



Cucumber Tomato Salad

Makes 8 servings



This delicious and naturally low fat salad needs no dressing as it creates its own wonderful juices.

Ingredients:

1½ large cucumbers, peeled and sliced
 3 large tomatoes, cut in wedges
 1 small red onion, chopped
 3 teaspoons fresh basil, chopped
 (or 1 teaspoon dried basil)
 ¼ teaspoon garlic powder
 ⅛ teaspoon pepper
 Salt to taste
 ¼ cup feta or other strongly flavored
 cheese, crumbled (optional)

Preparation:

1. Combine all vegetables in a large container with a tight fitting lid.
2. Add the garlic powder, basil, pepper, salt and optional crumbled cheese.
3. Cover the container with the tight fitting lid and shake well.
4. Refrigerate for 1 hour or more prior to serving.



Per serving: 34 calories, 1g total fat, 3mg cholesterol, 37mg sodium, 6g carbohydrates, 2g protein, 209mg potassium. **Provides nearly ¾ cup vegetables per serving.**



Fresh Fruit Bowls

Makes 2 servings

This fresh fruit cup makes a lovely dessert and is an excellent source of vitamin C.

Ingredients:

1 orange
 2 kiwis, peeled
 2 strawberries
 2 tablespoons low-fat vanilla yogurt
 2 teaspoons shredded coconut

Preparation:

1. To make bowl, cut orange in half across the segments. Cut ends off to make a flat bottom surface.
2. Loosen the half-segments by

cutting between the white skin of the peel and the fruit in a circular fashion. This will leave you with orange segments and two orange bowls.

3. Cube the orange segments.
4. Cube kiwi; chop berries (or use blueberries).
5. Gently combine fruit and yogurt in a bowl.
6. Fill each orange bowl with fruit and yogurt mixture.
7. Finish with coconut topping.



Per serving: 134 calories, 3g total fat, 0mg cholesterol, 25mg sodium, 27g carbohydrates, 2g protein, 211% DV vitamin C. **Provides 1 cup fruit per serving.**



Strawberry Mango Salsa

Makes 12 servings

This salsa is tangy yet sweet and adds a burst of color to any plate.

Ingredients:

2 tablespoons balsamic vinegar
 ⅔ cup orange juice (2-3 oranges)
 ¼ cup lemon juice (about 1 lemon)
 2 tablespoons lime juice (about 1 lime)
 2 fresh mango, diced
 2 pints (16 oz each) strawberries, diced

Optional: Stir in the equivalent of up to 2 teaspoons sugar or no calorie sweetener if not naturally sweet.

Preparation:

1. In a large serving bowl, combine the balsamic vinegar orange juice, lemon juice, and lime juice. Add sweetener if desired.
2. Add mango and strawberries and lightly combine.
3. Wait about half hour before serving to let flavors mingle together.



Per ½ cup serving: 52 calories, 0g total fat, 0mg cholesterol, 2mg sodium, 13g carbohydrates, 2g dietary fiber, 1g protein, 90% DV vitamin C.



Pico de Gallo

Makes 6 ¼ cup servings

Pico de Gallo means "rooster's beak" in Spanish, and typically consists of a fresh salsa containing raw tomatoes, onions, cilantro and jalapeños.

Ingredients:

1 large tomato
½ small onion
1-2 jalapeños, seeded & deveined
¼ cup fresh cilantro
Juice of 1 lime
Salt to taste

Optional: Stir in chopped avocado and/or finely chopped raw garlic.

Preparation:

1. Chop tomato, onion, jalapeños and cilantro.
2. Combine all ingredients in a medium bowl.
3. Squeeze juice of 1 lime, add salt to taste and gently stir together.
4. Refrigerate leftovers promptly.

Serve with baked tortilla chips or your favorite grilled meats.



Per ¼ cup serving: 15 calories, 0g total fat, 0mg cholesterol, 100mg sodium, 3.5g carbohydrates, 1g dietary fiber, 0.5g protein.



Sweet Tart Strawberries

Makes 4 servings

Just one cup of strawberry halves provides 150% DV for vitamin C at a cost of only 49 calories. Now that's a nutrient rich food you can feel good about eating.

Ingredients:

1½ pints (16 oz each) strawberries
2½ tablespoons unpacked brown sugar
1 tablespoon balsamic vinegar
¼ teaspoon freshly ground black pepper

Preparation:

1. Slice strawberries.
2. In a large serving bowl, combine berries with sugar. Let mixture rest at room temperature for 10 minutes.
3. In a small jar with lid, shake the vinegar and pepper together. Pour this over the berries and combine well.
4. Divide mixture into 4 portions slightly larger than ½ cup.

Optional: Try serving this over Greek yogurt for a dessert that also adds calcium and protein.



Per serving: 70 calories, 0g total fat, 0mg cholesterol, 4mg sodium, 17g carbohydrates, 3g dietary fiber, 1g protein, 130% DV vitamin C.



Watermelon "Cake"

Makes 8 servings

This no bake recipe provides 1 cup of fruit per serving. One cup of watermelon contains more lycopene than a tomato. Lycopene is an antioxidant with disease-fighting properties. Remember to wash the melon before cutting.

Ingredients:

1 watermelon, seedless, uniformly shaped
½ container (8 oz.) frozen, non dairy whipped topping, thawed
1 individual container (6-8 oz.) fat-free lemon yogurt
misc. fruit (strawberries, kiwifruit, and blueberries) for decoration

Preparation:

1. In a small bowl, gently stir together the whipped topping and yogurt. Set aside.
2. Cut a 3-inch thick cross-section from the watermelon. Cut between white rind and red flesh to remove rind. Carefully remove the ring of rind, leaving a 3" thick round of watermelon flesh "cake". Pat watermelon dry with paper towels and place on plate.
3. Frost the watermelon cake with the yogurt mixture and decorate with fresh fruit. Refrigerate until ready to serve. (Can be refrigerated for several hours or up to overnight.)



Per serving: 87 calories, 1.5g total fat, 0mg cholesterol, 10mg sodium, 19g total carbohydrates, 1g protein, 18% DV vitamin A, 20% DV vitamin C.



Cucurbit Salad

Makes 4 servings

Cucurbits are members of a trailing plant family which include melons and cucumbers.

Ingredients:

2 cups watermelon, cut in small cubes
2 cups peeled cucumber, cut into cubes
½ cup fresh cilantro, finely chopped
½ teaspoon chili powder
¼ teaspoon paprika
¼ teaspoon cayenne pepper
¼ teaspoon salt
¼ teaspoon ground black pepper
2 tablespoons fresh lemon juice

Preparation:

1. In a large bowl, combine cilantro with cubes of watermelon and cucumber.
2. In small bowl, mix together chili powder, paprika, cayenne pepper, salt and pepper.
3. Finish by combining lemon juice and spices with watermelon and cucumber. Stir well.

Tip:

Remember to scrub the outer surface of produce that have rinds, grooves or waxy skin before cutting. A vegetable brush and plain water should suffice.



Per serving: 35 calories, 0.3g total fat, 0mg cholesterol, 154mg sodium, 9g carbohydrates, 1g protein, 17% DV vitamin A, 20% DV vitamin C. **Provides 1 cup fruit and vegetables per serving.**



Summer Squash Sauté

Makes 4 servings

This recipe is quick and easy to prepare and provides ½ cup of vegetables per serving. It is also an excellent source of vitamins A and C to help keep your eyes and skin healthy.

Ingredients:

- 1 tablespoon olive oil
- 1 medium onion, peeled, thinly sliced
- 1 yellow squash, thinly sliced
- 1 medium zucchini, thinly sliced
- 1 red pepper, chopped
- ½ teaspoon black pepper
- ¼ teaspoon dried basil

Preparation:

1. Heat oil over medium heat in a frying pan or stir-fry pan.
2. Add onion slices and cook (sauté) for 1 minute, stirring constantly.
3. Stir in spices and remaining vegetables and cook for additional 3 to 5 minutes until vegetables are barely tender.

Tip:

When buying summer squash, look for squash that is solid, heavy for its size and blemish free. Smaller is more flavorful. Store in refrigerator and use within 3-4 days.

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Per serving: 70 calories, 3.5g total fat, 0mg cholesterol, 15mg sodium, 8g total carbohydrates, 3g fiber, 2g protein, 20% DV vitamin A, 110% DV vitamin C.



Stir Fried Broccoli

Makes 6 servings

Tip

Got leftover broccoli?

- Use it as filling for an omelet
- Drop it in a broth soup
- Serve it mixed with rice and chunks of meat for an easy rice bowl

Ingredients

- 3 tablespoons olive or canola oil
- 6 cups broccoli, cut in bite-sized pieces
- ¼ cup water
- ½ teaspoon salt
- ¼ teaspoon sugar

Preparation

1. In 12" skillet or stir fry pan heat oil until hot but not smoking.
2. In very hot oil, carefully add broccoli, stirring constantly (stir-frying) until well coated.
3. Add water, salt and sugar. Reduce heat to medium high; cover and cook 2 minutes.
4. Uncover and stir fry additional 5-6 minutes until tender yet crisp.

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Per serving: 72 calories, 5g total fat, 0mg cholesterol, 226mg sodium, 6g total carbohydrates, 2g dietary fiber, 3g protein, 44mg calcium.



Colorful Fruit Salad

Makes 10 servings

The orange juice helps prevent the banana from turning brown after slicing.

Ingredients

- 1 pint (16 oz) fresh strawberries, sliced
- 2 cups green grapes
- ½ cantaloupe, cut into chunks
- 2 firm bananas, sliced
- ¼ cup orange juice

Preparation

1. In a large bowl, mix fruit together.
2. Pour juice over fruit and stir.
3. Serve immediately or cover and refrigerate for a few hours.

Tips

- Add blueberries for more color
- Use whatever fruit you happen to have at home already
- When it comes to fruits and vegetables, "More Matters"; adults need at least 2 cups fruit and 2½ cups vegetables every day

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Per serving: 66 calories, 0.5g total fat, 0mg cholesterol, 10mg sodium, 17g total carbohydrates, 2g dietary fiber, 1g protein, 20% DV vitamin A, 70% DV vitamin C. **Provides ½ cup of fruit per serving.**



Honeydew with Ginger Lime Sauce

Makes 10 servings

Tip

Fresh ginger will taste much better than dried. Choose ginger that has a thin skin with a smooth and unblemished look. Wash and peel before grating.

Ingredients

- 8 packets Splenda (or ½ cup sugar)
- 3 tablespoons water
- 2 teaspoons lime zest
- 1 teaspoon lime juice
- 1 teaspoon freshly grated ginger (or ½ teaspoon dried ground)
- 10 cups honeydew melon, cut in chunks

Preparation

1. In small jar with lid, add Splenda, water, lime zest, lime juice and ginger; shake well.
2. In large serving bowl, gently combine melon chunks with ginger lime sauce.
3. Refrigerate until ready to serve.

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Per serving: 67 calories, 0g total fat, 0mg cholesterol, 32mg sodium, 17g total carbohydrates, 1g dietary fiber, 1g protein, 55% DV vitamin C. **Provides 1 cup of fruit per serving.**



Minty Melon Salad

Makes 4 servings

Ingredients

- 2 cups Honeydew melon, chunks or balls
- 2 cups cantaloupe, chunks or balls
- 1½ tablespoons fresh lime juice (about 1 lime)
- 2 tablespoons sugar or equivalent amount sugar substitute
- 2 tablespoons fresh mint leaves, chopped

Preparation

1. In a serving bowl, combine melon chunks, sugar or sweetener and mint.
2. Pour lime juice over mixture and stir thoroughly.
3. Chill before serving.

Per serving: 90 calories, 0mg cholesterol, 30mg sodium, 23g total carbohydrates, 2g dietary fiber, 1.5g protein.

Selection Tips:

- Choose a fragrant, symmetrical melon heavy for its size with no visible bruises and a yellow or cream undertone. Stem end should give to gentle pressure.
- Store uncut at room temperature up to 1 week. Store cut melon in airtight container in refrigerator up to 5 days.
- Cantaloupe has 427 mg of potassium and provides 108% DV vitamin A and 98% DV vitamin C in a 1 cup serving!



Orange Jicama Salad

Makes 6 servings

Ingredients

- 1 jicama, about 1½ lbs
- 3 cups orange sections (~9 oranges) or *canned mandarin oranges to save time*
- 1 lime
- ¼ teaspoon salt
- Chili powder to taste
- 3 tablespoons chopped fresh cilantro (or *Watercress if you don't like cilantro*)

Preparation

1. Slice top & bottom of jicama to provide flat surface. Trim away brown peel and cut remaining white flesh into 2-inch strips.
2. Place jicama and orange in bowl; squeeze lime juice over fruit and sprinkle with salt and chili powder; combine. Refrigerate for 30 minutes.
3. Sprinkle with cilantro and serve.

Per serving: 80 calories, 0g total fat, 0mg cholesterol, 105mg sodium, 19g total carbohydrates, 4g dietary fiber, 1.5g protein, 50mg calcium.

Change It Up!

- Add sliced radishes for more color
- Serve on top of a bed of salad greens with a vinaigrette

How to make a quick vinaigrette:

In small jar with a top, shake together the following: 2 tablespoons orange juice, 2 tablespoons lime juice, 1 teaspoon olive oil, 1 tablespoon honey*, pinch of salt.

**Honey substitutes for some of the oil to lower total calories.*



Aunt Martha's Potato Salad

Makes 8 servings

Potatoes are an excellent source of vitamin C and a good source of potassium, and they are versatile. A medium potato is about the size of a computer mouse, contains 110 calories, and counts as 1 cup of vegetables.

Ingredients

- 4 medium potatoes
- 2 celery stalks, chopped
- 4 slices turkey bacon, cooked & chopped (or ¼ cup Bacos)
- ½ cup light mayonnaise
- salt & pepper to taste, or use salt-free seasoning like Mrs. Dash

Preparation

1. Boil scrubbed potatoes WITH the skin still on, for 20 minutes or until soft.
2. Drain water and let cool in refrigerator.
3. When cool enough to handle, peel potatoes by hand, and cut into chunks.
4. In a large bowl, combine potatoes, celery, bacon and mayonnaise.
5. Season to taste with salt and pepper or salt-free seasoning.



Per ½ cup serving: 119 calories, 4g total fat, 1g saturated fat, 0mg cholesterol, 197mg sodium, 19g total carbohydrates, 3g fiber, 3g protein.



Wrap 'em Ups

Makes 1 Wrap

Ingredients

- 1 whole wheat tortilla
- ½ cup ready-to-eat spinach or lettuce
- ¼ cup chopped tomato
- 2 tablespoons shredded nonfat cheddar cheese
- 1 ounce lean lunch meat (like turkey)
- 1 tablespoon low-fat ranch dressing

Preparation

1. Spread dressing over tortilla.
2. Cover with spinach and top with remaining ingredients; roll up.
3. Wrap in wax paper or foil and keep chilled until ready to serve.



Per serving: 212 calories, 7.5g total fat, 16mg cholesterol, 566mg sodium, 21g total carbohydrates, 5g dietary fiber, 13g protein, 184mg calcium.

Change It Up!

- Stuff a whole wheat pita cut in half instead of making it a wrap.
- Add a wedge of avocado, leftover corn, or any other chopped up favorite veggies.

How to make healthier ranch dip

Instead of adding 16 oz. of sour cream to a packet of dry ranch dip mix, substitute 2 cups of plain Greek nonfat yogurt. You cut 80% calories & all the fat.

Tip: Rolling is easier if you heat tortilla in microwave for 10 seconds before assembling wrap.



Chicken Quesadillas with Salsa Salad

Makes 4 Servings

Salsa Salad

- 1 cup corn kernels, thawed frozen ok
- ½ green bell pepper, diced
- ½ tomato, diced
- 2 tablespoons chopped cilantro
- 2 teaspoons fresh lime juice
- ¼ teaspoon salt

Quesadillas

- 1½ cups diced cooked chicken breast
- 1 cup shredded romaine lettuce
- ½ cup prepared salsa*
- Six 8" whole wheat tortillas
- ½ cup shredded sharp cheddar cheese

Preparation

1. Stir together salad ingredients in a medium bowl; save for later.
2. To make filling, use another bowl to stir together chicken, lettuce and salsa. Evenly distribute filling by placing on one half of each tortilla. Top with cheese and fold tortilla over (in half) to make a semi-circle.
3. In a heated large nonstick skillet, lightly brown quesadillas two at a time, about 3 minutes each side, flipping gently with a spatula.

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Per serving: 297 calories, 11g total fat, 4g saturated fat, 49mg cholesterol, 712mg sodium*, 31g total carbohydrate, 7g dietary fiber, 19g protein, 134mg calcium. *Cut about 250mg sodium per serving by making your own salsa without added salt; most prepared salsas contain 250mg per 2 tablespoons.



Rice, Bean and Corn Salad

Makes 4 Servings

Salad Ingredients

- 1 cup cold cooked brown rice
- ½ cup frozen corn kernels, thawed
- ½ green bell pepper, chopped
- 1 celery stalk, chopped
- ½ cup canned black beans, rinsed and drained
- ½ red onion, minced
- 2 tablespoons minced cilantro
- ½ jalapeño pepper, seeded and finely chopped

Dressing Ingredients

- 2 tablespoons red-wine vinegar
- 1½ tablespoons fresh lime juice
- 1 tablespoon extra virgin olive oil
- ¼ teaspoon salt

Preparation:

1. In a large bowl, combine salad ingredients (rice through jalapeno).
2. In a small jar with tight lid, shake together dressing ingredients. Pour over the salad and stir gently to coat.
3. Cover and chill for at least 1 hour to allow flavors to mingle.

Tip: The sodium content of canned beans can be reduced by one-third by rinsing and draining them before use.

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Per serving: 119 calories, 4g total fat, 1g saturated fat, 0mg cholesterol, 197mg sodium, 19g total carbohydrate, 3g dietary fiber, 3g protein, 21mg calcium.



Simply Speedy Minestrone

Makes 8 Servings

This easy yet delicious soup can be prepared in less than 30 minutes. The sodium content of canned beans can be reduced by one-third by rinsing and draining them before use.

Ingredients

- 1¼ cup cooked whole-wheat pasta
- 1 16-oz package frozen (or canned) mixed vegetables
- 2 cups low-sodium vegetable broth
- 1 15½ oz. can kidney beans, rinsed and drained
- 1 14½ oz. can diced tomatoes
- 2 tablespoons fresh parsley, chopped (or 2 teaspoons dried)
- 1 teaspoon Italian seasoning
- ¼ teaspoon pepper

Preparation

1. If using frozen vegetables, cook vegetables in broth 15 minutes or until tender. If using canned vegetables, combine with broth and proceed to step 2.
2. Add beans, tomatoes and their liquid, seasonings, and pasta. Heat through.

Tip: All forms of fruits and vegetables count, like frozen, canned, dried, 100% juice and fresh. Get at least 4½ cups of fruits and vegetables every day.

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Per serving: 117 calories, 0.5g total fat, 0mg cholesterol, 227mg sodium, 23g total carbohydrates, 6g fiber, 6g protein. **Provides ½ cup of vegetables per serving.** Excellent source of vitamin A, vitamin C, and fiber.



Green Salad with Creamy Dressing

Makes 6 Servings

Dressing Ingredients

- ⅓ cup low fat buttermilk or sour milk
- 1½ tablespoons low fat mayonnaise
- 1½ tablespoons fresh lime juice (1 lime)
- ¾ teaspoon salt
- ¼ teaspoon ground red pepper
- 2 cloves garlic, peeled
- ¾ avocado, peeled, seeded & mashed

Salad Ingredients

- 6 cups (1 head) chopped Romaine lettuce
- ¾ cup sliced green or red onions
- 3 tablespoons chopped fresh cilantro

TIP: To make sour milk pour 1 teaspoon white vinegar or lemon juice into a cup measure and add enough milk to make ⅓ cup. Let sit for 5 minutes before using.

Directions:

1. To make dressing, process all 7 dressing ingredients in a blender until smooth.
2. In a large serving bowl, combine salad ingredients; pour dressing over salad and toss gently but thoroughly to coat. Serve immediately*.

*For a crisp salad, don't add salad dressing until just before serving.

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Per serving: 71 calories, 5g total fat, 0g saturated fat, 2mg cholesterol, 345mg sodium, 6g total carbohydrate, 3g dietary fiber, 2g protein.



Simple Smoothie

Makes 2 Servings

This beverage is very simple to make and it provides the equivalent of 1 cup of fruit. The recommended daily fruit intake for the average adult is 2 cups of fruit. Besides being delicious, this smoothie is an excellent source of vitamin A and vitamin C which have antioxidant properties.

Ingredients:

- 1 cup vanilla flavored non-fat yogurt
- 1 cup 100% juice, like V8 Fusion, any flavor
- 1 medium banana, peeled
- 1 cup ice

Preparation:

1. In a blender, add yogurt, juice, banana and ice.
2. Blend all ingredients together until smooth.
3. Pour into two tall glasses and enjoy your delicious and nutritious smoothies!

Tip:

When buying fruit juice, look for 100% fruit juice. Read the nutrition facts label and be sure it says "100% juice" at the top.

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Per serving: 165 calories, 0g total fat, 0g saturated fat, 5mg cholesterol, 101mg sodium, 36g total carbohydrates, 2g fiber, 5g protein, 21% DV vitamin A, 61% DV vitamin C, 15% DV calcium.



Creamy Chicken Soup

Makes 6 Servings

The beans add fiber and give this soup a creamy consistency. Substitute low sodium vegetables to reduce sodium.

Ingredients:

- 1 can (15½ oz) no salt added diced tomatoes (or use 2 cups fresh)
- 1 can (16 oz) no fat refried beans
- 1 cup frozen whole kernel corn (or use canned with no salt added)
- 28 oz reduced sodium chicken broth
- 2 cups shredded cooked chicken

Optional:

corn tortilla strips or chips
shredded Chihuahua, Monterrey Jack, or Oaxaca Cheese

Directions:

1. Over medium heat, stir together tomatoes and their juice, beans, corn and broth in medium saucepan. Bring to a boil and reduce heat to low, simmering for 5 minutes, stirring occasionally.
2. Add chicken and heat through. To serve, top with optional tortilla strips and cheese. *Optional items not included in nutrition analysis.*

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Per serving: 198 calories, 5g total fat, 1g saturated fat, 35mg cholesterol, 401mg sodium, 20g total carbohydrates, 5g dietary fiber, 21g protein.



Spicy Avocado Tuna Sandwich

Makes 4 Sandwiches

Ingredients:

- 1 ripe avocado, peeled & pitted
- 2 tablespoons fresh lime juice
- 1-2 fresh jalapeños, seeded and finely chopped
- 2 tablespoons chopped cilantro
- ½ teaspoon garlic salt (or powder to reduce salt)
- ¼ tsp black pepper
- 6 oz tuna packed in water, drained
- 8 slices 100% whole wheat bread
- 8 slices tomato
- 8 slices red onion

Preparation:

1. In a medium bowl, gently mash avocado. Stir in lime juice, jalapeños, cilantro, garlic salt and pepper.
2. Gently flake and add tuna to avocado mixture. Assemble each sandwich by filling with 2 slices tomato, ¼ avocado-tuna filling and 2 slices red onion.

Tip: *Half of the grains you eat every day should be whole grains. Look for the word "whole" or "100% whole" as the first ingredient on your bread to be sure it's whole wheat.*

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Per serving: 317 calories, 10g total fat, 2g saturated fat, 12mg cholesterol, 595mg sodium, 37g total carbohydrates, 9g dietary fiber, 18g protein.



Mexican Potato Soup

Makes 4 Servings

Ingredients:

- 2 jalapeños, chopped
- 2 teaspoons olive oil
- ½ cup chopped onions
- 1 teaspoon garlic, diced
- ¾ teaspoon ground cumin
- ¾ teaspoon cumin seed
- 4 cups low sodium chicken broth
- 1 cup fresh, frozen or canned corn kernels
- 2 cups cubed potatoes
- 1½ cups chopped cooked chicken
- ½ teaspoon pepper

Preparation:

1. In hot oil in Dutch oven over medium heat, sauté first six ingredients (jalapeños through cumin seeds) until onions are soft and clear, about 5-10 minutes.
2. Add remaining ingredients (broth through pepper) and bring to a boil. Cover pot, reduce heat and simmer until potatoes are tender, about 15-20 minutes.
3. Garnish, if desired, with tortilla chips, shredded cheese, fresh chopped cilantro and avocado.

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Per 2 cup serving: 225 calories, 4.5g total fat, 40mg cholesterol, 260mg sodium, 27g total carbohydrates, 3g dietary fiber, 20g protein.