CHAMPIONS for CHANGE
Network for a Healthy California

EVERYDAY

Healthy Meals

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Seasonal Guide to Fruits and Vegetables

It is easy to stay healthy and save money when you buy fruits and vegetables that are in peak season. Keep it safe! You should always rinse your fruits and vegetables before you eat them.

Spring

apricots
artichokes
asparagus
avocados
bell peppers
collard greens
grapefruit
green peas
guavas
mangos
oranges
papayas
rhubarb
strawberries
swiss chard

Summer

apricots
avocados
bell peppers
cantaloupe
cherries
corn
grapes
green beans
green peas
honeydew
mangos
nectarines
okra
papayas
peaches
pears
plums
strawberries
swiss chard
tomatoes
valencia oranges
watermelon
yellow squash
zucchini

Fall

acorn squash
brussels sprouts
butternut squash
chayote squash
cherimoya
grapes
green beans
honeydew
kiwifruit
okra
pears
persimmons
pomegranates
pumpkins
sweet potatoes
swiss chard
tangerines
tomatoes
turnips

Winter

avocados
brussels sprouts
chayote squash
cherimoya
collard greens
grapefruit
guavas
kiwifruit
mustard greens
oranges
pears
tangerines
turnips

Year-Round

apples
bananas
beets
bok choy
broccoli
cabbage
cactus leaves
canned fruits and vegetables
carrots
cauliflower
celery
chili peppers
cucumbers
dried fruit
eggplant
frozen fruits and vegetables
garlic
green onion
jicama
kale
leeks
lemons
lettuce
limes
mushrooms
onions
parsnips
pineapples
potatoes
radishes
spinach
tomatillos
100% fruit juice
100% vegetable juice

Be a Champion for Change in Your Kitchen

You can become a Champion for Change for your family by making meals and snacks packed with plenty of fruits and vegetables and making sure your family is physically active every day.

Eating the right amount of fruits and vegetables as part of a lowfat, high fiber diet may lower your risk of serious problems like obesity, type 2 diabetes, heart disease, stroke, and certain types of cancer. The amount of fruits and vegetables that is right for you depends on your age, gender, and physical activity level. View the *Recommended Cups of Fruits and Vegetables* chart on page 3 to find out how many cups of fruits and vegetables each person in your family needs.

Don't forget to be active, too! Being physically active gives you more energy. It helps lower stress. And, it helps you keep a healthy body weight. To take care of your health and lower the risk of serious health problems, you need at least 30 minutes of moderate-intensity physical activity every day (like dancing, walking, or doing yard work). Children need at least 60 minutes of physical activity every day.

Start using these low-cost, easy-to-make recipes today to keep your family healthy and happy!

For more information about the *Network for a Healthy California*, call 1-888-328-3483 or visit us at **www.cachampionsforchange.net**.

Recommended Cups of Fruits and Vegetables

How many cups of fruits and vegetables do you need? It depends on your gender, age, and physical activity level. For more information, visit www.mypyramid.gov.

Girls and Women

Moderate Physical Activity *includes walking briskly, hiking, gardening/yard work, and dancing.* ***Vigorous Physical Activity*** *includes running/jogging, bicycling, swimming laps, and aerobics.*

Physical Activity Level: Moderately or vigorously active for **less than 30 Minutes a day**			
Age	**Fruits**	**Vegetables**	**Total**
2-3	1 cup	1 cup	2 cups
4-7	1 cup	1½ cups	2 ½ cups
8-10	1½ cups	1½ cups	3 cups
11-13	1½ cups	2 cups	3½ cups
14-18	1½ cups	2½ cups	4 cups
19-25	2 cups	2½ cups	4½ cups
26-50	1½ cups	2½ cups	4 cups
51+	1½ cups	2 cups	3½ cups

Physical Activity Level: Moderately or vigorously active for **30 to 60 minutes a day**			
Age	**Fruits**	**Vegetables**	**Total**
2	1 cup	1 cup	2 cups
3	1 cup	1½ cups	2½ cups
4-6	1½ cups	1½ cups	3 cups
7-9	1½ cups	2 cups	3½ cups
10-11	1½ cups	2½ cups	4 cups
12-18	2 cups	2½ cups	4½ cups
19-25	2 cups	3 cups	5 cups
26-50	2 cups	2½ cups	4½ cups
51+	1½ cups	2½ cups	4 cups

Physical Activity Level: Moderately or vigorously active for **more than 60 minutes a day**			
Age	**Fruits**	**Vegetables**	**Total**
2	1 cup	1 cup	2 cups
3-4	1½ cups	1½ cups	3 cups
5-6	1½ cups	2 cups	3½ cups
7-9	1½ cups	2½ cups	4 cups
10-11	2 cups	2½ cups	4½ cups
12-60	2 cups	3 cups	5 cups
61+	2 cups	2½ cups	4½ cups

Recommended Cups of Fruits and Vegetables

How many cups of fruits and vegetables do you need? It depends on your gender, age, and physical activity level. For more information, visit www.mypyramid.gov.

Boys and Men

Moderate Physical Activity *includes walking briskly, hiking, gardening/yard work, and dancing.* ***Vigorous Physical Activity*** *includes running/jogging, bicycling, swimming laps, and aerobics.*

Physical Activity Level: Moderately or vigorously active for **less than 30 Minutes a day**			
Age	**Fruits**	**Vegetables**	**Total**
2-3	1 cup	1 cup	2 cups
4-5	1 cup	1½ cups	2½ cups
6-8	1½ cups	1½ cups	3 cups
9-10	1½ cups	2 cups	3½ cups
11-12	1½ cups	2½ cups	4 cups
13-14	2 cups	2½ cups	4½ cups
15-18	2 cups	3 cups	5 cups
19-20	2 cups	3½ cups	5½ cups
21-60	2 cups	3 cups	5 cups
61+	2 cups	2½ cups	4½ cups

Physical Activity Level: Moderately or vigorously active for **30 to 60 minutes a day**			
Age	**Fruits**	**Vegetables**	**Total**
2	1 cup	1 cup	2 cups
3-5	1½ cups	1½ cups	3 cups
6-8	1½ cups	2 cups	3½ cups
9-10	1½ cups	2½ cups	4 cups
11	2 cups	2½ cups	4½ cups
12-14	2 cups	3 cups	5 cups
15	2 cups	3½ cups	5½ cups
16-25	2½ cups	3½ cups	6 cups
26-45	2 cups	3½ cups	5½ cups
46+	2 cups	3 cups	5 cups

Physical Activity Level: Moderately or vigorously active for **more than 60 minutes a day**			
Age	**Fruits**	**Vegetables**	**Total**
2	1 cup	1 cup	2 cups
3	1½ cups	1½ cups	3 cups
4-5	1½ cups	2 cups	3½ cups
6-7	1½ cups	2½ cups	4 cups
8-9	2 cups	2½ cups	4½ cups
10-12	2 cups	3 cups	5 cups
13	2 cups	3½ cups	5½ cups
14	2½ cups	3½ cups	6 cups
15-35	2½ cups	4 cups	6½ cups
36-55	2½ cups	3½ cups	6 cups
56-75	2 cups	3½ cups	5½ cups
76+	2 cups	3 cups	5 cups

Measurement Chart

Dash = ⅛ teaspoon or less	
3 teaspoons = 1 tablespoon	1 fluid ounce = 2 tablespoons liquid
2 tablespoons = ⅛ cup	8 fluid ounces = 1 cup
4 tablespoons = ¼ cup	2 cups = 1 pint
5 tablespoons + 1 teaspoon = ⅓ cup	2 pints = 1 quart
8 tablespoons = ½ cup	4 quarts = 1 gallon
16 tablespoons = 1 cup	16 ounces = 1 pound

Grab and Go!

½ cup of fruit

½ cup of vegetables

½ cup of fruit

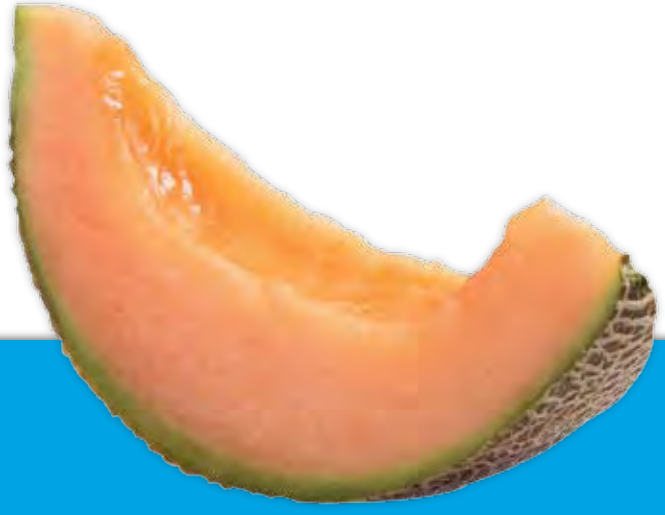
1 cup of fruit

You do not need to carry measuring cups with you to eat your recommended amount of fruits and vegetables. The key to a healthy life is in your hands!

1 cup of raw, leafy greens

½ cup of vegetables

¼ cup of dried fruit



Apple Oatmeal

A tasty recipe packed with good-for-you foods.

Makes 4 servings.

¾ cup per serving.

Prep time: 10 minutes

Cook time: 2 minutes

Ingredients

1¾ cups 100% apple juice

1 cup quick cooking oats

1 large apple, cored and cut into bite-size chunks

½ teaspoon ground cinnamon

⅛ teaspoon salt (optional)

Preparation

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

Nutrition information per serving:
Calories 157, Carbohydrate 34 g, Dietary Fiber 4 g, Protein 3 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 78 mg

Breakfast Fruit Cup

Lowfat yogurt dresses up this tasty fruit cup.

Makes 4 servings.

½ cup per serving.

Prep time: 5 minutes

Ingredients

2 oranges, peeled, seeded, and sliced into bite-size pieces

1 medium banana, peeled and sliced

1 tablespoon raisins

⅓ cup lowfat vanilla yogurt

½ teaspoon ground cinnamon

Preparation

1. In a small bowl, combine fruit.
2. Divide fruit equally into 4 bowls.
3. Put a rounded tablespoon of lowfat yogurt over fruit in each bowl, and sprinkle equal amounts of ground cinnamon before serving.

Nutrition information per serving:
Calories 81, Carbohydrate 19 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 14 mg

Papaya Boats

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

Makes 4 servings.

½ ripe papaya per serving.

Prep time: 10 minutes

Ingredients

- 2 papayas, rinsed and peeled
- 1 medium banana, peeled and sliced
- 1 kiwifruit, peeled and sliced
- 1 cup sliced strawberries
- 1 (11-ounce) can mandarin oranges, drained
- ¾ cup lowfat vanilla yogurt
- 1 tablespoon honey*
- 2 teaspoons chopped fresh mint (optional)

Preparation

1. Cut papayas in half lengthwise. Scoop out seeds. Place each half in a medium plate.
2. Place an equal amount of banana, kiwifruit, strawberries, and oranges in each papaya half.
3. Combine yogurt, honey and mint; mix well. Spoon over fruit before serving.

Nutrition information per serving:
Calories 195, Carbohydrate 46 g, Dietary Fiber 6 g, Protein 5 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 2 mg, Sodium 40 mg

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

Tropical Eye Opener

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

Makes 4 servings.

1 cup per serving.

Prep time: 5 minutes

Ingredients

- 1 mango, peeled, seeded, and cut into chunks
- 1 large banana, peeled and sliced
- 1 cup undrained pineapple chunks*
- ¾ cup lowfat vanilla frozen yogurt
- 1 cup ice cubes

Preparation

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

Nutrition information per serving:
Calories 151, Carbohydrate 35 g, Dietary Fiber 2 g, Protein 3 g, Total Fat 1 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 31 mg

*Canned fruit packed in 100% fruit juice.

Nutrition information per serving: Calories 109, Carbohydrate 24 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 182 mg

Banana Berry Pancakes

This recipe promises to be a family favorite. Try fresh, canned, or frozen fruits for different flavors.

Makes 4 servings. *2 pancakes per serving.*
Prep time: 10 minutes **Cook time:** 10 minutes

Ingredients

- 1 large banana, peeled and sliced
- 1 cup complete pancake mix
- ½ cup water
- nonstick cooking spray

Topping

- 1 cup unsweetened frozen strawberries, thawed and sliced
- 2 tablespoons orange juice

Preparation

1. Place bananas in a medium bowl and mash with a fork.
2. Add pancake mix and water; stir until blended.
3. Spray a large skillet with nonstick cooking spray and heat over medium heat.
4. Pour ¼ cup batter for each pancake into hot skillet. Cook pancakes for about 2 minutes per side until fully cooked.

Topping

1. To make the topping, spray a pan with nonstick cooking spray and heat over medium heat.
2. Cook berries and orange juice for 3 minutes or until the berries are soft.
3. Spoon topping over pancakes and serve.

Nutrition information per serving: Calories 146, Carbohydrate 16 g, Dietary Fiber 3 g, Protein 13 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 255 mg

Huevos Rancheros with Fresh Salsa

A healthy version of a classic breakfast dish!

Makes 4 servings. *1 tortilla per serving.*
Prep time: 15 minutes **Cook time:** 15 minutes

Ingredients

- 4 (6-inch) corn tortillas
- ½ tablespoon vegetable oil
- nonstick cooking spray
- 1½ cups egg substitute
- 2 tablespoons shredded Cheddar or Monterey Jack cheese
- 2 cups Fresh Salsa (see page 54)
- ⅛ teaspoon ground black pepper

Preparation

1. Preheat oven to 450°F.
2. 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.
3. Spray a large skillet with nonstick cooking spray.
4. Pour egg substitute into skillet. Cook over medium heat for 2 to 3 minutes until eggs are cooked through.
5. Place an equal amount of eggs on each tortilla and top each with ½ tablespoon cheese.
6. Place under the broiler for about 2 minutes until cheese is melted. Spoon ½ cup Fresh Salsa on each tortilla and top with ground black pepper. Serve warm.

Tomato and Garlic Omelet

This unique omelet includes vegetables and whole wheat bread for a balanced breakfast.

Makes 1 serving. *1 omelet per serving.*
Prep time: 10 minutes **Cook time:** 30 minutes

Ingredients

- ½ slice whole wheat bread
- ½ teaspoon olive oil
- 1 clove garlic, finely chopped
- nonstick cooking spray
- ¾ cup egg substitute
- 2 tablespoons grated part-skim Mozzarella cheese
- 1 large tomato, chopped
- 1 teaspoon dried basil

Preparation

1. Preheat oven to 300°F.
2. Cut the bread into cubes; toss with oil and garlic in a small bowl. Spread the cubes in a single layer on a baking sheet and toast in the oven for 15 to 25 minutes, or until golden brown, tossing once or twice. Transfer to a plate to cool.
3. Spray a medium pan with nonstick cooking spray and heat over medium-high heat. Pour in egg substitute.
4. When the egg begins to set, spread evenly across the bottom of the pan and reduce the heat to low.
5. Once the top layer of egg is almost cooked, sprinkle the cheese and basil on top and scatter the tomatoes and bread over half of the omelet; fold the unfilled omelet half over the filling. Slide the omelet on a plate and serve.

Nutrition information per serving: Calories 235, Carbohydrate 18 g, Dietary Fiber 5 g, Protein 27 g, Total Fat 7 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 8 mg, Sodium 506 mg

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 flexible stems. Rinse with cold water when ready to eat.

Fresh California grapes can be stored for up to two weeks 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 fruit salad for dessert

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

See page 54 for the Great Grape Smoothie recipe, which is courtesy of the California Table Grape Commission.

For more information about California grapes, go to www.tablegrape.com.

Nutrition information per serving: Calories 352, Carbohydrate 54 g, Dietary Fiber 17 g, Protein 16 g, Total Fat 10 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 5 mg, Sodium 176 mg

Black Bean and Corn Pitas

A protein-packed mixture of seasoned vegetables, black beans, and cheese.

Makes 4 servings. *½ pita per serving.*
Prep time: 15 minutes

Ingredients

- 1 (15-ounce) can low-sodium black beans
- 1 cup frozen corn, thawed
- 1 cup fresh or no salt added canned tomatoes
- 1 avocado, chopped
- 1 clove garlic, finely chopped
- 1 teaspoon chopped fresh parsley
- ⅛ teaspoon cayenne pepper or more to taste
- 2 teaspoons lemon juice
- ½ teaspoon chili powder
- 2 medium whole wheat pita pockets
- ⅓ cup shredded part-skim Mozzarella cheese

Preparation

1. Drain and rinse beans. In a medium bowl, combine beans, corn, tomatoes, avocado, and garlic. Add parsley, cayenne pepper, lemon juice, and chili powder.
2. Cut pita bread in half to form 4 pockets, and spoon equal amounts of filling into each half. Top with cheese and serve.

Nutrition information per serving: Calories 141, Carbohydrate 12 g, Dietary Fiber 3 g, Protein 16 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 38 mg, Sodium 149 mg

Chicken Tomatillo Salad

Make a day ahead for a delicious lunch at work.

Makes 6 servings. *1 cup per serving.*
Prep time: 20 minutes

Dressing

- 1 cup husked and quartered tomatillos
- 3 tablespoons light Italian dressing
- 1 fresh Anaheim chili, seeded and chopped
- ¼ teaspoon ground black pepper

Salad

- 2 cups chopped, cooked chicken or turkey
- 1 cup chopped red bell pepper
- 1 cup frozen corn, thawed
- 1 cup chopped carrots
- 4 green onions, sliced
- ¼ cup chopped fresh cilantro

Preparation

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

Nutrition information per serving: Calories 94, Carbohydrate 19 g, Dietary Fiber 3 g, Protein 3 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 94 mg

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.

Makes 4 servings. *¾ cup per serving.*
Prep time: 10 minutes

Ingredients

- 2 cups frozen corn, thawed
- 1 (10-ounce) can diced tomatoes with green chilies, drained
- ½ tablespoon vegetable oil
- 1 tablespoon lime juice
- ⅓ cup sliced green onions
- 2 tablespoons chopped fresh cilantro

Preparation

1. Combine all ingredients in a medium bowl; mix well and serve.

Nutrition information per serving: Calories 78, Carbohydrate 9 g, Dietary Fiber 4 g, Protein 2 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 222 mg

Avocado Garden Salad

This salad is easy to fix, looks great on a plate, and is delicious to eat.

Makes 6 servings. *1½ cups per serving.*

Prep time: 20 minutes

Ingredients

- 6 cups torn or cut mixed salad greens
- 3 medium tomatoes, chopped
- 5 green onions, chopped
- 1 small cucumber, peeled and chopped
- 2 tablespoons lemon juice
- ⅓ teaspoon garlic powder
- ½ teaspoon ground black pepper
- ½ teaspoon salt
- 1 large avocado, peeled

Preparation

1. Mix salad greens, tomatoes, onions, and cucumber in a large serving bowl.
2. In a small bowl, mix lemon juice, garlic powder, ground black pepper, and salt. Pour over salad mixture and toss together.
3. Cut avocado in half lengthwise. Remove pit and peel avocado halves. Slice into thin wedges, about 1/8-inch thick.
4. Arrange avocado slices on top of salad and serve immediately.

Recipe courtesy of the Produce for Better Health Foundation.

Nutrition information per serving: Calories 379, Carbohydrate 32 g, Dietary Fiber 6 g, Protein 30 g, Total Fat 15 g, Saturated Fat 4 g, Trans Fat 0 g, Cholesterol 67 mg, Sodium 500 mg

Chicken Tortas

Serve these sandwiches with sliced jalapeño peppers for a little added heat!

Makes 4 servings. *1 sandwich per serving.*
Prep time: 15 minutes

Ingredients

- 2 cups cooked, shredded chicken
- 1 teaspoon chili powder
- 2 cups prepared Fresh Salsa (see page 52)
- 2 cups shredded romaine lettuce
- 4 thin slices white onion
- ½ cup shredded reduced fat Monterey Jack cheese
- 2 radishes, sliced
- 1 fresh avocado, mashed
- 4 bolillos or French bread rolls, cut in half lengthwise

Preparation

1. In a medium bowl, combine chicken, chili powder, and 1 cup Fresh Salsa.
2. In another medium bowl, combine lettuce, onion, cheese, and radishes.
3. Spread equal amounts of mashed avocado on each roll.
4. Place equal amounts of chicken and lettuce mixtures inside of each roll.
5. Spoon ¼ cup Fresh Salsa over lettuce and close sandwich. Serve immediately.

Nutrition information per serving: Calories 134, Carbohydrate 20 g, Dietary Fiber 2 g, Protein 7 g, Total Fat 3 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 302 mg

Vegetable Quesadillas

These quesadillas make a great meatless meal for a healthy lunch! Serve with red or green salsa and light sour cream.

Makes 4 servings. *1 tortilla per serving.*
Prep time: 10 minutes **Cook time:** 15 minutes

Ingredients

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

Preparation

1. Spray a medium skillet with nonstick cooking spray. Sauté bell pepper and corn until softened, about 5 minutes.
2. Add green onion and tomato; cook for several minutes more until heated through; stir in cilantro.
3. Heat tortillas in a large skillet over high heat. Place equal amounts of cheese and vegetables on each tortilla; fold in half and continue to cook until cheese is melted and tortilla is crisp and lightly browned. Serve while hot.

Apple Turkey Gyro

A healthy twist on a classic Greek dish.

Makes 6 servings. *1 gyro per serving.*
Prep time: 10 minutes **Cook time:** 15 minutes

Ingredients

- 1 cup sliced onion
- 1 tablespoon lemon juice
- 2 cups sliced red bell pepper
- 2 cups sliced green bell pepper
- 1 tablespoon vegetable oil
- ½ pound turkey breast, cut into thin strips
- 1 medium apple, cored and sliced
- 6 whole wheat pitas, lightly toasted
- ½ cup lowfat plain yogurt (optional)

Preparation

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

Nutrition information per serving: Calories 215, Carbohydrate 33 g, Dietary Fiber 5 g, Protein 14 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 25 mg, Sodium 259 mg

Nutrition information per serving: Calories 184, Carbohydrate 13 g, Dietary Fiber 4 g, Protein 22 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 55 mg, Sodium 456 mg

Zesty Asian Chicken Salad

A colorful salad packed with a variety of healthy foods.

Makes 4 servings. *1 cup per serving.*

Prep time: 20 minutes

Ingredients

- 3 boneless, skinless chicken breasts, cooked and chilled
- 3 green onions, sliced
- 1½ cups small broccoli florets
- 2 medium carrots, peeled and cut into strips
- 1 red bell pepper, cut into strips
- 2 cups shredded cabbage
- ½ cup fat free Asian or sesame salad dressing
- ¼ cup 100% orange juice
- ¼ cup chopped fresh cilantro

Preparation

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

Herbed Potato Salad

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

Makes 6 servings. *½ cup per serving.*
Prep time: 20 minutes **Cook time:** 15 minutes

Ingredients

- 1½ pounds red potatoes (about 8 potatoes), cut into cubes
- ½ cup light Italian dressing
- ½ tablespoon spicy brown mustard
- 1 tablespoon chopped fresh parsley
- 1 teaspoon garlic salt
- ¼ teaspoon ground black pepper
- ½ cup chopped red bell pepper
- ½ cup chopped green bell pepper
- ½ cup sliced green onions

Preparation

1. In a large pot, cook potatoes in boiling water until tender, about 10 minutes (do not overcook). Drain well and let cool.
2. Cut potatoes into bite-size pieces and place in a medium bowl.
3. In a small bowl, combine dressing, mustard, parsley, and seasonings; pour over potatoes and toss well.
4. Carefully stir in bell peppers and green onions. Cover and chill until ready to serve.

Nutrition information per serving: Calories 132, Carbohydrate 24 g, Dietary Fiber 4 g, Protein 2 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 441 mg

Nutrition information per serving: Calories 216, Carbohydrate 27 g, Dietary Fiber 4 g, Protein 25 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 26 mg, Sodium 544 mg

Tuna Apple Salad

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

Makes 4 servings. *1 cup per serving.*
Prep time: 15 minutes

Ingredients

- 2 (6-ounce) cans water packed tuna, drained
- 2 tablespoons finely chopped red onion
- 1 medium apple, cored and chopped
- ¼ cup chopped celery
- ¼ cup golden raisins
- 3 tablespoons fat free Italian dressing
- 2 cups salad greens
- 2 medium whole wheat pitas

Preparation

1. In a small bowl, stir together tuna, onion, apple, celery, raisins, and 2 tablespoons of dressing.
2. In another medium bowl, toss together salad greens with remaining dressing.
3. Cut pitas in half to make 4 pita pockets.
4. Carefully fill pita pockets with equal amounts of salad greens and tuna salad. Serve.

Spud Stuffers

No ordinary potatoes here. Pick your favorite topping from the list on the next page.

Makes 4 servings. *1 potato per serving.*
Prep time: 15 minutes **Cook time:** 16 to 60 minutes

Ingredients

4 medium baking potatoes
4 tablespoons light sour cream

Preparation

1. Wash potatoes and pierce 3 times with a fork. Microwave on high for about 6 minutes. Turn potatoes over and cook on high for 10 minutes more. Or, bake in the oven at 400°F for 45 to 60 minutes.
2. When cooked, carefully cut potatoes open on the top. Place 1 tablespoon sour cream on top of each potato. Top each potato with one of the toppings listed on the next page and serve while hot. The ingredient amounts listed are for one potato.

Toppings

Mexican Topping

¼ cup prepared Fresh Salsa (see page 54)

2 tablespoons shredded reduced fat Cheddar or Monterey Jack cheese

1 tablespoon diced green chilies

Nutrition information per serving: Calories 222, Carbohydrate 43 g, Dietary Fiber 5 g, Protein 9 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 8 mg, Sodium 341 mg

Western Topping

2 tablespoons chopped tomato

2 tablespoons finely chopped green bell pepper

2 tablespoons shredded reduced fat Cheddar cheese

1 tablespoon sliced green onions

2 tablespoon bacon bits

Nutrition information per serving: Calories 259, Carbohydrate 44 g, Dietary Fiber 6 g, Protein 13 g, Total Fat 4 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 8 mg, Sodium 327 mg

Veggie Topping

3 tablespoons chopped broccoli

2 tablespoons chopped yellow squash

2 tablespoons shredded reduced fat Cheddar cheese

1 tablespoon sliced green onions

Nutrition information per serving: Calories 216, Carbohydrate 41 g, Dietary Fiber 5 g, Protein 10 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 8 mg, Sodium 174 mg

California Peaches, Plums & Nectarines

California grows more than 60 percent of the nation's peaches, and more than 90 percent of its plums and nectarines. California peaches, plums, and nectarines are available from May to October.

Selection Tips

When selecting peaches and nectarines, look for an even yellow background color with no green around the stem.

The red color on peaches and nectarines is eye-catching, but it does not tell you if the fruit is ripe. Different types can be very red or not very red at the same level of ripeness.

Look for plums with a little give when squeezed and a sweet plum smell. Ripe plums can be many different colors, so a little give and a good smell are better signs of ripeness than color alone.

Storage and Handling Tips

Firm peaches, plums, and nectarines can be ripened at home by placing them in a paper bag or fruit bowl until they reach the desired ripeness.

Once the fruits are ripe, they can be stored in the refrigerator. Never place unripe fruits in the refrigerator as the cool temperature will stop them from ripening.

See page 48 for the Savory Grilled Fruit recipe, which is courtesy of the California Tree Fruit Agreement.

California
PEACHES • PLUMS • NECTARINES

For more information about California peaches, plums, and nectarines, go to www.eatcaliforniafruit.com.

Apple Glazed Sweet Potatoes

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

Makes 4 servings.

½ cup per serving.

Prep time: 10 minutes

Cook time: 30 minutes

Ingredients

- 2½ cups unsweetened 100% apple juice
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt
- 2 pounds sweet potatoes (about 4 small potatoes), peeled and thinly sliced

Preparation

1. Combine apple juice, cinnamon, and salt in a large skillet. Add sliced sweet potatoes and bring to a boil over high heat.
2. 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. Serve while hot.

Nutrition information per serving:
Calories 208, Carbohydrate 50 g, Dietary Fiber 5 g, Protein 3 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 200 mg

Zucchini Sauté

This vegetable side dish tastes lively and is fast to fix.

Makes 5 servings.

1 cup per serving.

Prep time: 10 minutes

Cook time: 5 minutes

Ingredients

- 1¼ pounds zucchini (about 3 medium zucchini)
- ½ teaspoon olive oil
- 1 tablespoon dried oregano
- 2 cloves garlic, finely chopped
- 1 teaspoon grated lemon peel
- 1 tablespoon grated Parmesan cheese
- ¼ teaspoon ground black pepper

Preparation

1. Cut zucchini in half crosswise, then cut each half into 4 lengthwise sticks.
2. Heat oil in a heavy nonstick skillet over medium-high heat.
3. Add oregano and garlic, and sauté for about 2 minutes.
4. Add zucchini and lemon peel, and sauté for about 3 minutes until zucchini is lightly browned.
5. Mix in Parmesan cheese and pepper. Serve warm.

Nutrition information per serving:
Calories 32, Carbohydrate 5 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 31 mg

Nutrition information per serving: Calories 134, Carbohydrate 17 g, Dietary Fiber 2 g, Protein 5 g, Total Fat 6 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 350 mg

Avocado Tortilla Soup

Sprinkle red pepper flakes on this soup for added heat.

Makes 8 servings. *1 cup per serving.*

Prep time: 15 minutes **Cook time:** 15 minutes

Ingredients

- 3 (14-ounce) cans low-sodium chicken broth
- 2 (10¾-ounce) cans low-sodium condensed tomato soup
- ½ bunch cilantro, leaves only
- 3 cloves garlic, finely chopped
- ½ teaspoon ground black pepper
- 1 ripe California avocado, peeled, pitted, and chopped
- 8 corn tortilla chips, crumbled

Preparation

1. 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.
2. Cool slightly, then puree small batches in a blender.
3. Return to pan, add avocado and heat thoroughly.
4. Ladle into soup bowls and garnish with crumbled tortilla chips before serving.

Recipe courtesy of the California Avocado Commission.

BBQ Turkey in Pepper Shells

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

Makes 6 servings.

½ bell pepper per serving.

Prep time: 10 minutes **Cook time:** 25 minutes

Ingredients

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

Preparation

1. Brown ground turkey in a medium skillet over medium-high heat until no longer pink; drain excess fat.
2. Add onion and cook for 5 minutes until softened. Add all remaining ingredients except the whole bell peppers; simmer for 10 minutes over medium heat.
3. Meanwhile, cut the whole bell peppers in half lengthwise and 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.
4. Remove peppers from the dish and place on a large plate. Spoon turkey mixture into peppers and serve.

Nutrition information per serving: Calories 199, Carbohydrate 27 g, Dietary Fiber 6 g, Protein 16 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 38 mg, Sodium 267 mg

Chicken and Dumplings

Tasty, home cooked comfort food in less than 30 minutes.

Makes 6 servings.

1½ cups per serving.

Prep time: 5 minutes **Cook time:** 30 minutes

Ingredients

- 2¼ cups canned low-sodium chicken broth
- ¼ cup water
- 1 medium onion, peeled and chopped
- 4½ cups frozen mixed vegetables
- 2 cups cooked, chopped chicken
- 1 teaspoon dried thyme
- 1¼ cup prepared baking mix
- ⅓ cup lowfat milk
- 1 egg

Preparation

1. In a large pot over medium heat, combine chicken broth, water, onion, vegetables, chicken, and thyme.
2. Cover and bring to a boil; reduce heat and simmer for 15 minutes.
3. Place baking mix in a small bowl. Remove 2 tablespoons and stir into pot.
4. Add milk and egg to remaining baking mix and stir with a fork to blend. Drop rounded tablespoons into hot stew. Cook over low heat, uncovered, for 5 minutes.
5. Cover and cook for 5 minutes more. Serve while hot.

Nutrition information per serving: Calories 193, Carbohydrate 16 g, Dietary Fiber 3 g, Protein 20 g, Total Fat 6 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 75 mg, Sodium 257 mg

Vegetable Chicken Enchiladas

Full of fresh vegetables and loaded with flavor.

Makes 4 servings. *2 enchiladas per serving.*
Prep time: 10 minutes **Cook time:** 40 minutes

Ingredients

- nonstick cooking spray
- 1 large onion, peeled and chopped
- 1 green bell pepper, seeded and chopped
- 1 large zucchini, chopped
- 1 cup cooked, chopped chicken breast
- ¾ cup red enchilada sauce
- 2 (8-ounce) cans no salt added tomato sauce
- 8 (6-inch) corn tortillas
- ⅔ cup shredded reduced fat Monterey Jack cheese

Preparation

1. Preheat oven to 375°F.
2. Spray large skillet with nonstick cooking spray. Sauté onion for 5 minutes, stirring occasionally. Add bell pepper and zucchini; cook for 5 minutes more. Stir in chicken; set aside.
3. Meanwhile, combine enchilada sauce and tomato sauce in a small bowl; add ½ cup to vegetable and chicken mixture.
4. Soften tortillas on the stovetop or in the microwave. Dip each tortilla in sauce and place equal amounts of vegetable and chicken mixture on one side. Roll up and place in a 13x9-inch baking pan. Pour remaining sauce over the top.
5. Cover loosely with foil and bake for 20 to 25 minutes. Remove cover and sprinkle cheese over top; bake for 5 minutes more. Serve while hot.

Nutrition information per serving: Calories 311, Carbohydrate 41 g, Dietary Fiber 7 g, Protein 22 g, Total Fat 8 g, Saturated Fat 3 g, Trans Fat 0 g, Cholesterol 41 mg, Sodium 521 mg

Nutrition information per serving: Calories 297, Carbohydrate 29 g, Dietary Fiber 5 g, Protein 28 g, Total Fat 7 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 68 mg, Sodium 73 mg

Grilled Chicken Vegetable Kabobs

Try these kabobs at your next family barbecue.

Makes 4 servings. *1 skewer per serving.*
Prep time: 1 hour and 15 minutes **Cook time:** 10 minutes

Ingredients

- 2 teaspoons olive oil
- 3 tablespoons fresh lemon juice
- ground black pepper to taste
- 1 pound boneless chicken breast without skin, cut into 2-inch cubes
- 4 wooden skewers
- 8 cherry tomatoes
- 12 whole bay leaves
- 1 medium onion, cut into 1-inch cubes
- 1 medium green bell pepper, cut into 1-inch cubes
- 2 cups cooked brown rice

Preparation

1. In a small bowl, mix olive oil, lemon juice, and ground black pepper; pour over chicken and marinate one hour in the refrigerator.
2. To make skewers, thread tomato, chicken, bay leaf, onion, and bell pepper; repeat.
3. Grill over medium heat for 5 minutes on each side or until cooked through. Discard bay leaves before serving.
4. Serve each kabob over ½ cup of brown rice.

Nutrition information per serving: Calories 181, Carbohydrate 13 g, Dietary Fiber 4 g, Protein 21 g, Total Fat 6 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 57 mg, Sodium 462 mg

Easy Turkey Skillet Dinner

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

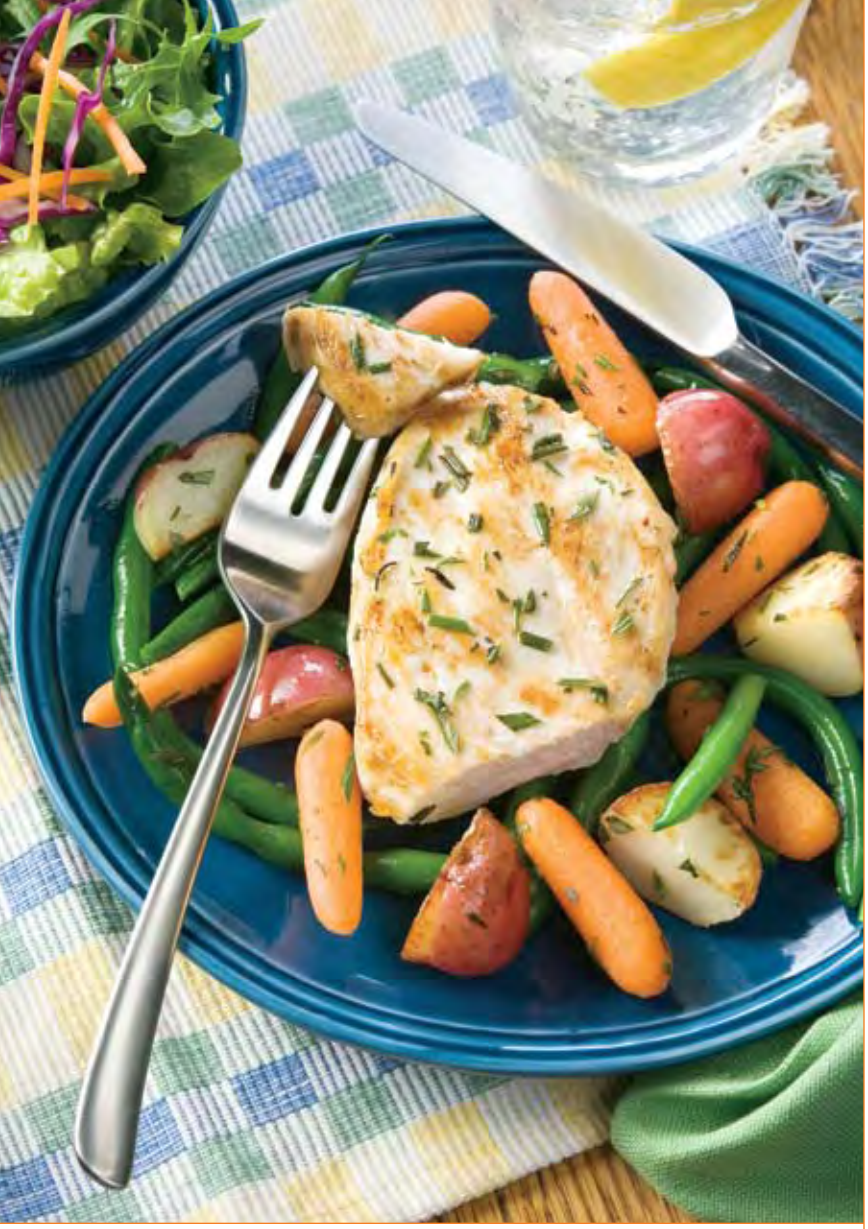
Makes 4 servings. *1 cup per serving.*
Prep time: 5 minutes **Cook time:** 25 minutes

Ingredients

- nonstick cooking spray
- ¾ pound lean ground turkey
- 1 medium onion, peeled and chopped
- 3 tomatoes, chopped
- 3 tablespoons tomato paste
- 1 teaspoon each dried basil, oregano, and garlic powder
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 medium zucchini, sliced

Preparation

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



Nutrition information per serving: Calories 276, Carbohydrate 26 g, Dietary Fiber 4 g, Protein 27 g, Total Fat 7 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 68 mg, Sodium 103 mg

Rosemary Lemon Chicken with Vegetables

This meal goes great with a crisp green salad.

Makes 4 servings. *½ chicken breast and 1 cup vegetables per serving.*
Prep time: 10 minutes **Cook time:** 25 minutes

Ingredients

- ½ pound small red potatoes (about 3 potatoes), rinsed and cubed
- 1½ cups baby carrots
- 1 cup green beans, trimmed
- 2 boneless, skinless chicken breasts, halved (about 1 pound)
- 1 tablespoon olive oil
- ¼ cup lemon juice, divided
- 2 tablespoons honey*
- 1 tablespoon chopped fresh rosemary or 1 teaspoon dried rosemary
- 1 teaspoon grated lemon peel
- ¼ teaspoon ground black pepper

Preparation

1. In a medium pot, bring 8 cups of water to a boil.
2. Add potatoes, carrots, and green beans and cook for 5 minutes; drain and set aside.
3. Cut chicken breasts in half. Place olive oil and chicken breasts in a medium skillet; cook over medium heat for 5 minutes on each side.
4. Add potatoes, carrots, green beans, and all remaining ingredients to skillet, except 2 tablespoons lemon juice.
5. Cook over low heat for 5 minutes more or until chicken is fully cooked. Add remaining lemon juice to taste and serve.

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

Herbed Vegetable Combo

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

Makes 4 servings. *½ cup per serving.*
Prep time: 10 minutes **Cook time:** 10 minutes

Ingredients

- 2 tablespoons water
- 1 cup thinly sliced zucchini
- 1¼ cups thinly sliced yellow squash
- ½ cup green bell pepper, cut into 2-inch strips
- ¼ cup celery, cut into 2-inch strips
- ¼ cup chopped onion
- ½ teaspoon caraway seeds
- ⅛ teaspoon garlic powder
- 1 medium tomato, cut into 8 wedges

Preparation

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

Nutrition information per serving: Calories 24, Carbohydrate 5 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 11 mg

Sesame Chicken with Peppers and Snow Peas

Ginger and sesame add an Asian flare to this dish.

Makes 4 servings. *1¼ cups per serving.*
Prep time: 10 minutes **Cook time:** 20 minutes

Ingredients

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

Preparation

1. 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.

2. Spray same skillet with nonstick cooking spray. Add chicken; cook and stir for about 10 minutes or until chicken is fully cooked. Add snow peas and bell peppers; stir fry for 3 to 4 minutes more until vegetables are crisp-tender.
3. In a small bowl, combine soy sauce, water, brown sugar, and ginger; add to skillet. Cook for 5 minutes over medium-high heat.
4. Sprinkle with sesame seeds and green onions. Serve ¾ cups of chicken mixture over ½ cup of brown rice.

Nutrition information per serving: Calories 293, Carbohydrate 28 g, Dietary Fiber 5 g, Protein 30 g, Total Fat 6 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 68 mg, Sodium 470 mg

Mango Chicken Stir-Fry

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

Makes 4 servings. *1½ cups per serving.*
Prep time: 15 minutes **Cook time:** 15 minutes

Ingredients

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

Preparation

1. Spray a large wok or skillet with nonstick cooking spray.
2. Sauté chicken over medium-high heat until cooked through, about 10 minutes.
3. In a small bowl, stir together pineapple juice, soy sauce, and ginger. Add sauce and bell pepper to the skillet.
4. Cook and stir for about 5 minutes until peppers are crisp-tender.
5. Add the mango and almonds to the wok or skillet and cook until hot. Season with ground black pepper to taste.
6. Serve each cup of stir-fry over ½ cup of brown rice.

Nutrition information per serving: Calories 387, Carbohydrate 47 g, Dietary Fiber 7 g, Protein 31 g, Total Fat 9 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 68 mg, Sodium 496 mg

Nutrition information per serving: Calories 346, Carbohydrate 57 g, Dietary Fiber 5 g, Protein 20 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 28 mg, Sodium 162 mg

Spaghetti with Turkey Meat Sauce

Top your pasta with this healthy version of a classic Italian dish.

Makes 8 servings. *1½ cups per serving.*
Prep time: 10 minutes **Cook time:** 30 minutes

Ingredients

- nonstick cooking spray
- ¾ pound lean ground turkey
- 2 (14½-ounce) cans diced tomatoes, juice reserved
- 1 green bell pepper, finely chopped
- 1 cup finely chopped onion
- 2 cloves garlic, finely chopped
- 1 teaspoon crushed dried oregano
- 1 teaspoon ground black pepper
- 1 pound spaghetti noodles

Preparation

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

Nutrition information per serving: Calories 146, Carbohydrate 33 g, Dietary Fiber 4 g, Protein 4 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 22 mg

Oven Wedge Fries

A tasty surprise for those who love fries.

Makes 4 servings. *1 cup per serving.*
Prep time: 10 minutes **Cook time:** 15 minutes

Ingredients

- nonstick cooking spray
- 2 large russet potatoes, cut into wedges

Seasoning Mix

- 2 cloves garlic, finely chopped
- 1 teaspoon Italian herb seasoning mix
- 1 teaspoon chili powder and/or paprika

Preparation

1. Preheat oven to 400°F.
2. Spray a cookie sheet with nonstick cooking spray. Place potato wedges on the cookie sheet.
3. In a small bowl, combine garlic with seasonings and sprinkle ½ of the mixture over the top of the potato wedges.
4. Bake wedges for about 7 minutes or until they start to brown. Flip wedges over. Sprinkle with the remaining mixture, and bake for another 7 minutes or until the wedges are browned and cooked through. Serve while hot.

Nutrition information per serving: Calories 239, Carbohydrate 32 g, Dietary Fiber 4 g, Protein 19 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 42 mg, Sodium 247 mg

Simple Fish Tacos

Make your own restaurant-style fish tacos at home for a light and healthy dinner.

Makes 6 servings. *2 tacos per serving.*
Prep time: 20 minutes **Cook time:** 5 minutes

Ingredients

- 1 pound cod or white fish fillets, cut into 1-inch pieces
- 1 tablespoon olive oil
- 2 tablespoons lemon juice
- ½ package taco seasoning
- 12 (6-inch) warmed corn tortillas
- 1 cup shredded red cabbage
- 1 cup shredded green cabbage
- 2 cups chopped tomatoes
- ½ cup nonfat sour cream
- taco sauce to taste
- lime wedges for serving (optional)

Preparation

1. In a medium bowl, combine fish, olive oil, lemon juice, and seasoning mix; pour into a large skillet.
2. Cook, stirring constantly, over medium-high heat for 4 to 5 minutes or until fish flakes easily when tested with a fork.
3. Fill tortillas with fish mixture.
4. Top with cabbage, tomato, sour cream, and taco sauce. Serve with lime wedge, if desired.

Recipe courtesy of the Produce for Better Health Foundation.

Savory Greens

You do not have to boil your greens for hours; in fact, doing this pulls nutrients out of them. Save time and nutrients by cooking greens for only one-half hour.

Makes 6 servings. *½ cup per serving.*
Prep time: 5 minutes **Cook time:** 35 minutes

Ingredients

- 3 cups water
- ¼ pound skinless, smoked turkey breast
- ¼ cup chopped onion
- 1 tablespoon chopped jalapeño pepper (optional)
- 2 cloves garlic, crushed
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground cloves
- ½ teaspoon thyme
- 1 green onion, chopped
- 1 teaspoon ground ginger
- 2 pounds mustard greens, collards, kale, turnip, or a mixture (about 2 bunches)

Preparation

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

Nutrition information per serving: Calories 69, Carbohydrate 10 g, Dietary Fiber 4 g, Protein 7 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 9 mg, Sodium 267 mg

California Avocados

Many people think that the avocado is a vegetable, but it is a fruit. California avocados are available year-round and make a great-tasting addition to any meal or snack.

Storage and Handling

Avocados are ripe when they give a little to gentle pressure when placed in the palm of your hand. Ready-to-eat avocados can be stored in the refrigerator for several days. Put unripe avocados in a brown paper bag with an apple to help them ripen.

Preparation Suggestions

Try California avocados in salads, as a spread, as a baked potato topper, or in the ever popular guacamole.

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Fresh avocado on sandwiches and toast instead of mayonnaise or butter may help lower the amount of calories, fat, saturated fat, sodium, and cholesterol in your meal.

Sprinkle cut avocado with lemon juice or white vinegar to stop them from turning black.

See page 30 for the Avocado Tortilla Soup recipe, which is courtesy of the California Avocado Commission.

For more recipes and information about California avocados, go to www.avocado.org.

Nutrition information per serving: Calories 156, Carbohydrate 41 g, Dietary Fiber 3 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 5 mg

Cinnamon Baked Goldens

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

Makes 4 servings. *1 apple per serving.*

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

Ingredients

- 4 large golden delicious apples, cored
- ¼ cup raisins
- ½ cup 100% apple juice
- 2 tablespoons brown sugar
- 1 tablespoon lemon juice
- 1 teaspoon grated lemon peel
- ½ teaspoon ground cinnamon
- ⅛ teaspoon nutmeg

Preparation

1. Place apples in a microwave safe baking dish.
2. Fill each apple with an equal amount of raisins.
3. Combine all remaining ingredients in a small bowl and pour over apples. Cover with plastic wrap and microwave on high for 5 minutes or until apples are tender.
4. Carefully remove apples from dish with a slotted spoon and set aside.
5. Place baking dish back in the microwave and cook on high, uncovered, for 3 to 5 minutes more or until mixture has thickened to a glaze. Drizzle over apples and serve while hot.

Nutrition information per serving: Calories 140, Carbohydrate 32 g, Dietary Fiber 4 g, Protein 4 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 40 mg

Fruit Dip

Use fresh orange segments and kiwifruit slices when winter fruits are in season.

Makes 4 servings. *¼ recipe per serving.*

Prep time: 15 minutes

Ingredients

- 1 (8-ounce) container lowfat vanilla yogurt
- 2 tablespoons 100% orange juice
- 1 tablespoon lime juice
- ½ tablespoon brown sugar
- 2 medium red apples, cored and sliced
- 1 medium pear, cored and sliced
- 1 medium plum, sliced
- 8 large strawberries

Preparation

1. In a small bowl, combine yogurt, orange juice, lime juice, and brown sugar; mix well.
2. Serve dip in a bowl on a large plate and surround with fruit.

Nutrition information per serving: Calories 151, Carbohydrate 24 g, Dietary Fiber 4 g, Protein 3 g, Total Fat 6 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 2 mg

Fudgy Fruit

Chocolate covered fruit is a great after-dinner treat!

Makes 4 servings. *½ banana, 2 strawberries per serving.*

Prep time: 15 minutes **Cook time:** 30 seconds

Ingredients

- 2 tablespoons semi-sweet chocolate chips
- 2 large bananas, peeled and cut into quarters
- 8 large strawberries
- ¼ cup chopped unsalted peanuts

Preparation

1. Place chocolate chips in a small microwave safe bowl. Heat on high for 10 seconds and stir. Repeat until chocolate is melted, about 30 seconds.
2. Place fruit on a small tray covered with a piece of waxed paper. Use a spoon to drizzle the melted chocolate on top of the fruit.
3. Sprinkle the fruit with chopped nuts.
4. Cover the fruit and place in the refrigerator for 10 minutes or until the chocolate hardens. Serve chilled.

Paradise Freeze

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

Makes 4 servings.

1 cup per serving.

Prep time: 5 minutes

Ingredients

- 1 large banana
- 2 cups strawberries
- 2 ripe mangos, chopped
- ½ cup of ice cubes

Preparation

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

Nutrition information per serving:
Calories 121, Carbohydrate 31 g, Dietary Fiber 4 g, Protein 1 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 3 mg

Savory Grilled Fruit

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

Makes 8 servings.

½ piece fruit per serving.

Prep time: 5 minutes

Cook time: 8 minutes

Ingredients

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

Preparation

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

Nutrition information per serving:
Calories 19, Carbohydrate 5 g, Dietary Fiber 1 g, Protein 0 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg

Recipe courtesy of the California Tree Fruit Agreement.

Peach Crumble

A light and healthy dessert that takes just minutes to prepare.

Makes 12 servings. *½ cup per serving.*
Prep time: 5 minutes **Cook time:** 25 minutes

Ingredients

- nonstick cooking spray
- 4 (15-ounce) cans juice packed peach slices, drained*
- 2 tablespoons cornstarch
- 1 teaspoon vanilla
- 1¼ teaspoons ground cinnamon
- ⅔ cup old fashioned oats
- ¼ cup brown sugar
- ⅓ cup flour
- 2½ tablespoons butter

Preparation

1. Preheat oven to 400°F.
2. Spray a 9-inch deep dish pie pan with nonstick cooking spray and pour peaches in the pan.
3. In a small bowl, stir in cornstarch, vanilla, and 1 teaspoon cinnamon; pour the mixture over peaches.
4. In a large bowl, mix the remaining cinnamon, oats, brown sugar, flour, and butter with a fork until crumbly; sprinkle over peaches.
5. Bake for 20 to 25 minutes or until juices are thickened and bubbly, and topping is lightly browned. Serve while hot.

*Canned fruit packed in 100% fruit juice.

Nutrition information per serving: Calories 139, Carbohydrate 28 g, Dietary Fiber 3 g, Protein 2 g, Total Fat 3 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 6 mg, Sodium 25 mg

Nutrition information per serving: Calories 99, Carbohydrate 21 g, Dietary Fiber 4 g, Protein 1 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 5 mg, Sodium 18 mg

Spicy Apple-Filled Squash

Cinnamon and cloves spice up traditional acorn squash wedges.

Makes 4 servings. *1 wedge per serving.*

Prep time: 10 minutes **Cook time:** 60 minutes

Ingredients

- 1 large acorn squash (about 1 pound)
- 1 cup water
- 2 teaspoons butter
- 1 large apple, cored, peeled, and chopped
- 1 tablespoon brown sugar
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground cloves
- ⅛ teaspoon nutmeg

Preparation

1. Preheat oven to 400°F.
2. Cut squash into halves and scoop out the seeds. Place squash, cut side down, in 13x9-inch baking dish.
3. Add water and bake 35 to 45 minutes or until fork-tender.
4. While the squash is baking, cook the rest of the ingredients in a medium saucepan over medium heat for about 8 minutes or until apple is crisp-tender.
5. Cut each piece of squash in half and divide the apple mixture equally among squash wedges. Return squash to oven; bake 10 minutes more or until heated through and serve while hot.

California Pears

The California Bartlett pear is the nation's leading pear variety. California produces 60 percent of the nation's total Bartlett pear crop. California Bartlett pears are available July through November. The Bartlett turns from bright green to yellow during ripening.

Bartlett pears have many nutrients, including important vitamins and minerals. They are an excellent source of fiber, contain no cholesterol or sodium, and are low in fat.

Storage and Handling

Always ripen California Bartlett pears in a bowl at room temperature. Once they have reached desired ripeness, place them in the refrigerator to slow further ripening. Green and firm pears will take four to six days to ripen at room temperature (do not refrigerate). Pears that turn from green to yellow and lose their firmness are ready to eat in two to three days. When pears are golden yellow, they are at their ripest, juiciest, and most flavorful stage.

CALIFORNIA PEAR Advisory Board

Preparation Suggestions

- To help cut or sliced Bartlett pears keep 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.

See page 56 for the Pear Mango Salsa recipe, which is courtesy of the California Pear Advisory Board.

For more recipes and information about California Bartlett pears, go to www.calpear.com.

Nutrition information per serving: Calories 211, Carbohydrate 34 g, Dietary Fiber 8 g, Protein 11 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 336 mg

Chickpea Dip with Fresh Vegetables

Purée canned chickpeas, garlic, and seasonings for a quick veggie dip.

Makes 4 servings. *2 tablespoons per serving.*
Prep time: 15 minutes

Ingredients

- 1 (15-ounce) can chickpeas (known as garbanzo beans), drained and rinsed
- 3 cloves garlic
- ¼ cup plain lowfat yogurt
- 1 tablespoon lemon juice
- 1 teaspoon olive oil
- ¼ teaspoon salt
- ¼ teaspoon paprika
- ⅛ teaspoon ground black pepper
- 1 medium carrot, sliced
- 2 medium celery stalks, sliced
- ½ cup snap peas

Preparation

1. Put the first eight ingredients into a food processor and blend until smooth. Serve at room temperature with vegetable slices and snap peas.

Great Grape Smoothie

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

Makes 2 servings.

1 cup per serving.

Prep time: 5 minutes

Ingredients

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

Preparation

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

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

Nutrition information per serving:
Calories 187, Carbohydrate 48 g, Dietary Fiber 5 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg

Recipe courtesy of the California Table Grape Commission.

Fresh Salsa

Fresh tasting with just a bit of heat.

Makes 6 servings.

½ cup per serving.

Prep time: 20 minutes

Ingredients

- 1 pound ripe tomatoes (about 2 medium tomatoes), chopped
- 1½ cups chopped onion
- ⅓ cup chopped fresh cilantro
- 3 jalapeño peppers, seeds removed and chopped
- 2 tablespoons lime juice
- 2 cloves garlic, finely chopped
- ¼ teaspoon salt

Preparation

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

Nutrition information per serving:
Calories 34, Carbohydrate 8 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 105 mg

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

Veggie Tortilla Roll-Ups

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

Makes 4 servings. *1 tortilla roll per serving.*
Prep time: 20 minutes

Ingredients

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

Preparation

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

Pear Mango Salsa

A tropical twist on a traditional favorite.

Makes 6 servings. *¼ cup per serving.*
Prep time: 30 minutes

Ingredients

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

Preparation

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

Recipe courtesy of the California Pear Advisory Board.

Nutrition information per serving: Calories 65, Carbohydrate 13 g, Dietary Fiber 3 g, Protein 1 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0g. Cholesterol 0 mg, Sodium 100 mg

Nutrition information per serving: Calories 180, Carbohydrate 26 g, Dietary Fiber 4 g, Protein 7 g, Total Fat 7 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 217 mg

Peachy Peanut Butter Pita Pockets

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

Makes 4 servings. *½ pita pocket per serving.*
Prep time: 10 minutes **Cook time:** 10 seconds

Ingredients

- 2 medium whole wheat pita pockets
- ¼ cup reduced fat chunky peanut butter
- ½ apple, cored and thinly sliced
- ½ banana, thinly sliced
- ½ fresh peach, thinly sliced

Preparation

1. Cut pitas in half to make 4 pockets and warm in the microwave for about 10 seconds to make them more flexible.
2. Carefully open each pocket and spread a thin layer of peanut butter on the inside walls.
3. Fill with a combination of apple, banana, and peach slices. Serve at room temperature.

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

Tropical Fruit and Nut Snack Mix

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

Makes 5 servings. *¾ cup per serving.*
Prep time: 5 minutes **Cook time:** 20 minutes

Ingredients

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

Preparation

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

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

Acknowledgements

This material was funded by USDA's Food Stamp Program through the California Department of Public Health's *Network for a Healthy California*. These institutions are equal opportunity providers and employers.

The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483.

For more consumer information, visit us at **www.cachampionsforchange.net**. For partner information, visit us at **www.networkforahealthycalifornia.net**.

The staff involved in the development of this cookbook included Kristy Garcia, BS; Sarah Paulsen, BA; Melanie Hall, MS, RD; and Desiree Backman, DrPH, MS, RD. Contractors included Kent Lacin Media Services (food photography), Julie Smith (food styling), Marketing by Design (graphic design), and Katherine Parker (recipe analysis).

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COOK-220/Rev. 11/07