

CREATE

SEASONAL FRUITS & VEGETABLES

Spring	Summer	Fall	Winter
Apricots	Apricots	Bananas	Bananas
Blueberries	Blueberries	Grapefruit	Grapefruit
Cantaloupe	Cantaloupe	Grapes, Red	Grapes, Red
Pineapple	Blackberries	Kiwi	Kiwi
Cherries	Cherries	Oranges	Oranges
Nectarines	Nectarines	Pears	Pears
Raspberries	Raspberries	Tangerines	Tangerines
Strawberries	Strawberries	Peaches	
Mangoes	Watermelon	Apples	
	Grapes, green		
	Mangoes		
	Peaches		
	Plums		

- Have fruit with breakfast.
- Use fruit as a topping on pancakes, waffles, or French toast.
- Enjoy fruit for dessert.
- Layer yogurt and fresh berries in a parfait glass.
- Microwave an apples stuffed with raisins and sprinkled with cinnamon; top with vanilla yogurt.
- Skewer fruit onto pretzel sticks.
- Add fruit to green salads for a sweet punch
- Dip a banana in yogurt then roll in crushed cereal; freeze.
- Puree fruit and freeze in popsicle molds.

Spring	Summer	Fall	Winter
Artichoke	Bell peppers	Acorn squash	Avocado
Asparagus	Corn	Bell peppers	Cauliflower
Avocado	Cucumber	Broccoli	Jicama
Carrots	Eggplant	Butternut squash	Kale
Jicama	Green beans	Cauliflower	Rutabaga
New potatoes	Onions	Green beans	Radishes
Peas	Summer squash	Leeks	Turnips
Spinach	Scallions	Parsnips	
Sugar snap peas	Tomatoes	Mushrooms	
Snow peas	Zucchini	Pumpkin	
		Sweet potatoes	

- Make main dish salads for dinner.
- Add extra veggies to soups, salads, sauces, sandwiches, or burritos.
- Order a side salad instead of chips or fries.

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- Keep cut veggies in cold water in the fridge for a fast snack
- Stir fry a bunch of veggies and serve over brown rice.
- Marinate sliced veggies in low-fat Italian dressing; use with turkey in a pita pocket.
- Grow a vegetable garden.
- Enhance the flavor of veggies with fresh herbs

Vegetables add flavor and texture to your diet. They are low in fat and calories and are high in nutrients and fiber. They are high in nutrients and fiber. They help your digestive health and keep you feeling full longer.

Fruit and Veggies Recipes

Waldorf Salad

½ cup grapes, cut in half	½ cup plain low-fat yogurt
2 large apples	¼ cup walnuts, chopped
1 cup celery	1 teaspoon sugar
1 teaspoon lemon juice	

Combine grapes, apples, celery, and nuts in large bowl. In small bowl, stir together the yogurt, sugar, and lemon juice. Pour over apple mixture and toss lightly.
Yield: 4 servings

Fruit and Chicken Salad

½ cup low fat mayonnaise or plain yogurt	1 can (11 oz.) mandarin oranges, drained
2 tablespoons honey	2 cups cooked, cubed chicken
½ teaspoon ground ginger	1 cup chopped, unpeeled apple
1 (8 oz.) can pineapple chunks, drained	1 cup grape halves
½ cup pecan halves (optional)	

In a large bowl, combine mayo or yogurt, honey and ginger. Stir in chicken, oranges, pineapple, apple, and grapes. Chill at least 30 minutes. Sprinkle with pecans just before serving.

Easy Minestrone Soup

2 (15 oz.) cans kidney beans, do not drain	¾ cup sliced celery
2 ½ cups water	½ cup diced carrot
½ cup uncooked small elbow macaroni	1 (14 oz.) can tomatoes
1 teaspoon Creole seasoning	1 ½ cups diced zucchini

Place one can of kidney beans in a food processor and process until smooth. Spoon bean puree into a heavy pot; stir in remaining can of beans, water, zucchini, celery, carrot, tomatoes and Creole seasoning. Bring to a boil; cover, reduce heat, and simmer for 20 minutes. Stir in the elbow macaroni; cook uncovered an additional 10 minutes or until macaroni is tender.

Yield: 8 (1 cup) servings.

Storage Tips:

Most fruits and veggies store best in the fridge.
Store bananas, unripe fruit, potatoes, tomatoes, and onions at room temperature.
Store canned fruit and vegetables in a cool, dry place.
Store frozen fruit and vegetables in the freezer.



Fruit and Veggies Recipes

Oven Roasted Fall and Winter Vegetables

1 recipe pizza sauce (see below) 1 cup mozzarella cheese, grated
6 English muffins Choice of other toppings (ham slices, pineapple, bell pepper, olives, etc.)

Mix pizza sauce ingredients together. Cut English muffins in half. Spread pizza sauce over muffin halves. Top with cheese and any other topping of choice. Place under broiler until cheese melts.

Pizza Sauce

1 cup tomato sauce ¼ teaspoon garlic powder
½ teaspoon Italian seasoning Dash of pepper
1 tablespoon minced onion

Mix together in small bowl. Top pizza with sauce.

Tin Foil Dinner

Aluminum foil 1 hamburger patty
½ small onion, sliced ½ potato, cut in long thin slices
½ carrot, cut in long thin slices Salt and pepper to taste

Make a double layer of aluminum foil approximately 12 inches in length. Place half of onion slices in center of foil. Then place half of carrot slices on top of onion. Then place half of potato slices on top of carrots. Place hamburger patty on top of potatoes. Add remaining potatoes to top of patty, then carrots, and then onions. Season with salt and pepper as desired. Bring two edges of foil together and fold. Fold two ends closed so juices don't leak out. Bake at 350° until hamburger is done and vegetables are tender approximately 45-60 minutes. Serves one.

Chicken on a Stick

¼ cup corn flakes ½ teaspoon oregano
½ pound ground chicken ¼ teaspoon chili powder
¼ cup bread crumbs ¼ teaspoon garlic salt
1 tablespoon dried onion flakes 10-12 popsicle sticks*
1 tablespoon ketchup

Preheat oven to 375°. Line a baking sheet with foil and spray with cooking spray. Place corn flakes in re-sealable plastic bag and crush with rolling pin or glass. Place crushed corn flakes in small bowl. Mix remaining ingredients in medium bowl. With clean hands, form into 1 inch balls. Roll each ball in cornflakes and stick a popsicle stick through each ball. Place balls on baking sheet and bake for 30 minutes or until coating is golden brown and chicken is cooked through.

Apple Dunkers

2 apples Wash apples. Slice and core each apple to make 8 slices.
½ cup peanut butter Dunk apple slices into peanut butter. Serves four.

Skinny Dipping Bean Dip

Skinny Dippers:
12 corn tortillas Pinch of salt
Cooking spray

Cut gingerbread men shapes out of tortillas (optional – cut each tortilla into fourths to make triangles). Place men on baking sheet in single layer and lightly spray each side with cooking spray. Sprinkle with salt and bake in 350° oven for 12 – 15 minutes or until crunchy. Let cool.