

Choosing a variety of colorful fruits and vegetables is an easy way to remember to eat 5 to 9 servings a day for better health. Wondering how many servings you need each day?

**Children
(2-6 years old) and
most women and
older adults:**
5 a day
**(2 servings of fruit,
3 servings of vegetables)**

**Older children,
teen girls, active
women, and
most men:**
7 a day
**(3 servings of fruits,
4 servings of vegetables)**

**Teen boys and
active men:**
9 a day
**(4 servings of fruits,
5 servings of vegetables)**



DISCOVER THE

Secret to Healthy Living



The *California 5 a Day—For Better Health! Campaign* is administered in part by the Public Health Institute. It is led by the California Department of Health Services in cooperation with the National 5 A Day Partnership.

For more information, visit us at:

www.ca5aday.com

1-888-EAT-FIVE

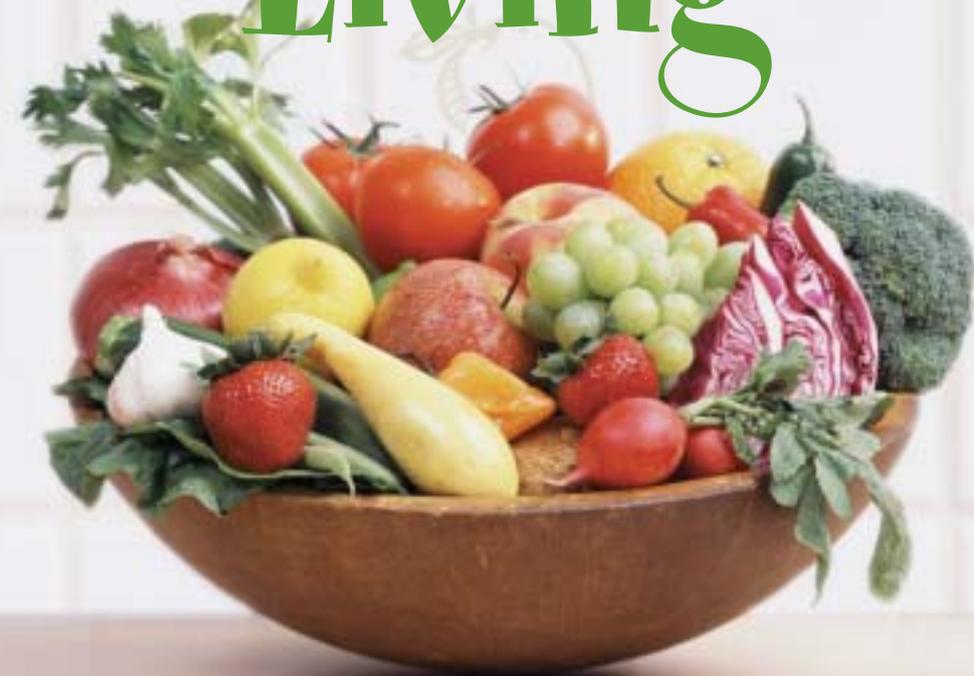


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For information about Food Stamps, please call 1-800-952-5253.



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Discover the Secret to Healthy Living

Did you know that eating 5 to 9 servings of fruits and vegetables and enjoying physical activity every day are the most important lifestyle choices you can make? A few simple changes can fuel your body and help you maintain better health for years to come.

Visit the produce aisle of your local grocery store and you will see delicious fruits and vegetables everywhere! Besides fresh, fruits and vegetables are available frozen, canned, dried, and juiced. They are easy to fix, delicious to eat, and inexpensive to buy. Most of all, fruits and vegetables provide powerful plant nutrients that help you fight disease. When combined with a diet low in fat, eating more fruits and vegetables may also reduce your risk of developing serious health problems like cancer, heart disease, stroke, and diabetes.



In addition to fruits and vegetables, it is important to take advantage of the added benefits physical activity has to offer. By doing at least 30 minutes a day for adults and 60 minutes a day for children, physical activity may improve your overall health, boost your energy level, help you maintain a healthy body weight, reduce stress, and most of all make you look and feel great!



For more information about the California 5 a Day—for Better Health! Campaign, call 1-888-EAT-FIVE or visit us online at www.ca5aday.com.

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What's a Serving?

Getting your 5 to 9 a day is easy if you know what equals a serving size. Here are the amounts you need to get one serving:

1 medium-sized fruit or vegetable

$\frac{1}{2}$ cup fresh, frozen, or canned* fruits or vegetables

* canned fruit packed in 100% fruit juice

1 cup raw leafy greens

$\frac{3}{4}$ cup 100% fruit or vegetable juice

$\frac{1}{4}$ cup dried fruit

Helpful Tips

Look for tips throughout this book to help you shop smart and get active!



Why eat a variety of colorful fruits and vegetables every day?

Color is proof—that besides vitamins, minerals, fiber, and flavor—your meals and snacks provide powerful phytonutrients. These colorful plant chemicals seem to help the body fight disease, and some help to slow the signs of aging. Choosing different colors also helps you get the 5 to 9 daily servings of fruits and vegetables that your body needs for good health. A plant's color gives a clue to its health benefits. Check out the chart below.

Color	Some Sources	Benefits
 Blue/Purple	Blueberries, dark raisins, dried and fresh plums, purple cabbage, purple grapes	May reduce the risk of cancer, heart disease, and complications from diabetes. May help control high blood pressure and slow some effects of aging.
  Red	Guavas, tomatoes, tomato products (spaghetti sauce, tomato juice, etc.), watermelon Beets, cherries, red apples, red onion	May reduce the risk of certain types of cancer. May reduce the risk of cancer, heart disease, and complications from diabetes. May help control high blood pressure and slow some effects of aging.
 Dark Orange	Apricots, butternut squash, cantaloupe, carrots, mangos, sweet potatoes	May reduce the risk of cancer and heart disease. Helps maintain good vision and strengthens the immune system.
 Yellow-Orange	Grapefruit, nectarines, oranges, papaya	May reduce the risk of cancer and heart disease. May strengthen bones and teeth, help the body heal wounds, keep skin healthy and maintain eyesight.
 Yellow-Green	Collard greens, green peas, kiwifruit, romaine lettuce, spinach	Helps maintain eyesight and may reduce the risk of vision problems common in later life.
 Green	Bok choy, broccoli, green cabbage, Swiss chard	May reduce the risk of cancer and help the body get rid of cancer-causing chemicals.
 White	Chives, garlic, leeks, onions, scallions	May reduce the risk of cancer, heart disease, and infection. May help lower high cholesterol and control high blood pressure.

Balanced Breakfasts

Start your day right with a variety of fresh and nutritious fruits and vegetables.

Start the day right! Have a glass of 100% fruit or vegetable juice to wake you up. Boost the flavor of your morning cereal by adding sliced strawberries, apples, or bananas. Breakfast doesn't have to be boring! For people on the go, pack sliced seasonal fruits and vegetables in plastic baggies and bring along lowfat muffins or yogurt.

Shop Smart

Refer to the seasonality guide on page 46 to buy and use fruits and vegetables that are in season. They are usually fresher and cheaper than produce that is not in season.

Banana Berry Pancakes

This recipe promises to be a weekend favorite. Substitute any seasonal, canned, or frozen fruits for different flavors.

Prep time: 10 minutes, Cook time: 10 minutes

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|-----------------------------------|------------------------------|
| 1 large banana, peeled and sliced | Topping |
| 1 cup complete pancake mix | 1½ cups frozen strawberries |
| ½ cup water | 2 tablespoons strawberry jam |
| nonstick cooking spray | |

Place banana in a medium bowl and mash with a fork. Add pancake mix and water; stir until blended. Spray a large skillet with nonstick cooking spray and heat over medium heat. Pour ¼ cup batter for each pancake into hot skillet. Cook pancakes for about 2 minutes per side or until cooked through. Meanwhile, place berries in a small bowl with jam. Microwave on HIGH for 1 minute. Stir, then cook for 1 minute more. Spoon topping over pancakes.

*Makes 4 servings
4 pancakes per serving*

Nutrition Information Per Serving: Calories 200, Carbohydrate 43 g, Protein 4 g, Total Fat 2 g, Saturated Fat 0 g, Cholesterol 5 mg, Sodium 400 mg, Dietary Fiber 3 g

Papaya Boats

A special morning treat for you and your family. Add a sprinkle of granola for more crunch.

Prep time: 10 minutes

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|--|---|
| 2 papayas, rinsed | 1 cup combination of strawberries and blueberries |
| 1 (11-ounce) can mandarin oranges, drained | 1 cup lowfat vanilla yogurt |
| 1 small banana, peeled and sliced | 1 tablespoon honey |
| 1 kiwifruit, peeled and sliced | 2 teaspoons chopped fresh mint (optional) |

Cut papayas in half lengthwise, scoop out seeds, and place each half in a medium bowl. Place oranges, banana, kiwifruit, and berries in each papaya half. Combine yogurt, honey, and mint; mix well. Spoon over fruit before serving.

*Makes 4 servings
½ papaya per serving*

Nutrition Information Per Serving: Calories 180, Carbohydrate 41 g, Protein 4 g, Total Fat 1 g, Saturated Fat 1 g, Cholesterol 5 mg, Sodium 35 mg, Dietary Fiber 4 g

Red and Yellow Bell Pepper Omelets

Serve with fruit and toast for a complete breakfast.

Prep time: 15 minutes, Cook time: 15 minutes

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|---|---|---|-------------------------------------|
| 1 | teaspoon olive oil | ½ | teaspoon dried basil |
| 1 | medium red bell pepper,
cored and thinly sliced | ¼ | teaspoon ground black pepper |
| 1 | medium yellow bell pepper,
cored and thinly sliced | | nonstick cooking spray |
| 4 | medium egg whites | 2 | teaspoons grated Parmesan
cheese |



In a large nonstick pan over medium heat, warm oil; add bell peppers and cook stirring frequently for 4 to 5 minutes. Keep warm over low heat. In a small bowl, lightly whisk together egg whites, basil, and ground black pepper. Coat a small nonstick pan with nonstick cooking spray. Warm over medium-high heat for 1 minute. Add half of the egg mixture, swirling the pan to evenly coat the bottom. Cook for 30 seconds or until the eggs are set. Carefully loosen and flip. Cook for 1 minute or until firm. Place half of the peppers on the eggs. Fold to enclose the filling. Transfer to a plate. Sprinkle with 1 teaspoon Parmesan cheese. Repeat with the remaining egg mixture, bell peppers, and Parmesan cheese.

**Makes 2 servings
1 omelet per serving**

Nutrition Information Per Serving: Calories 110, Carbohydrate 11 g, Protein 10 g, Total Fat 3 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 115 mg, Dietary Fiber 2 g

Tropical Eye Opener

A refreshing mixture of fruit, juice, and frozen yogurt for meals on the go.

Prep time: 5 minutes

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|---|---|---|-------------------------------------|
| 1 | large mango, peeled, seeded
and cut into chunks | 1 | cup lowfat vanilla
frozen yogurt |
| 1 | large banana, peeled and sliced | 1 | cup ice cubes |
| 1 | cup pineapple chunks in
100% juice (reserve juice) | | |

Combine all ingredients in a blender. Blend until smooth.

**Makes 4 servings
1½ cups per serving**

Nutrition Information Per Serving: Calories 170, Carbohydrate 40 g, Protein 3 g, Total Fat 1 g, Saturated Fat 1 g, Cholesterol 5 mg, Sodium 30 mg, Dietary Fiber 2 g

Shop Smart

Use the 100% juice from canned fruit to flavor smoothies and salad dressings.

Get Active

Park your car away from your destination and walk instead of parking close to the entrance.

Apple Oatmeal

This oatmeal is sweet, tasty, and packed with good-for-you foods.

Prep time: 10 minutes, Cook time: 3 minutes

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|----|---|---|--------------------------|
| 1¾ | cups 100% apple juice | ½ | teaspoon ground cinnamon |
| 1 | cup quick oats | ½ | teaspoon salt (optional) |
| 1 | medium apple, cored and cut
into bite-sized chunks | | |

Combine all ingredients in a medium-sized microwave-safe bowl. Place in microwave uncovered and cook on HIGH for about 2 minutes. Stir and let cool for 1 minute before serving.

**Makes 4 servings
½ cup per serving**

Nutrition Information Per Serving: Calories 150, Carbohydrate 31 g, Protein 3 g, Total Fat 2 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 75 mg, Dietary Fiber 3 g

Fresh Fruit Crepes

Serve these crepes for brunch or as a light dessert. Add peaches, plums, or nectarines as an alternative.

Prep time: 10 minutes, Cook time: 10 minutes

Fruit Topping

- | | |
|---|------------------------------------|
| ¼ | cup brown sugar
juice of 1 lime |
| 2 | cups fresh strawberries, sliced |
| ½ | cup fresh blueberries |

Crepes

- | | |
|---|---------------------------|
| 1 | cup lowfat ricotta cheese |
| 2 | tablespoons brown sugar |
| ¼ | teaspoon cinnamon |
| 6 | (6-inch) flour tortillas |
| 2 | teaspoons margarine |

Combine brown sugar and lime juice with strawberries and blueberries in a small bowl. Stir to dissolve sugar and set aside. To prepare crepes, combine ricotta, brown sugar, and cinnamon in a small bowl. Spoon an even amount of mixture on half of each tortilla; fold over to enclose filling. Melt 1 teaspoon margarine in a large skillet. Place 3 of the filled tortillas in skillet, and cook for several minutes on each side until crisp and lightly browned. Repeat with remaining margarine and tortillas. Spoon fruit topping over crepes and serve while hot.



**Makes 6 servings
1 crepe per serving**

Nutrition Information Per Serving: Calories 200, Carbohydrate 35 g, Protein 7 g, Total Fat 5 g, Saturated Fat 2 g, Cholesterol 10 mg, Sodium 200 mg, Dietary Fiber 3 g

Huevos Rancheros with Fresh Salsa

A healthy version of the classic breakfast dish!

Prep time: 15 minutes, Cook time: 15 minutes

4 (6-inch) corn tortillas	1/2	teaspoon ground black pepper
1/2 tablespoon vegetable oil	4	tablespoons shredded Cheddar or Monterey Jack cheese
nonstick cooking spray		
4 medium egg whites	2	cups Fresh Salsa*
4 medium eggs		

Preheat oven to 450°F. Lightly brush tortillas with oil on both sides and place on a baking sheet. Bake for 5 to 10 minutes or until tortillas are crisp on the edges and starting to brown. Remove from the oven and set aside. Spray a large skillet with nonstick cooking spray. Drop 4 egg whites into skillet, then break whole eggs over whites to make 4 separate servings. Cook over medium heat for 2 to 3 minutes per side until eggs are cooked. Place one egg on each tortilla shell and top each with 1 tablespoon cheese. Place under the broiler for about 2 minutes until cheese is melted. Spoon 1/2 cup Fresh Salsa around the edge of each shell.

**Makes 4 servings
1 tortilla per serving**

Nutrition Information Per Serving: Calories 230, Carbohydrate 20 g, Protein 15 g, Total Fat 11 g, Saturated Fat 3 g, Cholesterol 250 mg, Sodium 320 mg, Dietary Fiber 3 g

*Recipe included in the Snacks section on page 44.

Breakfast Fruit Cup

Choose your favorite yogurt flavor to dress up this tasty fruit cup.

Prep time: 5 minutes

2 oranges, peeled, seeded, and sliced into bite-sized pieces	1	tablespoon raisins
1 banana, peeled and sliced	1/2	cup flavored lowfat yogurt
	1/8	teaspoon cinnamon

In a small bowl, combine fruit. Divide fruit equally into 4 bowls. Put a rounded tablespoon of yogurt over fruit in each bowl and sprinkle with a dash of cinnamon.

**Makes 4 servings
1/2 cup per serving**

Nutrition Information Per Serving: Calories 70, Carbohydrate 16 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 20 mg, Dietary Fiber 2 g



Shop Smart

For kids' lunches, offer easy-to-pack snacks like bananas, apples, grapes, dried fruit, trail mix, and popcorn rather than junk food.

Peaches, Plums and Nectarines

California Tree Fruit

California is the largest producer of peaches, plums, and nectarines. California peaches, plums, and nectarines are available mid-May through September. Limited quantities may be available in early May and as late as October.

Selection

1. Ready to eat fruit is soft, gives to gentle pressure, and has a sweet aroma. Firm fruit will ripen to juicy perfection.
2. Choose high-quality fruit by color.
Peaches and Nectarines: Background color is yellow (no green). Red color varies by variety.
Plums: Look for full color.

Storage and Handling

Ripen firm fruit by placing it in a paper bag, fold top over, and store at room temperature. Check fruit daily. Once fruit is soft (ripe), store in the refrigerator for a week or more. Never use a plastic bag, and never place firm (unripe) fruit in the refrigerator.

To clean, rinse under cool water.

To prevent browning, dip slices of fruit in a mixture of 1 cup water and 1 tablespoon lemon juice.

To peel peaches, put in boiling water for 10 seconds, then plunge into ice water to cool. The skins will slip right off.



Lean Lunches

Smart choices that keep you energized all afternoon.

Keept the power going all afternoon by adding extra fruits and vegetables to your meal. Be bold! Add raw spinach, grilled mushrooms, or extra tomatoes to your sandwich or turkey burger for more flavor. Don't forget to eat well on those cold days! Leftover vegetables make wonderful additions to canned or homemade soups and stews.



Shop Smart

Get a free meal...
Use leftovers! Label
and freeze leftovers
immediately and
reheat during the week.

Caesar-Style Salad

Add dried cranberries, apple chunks, or pear slices to this simple recipe.

Prep Time: 20 minutes

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| 3 | slices French bread,
cut into ½-inch-thick cubes | ¼ | teaspoon ground black pepper |
| ¾ | cup lemon juice | 3 | cups chopped romaine lettuce |
| 1 | teaspoon olive oil | 2 | tablespoons grated or finely
shredded Parmesan cheese |
| 2 | cloves garlic, peeled and minced | | |

Preheat oven to 350°F. Place bread cubes on baking sheet; bake for 10 to 12 minutes or until toasted. Meanwhile, in a small bowl, stir together lemon juice, oil, garlic, and pepper. Remove croutons from oven and place into a bowl. Sprinkle 2 tablespoons of dressing mix over croutons; toss to coat. In a separate large bowl, toss lettuce with croutons, remaining dressing, and Parmesan cheese.

*Makes 4 servings
1 cup per serving*

Nutrition Information Per Serving: Calories 170, Carbohydrate 29 g, Protein 6 g, Total Fat 4 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 340 mg, Dietary Fiber 3 g

Recipe courtesy of the Produce for Better Health Foundation

Pizza Melt Sandwich

Use leftover fruits and vegetables for added color.

Prep time: 15 minutes, Cook time: 10 minutes

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|---|---|---|--|
| 1 | slice French bread | ½ | teaspoon dry Italian herb
seasoning mixture |
| 2 | tablespoons low-sodium
spaghetti sauce | 2 | medium tomato slices,
¾-inch thick |
| ¼ | cup low-sodium
mozzarella cheese | | |

Preheat oven to 400°F. Place slice of bread on cookie sheet. Spread spaghetti sauce on bread. Sprinkle bread with mozzarella cheese, save a bit to sprinkle on top. Sprinkle on Italian seasoning. Lay tomato slices on top of cheese. Sprinkle remaining cheese across tomatoes. Place cookie sheet in oven and bake for 5 to 8 minutes until cheese is melted.

*Makes 1 serving
1 open-faced sandwich per serving*

Nutrition Information Per Serving: Calories 360, Carbohydrate 54 g, Protein 17 g, Total Fat 9 g, Saturated Fat 4 g, Cholesterol 15 mg, Sodium 440 mg, Dietary Fiber 5 g

Recipe courtesy of the California Tomato Commission

Chicken Tomatillo Salad

Make a day ahead for a delicious lunch at work.

Prep time: 20 minutes

Dressing	Salad
1 cup tomatillos, husked and quartered	2 cups diced cooked chicken or turkey
$\frac{1}{3}$ cup light Italian dressing	1 cup chopped red bell pepper
1 fresh Anaheim chili, seeded and chopped	1 cup frozen, thawed, or canned no salt added corn
$\frac{1}{4}$ teaspoon ground black pepper	1 cup diced carrot
	4 green onions, sliced
	$\frac{1}{4}$ cup chopped fresh cilantro

In a food processor or blender, puree tomatillos with dressing, Anaheim chili, and ground black pepper; set aside. Combine all salad ingredients in a large bowl and toss. Drizzle dressing over salad and toss well to coat. Cover and chill for 20 minutes or make ahead to allow flavors to blend. Serve on lettuce-lined plates.

*Makes 6 servings
1 cup per serving*

Nutrition Information Per Serving: Calories 140, Carbohydrate 12 g, Protein 12 g, Total Fat 5 g, Saturated Fat 2 g, Cholesterol 45 mg, Sodium 180 mg, Dietary Fiber 2 g

Corn and Green Chili Salad

This salad is so easy to prepare. Add some diced cooked chicken to make this side dish a meal, or sprinkle over salad greens.

Prep time: 10 minutes

2 cups frozen corn, thawed	$\frac{1}{3}$ cup sliced green onions
1 (10-ounce) can diced tomatoes and green chilies	2 tablespoons chopped fresh cilantro
2 tablespoons vegetable oil	
1 tablespoon lime juice	

Combine all ingredients in a medium bowl; mix well.

*Makes 4 servings
 $\frac{3}{4}$ cup per serving*

Nutrition Information Per Serving: Calories 150, Carbohydrate 22 g, Protein 3 g, Total Fat 8 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 290 mg, Dietary Fiber 3 g



Get Active

Work in your garden, help a neighbor with their yard, or volunteer in a community garden.

Herbed Potato Salad

Fresh vegetables and a light vinaigrette give this salad a lively flavor.

Prep time: 20 minutes

$\frac{1}{2}$ pounds red potatoes, cut into quarters	$\frac{3}{4}$ teaspoon garlic salt
$\frac{1}{2}$ cup light Italian dressing	$\frac{1}{4}$ teaspoon ground black pepper
$\frac{1}{2}$ tablespoon spicy brown mustard	$\frac{1}{2}$ cup chopped green bell pepper
1 tablespoon chopped fresh parsley	$\frac{1}{2}$ cup chopped red bell pepper
	$\frac{1}{2}$ cup sliced green onions

Cook potatoes in boiling water until tender, about 10 minutes. Drain well and let cool. Cut potatoes into bite-sized pieces and place in a medium bowl. In a small bowl, combine dressing, mustard, parsley, and seasonings; pour over potatoes and toss well. Carefully stir in bell peppers and green onions. Cover and chill until ready to serve.

*Makes 6 servings
 $\frac{1}{2}$ cup per serving*

Nutrition Information Per Serving: Calories 130, Carbohydrate 26 g, Protein 3 g, Total Fat 3 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 400 mg, Dietary Fiber 3 g



Sautéed Vegetable Pitas

A great mixture of vegetables seasoned with a lowfat dressing and cheese. Try adding sautéed lean ground turkey or diced cooked chicken for a more filling dish.

Prep time: 15 minutes, Cook time: 10 minutes

1 small onion, peeled and diced	1 medium yellow bell pepper, cut into thin strips
1 cup chopped eggplant	$\frac{1}{3}$ cup light Italian dressing
$\frac{1}{2}$ cup sliced mushrooms	2 whole wheat pita breads
1 red bell pepper, cut into thin strips	2 ounces shredded part-skim mozzarella cheese

Cook onion and eggplant in a nonstick skillet over medium heat until soft, about 5 minutes. Add mushrooms and bell pepper; cook and stir for about 5 minutes more or until the vegetables are crisp tender. Remove from heat and stir in dressing. Cut pita bread in half to form 4 pockets and spoon equal amounts of filling into each half; top with cheese.

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

Nutrition Information Per Serving: Calories 120, Carbohydrate 14 g, Protein 6 g, Total Fat 5 g, Saturated Fat 2 g, Cholesterol 10 mg, Sodium 410 mg, Dietary Fiber 3 g

Apple Turkey Gyro

A healthy twist on a classic greek dish.

Prep time: 15 minutes, Cook time: 10 minutes

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|---------------------------------|---|
| 1 cup sliced onion | ½ pound turkey breast, cut into thin strips |
| 1 tablespoon lemon juice | |
| 2 cups sliced red bell pepper | 1 medium apple, cored and sliced |
| 2 cups sliced green bell pepper | 6 pita breads, lightly toasted |
| 1 tablespoon vegetable oil | ½ cup lowfat plain yogurt |



In a nonstick skillet, sauté onion, lemon juice, and bell peppers in oil until crisp tender. Stir in turkey and cook until turkey is cooked through. Remove from heat and stir in apple. Fold pita in half and fill with apple mixture; drizzle with yogurt. Serve warm.

**Makes 6 servings
1 gyro per serving**

Nutrition Information Per Serving: Calories 270, Carbohydrate 43 g, Protein 17 g, Total Fat 5 g, Saturated Fat 1 g, Cholesterol 25 mg, Sodium 350 mg, Dietary Fiber 6 g

Stuffed Potato Tomato Salad

A stylish lunch great for brunch or a weekend lunch.

Prep time: 10 minutes, Cook time: 5 minutes

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|---|-------------------------------|
| 4 large tomatoes | ¾ cup lowfat cottage cheese |
| 1 medium russet potato, peeled, cooked, and diced | 2 tablespoons chopped parsley |
| 1 medium carrot, peeled and chopped | ½ teaspoon salt (optional) |

Cut each tomato in half. Using a spoon, scoop out pulp to make cups. Strain pulp to remove excess liquid; reserve pulp. Pat inside of tomato cups with paper towels to dry. In a medium bowl, combine reserved tomato pulp, potato, carrot, cottage cheese, parsley, and salt. Spoon mixture into tomato cups; chill.

**Makes 8 servings
1 tomato cup per serving**

Nutrition Information Per Serving: Calories 90, Carbohydrate 18 g, Protein 4 g, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 220 mg, Dietary Fiber 4 g

Shop Smart

Check out your local farmers' market, roadside stands, and co-ops for great tasting and affordable fruits and vegetables.



Get Active

At work, make plans with a coworker to walk during breaks or during the lunch hour.

Zesty Asian Chicken Salad

A colorful salad packed with a variety of healthy foods.

Prep time: 20 minutes

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|--|---|
| 3 boneless, skinless chicken breasts, cooked and chilled | 1 medium red bell pepper, cut into strips |
| 3 green onions, sliced | ½ cup low-calorie Asian salad dressing |
| 1½ cups small broccoli florets | ¼ cup orange juice |
| 2 medium carrots, peeled and cut into strips | ¼ cup chopped fresh cilantro |

Cut chicken breasts into small strips and place in a medium bowl with onions, broccoli, carrots, and bell peppers. In a small bowl, stir together dressing and juice. Pour over salad and toss well to coat. Stir in cilantro.

**Makes 4 servings
1 cup per serving**

Nutrition Information Per Serving: Calories 289, Carbohydrate 12 g, Protein 22 g, Total Fat 17 g, Saturated Fat 3 g, Cholesterol 51 mg, Sodium 440 mg, Dietary Fiber 3 g

Chicken Tortas

Serve these sandwiches with sliced jalapeño peppers for added heat!

Prep time: 15 minutes, Cook time: 5 minutes

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|---|
| 2 cups cooked chicken, shredded |
| 1 teaspoon chili powder |
| 2 cups prepared Fresh Salsa* |
| 2 cups romaine lettuce, shredded |
| 4 thin white onion slices |
| ½ cup shredded lowfat Monterey Jack cheese |
| 4 Bolillo or French rolls, cut in half lengthwise |
| 2 radishes, sliced |



In a medium bowl, combine chicken, chili powder, and 1 cup Fresh Salsa. In a second bowl, combine lettuce, onion, radishes, and cheese. Place equal amounts of chicken and lettuce mixtures inside of each roll. Spoon ¼ cup Fresh Salsa over lettuce and close sandwich.

**Makes 4 servings
1 sandwich per serving**

Nutrition Information Per Serving: Calories 320, Carbohydrate 29 g, Protein 30 g, Total Fat 9 g, Saturated Fat 4 g, Cholesterol 70 mg, Sodium 410 mg, Dietary Fiber 4 g

*Recipe included in the Snacks section on page 44.

Vegetable Quesadillas

These quesadillas make a great meatless entrée or a healthy snack! Serve with red or green salsa and fat free sour cream.

Prep time: 10 minutes, Cook time: 15 minutes

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|---------------------------------|---|--|
| nonstick cooking spray | 2 | tablespoons chopped fresh cilantro |
| ½ cup chopped green bell pepper | | |
| ½ cup frozen corn, thawed | 4 | (6-inch) flour tortillas |
| ½ cup sliced green onion | ½ | cup shredded Cheddar or Monterey Jack cheese |
| ½ cup chopped tomato | | |



Spray a medium skillet with nonstick cooking spray; sauté bell pepper and corn over medium heat until softened, about 5 minutes. Add green onion and tomato; cook for several minutes more until heated through; stir in cilantro. 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.

**Makes 4 servings
1 quesadilla per serving**

Nutrition Information Per Serving: Calories 190, Carbohydrate 26 g, Protein 7 g, Total Fat 7 g, Saturated Fat 4 g, Cholesterol 15 mg, Sodium 240 mg, Dietary Fiber 3 g

Tuna Apple Salad

Apples and raisins add a nice twist to traditional tuna salad.

Prep time: 15 minutes

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|---|---|------------------------------------|
| 2 (6-ounce) cans water packed tuna, drained | ¼ | cup golden raisins |
| 2 tablespoons minced red onion | 5 | tablespoons light Italian dressing |
| 1 apple, cored and chopped | 2 | cups salad greens |
| ¼ cup chopped celery | 2 | pita breads, cut in half |

In a small bowl, stir together tuna, onion, apple, celery, raisins, and 2 tablespoons of dressing. In another bowl, toss together salad greens with remaining dressing. Carefully open pita breads and fill with equal amounts of greens and tuna salad.

**Makes 4 servings
1 cup per serving**

Nutrition Information Per Serving: Calories 210, Carbohydrate 23 g, Protein 24 g, Total Fat 3 g, Saturated Fat 1 g, Cholesterol 25 mg, Sodium 520 mg*, Dietary Fiber 3 g

*Exceeds 5 a Day recipe criteria of no more than 480 mg of sodium per serving

Shop Smart

Get more for your money by purchasing produce that sells by the bag.



Success Story

Maria used to be teased by the children at her school about her weight. Feeling sad, she told her parents she wanted to lose weight. When she was 6 years old, her family brought her to the Melvin Thompson Center (MTC) Walking Club in Vallejo where she walked with the group. In addition to walking, Maria started to eat more fruits and vegetables, particularly salads. By making these small changes, Maria improved her strength and endurance over time and now participates in a variety of other activities including swimming, soccer, golf, and softball. "The walking club keeps me busy on Monday, and on Tuesdays and Wednesdays I have soccer practice and Saturdays I play my soccer games," says Maria. She adds, "I believe my health is above average now, because I focus on what I eat and keep active. I'm very strong and have a lot of energy."



MARIA
Fairfield, California

MAINTENANCE TIPS

It's easy to add more fruits and vegetables to your day by including a salad with dinner. "Salad is part of my 5 a Day," says Maria, "it helps make me strong."

Fresh Corn Rice Salad

A simple salad packed with flavor!

Prep time: 20 minutes, Cook time: 5 minutes

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|---|---|---|
| 4 ears of corn, rinsed with husks and silks removed | 2 | (7-ounce) cans green chili peppers, undrained |
| 4 cups water | 1 | medium red bell pepper, sliced |
| 1½ cups cooked rice, cooled | | |
| 1 (10 to 14½-ounce) can diced tomatoes, undrained | | |

Cut kernels from cob to yield about 2 cups. Add water to medium saucepan. Cook corn, covered, for 4 minutes; drain. In a medium bowl, mix corn and rice. Stir in diced tomatoes and chili peppers. Sprinkle top of salad with bell pepper and serve at room temperature.

**Makes 6 servings
1 cup per serving**

Nutrition Information Per Serving: Calories 130, Carbohydrate 30 g, Protein 4 g, Total Fat 1 g, Saturated Fat 0 g, Cholesterol 0 g, Sodium 290 mg, Dietary Fiber 2 g

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Spud Stuffers

No ordinary potatoes here. Pick your favorite topping from the list below.

Prep time: 15 minutes, Cook time: 16 to 60 minutes

- 4 medium baking potatoes
- 2 tablespoons margarine
- 2 tablespoons fat free sour cream

Wash potatoes and pierce three times with a fork. Microwave on HIGH for about 6 minutes. Turn potatoes over and cook on HIGH for about 10 minutes more. Or, bake in the oven at 400°F for 45 to 60 minutes. When cooked, carefully cut open on the top. Place ½ tablespoon of margarine and ½ tablespoon sour cream on top of each potato. Top each potato with one of the toppings below. The ingredient amounts listed are for one potato.

Mexican Topping

- ¼ cup prepared Fresh Salsa*
- 1 tablespoon diced green chilies
- 1½ tablespoons shredded lowfat Cheddar or Monterey Jack cheese

Nutrition Information Per Serving: Calories 190, Carbohydrate 41 g, Protein 6 g, Total Fat 1 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 110 mg, Dietary Fiber 4 g

*Recipe included in the Snacks section on page 44.

Western Topping

- 2 tablespoons chopped tomatoes
- 2 tablespoons finely chopped green bell pepper
- 1 tablespoon sliced green onion
- 2 tablespoons shredded lowfat Cheddar cheese
- 1 tablespoon bacon bits

Nutrition Information Per Serving: Calories 190, Carbohydrate 39 g, Protein 6 g, Total Fat 1 g, Saturated Fat 0 g, Cholesterol 5 mg, Sodium 140 mg, Dietary Fiber 4 g

Veggie Topping

- 3 tablespoons chopped broccoli
- 2 tablespoons shredded lowfat Cheddar cheese
- 2 tablespoons chopped yellow squash
- 1 tablespoon sliced green onion

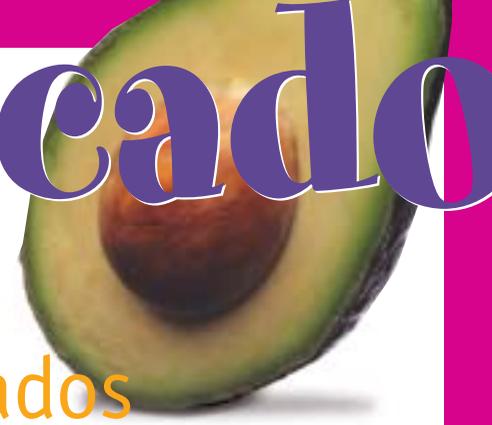
Nutrition Information Per Serving: Calories 180, Carbohydrate 38 g, Protein 5 g, Total Fat 1 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 85 mg, Dietary Fiber 4 g

Shop Smart

Save money by preparing your own healthy snacks, drinks, and meals for family outings in advance.

Avocado

California Avocados



California avocados are a wholesome part of a healthy diet. Many people think the avocado is a vegetable, but it is a fruit. It is rich in flavor and provides vital nutrients that can help prevent a variety of diseases. One variety in particular, the small and creamy Hass avocado, is best known for its dark, pebbly skin.

Avocados ripen best after picked from the tree. To speed the ripening process, place in a paper bag for 2 to 3 days at room temperature. Ripe avocados yield to gentle pressure and change in color from green to purple-black. Once ripe, keep avocados in the refrigerator for up to a week. To handle, cut lengthwise around the seed, twist halves open, remove seed, and scoop out fruit. Avocados discolor quickly, so rub lemon or lime juice on the cut fruit, cover, and refrigerate for up to 2 days or freeze up to 2 months.

Preparation Suggestions

California avocados are a versatile fruit, most notably known as the main ingredient in guacamole. You can place avocado slices in a salad and toss with balsamic vinegar instead of Italian dressing. Also, try mashed avocados as a spread on sandwiches instead of mayonnaise.



Dependable Dinners

Hearty meals and side dishes
your entire family will enjoy.

Homemade meals can be quick and easy. Stir-fry frozen vegetables with lean meat for a quick meal. Add more color to your life by adding one more vegetable side dish, or offer baked potatoes for dinner with salsa, vegetables, and fat free sour cream. Make dinner easy by adding fresh, canned, or frozen vegetables to canned or homemade soups, chili, and stews.

Shop Smart

Use everything! Think about how you can get more out of what you are making. Meat bones and vegetable trimmings make wonderful stocks. Leftover vegetables can be used to make soups or casseroles.

Chicken Kabobs with Bay Leaves

Serve with oven wedge fries for a quick summer meal.

Prep time: 1 hour, 20 minutes, Cook time: 10 minutes

- | | |
|---|---|
| 2 teaspoons olive oil | 12 whole bay leaves |
| 3 tablespoons fresh lemon juice | 1 medium onion, cubed into 1-inch squares |
| ground black pepper to taste | 1 medium green bell pepper, cut into 1-inch squares |
| 1½ pounds chicken breast without skin, cubed into 2-inch pieces | 8 cherry tomatoes |

In a small bowl, mix olive oil, lemon juice, and ground black pepper; pour over chicken and marinate one hour in refrigerator. To make skewers, thread tomato, chicken, bay leaf, onion, and bell pepper; repeat. Grill over medium heat for 5 minutes on each side or until cooked through. Discard bay leaves before serving.

*Makes 4 servings
1 skewer per serving*

Nutrition Information Per Serving: Calories 240, Carbohydrate 8 g, Protein 40 g, Total Fat 4.5 g, Saturated Fat 1 g, Cholesterol 100 mg, Sodium 115 mg, Dietary Fiber 2 g

Oven Wedge Fries

These fries are a smart alternative to deep frying.

Prep time: 10 minutes, Cook time: 10 minutes

- | | |
|--|--|
| 2 large russet potatoes, cut into wedges | Seasoning Mix |
| 1 teaspoon olive oil or vegetable oil | 2 cloves garlic, finely chopped |
| | 1 teaspoon Italian herb seasoning mix |
| | 1 teaspoon chili powder and/or paprika |

Preheat oven to 400°F. Coat a cookie sheet with oil. Place the potato wedges on the cookie sheet. In a small bowl, combine garlic with seasonings and sprinkle ½ of the mixture over the top of the potato wedges. Bake for 7 minutes or until the potatoes start to brown. Flip wedges over to the other side. Sprinkle with the remaining mixture and bake another 7 minutes or until browned and cooked through.

*Makes 4 servings
1 cup per serving*

Nutrition Information Per Serving: Calories 150, Carbohydrate 33 g, Protein 4 g, Total Fat 2 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 10 mg, Dietary Fiber 4 g

Sesame Chicken with Peppers and Snow Peas

Ginger and sesame add an Asian flair to this dish.

Prep time: 10 minutes, Cook time: 20 minutes

- | | | | |
|---|---|----|--|
| 1 | tablespoon sesame seeds | 2 | cups snow peas, trimmed |
| | nonstick cooking spray | 1 | each medium red and green bell pepper, cubed |
| 1 | pound boneless, skinless chicken breasts, cut into strips | 3 | tablespoons low-sodium soy sauce |
| | | 2 | tablespoons water |
| | | 1½ | teaspoons brown sugar |
| | | ¼ | teaspoon ground ginger |
| | | 2 | green onions, sliced |



Place sesame seeds in a large nonstick skillet; cook for 2 minutes over medium-high heat until lightly browned. Remove from skillet and set aside. Spray same skillet with nonstick cooking spray. Add chicken; cook for 10 minutes or until chicken is cooked through. Add snow peas

and bell peppers; stir-fry for 3 to 4 minutes until vegetables are crisp tender. In a small bowl, combine soy sauce, water, brown sugar, and ginger; add to skillet. Cook for 5 minutes over medium-high heat. Sprinkle with green onions and serve.

*Makes 4 servings
1¼ cups per serving*

Nutrition Information Per Serving: Calories 180, Carbohydrate 10 g, Protein 29 g, Total Fat 3 g, Saturated Fat 1 g, Cholesterol 65 mg, Sodium 480 mg, Dietary Fiber 2g

Potato, Chicken, and Corn Chowder

Serve with shredded Parmesan cheese and whole wheat bread or rolls.

Prep time: 15 minutes, Cook time: 20 minutes

- | | | | |
|---|--|---|----------------------------------|
| 1 | (14-ounce) can 33% less sodium chicken broth | 1 | teaspoon thyme |
| | | ¼ | teaspoon ground black pepper |
| 2 | cups peeled and diced potatoes | 2 | cups cooked and chopped chicken |
| 1 | cup chopped celery | 1 | (14¾-ounce) can cream style corn |
| ½ | cup chopped onion | | |
| ½ | cup chopped carrot | | |

In a large saucepan, combine chicken broth, potatoes, celery, onion, carrot, thyme, and ground black pepper. Bring to a boil; reduce heat and simmer, covered, for 15 minutes or until vegetables are tender. Stir in chicken and corn. Cook until heated through.

*Makes 6 servings
1¼ cups per serving*

Nutrition Information Per Serving: Calories 220, Carbohydrate 29 g, Protein 18 g, Total Fat 5 g, Saturated Fat 2 g, Cholesterol 40 mg, Sodium 330 mg, Dietary Fiber 3 g

Shop Smart

Chicken is often cheaper in large value packs. Place unused chicken on a baking sheet and freeze. Place in freezer bags until ready to use.

Spicy Apple-Filled Squash

Cinnamon and cloves spice up traditional acorn squash wedges.

Prep time: 10 minutes, Cook time: 10 to 15 minutes

- | | | | |
|---|--|---|-------------------------|
| 1 | large acorn squash (about 1 pound), rinsed | 2 | tablespoons brown sugar |
| | | ¼ | teaspoon cinnamon |
| 2 | teaspoons margarine | ¼ | teaspoon ground cloves |
| 1 | large apple, cored, peeled and chopped | | dash of nutmeg |

Cut squash into fourths and scoop out seeds. Place in a glass pie plate and cover with plastic wrap. Microwave on HIGH for 5 minutes. Meanwhile, melt margarine in a small skillet over medium heat. Add apple, brown sugar, cinnamon, cloves, and nutmeg; cook for 2 minutes. Place equal amounts of filling on each squash wedge; cover and microwave on HIGH for 3 to 5 minutes more until squash and apple are tender.

*Makes 4 servings
1 cup per serving*

Nutrition Information Per Serving: Calories 100, Carbohydrate 27 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 20 mg, Dietary Fiber 3 g

Rosemary Lemon Chicken with Vegetables

This meal tastes great with a crisp green salad.

Prep time: 10 minutes, Cook time: 30 minutes

- | | | | |
|---|---|---|---|
| 1 | pound small red potatoes, rinsed and quartered | ¼ | cup lemon juice |
| | | 2 | tablespoons honey |
| ½ | pound baby carrots | 2 | tablespoons chopped fresh (or 2 teaspoons dried) rosemary |
| 4 | boneless, skinless chicken breast fillets (1 pound) | 1 | teaspoon grated lemon peel |
| 1 | tablespoon olive oil | ¼ | teaspoon ground black pepper |

In a medium stock pot, bring 8 cups water to a boil. Add potatoes and carrots and cook for 5 minutes; drain and set aside. In a medium skillet, cook chicken in olive oil over medium heat for 5 minutes on each side. Add potatoes, carrots and all remaining ingredients to skillet, except 2 tablespoons lemon juice. Cook over low heat for 5 minutes more or until chicken is cooked through. Add remaining lemon juice to taste.

*Makes 4 servings
1¼ cup per serving*

Nutrition Information Per Serving: Calories 390, Carbohydrate 37 g, Protein 27 g, Total Fat 7 g, Saturated Fat 2 g, Cholesterol 60 mg, Sodium 100 mg, Dietary Fiber 3 g

5 a Day and Physical Activity Scoreboard

Name: _____

Name of Your 5 a Day and Physical Activity Buddy: _____

5 a Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Servings of Vegetables: GOAL: 3-5							
Servings of Fruits GOAL: 2-4							
Glasses of Water GOAL: at least 8							
Physical Activity	Activity:						
GOAL: at least 30 minutes a day	Minutes:						

Fruit and Vegetable and Physical Activity Goals for the Week

3 steps I need to take to meet my fruit and vegetable goal of 5 to 9 servings every day:

1. _____ 2. _____ 3. _____

3 steps I need to take to meet my physical activity goal of at least 30 minutes every day:

1. _____ 2. _____ 3. _____

My reward for meeting my fruit and vegetable goal is: _____

My reward for meeting my physical activity goal is: _____

To receive a scoreboard and pedometer to help you and your family track steps while walking, please call 1-888-EAT-FIVE and ask for the Physical Activity Scoreboard and 5 a Day Pedometer.

Climb Stairs • Bike • Do Ab Crunches • Play Sports with Kids • Jump Rope • Swim • Dance • Garden • Wash Car • Run • Play Sports with Adults • Do Push-Ups



Easy Turkey Skillet Dinner

Serve this hearty meal with whole wheat bread and green salad.

Prep time: 5 minutes, Cook time: 25 minutes

nonstick cooking spray	1	teaspoon each dried basil,
$\frac{3}{4}$ pound lean ground turkey		dried oregano, and garlic
1 medium onion, peeled and		powder
chopped	$\frac{1}{2}$	teaspoon salt
3 tomatoes, chopped	$\frac{1}{4}$	teaspoon pepper
3 tablespoons tomato paste	2	medium zucchini, sliced

Spray nonstick cooking spray in a large skillet. Brown turkey and onion over medium heat until turkey is cooked through and onion is soft, about 10 minutes. Add tomatoes, tomato paste, and seasonings. Simmer over medium heat for 10 minutes. Add zucchini and cook for 5 minutes more.

*Makes 4 servings
1/2 cup per serving*

Nutrition Information Per Serving: Calories 180, Carbohydrate 12 g, Protein 17 g, Total Fat 7 g, Saturated Fat 2 g, Cholesterol 65 mg, Sodium 410 mg, Dietary Fiber 3 g

Herbed Vegetable Combo

Make this side dish a main meal by simply adding cooked slices of chicken breast or lean beef.

Prep time: 10 minutes, Cook time: 10 minutes

2 tablespoons water	$\frac{1}{4}$	cup celery, cut into
1 cup thinly sliced zucchini		2-inch strips
$1\frac{1}{4}$ cups thinly sliced yellow squash	$\frac{1}{4}$	cup chopped onion
$\frac{1}{2}$ cup green bell pepper, cut into	$\frac{1}{2}$	teaspoon caraway seeds
2-inch strips	$\frac{1}{8}$	teaspoon garlic powder
	1	medium-sized tomato,
		cut into 8 wedges

Heat water in medium pan. Add zucchini, squash, bell pepper, celery, and onion. Cover and cook over medium heat until vegetables are crisp tender, about 4 minutes. Sprinkle seasonings over vegetables. Top with tomato wedges. Cover again and cook over low heat until tomato wedges are warm, about 2 minutes.

*Makes 4 servings
1/2 cup per serving*

Nutrition Information Per Serving: Calories 35, Carbohydrate 7 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 65 mg, Dietary Fiber 2 g

Recipe courtesy of the Produce for Better Health Foundation



Success Story

Seeking to achieve better health and reduced weight, Victoria began slowly. “My biggest challenge,” she states, “are sweets...especially sweet breads!” By reducing the amount of sweet and fried foods she consumed daily and increasing her level of physical activity, Victoria was able to lose 17 pounds.



VICTORIA
Inglewood, California

MAINTENANCE TIPS

Climb stairs at work, and walk every time there is an opportunity, like parking your car far away from the entrance to a store. Also, choose meals with more fruits and vegetables when dining out.

Because of her busy work schedule, Victoria carries healthy snacks while she is out. This helps her avoid eating junk food. “The secret is to start slow, then build your way up to choosing healthy options and becoming more physically active.”

Spaghetti with Turkey Meat Sauce

Top your pasta with this healthy alternative to a classic Italian dish.

Prep time: 10 minutes, Cook time: 30 minutes

nonstick cooking spray	1	cup finely chopped onion
1 pound lean ground turkey	2	cloves garlic, minced
2 (14½-ounce) cans diced	1	teaspoon crushed dried oregano
tomatoes, juice reserved	1	teaspoon ground black pepper
1 cup finely chopped green	1	pound spaghetti noodles
bell pepper		

Spray a large skillet with nonstick cooking spray. Preheat skillet over medium heat. Add turkey and cook, stirring occasionally for 5 to 10 minutes or until cooked through. Drain fat. Stir in tomatoes with their juice, bell pepper, onion, garlic, oregano, and ground black pepper. Bring to a boil then reduce heat, cover and simmer for 15 minutes, stirring occasionally. Meanwhile, cook spaghetti according to package directions; drain well. Serve sauce over spaghetti.

*Makes 6 servings
1 cup per serving*

Nutrition Information Per Serving: Calories 430, Carbohydrate 66 g, Protein 25 g, Total Fat 7 g, Saturated Fat 2 g, Cholesterol 60 mg, Sodium 440 mg, Dietary Fiber 3 g

BBQ Turkey in Pepper Shells

This dish is colorful and healthy. You can save money by using all green bell peppers.

Prep time: 10 minutes, Cook time: 20 minutes

- | | |
|--|--|
| ¾ pound lean ground turkey | ¾ cup 50% less salt canned black beans |
| 1 large onion, peeled and chopped | ½ cup prepared barbecue sauce |
| 1 medium green bell pepper, seeded, cored, and chopped | 1 teaspoon garlic powder |
| 1 (14½-ounce) can no salt added diced tomatoes | 1 teaspoon liquid smoke |
| | 4 bell pepper halves (any color) |



Brown ground turkey in a medium skillet over medium-high heat 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. Meanwhile, place bell peppers in a microwave safe dish with a small amount of water. Cover and microwave on HIGH for about 5 minutes until crisp tender. Remove peppers from dish and place on a large plate; spoon turkey mixture into peppers.

Makes 4 servings
½ bell pepper per serving

Nutrition Information Per Serving: Calories 240, Carbohydrate 33 g, Protein 26 g, Total Fat 2 g, Saturated Fat 0 g, Cholesterol 35 mg, Sodium 450 mg, Dietary Fiber 7 g

Creole Green Beans

A classic vegetable side dish with a twist.

Prep time: 10 minutes, Cook time: 15 minutes

- | | |
|-------------------------------|---------------------------|
| 1 pound fresh green beans | 1 cup chopped tomatoes |
| 2 small cloves garlic | ½ cup chopped celery |
| 2 teaspoons vegetable oil | ½ teaspoon hickory salt |
| 1 cup chopped red bell pepper | ¼ teaspoon cayenne pepper |

Wash green beans and cut in half. In a large skillet, sauté garlic in oil over low heat for 1 minute. Add green beans and bell pepper; increase heat to medium and cook for 5 minutes more. Stir in remaining ingredients; cook for an additional 5 minutes.

Makes 8 servings
¾ cup per serving

Nutrition Information Per Serving: Calories 40, Carbohydrate 6 g, Protein 1 g, Total Fat 2 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 10 mg, Dietary Fiber 3 g

Get Active

Play Frisbee®, kick a ball, or fly a kite. It's a great way for the entire family to have fun.

Orange Glazed Vegetables

Your kids will love the orange glaze on these veggies!

Prep time: 10 minutes, Cook time: 10 minutes

- | | |
|-------------------------------|----------------------------------|
| 2 cups frozen vegetable mix | 1 tablespoon Dijon-style mustard |
| ½ teaspoon grated orange peel | 1 teaspoon low-sodium soy sauce |
| ¼ cup 100% orange juice | |

In a microwave-safe casserole dish, cook vegetables in microwave according to package directions. Meanwhile, in a small bowl, combine orange peel, orange juice, mustard, and soy sauce. Stir until mixed. Drain vegetables and toss with orange juice mixture. Serve immediately.

Makes 4 servings
½ cup per serving

Nutrition Information Per Serving: Calories 70, Carbohydrate 14 g, Protein 3 g, Total Fat 1 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 170 mg, Dietary Fiber 4 g

Chicken and Dumplings

Tasty, home cooked comfort food in under 30 minutes!

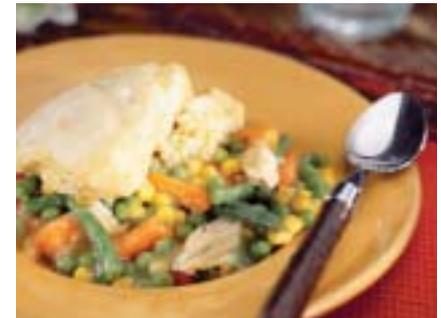
Prep time: 5 minutes, Cook time: 25 minutes

- | | |
|--|--|
| 2½ cups canned 33% less sodium chicken broth | 2 cups cooked and chopped chicken breast |
| ¼ cup water | 1 teaspoon dried thyme |
| 1 medium onion, peeled and chopped | ¾ cup prepared baking mix |
| 3 cups frozen mixed vegetables | ¼ cup 1% lowfat milk |
| | 1 medium egg |

In a large stockpot over medium heat, 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 remaining baking mix 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.

Makes 6 servings
1¼ cups per serving

Nutrition Information Per Serving: Calories 250, Carbohydrate 31 g, Protein 22 g, Total Fat 5 g, Saturated Fat 2 g, Cholesterol 70 mg, Sodium 280 mg, Dietary Fiber 6 g



Spicy Cod with Spinach and Peppers

This easy meal is made in one skillet. You'll find the Cajun seasoning blend in the spice section of your favorite grocery store.

Prep time: 10 minutes, Cook time: 15 minutes

- | | |
|---------------------------------------|-----------------------------------|
| nonstick cooking spray | ½ medium onion, peeled and sliced |
| 1 pound cod fillets (frozen or fresh) | 1 cup red bell pepper strips |
| 1¼ teaspoons Cajun seasoning | 4 cups fresh spinach leaves |
| | 4 fresh lemon wedges |

Spray a large skillet with nonstick cooking spray. Thaw and rinse cod and pat dry. Sprinkle with Cajun seasoning and cook over medium-high heat until white, about 5 minutes. Turn and cook for 3 to 5 minutes more until fish flakes easily with a fork. Remove from skillet and keep warm. In same skillet, sauté onion and bell pepper for 5 minutes or until crisp tender. Add spinach to skillet and cook until wilted. Place fish over vegetables and served with lemon wedges.

**Makes 4 servings
1 cup per serving**

Nutrition Information Per Serving: Calories 110, Carbohydrate 4 g, Protein 21 g, Total Fat 1 g, Saturated Fat 0 g, Cholesterol 50 mg, Sodium 135 mg, Dietary Fiber 1 g

Italian Broccoli and Pasta

A colorful dish your whole family will enjoy. Serve with chicken and a tossed salad for a complete meal.

Prep time: 10 minutes, Cook time: 15 minutes

- | | |
|------------------------------------|--|
| 2 cups uncooked fettuccine noodles | ½ teaspoon dried oregano or 1½ teaspoons fresh oregano |
| nonstick cooking spray | ½ teaspoon ground black pepper |
| 3 tablespoons chopped green onion | 1 (14½-ounce) can stewed tomatoes, not drained |
| 2 cups broccoli florets | 2 teaspoons grated Parmesan cheese |
| ½ teaspoon dried thyme | |



Cook fettuccine according to package instructions (omitting oil and salt) and drain. Spray a medium skillet with nonstick cooking spray; stir-fry onion and broccoli for 3 minutes over medium heat. Add seasonings and tomatoes; simmer until heated through. Spoon vegetable mixture over fettuccine and top with Parmesan cheese.

**Makes 4 servings
1¼ cups per serving**

Nutrition Information Per Serving: Calories 210, Carbohydrate 39 g, Protein 9 g, Total Fat 2 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 150 mg, Dietary Fiber 3 g

Recipe courtesy of the Produce for Better Health Foundation

Mango Chicken Stir-Fry

Tender chunks of chicken team up with crisp peppers and sweet mangos in this colorful stir-fry. Substitute red bell peppers for half of the green for an even prettier dish.

Prep time: 15 minutes, Cook time: 15 minutes

- | | |
|--|---|
| nonstick cooking spray | ¼ teaspoon ground ginger |
| 1 pound boneless, skinless chicken breasts, cut into bite-sized chunks | 1 red bell pepper, cut into bite-sized strips |
| ¼ cup pineapple juice | 2 mangos, pitted and cut into wedges |
| 3 tablespoons low-sodium soy sauce | ½ cup toasted, slivered almonds |
| | ground black pepper to taste |

Spray a large wok or skillet with nonstick cooking spray. Sauté chicken over medium-high heat until cooked through, about 5 minutes. In a small bowl, stir together pineapple juice, soy sauce, and ginger. Add sauce and bell pepper to the skillet. Cook and stir for about 5 minutes until peppers are crisp tender. Add the mango wedges and almonds to the wok and cook until hot. Season with ground black pepper. Serve over hot cooked rice, if desired.



**Makes 4 servings
1¼ cups per serving**

Nutrition Information Per Serving: Calories 290, Carbohydrate 25 g, Protein 31 g, Total Fat 9 g, Saturated Fat 1 g, Cholesterol 65 mg, Sodium 480 mg, Dietary Fiber 4 g



Get Active

Make household chores your chance to be active. Sweeping floors, dusting, and making beds are all physical activity!

Avocado Tortilla Soup

Sprinkle red pepper flakes on this soup for added heat.

Prep time: 15 minutes, Cook time: 15 minutes

- | | |
|--|--|
| 3 (14-ounce) cans 33% less sodium chicken broth | 3 cloves garlic, finely chopped |
| 2 (10¾-ounce) cans 33% less sodium condensed tomato soup | ½ teaspoon ground black pepper |
| ½ bunch cilantro, leaves only | 1 ripe avocado, peeled, seeded and cubed (reserve 8 cubes for garnish) |
| | 8 corn tortilla chips, crumbled |

In a large pan over high heat, combine chicken broth, tomato soup, cilantro, garlic, and ground black pepper. Bring to a boil, reduce heat and simmer for 10 minutes. Cool slightly, then puree small batches in a blender. Return to pan, add avocado cubes and heat through. Ladle into soup bowls and garnish with reserved avocado cubes and crumbled tortilla chips.

**Makes 8 servings
1 cup per serving**

Nutrition Information Per Serving: Calories 100, Carbohydrate 10 g, Protein 4 g, Total Fat 6 g, Saturated Fat 2 g, Cholesterol 5 mg, Sodium 115 mg, Dietary Fiber 1 g

Recipe courtesy of the California Avocado Commission

Apple Glazed Sweet Potatoes

So easy, just simmer sweet potato slices in juice and serve.

Prep time: 10 minutes, Cook time: 25 minutes

- | | |
|--------------------------------------|---|
| 2½ cups unsweetened 100% apple juice | 2 pounds sweet potatoes, peeled and thinly sliced |
| ½ teaspoon cinnamon | |
| ¼ teaspoon salt | |

Combine apple juice, cinnamon, and salt in a large skillet. Add sliced sweet potatoes and bring to a boil over high heat. Reduce heat slightly and simmer potatoes, stirring occasionally, for 20 to 25 minutes or until potatoes are tender and juice has been reduced to a glaze.

**Makes 4 servings
½ cup per serving**

Nutrition Information Per Serving: Calories 290, Carbohydrate 72 g, Protein 4 g, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 230 mg, Dietary Fiber 7 g

Shop Smart

Instead of buying premade 100% juices, buy juice concentrates and make it yourself.



Success Story

Dawna was inspired to get healthy by her pastor at the Pasadena Church of God. Motivated to make a change, Dawna added more fruits and vegetables to her family's meals and improved what she ate away from home. While shocked at first, her children became used to the change and the positive effect it had on the family. As a busy working mother, Dawna's typical day includes simple additions like fruit with breakfast; carrots or sliced apples for a morning snack; a healthy lunch; a banana or health bar as an afternoon snack; vegetables and salad with dinner; and fresh fruit for dessert. Like most mothers, she wants to see her children happy and healthy, and Dawna's efforts have brought some of both to her 14-year-old daughter Latavia. According to her mom, the sophomore feels more confident about herself now. Dawna says her changes are permanent and she'll keep them for many reasons, including one in particular, "I have children. I want to be here for a very long time."



DAWNA
Pasadena, California

MAINTENANCE TIPS

Fit in physical activity during breaks at work. When waiting to pick up your children at school, walk around the track while you wait instead of sitting in the car.

Mexican Rice

Garnish with chopped fresh cilantro or a sprinkle of cheese.

Prep time: 5 minutes, Cook time: 30 minutes

- | | |
|--|---------------------------------------|
| 1 tablespoon margarine | ½ teaspoon chili powder |
| 1 cup chopped onion | ¼ teaspoon salt |
| 1 (14 ½-ounce) can 33% less sodium chicken broth | ½ cup frozen corn, thawed |
| 1 cup long grain rice | ½ cup frozen mixed vegetables, thawed |
| 1 cup chopped tomatoes | |

Heat margarine in a medium saucepan. Add onion and sauté until soft, about 5 minutes. Stir in broth, rice, ¾ cup tomatoes, chili powder, and salt. Bring to a boil; reduce heat and simmer, covered, for 20 minutes. Stir in vegetables and let stand for 5 minutes. Spoon remaining tomatoes over top.

**Makes 6 servings
¾ cup per serving**

Nutrition Information Per Serving: Calories 180, Carbohydrate 32 g, Protein 5 g, Total Fat 4 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 115 mg, Dietary Fiber 4 g

Vegetable Chicken Enchiladas

Full of fresh vegetables and loaded with flavor!

Prep time: 15 minutes, Cook time: 30 minutes

- | | | |
|--|----|--|
| nonstick cooking spray | 8 | (6-inch) corn tortillas |
| 1 large onion, peeled and chopped | 1½ | cups red enchilada sauce |
| 1 medium bell pepper, seeded and chopped | 1 | (8-ounce) can no salt added tomato sauce |
| 1 large zucchini, chopped | ⅔ | cup shredded lowfat Monterey Jack cheese |
| 1 cup chopped cooked chicken breast | | |

Preheat oven to 375°F. Spray a large skillet with nonstick cooking spray. Add onion and cook for 5 minutes over medium heat, stirring occasionally. Add pepper and zucchini and cook for 5 minutes more. Stir in chicken; set aside. In a small bowl, combine enchilada sauce and tomato sauce; add ½ cup to vegetable and chicken mixture. In a large skillet over medium heat, soften tortillas. Dip one tortilla in sauce and place 2 tablespoons of the mixture on one side. Roll up and place in a 13 x 9-inch baking pan. Repeat. Pour any remaining sauce over the top. Cover loosely with foil and bake for 20 to 25 minutes. Remove cover and sprinkle cheese over top; bake for 5 minutes more.

*Makes 4 servings
2 enchiladas per serving*

Nutrition Information Per Serving: Calories 400, Carbohydrate 37 g, Protein 21 g, Total Fat 20 g, Saturated Fat 10 g, Cholesterol 80 mg, Sodium 230 mg, Dietary Fiber 5 g

Microwave Spanish Corn

A quick and simple way to add flavorful vegetables to any meal.

Prep time: 5 minutes, Cook time: 15 minutes

- | | | |
|---------------------------------|---|------------------------------------|
| 2 cups frozen corn, thawed | 1 | (16-ounce) can tomatoes, undrained |
| ½ cup chopped green bell pepper | | |
| ½ cup chopped onion | ¼ | teaspoon dried oregano |
| 2 tablespoons margarine | | |

Prepare corn according to package directions; drain. In a medium skillet over medium-high heat, sauté pepper and onion in margarine until tender. Combine all ingredients and spoon into a microwave-safe dish. Cover and microwave on HIGH for 2 to 3 minutes or until hot.

*Makes 8 servings
1½ cups per serving*

Nutrition Information Per Serving: Calories 60, Carbohydrate 12 g, Protein 2 g, Total Fat 2 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 150 mg, Dietary Fiber 2 g

Shop Smart

Stretch your food dollar by using less meat in recipes and adding more vegetables.

Tomato

California Tomatoes

California tomatoes provide you with field fresh flavor from May through December every year. There is a wide variety of California tomatoes: vine ripe, roma, heirlooms, cherry, grape, yellow, orange, and mature green tomatoes.

Storage and Handling

Never refrigerate a tomato. Cold temperatures destroy flavor and stop the ripening process. Ripe tomatoes should be completely red or reddish-orange, depending on the variety. They will have a sweet, subtle aroma and will give slightly to gentle palm pressure.

Preparation Suggestions

There's no limit to the many ways you can prepare tomatoes. Enjoy them fresh or cooked, including roasted, grilled, baked, sautéed, fried, and made into tomato-based sauces, soups, stews, and casseroles.



Delicious Desserts

Treat yourself to these healthy finales.

Don't sacrifice taste! Liven up a plain dessert with sliced or heated fruit. Try dipping strawberries into lowfat yogurt for a quick treat. Help yourself to a pile of frozen fruit atop a small slice of angel food cake for an easy dessert, or core and slice apples, sprinkle with cinnamon, and heat until soft.



Cinnamon Baked Goldenens

Serve alone or with vanilla frozen yogurt and a sprinkle of lowfat granola.

Prep time: 10 minutes, Cook time: 10 minutes

- | | |
|---|------------------------------|
| 4 large golden delicious apples, cored and peeled | 1 tablespoon lemon juice |
| ½ cup 100% apple juice | 1 teaspoon grated lemon peel |
| ½ cup packed brown sugar | ½ teaspoon cinnamon |
| | ⅛ teaspoon nutmeg |

Place apples in a microwave-safe baking dish. Combine all remaining ingredients in a small bowl, mix and pour over apples. Cover with plastic wrap and microwave on HIGH for 5 minutes or until apples are tender. Carefully remove apples from dish with a slotted spoon and set aside. Place baking dish back in microwave and cook on HIGH, uncovered, for 3 to 5 minutes more or until mixture has thickened to a glaze. (Glaze will continue to thicken as it cools.) Drizzle over apples.

*Makes 4 servings
1 apple per serving*

Nutrition Information Per Serving: Calories 180, Carbohydrate 48 g, Protein 0 g, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 15 mg, Dietary Fiber 3 g

Savory Grilled Fruit

A sweet and juicy addition to your family BBQ. Fruit that is still firm can be used in most baked or grilled recipes. Brush peaches with a citrus marinade or sauce for added flavor.

Prep time: 5 minutes, Cook time: 5 minutes

Cook 4 halved peaches and/or nectarines over medium, indirect heat for 8 minutes in covered barbecue, turning after 4 minutes.

*Makes 8 servings
½ piece fruit per serving*

Nutrition Information Per Serving: Calories 60, Carbohydrate 15 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 55 mg, Dietary Fiber 2 g

Recipe courtesy of the California Tree Fruit Agreement

Shop Smart

Enjoy summer fruits all year long! Buy, package, and freeze berries, peach slices, and mangos while in season to use in smoothies and salads during the fall and winter.

Peach Crisp

A light and healthy dessert that takes just minutes to prepare. Try this recipe with canned peaches for a different flavor. Top each serving with a scoop of vanilla frozen yogurt.

Prep time: 5 minutes, Cook time: 25 minutes

- | | | |
|--|---------------|--------------------------|
| nonstick cooking spray | 1 | teaspoon vanilla extract |
| 4 (15-ounce) cans sliced peaches in 100% juice, well drained | $\frac{2}{3}$ | cup old fashioned oats |
| 2 tablespoons cornstarch | $\frac{1}{2}$ | cup packed brown sugar |
| $\frac{1}{4}$ teaspoons cinnamon | $\frac{1}{3}$ | cup prepared baking mix |
| | 3 | tablespoons margarine |



Preheat oven to 400°F. Spray a 9-inch square baking pan with nonstick cooking spray. Pour peaches into prepared pan. In a small bowl, stir in cornstarch, 1 teaspoon cinnamon, and vanilla; pour over peaches. In a large bowl, combine remaining cinnamon, oats, brown sugar, baking mix, and margarine. Mix together with a fork until crumbly; sprinkle over peaches. Bake for 20 to 25 minutes or until peach juice is thick and bubbly and topping is lightly browned.

**Makes 9 servings
1 cup per serving**

Nutrition Information Per Serving: Calories 200, Carbohydrate 43 g, Protein 3 g, Total Fat 3 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 100 mg, Dietary Fiber 3 g

Raspberry Lemon Ice

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

Prep time: 5 minutes

- | | | |
|--|---------------|-------------------------------------|
| 1 cup frozen raspberries | $\frac{1}{4}$ | cup sugar |
| $\frac{1}{2}$ cup water | 3 | cups crushed ice or small ice cubes |
| $\frac{1}{4}$ cup frozen lemonade concentrate, undiluted | | |

Place all ingredients in a blender container. Blend until smooth, stirring as necessary. Serve in chilled glasses.

**Makes 4 servings
 $\frac{1}{2}$ cup per serving**

Nutrition Information Per Serving: Calories 150, Carbohydrate 37 g, Protein 0 g, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 5 mg, Dietary Fiber 3 g



Get Active

Discover free or low-cost opportunities for physical activity near your home. For example, parks, community centers, and the local YMCA/YWCA may have facilities you can use.

Tropical Fruit Salad

A great combination of fruits seasoned with a bit of lime.

Prep time: 10 minutes

- | | | |
|---|---|-----------------------------------|
| 2 large ripe mangos, peeled and diced | | |
| 2 cups pineapple chunks in 100% juice | | |
| $\frac{1}{2}$ cup chopped red bell pepper | 1 | tablespoon fresh lime juice |
| $\frac{1}{2}$ cup peeled and chopped jicama | 1 | tablespoon chopped fresh cilantro |
| 1 tablespoon brown sugar | | |

Combine all ingredients in a large bowl and toss well to mix. Serve immediately or cover and refrigerate until ready to serve.

**Makes 4 servings
1 cup per serving**

Nutrition Information Per Serving: Calories 170, Carbohydrate 43 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 5 mg, Dietary Fiber 4 g

Frozen Fudgy Fruit

Chocolate covered frozen fruit is a treat on a hot day!

Prep time: 10 minutes, Freezer time: 2 hours

- | |
|--|
| $\frac{1}{2}$ cup fat free hot fudge topping |
| 2 large bananas, peeled and cut in half |
| 8 large strawberries, washed and dried |
| $\frac{1}{4}$ cup unsalted peanuts, chopped |

Pour fudge topping into a small microwave-safe bowl and heat on HIGH for 30 to 45 seconds to soften. Place a toothpick into each piece of fruit and dip halfway into hot fudge. Place on a piece of waxed paper and sprinkle with chopped nuts. Place on a small tray, cover and put in the freezer for 2 hours or until frozen.



**Makes 4 servings
 $\frac{1}{2}$ banana, 2 strawberries per serving**

Nutrition Information Per Serving: Calories 220, Carbohydrate 46 g, Protein 5 g, Total Fat 5 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 70 mg, Dietary Fiber 4 g

Sweet Potato Cake with Pineapple Topping

This is a great dessert or snack cake that is even better the second day!

Prep time: 5 minutes, Cook time: 30 minutes

- | | |
|--|------------------------------|
| 1½ cups cooked, mashed sweet potatoes | 2 cups prepared baking mix |
| 2 medium eggs | 1 cup packed brown sugar |
| ½ cup 1% lowfat milk | ½ cup raisins |
| 2 cups crushed pineapple in 100% juice | 1 teaspoon pumpkin pie spice |
| | nonstick cooking spray |

Preheat oven to 375°F. Combine sweet potatoes, eggs, milk, and ½ cup drained pineapple in a medium bowl; set aside. In a small bowl, stir together baking mix, ¾ cup brown sugar, raisins, and pumpkin pie spice. Add to liquid ingredients and stir until dry ingredients are moistened. Turn into a 9-inch round metal baking pan sprayed with nonstick cooking spray. Bake for 35 to 45 minutes or until a tooth pick inserted into the center comes out clean. While cake is baking, combine remaining pineapple and brown sugar in a small saucepan. Cook over medium heat until liquid has evaporated. Cut cake into 9 wedges and top with equal amounts of pineapple topping.

**Makes 9 servings
1 wedge per serving**

Nutrition Information Per Serving: Calories 360, Carbohydrate 81 g, Protein 8 g, Total Fat 2 g, Saturated Fat 1 g, Cholesterol 45 mg, Sodium 320 mg, Dietary Fiber 4 g

Fruit Dip

Use fresh berries and melon when summer fruits are in season.

Prep time: 15 minutes

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|--|--------------------------------|
| 1 (8-ounce) container lowfat vanilla yogurt | 1 tablespoon lime juice |
| 2 tablespoons 100% frozen orange juice concentrate, thawed | ½ tablespoon brown sugar |
| | 2 red apples, cored and sliced |
| | 1 pear, cored and sliced |
| | 1 peach, pitted and sliced |

In a small bowl, combine yogurt, orange juice concentrate, lime juice, and brown sugar; mix well. Place bowl containing dip on a large plate and surround with fruit.

Makes 4 servings

Nutrition Information Per Serving: Calories 160, Carbohydrate 36 g, Protein 3 g, Total Fat 1 g, Saturated Fat 0 g, Cholesterol 5 mg, Sodium 40 mg, Dietary Fiber 3 g

Get Active

Volunteer to help with physical activity events at your child's school or in your community.

Grapes

California Grapes

Fresh California grapes are available from May through December. There are more than 50 varieties of grapes and they come in three colors: green, red and purple.

Storage and Handling

Grapes are fully ripe when they arrive at the supermarket. Look for plump grapes with green pliable stems. Rinse with cold water when ready to eat.

Fresh California grapes can be stored two weeks or more in the refrigerator.

Preparation Suggestions

Grapes make a great snack all by themselves, but they also work well as a tasty and nutritious ingredient.

Try them in:

- cereal or yogurt for breakfast
- a salad for lunch
- a simple pasta salad for dinner
- a peanut butter sandwich anytime

Grape history and fun facts

In 1839, William Wolfskill planted California's first table grape vineyard in the Mexican colonial pueblo now known as Los Angeles.

On average, there are about 100 berries per bunch of grapes.

California's fresh grape farmers provide 97% of the nation's commercially grown table grapes.

FRESH
CALIFORNIA
GRAPES

Simple Snacks & Drinks

Colorful ways to add more fruits and vegetables to your day.

Don't be tempted by junk food! Choose dried fruit instead of candy and crunchy vegetables instead of chips. Keep cut raw vegetables in the refrigerator for easy after-school snacking. Try a new tropical fruit like kiwifruit, cherimoya, mango, or papaya. Make fruit shakes with frozen or fresh strawberries, bananas, fruit juice, and lowfat milk or yogurt for a quick and tasty snack.



Veggie Tortilla Roll Up

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

Prep time: 20 minutes

- | | |
|---|---|
| 4 whole wheat tortillas | ½ cup chopped cucumber |
| 6 tablespoons light roasted garlic or chive and onion flavor cream cheese | ¼ cup diced green chilies |
| 2 cups shredded romaine lettuce or fresh spinach | ¼ cup sliced ripe olives |
| 1 cup diced tomatoes | ¼ cup chopped red onion |
| | ½ cup chopped bell pepper (red, green, orange, yellow, or a mixture of these) |

Spread each tortilla with 1½ tablespoons of cream cheese. Top tortillas with equal amounts of vegetables. Roll up tightly to enclose filling.

*Makes 4 servings
1 tortilla roll per serving*

Nutrition Information Per Serving: Calories 160, Carbohydrate 28 g, Protein 7 g, Total Fat 5 g, Saturated Fat 3 g, Cholesterol 10 mg, Sodium 400 mg, Dietary Fiber 4 g

Great Grape Smoothie

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

Prep time: 5 minutes

- | | |
|---|-------------------|
| 1 cup seedless grapes | ½ cup each orange |
| ½ cup each frozen cherries and strawberries | and banana slices |

Combine all ingredients in blender container. Blend until mixture is smooth. Pour into glasses.

*Makes 2 servings
1 cup per serving*

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

Nutrition Information Per Serving: Calories 180, Carbohydrate 46 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Dietary Fiber 5 g

Recipe courtesy of the California Table Grape Commission

Shop Smart

Keep fresh fruits and vegetables washed, cut, chilled, and ready to eat for snacking after work, school, or during the weekends.

Fresh Salsa

Fresh tasting, with just a bit of heat. Use to season your favorite dishes, or serve with tortilla chips.

Prep time: 10 minutes

- | | |
|--|--------------------------|
| 1 pound ripe tomatoes, chopped | 2 tablespoons lime juice |
| 1½ cups chopped onion | 2 cloves garlic, minced |
| ½ cup chopped fresh cilantro | ¼ teaspoon salt |
| 3 jalapeño peppers, seeded and chopped | |

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

Makes 6 servings
½ cup per serving

Nutrition Information Per Serving: Calories 30, Carbohydrate 7 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 105 mg, Dietary Fiber 2 g

Hummus Dip with Fresh Vegetables

Puree canned beans, add garlic and seasonings for a quick, healthy dip.

Prep time: 15 minutes

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|--|--|
| 1 (15-ounce) can garbanzo beans, drained | 2 cloves garlic, minced |
| ¼ cup plain lowfat yogurt | 3 tablespoons minced green onion |
| 3 tablespoons lemon juice | 4 cups sliced fresh vegetables (carrots, bell peppers, celery) |
| 2½ tablespoons tahini sauce* | |
| 1 teaspoon ground cumin | |

Combine beans, yogurt, lemon juice, tahini sauce, cumin, and garlic in a food processor. Process until smooth. Add green onion and pulse until green onion is finely chopped. Transfer to a bowl and serve with vegetables.

Makes 4 servings
¾ cup per serving

*Tahini sauce is made from ground sesame seeds. This can be found in the Asian food section of most grocery stores. Once opened, it may be stored for 2 months in the refrigerator.

VARIATION: Omit green onions. Add 1 teaspoon chopped canned chipotle chilies and 1 to 2 teaspoons adobo sauce from chilies into bean mixture before processing.

Nutrition Information Per Serving: Calories 170, Carbohydrate 31 g, Protein 7 g, Total Fat 2 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 350 mg, Dietary Fiber 6 g



Get Active

Get off the bus one or two stops early and walk to your destination.

Pear and Mango Salsa

A tropical twist on a traditional favorite.

Prep time: 20 minutes

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

Mix all ingredients in a bowl and refrigerate in a covered container for at least 30 minutes or up to 3 hours before serving. Serve with grilled or roasted meats or fish or as an accompaniment to cheese quesadillas or tortilla chips.

Makes 6 servings
¼ cup per serving

Nutrition Information Per Serving: Calories 70, Carbohydrate 13 g, Protein 1 g, Total Fat 2 g, Saturated Fat 0 g, Cholesterol 0 g, Sodium 0 mg, Dietary Fiber 2 g

Recipe courtesy of California Pear Advisory Board



Tropical Fruit and Nut Granola

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

Prep time: 5 minutes, Cook time: 20 to 25 minutes

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

Preheat oven to 350°F. Melt margarine in a medium saucepan. Add honey, almond extract, and cinnamon; mix well. Stir in oats and transfer to a baking sheet coated with nonstick cooking spray. Spread into a 1-inch thick layer. Bake for 10 minutes, stirring once. Stir in almonds and bake for 15 minutes more. Remove from oven and toss with dried fruit. Let cool completely to crisp.

Makes 6 servings
¾ cup per serving

Nutrition Information Per Serving: Calories 380, Carbohydrate 69 g, Protein 5 g, Total Fat 11 g, Saturated Fat 5 g, Cholesterol 0 g, Sodium 55 mg, Dietary Fiber 5 g

5 a Day Seasonal Guide to Fruits and Vegetables

It's easy to stay healthy and keep your budget in check when you buy fresh, tasty fruits and vegetables that are in season.

Fall October–December	Winter January–March	Spring April–June	Summer July–September
Raisins, dried plums, eggplant (with skin), purple grapes, purple peppers, purple potatoes	Raisins, dried plums, eggplant (with skin), purple peppers, purple potatoes	Raisins, dried plums, eggplant (with skin), purple peppers, purple potatoes	Blackberries, dried plums, blueberries, raisins, eggplant (with skin), purple potatoes, purple grapes, purple peppers
Beets, cranberries, pink/red grapefruit, radishes, red apples, red onion, red pears, tomatoes, red grapes, red peppers, red potatoes	Beets, radishes, red apple, red onion, red pears, tomatoes, red peppers, red potatoes	Beets, radishes, pink/red grapefruit, red onion, tomatoes, strawberries, red peppers, red potatoes	Beets, red onion, pomegranate, radishes, raspberries, red pears, tomatoes, strawberries, cherries, watermelon, red peppers, red potatoes
Cantaloupe, carrots, grapefruit, lemons, persimmons, pumpkin, sweet potatoes, tangerines, yellow apples, yellow pears, yellow peppers, yellow tomatoes, yellow potatoes, pineapple, butternut squash	Carrots, lemons, orange, tangerine, yellow apples, yellow pears, yellow tomatoes, yellow potatoes, yellow peppers, pineapple, butternut squash, yellow winter squash	Apricots, carrots, grapefruit, lemons, mangos, orange, papaya, yellow tomatoes, yellow potatoes, pineapple, butternut squash	Apricots, cantaloupe, butternut squash, corn, carrots, papayas, mangos, grapefruit, pineapple, nectarines, lemons, peaches, yellow peppers, yellow potatoes, yellow summer squash, yellow tomatoes
Bok choy, broccoli, chayote squash, green apples, cucumbers, green beans, green grapes, green peppers, kiwifruit, limes, celery, spinach, zucchini, green pears, brussel sprouts, green cabbage, leafy greens, green onion	Bok choy, broccoli, chayote squash, cucumbers, green apples, limes, green peppers, kiwifruit, spinach, zucchini, green pears, brussel sprouts, green cabbage, leafy greens, green onion	Avocados, bok choy, broccoli, cucumbers, green apples, green peas, green peppers, limes, spinach, zucchini, artichokes, asparagus, green cabbage, celery, leafy greens, green onion	Avocados, bok choy, broccoli, cucumbers, green apples, green beans, green peas, green peppers, okra, honeydew melon, limes, spinach, celery, zucchini, green pears, green cabbage, leafy greens, green onion
Garlic, onions, dates, bananas, cauliflower, jicama, mushrooms, brown pears	Garlic, onions, dates, bananas, mushrooms, parsnips, shallots, white potatoes	Garlic, onions, dates, bananas, cauliflower, jicama, mushrooms, parsnips, shallots	Garlic, onions, dates, bananas, white nectarines, white peaches, mushrooms

Pears

California Pears

The Bartlett is the sweetest, juiciest, most flavorful eating pear. America's most popular pear, the Bartlett turns from bright green to mild yellow during ripening. Bartlett pears provide a variety of nutrients, including important vitamins and minerals. They contain no cholesterol or sodium and are virtually fat free.

Storage and Handling

Bartlett pears change color from green to yellow as they ripen, and they should always be ripened at room temperature. Once they are ripe, place them in the refrigerator to slow further ripening. Green and firm pears will take 4 to 6 days to ripen at room temperature (avoid refrigeration). Pears that turn from green to yellow and lose their firmness are ready to eat in 2 to 3 days. When pears are golden yellow, they are at their ripest, juiciest, most flavorful stage.

Preparation Suggestions

- To help cut or sliced Bartlett pears retain their color, dip them into a mixture of 1 tablespoon lemon juice and 1 cup water.
- A ripe but firm Bartlett is perfect for poaching or baking.
- An overripe Bartlett makes a great base for a blended drink.
- To remove the skin from a Bartlett, hold the pear firmly in one hand and using a sharp paring knife, carefully remove the thin outer layer of skin. You may use a vegetable peeler, but make sure the blade is very sharp.



CALIFORNIA
PEARS

Do you have fruits and vegetables at home and need a quick recipe? Use this index to find your next meal by fruit or vegetable ingredient. It's a fast and simple way to get your 5 to 9 a day!

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Apple	Dried Fruit
Apple Turkey Gyros 14	Tropical Fruit and Nut Granola 45
Cinnamon Baked Goldens 36	Eggplant
Fruit Dip 40	Mexican Rice 33
Spicy Apple Filled Squash 23	Orange Glazed Vegetables 29
Tropical Eye Opener 7	Sauteed Vegetable Pitas 13
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Apple Juice	Avocado Tortilla Soup 32
Apple Glazed Sweet Potatoes 32	Caesar-Style Salad 9
Cinnamon Baked Goldens 36	Creole Green Beans 28
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Chicken Tomatillo Salad 12	Caesar-Style Salad 9
Chicken Tortas 15	Chicken Tortas 15
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Corn and Green Chili Salad 12	Mushroom
Fresh Corn Rice Salad 17	Sauteed Vegetable Pitas 13
Spud Stuffers 18	Nectarine
Veggie Tortilla Roll Up 42	Savory Grilled Fruit 37
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Corn and Green Chili Salad 12	Zesty Asian Chicken Salad 15
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Mexican Rice 33	Tropical Eye Opener 6
Microwave Spanish Corn 34	Potato
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Sauteed Vegetable Pitas 13	Potato, Chicken and Corn Chowder 22
Sesame Chicken with Peppers and Snow Peas 22	Rosemary Lemon Chicken with Vegetables 23
Spaghetti with Turkey Meat Sauce 27	Spud Stuffers 18
Spicy Cod with Spinach and Peppers 30	Stuffed Potato Tomato Salad 14
Spud Stuffers 18	Radish
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Papaya Boats 5	Spud Stuffers 18
Peach	Strawberry
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Peach Crisp 38	Fresh Fruit Crepes 7
Savory Grilled Fruit 37	Frozen Fudgy Fruit 39
Pear	Great Grape Smoothie 43
Fruit Dip 40	Sweet Potato
Pear and Mango Salsa 45	Apple Glazed Sweet Potatoes 32
Pepper	Sweet Potato Cake with Pineapple Topping 40
Apple Turkey Gyros 14	Tomatillo
BBQ Turkey in Pepper Shells 28	Chicken Tomatillo Salad 12
Creole Green Beans 28	Tomato
Chicken Kabobs with Bay Leaves 20	Avocado Tortilla Soup 32
Chicken Tomatillo Salad 12	BBQ Turkey in Pepper Shells 28
Chicken Tortas 15	Chicken Kabobs with Bay Leaves 20
Fresh Corn Rice Salad 17	Creole Green Beans 28
Fresh Salsa 8	Corn and Green Chili Salad 12
Herbed Potato Salad 13	Easy Turkey Skillet Dinner 26
Herbed Vegetable Combo 26	Fresh Corn Rice Salad 17
Hummus Dip with Fresh Vegetables 44	Fresh Salsa 8
Mango Chicken Stir-Fry 31	Herbed Vegetable Combo 26
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Snow Peas 22	Spud Stuffers 18
Spaghetti with Turkey Meat Sauce 27	Stuffed Potato Tomato Salad 14
Spicy Cod with Spinach and Peppers 30	Vegetable Quesadillas 16
Spud Stuffers 18	Veggie Tortilla Roll Up 42
Tropical Fruit Salad 39	Zucchini
Vegetable Chicken Enchiladas 34	Easy Turkey Skillet Dinner 26
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