African American 5 a Day

Fruit Salad

Makes 4 servings (1/2 cup per serving)

Nutrition information per serving:

Calories:	109
Carbohydrate:	28 g
Protein:	1 g
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	3 mg
Dietary Fiber:	2 g

INGREDIENTS

1/2 cup sliced banana
1/2 cup chopped apple
1/2 cup chopped nectarines
1/2 cup grapes
1/2 cup orange juice

PREPARATION

1. In a medium bowl, mix all ingredients. Serve.

It's So Easy.

www.ca5aday.com

Recipe courtesy of the *California Latino 5 a Day Campaign.*

fruits and vegetables

EAT 5 A DAY for better health AND BE ACTIVE

African American 5 a Day

Oprah's Outtasight Salad

Makes 4 (1-cup) servings

Nutrition information per serving:

Calories:	87
Carbohydrate:	15 g
Protein:	3 g
Total Fat:	3 g
Cholesterol:	0 mg
Sodium:	34 mg
Dietary Fiber:	3 g

It's So Easy.

www.ca5aday.com

SALAD INGREDIENTS

- 2 cups salad greens of your choice
- 1 cup chopped vegetables of your choice (tomatoes, cucumbers, carrots, green beans)
- 1 cup fresh orange segments or canned* pineapple chunks, drained
- 1/4 cup Dynamite Dressing
- 2 tablespoons raisins or dried cranberries
- 2 tablespoons chopped nuts, any kind

PREPARATION

1. Put mixed salad greens on a large platter or in a salad bowl.
2. In a large bowl, mix chopped vegetables and orange segments. Add dressing and stir. Spoon mixture over salad greens.
3. Top with raisins and nuts. Serve.

*Canned fruit packed in 100% fruit juice.

Recipe courtesy of Chef Joseph Orate.

DYNAMITE DRESSING INGREDIENTS

- 1/4 cup fruit-flavored nonfat yogurt
- 1 tablespoon orange juice
- 1 1/2 teaspoons white vinegar

DYNAMITE DRESSING PREPARATION

1. In a small bowl, mix all ingredients. Refrigerate until ready to serve.

fruits and vegetables

EAT 5 A DAY for better health AND BE ACTIVE

Smothered Greens

Makes 5 servings

African American 5 a Day

Nutrition information per serving:

Calories:	80
Carbohydrate:	14 g
Protein:	4 g
Total Fat:	2 g
Cholesterol:	16 mg
Sodium:	378 mg

INGREDIENTS

- 6 cups water
- 1/4 pound smoked turkey breast, skinless
- 1 tablespoon hot pepper, freshly chopped
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon ground cloves
- 2 cloves garlic, crushed
- 1/2 teaspoon thyme
- 1 stalk scallion, chopped
- 1 teaspoon ground ginger
- 1/4 cup onion, chopped
- 2 pounds of greens (mustard, collards, kale, turnip, or mixture)

PREPARATION

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

It's So Easy.

www.ca5aday.com

Recipe courtesy of Los Angeles Blacks in Nutrition & Dietetics (LA BIND).

fruits and vegetables

EAT 5 A DAY for better health AND BE ACTIVE

Strawberry Smoothie

Makes 4 servings

African American 5 a Day

Nutrition information per serving:

Calories:	79
Carbohydrate:	15 g
Protein:	5 g
Total Fat:	1 g
Cholesterol:	1 mg
Sodium:	54 mg

INGREDIENTS

- 1 carton (8 ounces) plain nonfat yogurt
- 1/4 cup fat-free milk
- 3 packets sugar substitute (regular sugar for non-weight reduction)
- 3 cups frozen unsweetened strawberries (fresh berries may be used)
- 1 cup ice cubes (increase amount if fresh berries are used)

PREPARATION

1. Combine yogurt, milk, and sugar substitute in blender container.
2. With blender running add berries, a few at a time through opening in lid.
3. Blend until smooth. Add ice cubes one at a time blending until smooth.

It's So Easy.

www.ca5aday.com

Recipe courtesy of the Los Angeles Blacks in Nutrition & Dietetics (LA BIND).

fruits and vegetables

EAT 5 A DAY for better health AND BE ACTIVE

African American 5 a Day

BBQ BEEF IN PEPPER SHELLS

This barbecued beef mixture is colorful and healthy, served in bell pepper shells. For another variation, try spooning the mixture into warmed rolls. Makes 4 servings

Nutrition information per serving:

Calories:	210
Carbohydrate:	25 g
Protein:	21 g
Total Fat:	4.5 g
Cholesterol:	45 mg
Sodium:	450 mg
Dietary Fiber:	9 g

INGREDIENTS

- 3/4 lb. extra lean ground beef
- 1 large onion, peeled and chopped
- 1 medium green bell pepper, cored and chopped
- 1 (14 1/2-oz.) can no salt added diced tomatoes
- 3/4 cup 50% less salt canned black beans
- 1/2 cup prepared barbecue sauce
- 1 teaspoon garlic powder
- 1 teaspoon liquid smoke
- 1 teaspoon ground ginger
- 4 bell pepper halves (any color)

PREPARATION

Brown ground beef in a medium skillet until no longer pink; drain excess fat. Add onion and cook for 5 minutes or until softened. Add all remaining ingredients; simmer for 10 minutes over medium heat. While beef is cooking, place bell peppers in a microwave safe dish with a small amount of water. Cover and cook on HIGH for about 5 minutes until crisp tender. Remove peppers from dish and place on a large plate; spoon filling into peppers.

www.ca5aday.com

Funded by the U.S. Department of Agriculture Food Stamp Program.

EAT 5 A DAY for better health AND BE ACTIVE

Chicken and Dumplings

African American 5 a Day

Chicken chunks, vegetables and herbed dumplings are cooked on the stove in 30 minutes! Makes 6 servings

Nutrition information per serving:

Calories:	240
Carbohydrate:	30 g
Protein:	21 g
Total Fat:	5 g
Cholesterol:	75 mg
Sodium:	480 mg
Dietary Fiber:	5 g

INGREDIENTS

- 2 1/4 cups canned low sodium chicken broth
- 1/4 cup water
- 1 medium onion, peeled and chopped
- 3 cups frozen fancy mixed vegetables
- 2 cups chopped cooked chicken
- 1 teaspoon dried thyme
- 3/4 cup prepared baking mix, divided
- 1/4 cup milk
- 1 egg

PREPARATION

In a large stockpot combine chicken broth, water, onion, vegetables, chicken and thyme. Cover and bring to a boil; reduce heat and simmer for 15 minutes. Place baking mix in a small bowl. Remove 2 tablespoons and stir into stockpot. Add milk and egg to bowl and stir with a fork to blend. Drop rounded tablespoons onto hot stew. Cook over low heat, uncovered, for 5 minutes. Cover and cook for 5 minutes more. Season to taste with salt, if desired.

www.ca5aday.com

EAT 5 A DAY for better health AND BE ACTIVE

Funded by the U.S. Department of Agriculture Food Stamp Program.

African American 5 a Day

PEACH CRISP

This is a light and healthy dessert that takes just minutes to prepare. Top each serving with a scoop of vanilla frozen yogurt. Makes 9 servings

Nutrition information per serving:

Calories:	250
Carbohydrate:	50 g
Protein:	1 g
Total Fat:	5 g
Cholesterol:	0 mg
Sodium:	135 mg
Dietary Fiber:	2 g

INGREDIENTS

- 4 (15-oz.) cans juice packed peach slices, well drained
- 2 tablespoons cornstarch
- 1 1/4 teaspoons cinnamon
- 1 teaspoon vanilla
- 2/3 cup old fashioned oats
- 1/2 cup brown sugar
- 1/3 cup prepared baking mix
- 3 tablespoons margarine

PREPARATION

Preheat oven to 400 degrees. Spray a 9-inch square baking pan with non stick spray; set aside. Pour peaches into prepared pan. Stir in cornstarch, 1 teaspoon cinnamon and vanilla; pour over peaches. Combine remaining cinnamon, oats, brown sugar, baking mix and margarine in a small bowl. Mix together with a fork until crumbly and sprinkle over peaches. Bake for 20 to 25 minutes or until peaches are thickened and bubbly and topping is lightly browned.

www.ca5aday.com

Funded by the U.S. Department of Agriculture Food Stamp Program.

fruits and vegetables
EAT 5 A DAY for better health
AND BE ACTIVE