

Apple and Bow Tie Salad

Ingredients

- 1 cup bowtie pasta, dry
- 1 large apple
- 2 tablespoons orange juice
- 1/4 cup reduced fat or 2% cheddar cheese, shredded
- 12 grape or cherry tomatoes, cut in half
- 4 cups romaine lettuce
- 1/3 cup light ranch salad dressing

Directions

1. Bring medium size pot of water to boil and add bowtie pasta. Simmer 11 minutes until pasta is tender. Drain pasta and cool.
2. Cut apple in quarters. Remove core and slice into 1/4-inch pieces. Place sliced apples into small bowl, add orange juice, and stir so juice covers all apple slices.
3. Shred cheese.
4. Cut tomatoes into halves. In large salad bowl, add romaine lettuce, tomatoes, apples with juice, cheese, and pasta.
5. Add dressing and toss, coating all ingredients. Serve.



Makes 4 servings

Cups of Fruits and Vegetables per Serving: 1 1/2

Quick Red Bean and Corn Tacos

Ingredients

- 1 can red beans (kidney, pinto, etc), rinsed and drained
- 1 1/2 cups frozen corn, thawed
- 12 ounces chunky salsa
- Fresh cilantro, chopped
- 1 teaspoon cumin
- Juice of 1/2 lime
- 8-10 slices reduced fat or 2% cheddar cheese or 8-10 ounces shredded
- 8-10 small whole wheat tortillas

Directions

1. Mix together all ingredients except cheese and tortillas.
2. Refrigerate for 2 hours or more, if desired, to develop flavor.
3. Place 1 slice or 1 ounce of cheese on each tortilla.
4. Top with 3/4 cup bean and corn mixture. Fold or roll tacos. Place on microwave safe dish. Heat in microwave until warm and cheese melts. About 1 to 2 minutes per taco.



Makes 6-8 tacos

Cups of Fruits and Vegetables per Serving: 3/4

Fresh Fruit Salad

Ingredients

- 1 cup strawberries, diced
- 1 banana, diced
- 1 kiwi, peeled and diced
- 1 apple, cored and diced
- 2 tablespoons lemon juice
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cinnamon
- 1/4 teaspoon sugar

Directions

1. Combine fruits in medium mixing bowl and add lemon juice.
2. Stir in sugar, nutmeg and cinnamon. Mix well.
3. Refrigerate until serving time.



Makes 4 servings

Cups of Fruits
and Vegetables
per Serving: 1

10 Minute Veggie Soup

Ingredients

- 2 29-oz. cans low-sodium chicken broth
- 1 14.4-oz can diced tomatoes
- 1 teaspoon dried basil
- 1/2 teaspoon onion powder
- 3/4 cup macaroni, dry
- 3 cups frozen mixed vegetables (broccoli, cauliflower, and carrot mix is great in this recipe)
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- Optional: protein of choice such as cooked ground meat, shredded or cubed chicken, cubed tofu, beans/legumes (canned or pre-cooked)

Directions

1. Combine chicken broth, diced tomatoes, basil, and onion powder. Bring to a simmer.
2. Add pasta, frozen vegetable mix, and protein, if desired. Cook for 6 minutes or until all ingredients are hot. Remove from heat.
3. Let soup sit for 5 minutes to cook pasta completely or until it becomes soft. Soup will then be ready to serve.



Makes 6 servings

Cups of Fruits
and Vegetables
per Serving: 1/2

Pumpkin Overnight Oats

Ingredients

- 1/2 cup oats, dry
- 1/2 cup canned pumpkin
- 3 tablespoons orange juice
- 1/2 teaspoon pumpkin pie spice
- 2 teaspoons maple syrup
- 1 tablespoon dried cranberries
- 1 tablespoon pecans, chopped

Directions

1. Mix together oats, pumpkin, orange juice, spice, and maple syrup.
2. Place in the refrigerator in a covered container and let sit overnight or for a few hours.
3. When ready to eat, top with cranberries and pecan.



Makes 1 serving

*Cups of Fruits
and Vegetables
per Serving: 3/4*

Roasted Sweet Potatoes & Chicken

Ingredients

- 6 boneless, skinless chicken breasts
- 1 pound baby carrots
- 1 medium onion
- 3 medium fresh sweet potatoes
- 1/3 cup maple syrup
- 1/3 cup chicken broth

Directions

1. Preheat oven to 450°F.
2. Scrub sweet potatoes, peel if desired, cut into 2-inch chunks.
3. Cut onion into wedges.
4. Line 9" x 13" roasting or sheet pan with aluminum foil or coat with cooking spray.
5. Place sweet potatoes, carrots, onions in pan, top with chicken breasts.
6. Stir together maple syrup and chicken broth. Pour over chicken.
7. Place in oven and roast for 20 minutes.
8. Stir vegetables and turn chicken breasts; add salt and pepper as desired. Cook for additional 20 minutes or until chicken is done when pierced with a fork and vegetables are tender.



Makes 6 servings

*Cups of Fruits
and Vegetables
per Serving: 1*

Roasted Sweet Potatoes w/ Navel Orange

Ingredients

- 2 pounds sweet potatoes
- Zest of 1 navel orange
- Juice of 1 navel orange
- 1 tablespoon olive oil
- 1 teaspoon chopped fresh thyme
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon sea salt
- 1/8 teaspoon ground black pepper



Directions

1. Heat oven to 425 °F. Lightly grease a large, rimmed baking sheet with olive oil.
2. Trim the ends off of the sweet potatoes and cut each potato into cubes or chunks that are similar in size to ensure even baking.
3. Place the potatoes in a large bowl. Add the orange zest, orange juice, olive oil, thyme, cinnamon, salt, and black pepper. Stir to coat potatoes well.
4. Using a slotted spoon, transfer the potatoes to the baking sheet, leaving behind and discarding any excess juice. Spread the potatoes evenly.
5. Bake for 15 minutes. Stir the potatoes. Bake for an additional 10 to 15 minutes, until the potatoes are browned and reach your desired tenderness.

Makes 6 servings

*Cups of Fruits
and Vegetables
per Serving: 1 ¼*

Glazed Carrots

Ingredients

- 2 pounds medium carrots, peeled and ends removed or baby carrots
- 1 teaspoon butter, unsalted
- 1/2 tablespoon olive oil
- 2 tablespoon 100% orange juice
- 1/2 teaspoon salt
- 1/4 teaspoon cinnamon
- 1/4 teaspoon cayenne pepper



Directions

1. Slice carrots to create "coin-like" pieces.
2. Heat butter and olive oil in a skillet.
3. Add carrots and sauté for 5 minutes.
4. Add the rest of the ingredients to skillet.
5. Cook until carrots are tender and liquid is absorbed, about 15 minutes.
6. Serve hot.

Makes 6 servings

*Cups of Fruits
and Vegetables
per Serving: 1 ¼*

Sunshine Spinach Salad

Ingredients

- 5 cups spinach leaves, washed
- 1/2 red onion, sliced thin
- 1/2 red pepper, sliced
- 1 cucumber, sliced
- 2 oranges, peeled and chopped into bite-size pieces
- 1/3 cup vinaigrette dressing

Directions

1. Toss all ingredients together in large bowl.
2. Add dressing and toss again.
3. Serve.



Makes 5 servings

*Cups of Fruits
and Vegetables
per Serving: 1*

Simple Guacamole

Ingredients

- 2 cups avocado (or about 2 avocados)
- 1/2 teaspoon salt
- 3 tablespoons lemon or lime juice
- 2 tablespoons minced cilantro
- 1/2 cup fresh tomatoes, diced
- 3 tablespoons chopped onion
- 7 ounce can of corn, drained
- 1 jalapeno pepper, minced (optional)
- 1 clove garlic, finely chopped

Directions

1. Cut the avocados in half and remove the seed. Scoop out the pulp and place in a bowl.
2. Drizzle the pulp with lemon or lime juice and mash.
3. Combine with the remaining ingredients.
4. Mix well and serve.



Makes 8 servings

*Cups of Fruits
and Vegetables
per Serving: 1/2*

Green Peas, Potatoes, & Ham

Ingredients

- 1 teaspoon olive oil
- 2 cups potatoes, peeled and diced
- 8 ounces ham, chopped in small pieces
- 1 cup green peas, fresh or frozen and thawed
- Black pepper to taste

Directions

1. Cook the potatoes in boiling salted water until almost tender, about 8 minutes.
2. Add the peas and cook 2 minutes.
3. Drain.
4. Add the ham and olive oil to the vegetable mixture.
5. Season with black pepper and serve.



Makes 4 servings

*Cups of Fruits
and Vegetables
per Serving: 1/2*

Garlic Green Beans w/ Parmesan

Ingredients

- 1 pound fresh green beans, fresh, rinsed, ends trimmed or 16 ounce bag frozen
- 1/2 teaspoon salt
- 2 tablespoons olive oil
- 6 cloves garlic, minced
- 1 tablespoon lemon juice
- 1/2 cup parmesan cheese, grated

Directions

1. Bring a large pot of water to boil. Add green beans and salt.
2. Cook on medium-low heat for 5 minutes. Drain the beans.
3. Heat olive oil in large skillet on medium heat. Add minced garlic and cooked green beans.
4. Sauté on medium heat for 2 minutes to combine all ingredients. Remove from heat.
5. Add lemon juice and stir; then add parmesan cheese and stir.



Makes 4 servings

*Cups of Fruits
and Vegetables
per Serving: 3/4*

Simple Cauliflower Soup

Ingredients

- 2 tablespoons unsalted butter
- 1 onion, chopped
- 1 head cauliflower, broken into small florets
- 1 potato, peeled and diced
- 2 cups vegetable stock
- 2 cups milk
- Salt and pepper to taste

Directions

1. Melt the butter in a large pot over medium heat.
2. Sauté the onion in the butter for 5 minutes.
3. Stir in the cauliflower and potato and sauté for 5 more minutes.
4. Pour in the stock, bring to a boil, reduce heat to low and simmer for 20 minutes, or until vegetables are tender.
5. Add the milk, stirring well and blend.
6. Season with salt and pepper to taste.



Makes 6 servings

*Cups of Fruits
and Vegetables
per Serving: 1 ½*

Banana and Berry Jumble

Ingredients

- 1 large banana, halved and cut into 1/2-inch pieces
- 3/4 cup fresh or frozen cranberries
- 1/4 cup oats
- 1/2 teaspoon nutmeg
- Optional: low-fat whipped topping, yogurt, or sour cream

Directions

1. Combine all ingredients in a large non-stick skillet.
2. Cook on medium-high heat just until cranberries begin to soften, stirring occasionally.
3. Remove from heat; cool slightly.
4. Spoon into bowls and top with low-fat whipped topping, yogurt, or sour cream, if desired.



Makes 2 servings

*Cups of Fruits
and Vegetables
per Serving: 3/4*

Sweet Corn Salsa

Ingredients

- 2 ½ cups corn (canned, frozen or fresh*), cooked and cooled
- 1/2 cup small diced red onion
- 1/2 cup small diced red pepper
- 3 tablespoons apple cider vinegar
- 3 tablespoons olive oil
- salt and pepper, to taste
- Optional: fresh cilantro, washed and chopped
- *if desired, use 5 ears fresh corn



Makes 4 servings

Directions

1. Combine all ingredients in a medium bowl. Gently stir to combine. Taste and adjust with salt and pepper as needed.
2. Cover and refrigerate for at least an hour to let flavors come together.
3. Enjoy with whole-grain crackers or tortilla chips; use to top grilled chicken or fish; or add to a salad.

Cups of Fruits
and Vegetables
per Serving: 1

Ambrosia

Ingredients

- 2 ½ cups pineapple chunks, fresh or canned in light syrup
- 1 ½ cups mandarin oranges, canned in light syrup
- 1 banana, peeled and sliced
- 1 ½ cups grapes, seedless
- 3/4 cup miniature marshmallows
- 1/3 cup coconut flakes, unsweetened
- 8 ounces plain or vanilla yogurt



Makes 8 servings

Directions

1. Drain oranges and pineapple (if needed).
2. Combine fruit with marshmallows and coconut.
3. Fold in yogurt. Garnish with additional coconut if desired.
4. Serve.

Cups of Fruits
and Vegetables
per Serving: 5/8

Party Parfait

Ingredients

- 1 cup frozen blueberries
- 1 cup frozen strawberries
- 1/2 cup fat-free cottage cheese
- 1 ½ cups red grapes
- Optional: 1 kiwi for garnish

Directions

1. Place blueberries, strawberries, and cottage cheese in a food processor and blend until smooth.
2. Place grapes in a cup or bowl and spoon blended mixture over the grapes.
3. Garnish with kiwi, if desired.



Makes 6 servings

Cups of Fruits
and Vegetables
per Serving: 1/2

Veggie Bean Wrap Around

Ingredients

- 2 green or red bell peppers, seeded and chopped
- 1 onion, peeled and sliced
- 1 15 oz. can black beans, drained and rinsed
- 2 mangos, chopped
- Juice of 1 lime
- 1/2 cup chopped fresh cilantro
- 1 avocado, peeled and diced
- 4 7–8-inch whole wheat tortillas

Directions

1. In a nonstick pan, sauté bell peppers and onion for 5 minutes of medium heat.
2. Add beans, stir well. Reduce heat to low and simmer about 5 minutes.
3. In a small bowl, combine mangos, lime juice, cilantro, and avocado. Reserve 1/2 mixture for topping.
4. Fill warmed tortillas with 1/4 bean mixture and 1/4 mango mixture.
5. Fold. Top with remaining mango mixture.



Makes 4 servings

Cups of Fruits
and Vegetables
per Serving: 1 ¾

Galloping Good Eggplant

Ingredients

- 1/2 cup eggplant, diced
- 1/2 cup fresh mushrooms, diced
- 3/4 cup fresh tomatoes, chopped
- butter-flavored cooking oil spray
- 3/4 oz. fat-free mozzarella cheese (tip: use a string cheese stick)



Directions

1. Spray skillet with cooking oil spray.
2. Sauté eggplant, mushrooms, and tomatoes in skillet until tender but cooked.
3. Drain off extra juice and top with shredded or “peeled” cheese. Return to heat briefly, if needed for cheese to melt. Eat immediately.

Makes 1 serving

*Cups of Fruits
and Vegetables
per Serving: 1*

Creamy Blueberry Shake

Ingredients

- 2 cups blueberries, fresh or frozen (washed and sorted if fresh)
- 2 small bananas, ripe
- 1/3 cup honey
- 2 tablespoons lemon juice
- 1 ½ cups low-fat vanilla yogurt
- 1 cup low-fat vanilla ice cream
- Optional: 4 sprigs mint



Directions

1. Combine blueberries, bananas, honey and lemon juice and puree on HIGH speed in blender.
2. Add yogurt and ice cream and blend until thick and smooth.
3. Serve immediately in cold glasses decorated with sprigs of mint, if desired.

Makes 4 servings

*Cups of Fruits
and Vegetables
per Serving: 3/4*