

## INGREDIENTS

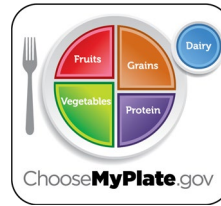
- Whole grain crackers
- Carrot sticks, celery sticks, green pepper strips, zucchini strips
- Grapes, berries, bananas, apples, oranges slices
- Reduced fat cheese, ¼ of slice
- Black beans, drained and rinsed

## DIRECTIONS

Using a food from each MyPlate food group make your own MyPlate Sampler.

Source: Adapted from Texas A & M AgriLife Extension, Exploring MyPlate with Professor Popcorn

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## INGREDIENTS

- 8 ripe plum tomatoes, chopped
- 1 teaspoon dried basil
- 2 garlic cloves, mince
- Salt to taste (optional)
- ½ cup green onions, sliced
- Pepper, to taste(optional)
- 2 tablespoons olive oil or canola oil
- 12 slices low fat mozzarella cheese
- 1 loaf French bread, cut into ½-inch diagonal slices

## DIRECTIONS

1. Preheat oven to 400 degrees F. Combine tomatoes, garlic, onion, basil and oil in a bowl. Season with salt and freshly ground black pepper, if using. Set aside. Arrange bread on a baking sheet in a single layer. Bake about 5 to 7 minutes until it begins to brown slightly. Remove bread from oven and place slice of cheese on bread. Place bread back in oven until cheese starts to melt. Remove from oven and transfer to a serving platter. Place the tomato mixture on each slice of bread before serving. If adding the tomato mixture yourself, add it at the last minute or the bread may become soggy.

Source: Adapted from University of Nebraska, Cooperative Extension, Healthy Eating Recipes.

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