mg



Vegetable Quesadillas

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	

Preparation

1. Spray a medium skillet with nonstick cooking spray. Sauté bell pepper and corn over medium heat 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.

Enjoy this healthier version of a classic snack.

Makes 4 servings. 1 tortilla per serving.

Prep time: 10 minutes

Cook time: 15 minutes

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



Veggie Tortilla Roll-Ups

Enjoy fresh veggies and flavored cream cheese in an easy-to-eat wrap! Cut into thick slices and serve as a snack.

Makes 4 servings. 1 tortilla roll per serving.

Prep time: 20 minutes



Ingredients

- | | |
|--|--|
| 4 (7-inch) whole wheat tortillas | ½ cup chopped bell pepper (red, green, orange, yellow, or a mixture) |
| 8 tablespoons (½ cup) nonfat cream cheese | ½ cup chopped cucumber |
| 2 cups shredded romaine lettuce or fresh chopped spinach | ¼ cup diced canned green chiles |
| 1 cup chopped tomato | ¼ cup sliced ripe olives, drained |

Preparation

1. Spread each tortilla with 2 tablespoons of cream cheese.
2. Top with equal amounts of vegetables.
3. Roll up tightly to enclose filling and serve.

Nutrition information per serving: Calories 128, Carbohydrate 20 g, Dietary Fiber 4 g, Protein 8 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 427 mg



Warming Tortillas

Microwave

1. Wrap as many as 12 tortillas in plastic wrap.
2. Microwave on high for 15 to 30 seconds.
3. Turn over stack of tortillas. Microwave 15 to 30 seconds longer or until heated thoroughly.

Oven

1. Wrap as many as 12 tortillas in aluminum foil.
2. Heat in 325°F oven for 20 minutes or until heated thoroughly.

Stovetop

1. Heat a griddle or heavy pan over medium heat.
2. Warm tortillas for 15 seconds on each side or until heated thoroughly.

Purchased or homemade tortillas can be warmed in a microwave, in an oven, or on a stovetop.



Watermelon Salsa

A mouthwatering combination of sweet and zesty.

Makes 8 servings.

½ cup per serving.



Prep time: 15 minutes

INGREDIENTS

- 3 cups seeded and chopped watermelon
- ½ medium onion, chopped
- ½ red bell pepper, chopped
- 1 tablespoon seeded and chopped jalapeño pepper
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons lime juice
- 1 teaspoon vegetable oil

PREPARATION

1. In a medium bowl, mix all ingredients.
2. Serve immediately or cover and refrigerate for up to 1 hour to allow flavors to blend.

Nutrition information per serving: Calories 28, Carbohydrate 6 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 2 mg



Citrus Berry Ice

A refreshing treat to beat the summer heat.

Makes 4 servings.

1 cup per serving.

Prep time: 50 minutes

INGREDIENTS

- 2 tablespoons fresh lemon juice
- 1 tablespoon sugar
- 2 oranges, peeled and quartered
- 2½ cups fresh strawberries
- ¼ teaspoon cinnamon

PREPARATION

1. Place all ingredients in a blender container and blend until smooth.
2. Pour the mixture into a shallow plastic container and place in the freezer.
3. Stir every 15 minutes until the mixture reaches a sherbet-like thickness. Serve immediately.

Nutrition information per serving: Calories 105, Carbohydrate 27 g, Dietary Fiber 5 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg



Zucchini Muffins

A treat the whole family will love.



INGREDIENTS

nonstick cooking spray	1½ teaspoons ground cinnamon
2 eggs	½ teaspoon ground ginger
½ cup applesauce	¼ teaspoon ground cloves
¼ cup granulated sugar	2 cups grated zucchini (about 2 small zucchinis)
1 teaspoon vanilla extract	½ cup raisins
1¼ cups whole wheat flour	⅔ cup toasted and chopped pecans or walnuts
¼ teaspoon salt	
1 teaspoon baking soda	

PREPARATION

1. Place an oven rack in the middle of the oven. Preheat oven to 350°F.
2. Spray muffin pan (12 muffin cups total) with nonstick cooking spray and set aside.
3. In a large bowl, stir together eggs, applesauce, granulated sugar, and vanilla extract.
4. In a separate bowl, stir together flour, salt, baking soda, cinnamon, ginger, and cloves.
5. Stir flour mixture into egg mixture until just barely blended (there may be a few small lumps).
6. Gently stir in zucchini, raisins, and nuts.
7. Divide batter evenly among muffin cups.
8. Bake 20 minutes or until a wooden toothpick inserted in the center of a muffin comes out clean.
9. Remove muffin pans from oven and let muffins stand for 5 minutes.
10. Remove muffins from pan and place them on a wire rack to finish cooling. Serve warm or at room temperature.



Makes 12 servings. 1 muffin per serving.
Prep time: 15 minutes **Cook time:** 25 minutes

Nutrition information per serving: Calories 142, Carbohydrate 21 g,
Dietary Fiber 3 g, Protein 4 g, Total Fat 5 g, Saturated Fat 1 g,
Trans Fat 0 g, Cholesterol 35 mg, Sodium 168 mg