

We hope that you enjoy our 2021 collection of recipes that highlight produce grown in New York State!

Copyright 2021 Cornell University Division of Nutritional Sciences.
Cornell Cooperative Extension in New York State is offers equal program and employment opportunities.

Welcome!

Browse our recipe index to find recipes listed by produce item! Or look through our recipe pages to find recipes listed alphabetically by whatever produce item is the star of the recipe!

This collection of recipes was developed by Cornell University and Cornell Cooperative Extension for the Farmers' Market Nutrition Program in New York State.

What is Farmers' Market Nutrition Program (FMNP)?

If you are enrolled in WIC, or if you are a low-income senior (60 years or older), you may be eligible for FMNP! Eligible New Yorkers receive several \$4 checks to buy fresh fruits and vegetables at participating farmers' markets and farm stands. For WIC questions, visit

<https://health.ny.gov/prevention/nutrition/wic/> or call the Growing Up Healthy Hotline at 1-800-522-5006. Seniors interested in FMNP should contact their local Office for the Aging at <https://aging.ny.gov/> or call the New York State Senior Hotline at 1-800-342-9871.

To learn more about FMNP, find healthy eating resources, find a farmers' market new you, and access an online version of this recipe collection, please visit <https://www.human.cornell.edu/dns/fmnp> or use your smartphone to scan the code below with your smart device!



Recipe Index

Apples

Homemade applesauce	2
Chunky applesauce.....	2
Baked apple chips	3
Warm apple and onion slaw	3
Apple, sage, and wild rice stuffing	4
Apple-filled squash	4
Apples and celery bake	5
Spiced apple bread pudding	5
Baked apples.....	6
Caramelized apples	6
Raw beet and apple slaw	11
Butternut squash, apple, and cranberry bake ...	19
Warm red cabbage salad	23
Red cabbage, carrot, and apple slaw.....	23
Fruity cabbage salad.....	24
Fresh and fruity coleslaw	24
Kohlrabi salad.....	55
Fall vegetable salad	59
Rhubarb crisp	82
Grated turnip and apple salad.....	97

Arugula

Spring green salad	58
--------------------------	----

Asparagus

Red potato and asparagus salad	7
Asparagus and chicken pasta	7
Garlic asparagus	8

Asparagus, continued

Asparagus and radish salad	8
Grilled veggies	42
Spinach and arugula stuffed mushrooms.....	89

Basil

Cabbage and potato sauté.....	26
Vegetable stir fry	29
Cherry lentil salad.....	39
Corn and summer squash stew.....	35
Spicy corn kernel cake.....	36
Grilled veggies	42
Green bean salad II	48
Baked stuffed onions	63
Pasta and peas.....	71
Potato crust quiche	74
Caribbean callaloo.....	90
Spinach pesto pasta	90
Swiss chard and lentil stew.....	93
Tomato basil open sandwiches	96
Tomato bruschetta	97
Pasta with fresh tomato sauce.....	97
Sautéed summer squash	101
Summer squash medley.....	101
Easy ratatouille	105
Zucchini chopped tomatoes	106

Beets and beet greens

Beet and potato latkes	10
Beet and carrot salad	10
Beet parsnip mash	11
Raw beet and apple slaw	11
Crimson chocolate cake squares	12
Russian borscht	12
Teriyaki beets.....	13
Sauteed beet greens.....	13
Spring greens and black-eyed peas	53
Fall vegetable soup with lentils	54
Tossed salad vegetable parade	58
Spring green salad	58
Pasta with root vegetables.....	69
Swiss chard and beet green salad	92

Bell peppers (green, red, orange, or yellow)

Broccoli and bok choy stir-fry	14
Red rice stuffed peppers.....	20
Corn, bean, and bell pepper salad	20
Black bean burgers.....	21
Veggie fajitas	21
Vegetable stir fry	29
Raw rainbow collard green wraps	32
No cook corn salad	36
Dressed up corn.....	38
Grilled veggies.....	42
Algerian eggplant salad	43
Green bean salad I.....	48
Tossed salad vegetable parade	58
Fall vegetable salad	59
Peach tomato salsa.....	66

Bell peppers, continued

Spinach pesto pasta	90
Gazpacho	96
Sautéed summer squash	101
Garden barley soup	103
Ratatouille	104
Easy ratatouille	105
Mini veggie pizza	106

Blackberries

Honey-poached peaches and blackberries	67
--	----

Blueberries

Fruity pops	83
-------------------	----

Bok choy

Broccoli and bok choy stir-fry.....	14
-------------------------------------	----

Broccoli

Broccoli and bok choy stir-fry.....	14
Curried broccoli soup.....	14
Broccoli black bean quesadillas.....	15
Roasted garlic sesame broccoli	15
Tossed green salad	57
Fall vegetable salad.....	59
Crustless vegetable quiche	91

Brussels sprouts

Cranberry balsamic Brussels sprouts1	18
Nutty Brussels sprouts.....	18
Rigatoni with roasted cauliflower and Brussels sprouts	31

Butternut squash

Apple-filled squash	4
Rosemary roasted butternut squash	17
Butternut squash gratin.....	17
Beans and squash stew	18
Squash and kale sauté	18
Butternut squash, apple, and cranberry bake ...	19
Mediterranean squash stew.....	19
Kale and squash mashup	52
Fall vegetable soup with lentils	54

Buttercup squash

Apple-filled squash	4
---------------------------	---

Cabbage (green, purple, other)

Warm apple and onion slaw	3
Warm red cabbage salad	23
Red cabbage, carrot, and apple slaw.....	23
Fruity cabbage salad.....	24
Fresh and fruity coleslaw	24
Cabbage and leek griddle cakes	25
Cabbage latkes	25
Cabbage and potato sauté	26
Braised cabbage	26
Coleslaw	27
Hot and sour cabbage soup	27
Vegetable stir fry	29
Raw rainbow collard green wraps	32
Lettuce cups.....	57

Cantaloupe

Cantaloupe in syrup	40
Summer melon salad.....	50

Carrots

Beet and carrot salad	10
Crimson chocolate cake squares	12
Rosemary roasted butternut squash.....	17
Warm red cabbage salad	23
Red cabbage, carrot, and apple slaw	23
Fresh and fruity coleslaw.....	24
Cabbage and potato sauté.....	26
Coleslaw	27
Carrot cookies.....	28
Carrot raisin salad.....	28
Honey-glazed carrots.....	29
Vegetable stir fry	29
Basic beef stew with carrots and mushrooms ...	30
Carrots and celeriac stir fry.....	31
Raw rainbow collard green wraps.....	32
Collard and black-eyed pea soup	33
No cook corn salad.....	36
Dressed up corn	38
Fall vegetable soup with lentils	54
Tossed green salad	57
Tossed salad vegetable parade.....	58
Fall vegetable salad.....	59
Parsnip soup	68
Lemon chicken stir fry	72
Ham and potato soup with leeks.....	75
Bean and barley chili	76
Pasta with fresh tomato sauce.....	97

Carrots, continued

Swiss chard and lentil stew	98
Zucchini corn boats	102
Beef and vegetable stir fry	103

Cauliflower

Rigatoni with roasted cauliflower and Brussels sprouts.....	31
Lentils and collard greens	34
Spiced eggplant and cauliflower stew	43
Tossed green salad.....	57
Minestrone soup.....	105

Celeriac

Carrots and celeriac stir fry	31
-------------------------------------	----

Celery

Apple, sage, and wild rice stuffing	4
Apples and celery bake	5
Collard and black-eyed pea soup.....	33
Grape and fennel salad.....	45
Grape and barley salad	47
Green bean salad I	48
Summer melon salad	50
Ham and potato soup with leeks	75
Bean and barley chili	76
Gazpacho	96
Pasta with fresh tomato sauce	97
Zucchini corn boats	102
Beef and vegetable stir fry	103

Chard

See Swiss chard

Cherries

Cherry raspberry crisp	38
Cherry lentil salad.....	39

Chives

Carrots and celeriac stir fry.....	31
Cool cucumber grape salad.....	39

Cilantro

Beans and squash stew.....	18
Corn, bean, and bell pepper salad.....	20
Fresh and fruity coleslaw.....	24
Vegetable stir fry	29
No cook corn salad.....	36
Spicy corn kernel cake.....	36
Dressed up corn	38
Algerian eggplant salad.....	43
Green bean salad I.....	48
Kohlrabi salad	55
Lettuce cups	57
Fall vegetable salad.....	59
Peach tomato salsa	66
Sweet potato soup	87
Gazpacho	96
Easy ratatouille	105
Zucchini chopped tomatoes	105

Collard greens

Raw rainbow collard green wraps	32
Collard and black-eyed pea soup.....	33
Spring greens and black-eyed peas	53
Quick sauteed greens.....	54
Lentils and collard greens	34

Corn

Corn, bean, and bell pepper salad	20
Cabbage and potato sauté	26
Corny chili	32
Corn and summer squash stew	35
No cook corn salad	36
Spicy corn kernel cake	36
Grilled corn on the cob	37
Late summer vegetable soup.....	37
Dressed up corn.....	38
Tossed salad vegetable parade	58
Fall vegetable salad	59
Potato corn soup	73
Potato crust quiche.....	74
Zucchini corn boats	102

Cranberries

Butternut squash, apple, and cranberry bake ...	19
---	----

Cucumber

Raw beet and apple slaw	11
Raw rainbow collard green wraps	32
Cool cucumber grape salad	39
Summer melon salad	50
Tossed salad vegetable parade	58

Cucumber, continued

Fall vegetable salad.....	59
Peach tomato salsa	66
Gazpacho	96

Dill

Pea soup	71
----------------	----

Eggplant

Grilled veggies	42
Algerian eggplant salad.....	43
Spiced eggplant and cauliflower stew	43
Ratatouille	104
Easy ratatouille	105

Fennel

Braised fennel and white beans	45
Grape and fennel salad	45
Roasted pear and fennel salad	70

Garlic

Apples and celery bake	5
Garlic asparagus.....	8
Beet and carrot salad	10
Sauteed beet greens	13
Roasted garlic sesame broccoli	15
Beans and squash stew.....	18
Squash and kale sauté.....	18
Mediterranean squash stew	19
Cabbage and potato sauté.....	26
Braised cabbage	26
Vegetable stir fry	29

Garlic, continued

Collard and black-eyed pea soup.....	33
No cook corn salad	36
Algerian eggplant salad	43
Spiced eggplant and cauliflower stew	43
Garlic pasta.....	47
Green bean salad I	48
Kale and squash mashup	52
Quick sauteed greens.....	54
Fall vegetable soup with lentils	54
Lettuce cups.....	57
Hoppin' John with mustard greens.....	61
Baked stuffed onions	63
Lemon chicken stir fry.....	72
Potato crust quiche.....	74
Spicy potato curry	75
Bean and barley chili	76
Couscous and radish salad	82
Pork tenderloin with rhubarb chutney	84
Sweet potato soup	87
Caribbean Callaloo.....	90
Spinach pesto pasta	90
Crustless vegetable quiche.....	91
Creamed spinach	92
Swiss chard and lentil stew	98
Stuffed chard leaves.....	93
Gazpacho	96
Tomato basil open sandwiches.....	96
Tomato bruschetta	97
Pasta with fresh tomato sauce	97
Sautéed summer squash	101
Ratatouille	104

Garlic, continued

Minestrone soup	105
-----------------------	-----

Ginger

Asparagus and radish salad	8
Teriyaki beets	13
Broccoli and bok choy stir-fry.....	14
Braised cabbage	26
Spiced eggplant and cauliflower stew	43
Green bean salad I.....	48
Wilted kale with coconut milk, ginger, and lime	53
Pear pudding.....	70
Spicy potato curry.....	75
Pork tenderloin with rhubarb chutney	84
Easy ratatouille	105

Grapes

Cool cucumber grape salad.....	39
Grape and fennel salad	45
Grape and barley salad	47

Green beans

Beans and squash stew.....	18
Late summer vegetable soup	37
Green bean salad I.....	48
Green bean salad II	48
Summer squash medley.....	101

Green onions

See scallions

Honeydew melon

Summer melon salad50

Hot peppers (jalapeno, serrano, chili, other spicy peppers)

Apple, sage, and wild rice stuffing4
Beans and squash stew18
Braised cabbage26
No cook corn salad36
Corn and summer squash stew35
Spicy corn kernel cake36
Algerian eggplant salad43
Wilted kale with coconut milk, ginger, and lime 53
Peach tomato salsa.....66

Jalapeno pepper

Apple, sage, and wild rice stuffing4
Beans and squash stew18
No cook corn salad36
Corn and summer squash stew35
Spicy corn kernel cake36
Algerian eggplant salad43
Wilted kale with coconut milk, ginger, and lime 53
Peach tomato salsa.....66

See also hot peppers

Kale

Squash and kale sauté18
Mediterranean squash stew.....19
Fresh and fruity coleslaw24
Collard and black-eyed pea soup.....33
Kale and squash mashup52

Kale, continued

Baked kale frittata 52
Spring greens and black-eyed peas..... 53
Wilted kale with coconut milk, ginger, and lime 53
Quick sauteed greens 54
Fall vegetable soup with lentils 54
Tossed salad vegetable parade..... 58
Fall vegetable salad..... 59
Caribbean Callaloo 90

Kohlrabi

Kohlrabi salad 55

Leeks

Cabbage and leek griddle cakes..... 25
Ham and potato soup with leeks..... 75
Turnip and potato soup..... 99

Lettuces and salad greens

Summer melon salad..... 50
Tossed green salad 57
Lettuce cups 57
Spring green salad 58
Tossed salad vegetable parade..... 58
Fall vegetable salad..... 59

Mesclun

Spring green salad 58
See also lettuces and salad greens

Mint

Seared sugar snap peas	73
Couscous and radish salad	82
Strawberries with minted yogurt	86
Stuffed chard leaves	93
Pasta with tomatoes and squash	98
Summer squash medley	101

Mushrooms

Basic beef stew with carrots and mushrooms ...	30
Lettuce cups.....	57
Lemon chicken stir fry.....	72
Spinach and arugula stuffed mushrooms	89
Crustless vegetable quiche.....	91

Mustard greens

Spring greens and black-eyed peas	53
Spring green salad	58
Mustard greens and sweet onion sauté.....	61
Hoppin' John with mustard greens.....	61

Onions

Warm apple and onion slaw	3
Apple, sage, and wild rice stuffing	4
Russian borscht	12
Curried broccoli soup	14
Rosemary roasted butternut squash	17
Butternut squash gratin.....	17
Beans and squash stew	18
Squash and kale sauté	18
Mediterranean squash stew.....	19
Corn, bean, and bell pepper salad	20

Onions, continued

Black bean burgers	21
Veggie fajitas	21
Cabbage and potato sauté.....	26
Braised cabbage	26
Hot and sour cabbage soup	27
Vegetable stir fry	29
Basic beef stew with carrots and mushrooms ...	30
Rigatoni with roasted cauliflower and Brussels sprouts	31
Raw rainbow collard green wraps.....	32
Collard and black-eyed pea soup	33
Corny chili	32
Late summer vegetable soup	37
Dressed up corn	38
Spiced eggplant and cauliflower stew	43
Braised fennel and white beans	45
Green bean salad II	48
Kale and squash mashup.....	52
Baked kale frittata	52
Spring greens and black-eyed peas.....	53
Quick sauteed greens	54
Fall vegetable soup with lentils	54
Tossed green salad	57
Mustard greens and sweet onion sauté	61
Hoppin' John with mustard greens	61
Baked onions	63
Baked stuffed onions	63
Oven-browned onions.....	64
Caramelized onion flatbreads	64
Peach tomato salsa	66
Pasta with root vegetables.....	69

Onions, continued

Parsnip soup	68
Potato corn soup	73
Potato crust quiche.....	74
Spicy potato curry	75
Crispy potato roast.....	76
Bean and barley chili	76
Roasted pumpkin and wild rice pilaf.....	79
Creamy radish soup.....	81
Pork tenderloin with rhubarb chutney	84
Strawberry spinach salad.....	87
Sweet potato soup	87
Chicken and potato roast.....	89
Spinach and arugula stuffed mushrooms	89
Crustless vegetable quiche.....	91
Creamed spinach	92
Swiss chard and lentil stew	93
Stuffed chard leaves	93
Gazpacho	96
Pasta with fresh tomato sauce	97
Sautéed summer squash	101
Summer squash medley	101
Zucchini corn boats	102
Beef and vegetable stir fry.....	103
Ratatouille	104
Easy ratatouille	105
Minestrone soup.....	105
Zucchini chopped tomatoes.....	106

Oregano

Braised fennel and white beans	45
--------------------------------------	----

Parsley

Russian borscht	12
Corn, bean, and bell pepper salad.....	20
Fresh and fruity coleslaw.....	24
Spicy corn kernel cake.....	36
Garlic pasta	47
Fall vegetable soup with lentils	54
Baked stuffed onions	63
Potato crust quiche	74
Creamy radish soup	81
Couscous and radish salad.....	82
Stuffed chard leaves.....	93
Grated turnip and apple salad	97
Turnip and potato soup.....	99
Ratatouille	104
Easy ratatouille	105
Zucchini chopped tomatoes	106

Parsnips

Beet parsnip mash	11
Parsnip soup	68
Pasta with root vegetables.....	69

Peaches

Vegetable stir fry	29
Fall vegetable salad.....	59
Grilled peaches.....	66
Peach tomato salsa	66
Peach cinnamon crisp	68
Honey-poached peaches and blackberries	67
Fruity pops	83

Peas (English, snow, garden, sugar snap)

Pea soup	71
Pasta and peas	71
Lemon chicken stir fry.....	72
Seared sugar snap peas	73

Pears

Roasted pear and fennel salad.....	70
Pear pudding.....	70

Plums

Plum raspberry dessert soup.....	77
Spiced yogurt with maple roasted plums	78

Potatoes

Red potato and asparagus salad	7
Beet and potato latkes	10
Russian borscht	12
Curried broccoli soup	14
Cabbage and potato sauté	26
Basic beef stew with carrots and mushrooms ...	30
Baked stuffed onions	63
Potato corn soup.....	73
Potato crust quiche.....	74
Ham and potato soup with leeks	75
Spicy potato curry	75
Crispy potato roast.....	76
Creamy radish soup.....	81
Turnip and potato soup	99
Minestrone soup.....	105

Pumpkin

Vegan pumpkin pie	78
Spiced pumpkin bread	79
Roasted pumpkin and wild rice pilaf	79

Radishes

Asparagus and radish salad	8
Fresh and fruity coleslaw.....	24
Tossed green salad	57
Tossed salad vegetable parade.....	58
Fall vegetable salad.....	59
Brown butter roasted radishes	81
Creamy radish soup	81
Couscous and radish salad.....	82

Raspberries

Cherry raspberry crisp	38
Plum raspberry dessert soup.....	77
Fruity pops	83

Rhubarb

Rhubarb crisp.....	82
Baked rhubarb	83
Pork tenderloin with rhubarb chutney	84
Strawberry rhubarb fruit bars.....	88

Rosemary

Rosemary roasted butternut squash.....	17
Pasta with root vegetables.....	69

Rutabaga

Grated turnip and apple salad.....97

Sage

Apple, sage, and wild rice stuffing4

Scallions (green onions)

Asparagus and radish salad.....8
Broccoli and bok choy stir-fry14
Cabbage latkes25
Coleslaw27
No cook corn salad36
Corn and summer squash stew35
Spicy corn kernel cake36
Cherry lentil salad39
Cool cucumber grape salad39
Grilled veggies.....42
Grape and barley salad47
Green bean salad I48
Quick sauteed greens.....54
Lettuce cups.....57
Spring green salad58
Pasta and peas71
Lemon chicken stir fry72
Seared sugar snap peas73
Couscous and radish salad82

Shallots

Warm red cabbage salad23
Green bean salad II48
Lentils and collard greens34

Spinach

Spring green salad 58
Tossed salad vegetable parade 58
Strawberry spinach salad 87
Potato crust quiche 74
Spinach and arugula stuffed mushrooms..... 89
Caribbean Callaloo 90
Spinach pesto pasta 90
Crustless vegetable quiche 91
Spinach polenta 91
Creamed spinach 92

See also lettuces and salad greens

Sprouts (pea, others)

Raw rainbow collard green wraps..... 32

Squashes

See summer squashes like yellow squash and zucchini

See winter squashes like butternut squash and pumpkin

Strawberries

Fruity pops 83
Strawberry soup
Strawberries with minted yogurt..... 86
Strawberry spinach salad 87
Strawberry rhubarb fruit bars..... 88

Summer squash

See yellow squash and zucchini

Sweet potatoes

Pasta with root vegetables	69
Sweet potato soup	87
Chicken and potato roast.....	89

Swiss chard

Spring greens and black-eyed peas	53
Quick sauteed greens.....	54
Swiss chard and beet green salad	92
Swiss chard and lentil stew	93
Stuffed chard leaves	93

Thyme

Basic beef stew with carrots and mushrooms ...	30
Rigatoni with roasted cauliflower and Brussels sprouts.....	31
Collard and black-eyed pea soup.....	33
Crispy potato roast.....	76
Chicken and potato roast.....	89
Turnip and potato soup	99
Ratatouille	104

Tomatoes

Squash and kale sauté	18
Mediterranean squash stew.....	19
Red rice stuffed peppers.....	20
Veggie fajitas	21
Raw rainbow collard green wraps	32
No cook corn salad	36
Corn and summer squash stew	35
Dressed up corn.....	38
Algerian eggplant salad	43

Tomatoes, continued

Kale and squash mashup.....	52
Tossed green salad	57
Peach tomato salsa	66
Caribbean callaloo.....	90
Gazpacho	96
Tomato basil open sandwiches	96
Tomato bruschetta.....	97
Pasta with fresh tomato sauce.....	97
Pasta with tomatoes and squash.....	98
Sautéed summer squash	101
Garden barley soup	103
Ratatouille	104
Easy ratatouille	105

Tomatillos

Peach tomato salsa	66
Gazpacho	96
Zucchini chopped tomatoes	105

Turnips and turnip greens

Fall vegetable soup with lentils.....	54
Spring green salad	58
Grated turnip and apple salad	97
Turnip and potato soup	99
Mashed turnips.....	99

Winter squash

See butternut squash and pumpkin

Yellow squash (summer squash, longneck squash)

Corn and summer squash stew35
Grilled veggies.....42
Tossed salad vegetable parade58
Pasta with tomatoes and squash98
Sautéed summer squash101
Summer squash medley101
Ratatouille104

Zucchini (summer squash)

Veggie fajitas21
Late summer vegetable soup.....37
Grilled veggies.....42
Tossed salad vegetable parade58
Pasta with tomatoes and squash98
Sautéed summer squash101
Summer squash medley101
Zucchini bread.....102
Zucchini corn boats102
Beef and vegetable stir fry.....103
Garden barley soup103
Ratatouille104
Easy ratatouille105
Minestrone soup.....105
Mini veggie pizza.....106
Zucchini chopped tomatoes.....106



A

This section includes recipes in which apples and asparagus are the stars! Use the recipe index to find other recipes that feature apples, asparagus, arugula and more produce that begins with "A"!

Homemade Applesauce

Ingredients

- 6 apples
- 1 cup water

Instructions

1. Peel and core apples. Cut apples into large chunks.
2. Place apples and 1 cup water in a medium pot.
3. Bring apples to boil over high heat, stirring often.
4. Turn heat to medium and simmer the apples for 30 minutes or until the apples are very soft. Stir often.
5. The applesauce may be left lumpy or mashed with a fork to become smoother.
6. Some apples are naturally sweeter than others. If the sauce is too tart, stir in a little brown sugar to taste.
7. May be served warm or chilled!
8. Refrigerate leftovers.



Makes: 6 servings

Nutrition Information:

CALORIES 60 (0 from fat); FAT 0g (sat 0g); CHOLESTEROL 0mg; SODIUM 0mg; CARBOHYDRATE 16g; FIBER 2g; PROTEIN 0g; CALCIUM 0%; IRON 0%

Chunky Applesauce

Ingredients

- 4 apples, diced small
- ¼ cup apple cider (optional)
- 1/8 teaspoon cinnamon
- 1 cup water

Instructions

1. Add apples, cider, cinnamon and 1/4 cup water to a saucepan, over low-medium heat, and stir ingredients together.
2. Cover and let cook for about 15 minutes; check apple mixture every few minutes and stir. If it looks dry, add water, but no more than 1/4 cup at a time.
3. When apples are soft, use a potato masher or the back of a spoon to mash to the consistency you like.



Makes: 6 servings

Nutrition Information: CALORIES 60 (0 from fat); FAT 0g (sat 0g); CHOLESTEROL 0mg; SODIUM 0mg; CARBOHYDRATE 16g; FIBER 2g; PROTEIN 0g; CALCIUM 0%; IRON 0%

Baked Apple Chips

Ingredients

- 4 apples (preferably a crisp, flavorful variety like Gala or Honeycrisp)
- 3 Tbsp sugar
- 2 Tbsp cinnamon

Instructions

1. Preheat the oven to 200°F.
2. Slice apples thinly crosswise, about 1/8-inch thick, with a mandolin or sharp knife.
3. Arrange apple slices in a single layer on parchment-lined baking sheets. In a small bowl, combine sugar and cinnamon. Sprinkle the mixture evenly over apple slices.
4. Bake in the top third of the oven until apples are dry and crisp, about 2 hours.
5. Remove from oven and let chips cool completely before removing from baking sheet. Will keep in a sealed container for up to 3 days.



Makes: 8 servings

Nutrition Information: CALORIES 70 (0% from fat); FAT 0g (sat 0g); CHOLESTEROL 0mg; SODIUM 0mg; CARBOHYDRATE 19g; FIBER 3g; PROTEIN 0g; CALCIUM 2%; IRON 2%

Warm Apple and Onion Slaw

Ingredients

- 1 tablespoon olive or vegetable oil
- 1 medium onion, halved and thinly sliced
- 2 medium apples, peeled, cored, and thinly sliced
- 1 medium head purple cabbage, shredded
- Apple cider vinegar, to taste
- ¼ cup water
- 2 tablespoons parsley, chopped
- ½ teaspoon salt
- Black pepper, to taste

Instructions

1. Heat oil in a large skillet over medium-high heat.
2. Add sliced onion and cook until softened. Add apple slices and cook for an additional 2 minutes.
3. Add cabbage along with a splash of cider vinegar and water. Cook until the cabbage is softened but still retains most of its crispness.
4. Stir in the chopped parsley and season with ½ tsp salt and pepper to taste.



Makes: 6 servings; Nutrition Information: CALORIES 100 (20% from fat); FAT 2.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 220mg; CARBOHYDRATE 19g; FIBER 6g; PROTEIN 2g; CALCIUM %; IRON 4%

Apple, Sage, and Wild Rice Stuffing

Ingredients

- 1 medium red apple, halved, cored, and diced
- 1 cup diced celery
- 1 cup diced onion
- ½ cup dried unsweetened cranberries
- 1 medium jalapeno pepper, seed (if desired), and finely chopped, or ¼ teaspoon dried red pepper flakes
- 1 tablespoon chopped fresh sage, or 1 teaspoon dried rubbed sage
- 2 ounces chopped pecans
- 1 teaspoon canola or vegetable oil
- 1 cup hot cooked brown rice
- ½ cup hot cooked wild rice
- ½ teaspoon salt

Instructions

1. Heat a large pot over medium-high heat. Add the pecans and dry cook, stirring frequently, for 2-3 minutes or until just beginning to brown. Set aside.
2. Heat oil over medium heat. Cooked celery and onions, stirring occasionally for 8 minutes, or until just beginning to brown.
3. Add apples and cook for 4 minutes, or until tender.
4. Stir in pecans and remaining ingredients and cook, stirring occasionally, for 3-4 minutes.

Makes: 8 servings

Nutrition Information: CALORIES 140 (36% from fat); FAT 5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 160mg; CARBOHYDRATE 21g; FIBER 3g; PROTEIN 2g; CALCIUM 2%; IRON 2%

Apple-Filled Squash

Ingredients

- 2 acorn, buttercup or butternut squashes
- 2 large apples, peeled, cored and chopped
- 2 ½ tablespoons brown sugar
- 2 ½ tablespoons melted butter
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- Dash of ground cloves
- (Substitute 1 teaspoon pumpkin pie spice for cinnamon, nutmeg and cloves)

Instructions

1. Preheat oven to 350 F.
2. Cut squash in half and remove seeds.
3. Place in baking dish cut side down in about 1 inch of water.
4. Bake for 20 minutes.
5. While squash is cooking, mix apple with other ingredients.
6. Remove squash from oven, turn squash cut side up, and fill with apple mixture.
7. Continue to bake for 20 to 30 minutes, or until tender.



Makes: 4 servings; Nutrition Information: CALORIES 230 (70 from fat); FAT 8g (sat 4.5g); CHOLESTEROL 20mg; SODIUM 60mg; CARBOHYDRATE 44g; FIBER 6g; PROTEIN 2g; CALCIUM 8%; IRON 10%

Apples and Celery Bake

Ingredients

- 1 large clove garlic, crushed
- 1 tablespoon olive oil
- 1 stalk celery, about 1½ pounds
- 2 Golden Delicious apples, cored and quartered
- 1 cup apple juice
- ¼ teaspoon ground cinnamon
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper
- 4 slices toasted Italian bread (optional)

Instructions

1. Preheat oven to 375 F. Place garlic and oil in a medium baking pan; bake until oil is hot, about 5 minutes.
2. Trim base of celery; cut stalk lengthwise into 4 strips, then cut strips into 7 inch pieces. Place celery, apples, apple juice, cinnamon, salt and pepper in baking pan.
3. Bake, uncovered, until celery is crisp-tender, about 40 minutes. Every 10 to 15 minutes, use a spoon to spread some of the juice from the pan over the apples and celery.
4. Discard garlic. Serve immediately, on bread if desired.



Makes: 4 servings; Nutrition Information: CALORIES 220 (18% from fat); FAT 4.5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 370mg; CARBOHYDRATE 43g; FIBER 6g; PROTEIN 4g; CALCIUM 8%; IRON 8%

Spiced Apple Bread Pudding

Ingredients

- 1½ pounds tart apples (3-4 medium), such as Granny Smith, Empire, or Cortland
- 1 tablespoon plus 1 teaspoon light brown sugar
- 1 teaspoon ground cinnamon
- ½ tsp ground nutmeg
- 3 cups apple cider
- 2 tablespoons butter, melted
- 1 teaspoon vanilla extract
- 6 cups stale bread (preferably whole grain), cut into 1-inch pieces
- ⅓ cup golden raisins
- ½ cup walnuts (optional)

Instructions

1. Preheat the oven to 350°F. Peel and slice apples thinly.
2. Toss apples with brown sugar, cinnamon, and nutmeg in a medium bowl. In another bowl, combine cider, butter, and vanilla.
3. Cover the bottom of a 3-quart casserole dish (or similar sized pot) with 2 cups bread pieces. Pour ½ cup of the cider mixture over the bread. Sprinkle with one-third of the raisins, and cover with one-third of the apple slices.
4. Repeat with step 3 twice until all ingredients are used. Slowly ladle the remaining cider mixture over the top. Using a flat, wide spatula, press down to compact and submerge the top layer. Cover with a lid or foil.
5. Bake for 30 min. Use the spatula again to press down the top and baste it with the liquid. Cover and bake for 30 minutes more. Baste again, remove the cover, and bake for a final 30 minutes, until top is golden. Top with walnuts, if using.

Makes: 12 servings. Nutrition Information: CALORIES 150 (17% from fat); FAT 3g (sat 1.5g); CHOLESTEROL 5mg; SODIUM 80mg; CARBOHYDRATE 30g; FIBER 3g; PROTEIN 3g; CALCIUM 4%; IRON 4%

Baked Apples

Ingredients

- 4 apples (Granny Smith, Jonagold, Braeburn, and Gala are good for baking)
- 1 cup raisins
- 4 teaspoons brown sugar
- ½ cup apple juice or cider

Instructions

1. Preheat oven to 350°F.
2. Core apples (or cut apples in half to remove core)
3. Peel a strip around the middle of each apple (like a belt) so the apples don't explode in the oven.
4. Place apples in a baking dish so they fit tightly.
5. Fill each apple with raisins, and put a teaspoon of brown sugar on top of each.
6. Pour apple juice over apples.
7. Bake until apples are cooked through, about 1 hour.



Makes: 4 servings. Nutrition Information: CALORIES 240 (0.02% from fat); FAT .5g (sat 0g); CHOLESTEROL 0mg; SODIUM 10mg; CARBOHYDRATE 64g; FIBER 6g; PROTEIN 2g; CALCIUM 4%; IRON 6%

Caramelized Apples

Ingredients

- 2 tablespoons butter
- 2 sweet, crisp apples (such as Honeycrisp or Crispin), peeled and cut into ½-inch cubes
- 1 tablespoon granulated sugar, divided
- ½ teaspoon ground cinnamon
- ¼ teaspoon lemon zest
- 1/3 cup apple cider
- ½ teaspoon cornstarch, as needed

Instructions

1. Melt the butter in a large skillet over medium heat. Add the apples and sprinkle with ½ tablespoon sugar. Sauté apples, stirring frequently, for 6-8 minutes, until begin to tenderize.
2. Sprinkle apples with remaining sugar, cinnamon, and lemon zest. Gently toss the mixture. Cooked over medium heat for additional 2 minutes, until sugar begins to caramelize and apples are crisp-tender.
3. Transfer apples to serving bowl. Turn heat to high and add apple cider to the skillet, scraping up any browned bits. Reduce heat and allow cider to simmer for 1-3 minutes, until thickened slightly. If a thicker sauce is desired, dissolve the cornstarch in a tsp of water and stir into sauce. Pour finished sauce over warm apples and serve.

Makes: 6 servings

Nutrition Information: CALORIES 80 (44% from fat); FAT 4g (sat fat 2.5g); CHOLESTEROL 10mg; SODIUM 0mg; CARBOHYDRATE 13g; FIBER 2g; PROTEIN 0g; CALCIUM 0%; IRON 0%

Red Potato and Asparagus Salad

Ingredients

- 1½ tablespoon Dijon mustard
- ¼ cup lemon juice
- 2 tablespoons olive oil
- ¼ teaspoon salt
- Cayenne pepper, to taste
- 1½ pounds asparagus
- 1 pound red potatoes
- 3 tablespoons finely chopped scallions

Instructions

1. In a small bowl, whisk together the Dijon and lemon juice. Drizzle in oil while whisking constantly and then season with salt and cayenne. Set dressing aside.
2. Bring a large pot of water to a boil. Add asparagus and simmer until just tender, 2 to 3 minutes. Using a slotted spoon, transfer to a bowl of ice water to stop the cooking. Drain well and transfer to a large bowl.
3. Return water to boil, add potatoes and simmer until just tender, 15 to 20 minutes. Drain well and add to bowl with the asparagus.
4. Add dressing, chives, and salt to the bowl. Toss to combine. Serve at room temperature.

Makes: 6 servings

Nutrition Information: CALORIES 120 (24% from fat); FAT 5g (sat 1g); CHOLESTEROL 0mg; SODIUM 170mg; CARBOHYDRATE 17g; FIBER 4g; PROTEIN 4g; CALCIUM 4%; IRON 18%

Asparagus and Chicken Pasta

Ingredients

- 1 pound pasta
- 1 tablespoon olive oil
- 4, 4-ounce skinless chicken breasts, cut into thin strips
- 8 asparagus spears, cut into 2-inch pieces
- 1 teaspoon dried basil
- ½ teaspoon salt
- ½ teaspoon black pepper
- ¼ cup vegetable or chicken broth
- ½ cup parmesan cheese (optional)

Instructions

1. Cook the pasta according to package directions. Drain and set aside.
2. Heat oil in a large skillet over medium heat. Add chicken and cook, stirring, until lightly browned, 5 to 7 minutes. Add asparagus and basil and cook until softened, 3 minutes.
3. Add salt, pepper, and broth; bring to a boil over high heat, then reduce heat to medium. Simmer until liquid is almost gone and chicken is cooked through, 3 to 4 minutes.
4. Add cooked pasta and cheese to skillet; toss to coat and serve immediately.

Makes: 6 servings

Nutrition Information: CALORIES 270 (19% from fat); FAT 6g (sat 1g); CHOLESTEROL 65mg; SODIUM 290mg; CARBOHYDRATE 25g; FIBER 2g; PROTEIN 28g; CALCIUM 2%; IRON 15%

Garlic Asparagus

Ingredients

- 1 tablespoon butter
- 3 cloves garlic, chopped
- 1 bunch fresh asparagus*

Instructions

1. Melt the butter in a large frying pan over medium heat.
2. Add garlic, stir for 30 seconds.
3. Add asparagus. Cover and cook for 10 minutes, until asparagus is tender. Stir often.
4. Serve!

*Tip: The bottom ends of asparagus stalks can become tough and hard to eat. You can break these ends off before cooking. Hold the bottom end of the stalk with two fingers, and the rest of the stalk with your other hand. Bend the stalk—the asparagus will snap where it becomes tough. Ask your kids to help with this step, they will enjoy the snapping!



Makes: 6 servings

Nutrition Information: CALORIES 40 (62% from fat); FAT 3g (sat 2g); CHOLESTEROL 10mg; SODIUM 0mg; CARBOHYDRATE 3g; FIBER 1g; PROTEIN 1g; CALCIUM 2%; IRON 6%

Asparagus and Radish Salad

Ingredients

- 1 bunch of asparagus (about 1 pound), trimmed
- 2 tablespoons white vinegar
- 1 tablespoon reduced-sodium soy sauce
- 2 teaspoons canola or vegetable oil
- ½ teaspoon fresh ginger, grated
- 1 bunch radishes, trimmed and cut into wedges
- 2 tablespoons finely chopped scallion
- A few dashes red chili sauce (optional)

Instructions

1. Fill a medium bowl with ice water. Set aside.
2. In a large saucepan fitted with a steamer basket, bring 1 inch of water to boil.
3. Thinly slice asparagus stalks on the diagonal, leaving tips whole. Place in steamer basket. Steam until
4. tender-crisp, about 1 minute. Transfer asparagus to ice water. Drain.
5. Combine vinegar, soy sauce, oil, ginger, and chili sauce (if using) in a large bowl. Add the asparagus, radishes, and scallion. Toss to combine. Serve warm or room temperature.

Makes: 4 servings

Nutrition Information: CALORIES 50 (40% from fat); FAT 2.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 140mg; CARBOHYDRATE 6g; FIBER 3g; PROTEIN 3g; CALCIUM 4%; IRON 15%



This section includes recipes in which beets, broccoli, Brussels sprouts, butternut squash, and bell peppers are the stars! Use the recipe index to find other recipes that also feature these vegetables and recipes with more produce that begins with "B"!

Beet and Potato Latkes

Ingredients

- 1 large baking potato, peeled and coarsely grated
- 2 medium red beets, peeled and coarsely grated
- 1 small onion, coarsely grated
- 1 large egg, lightly beaten
- ¼ cup flour
- ¾ teaspoon salt
- ¼ teaspoon pepper
- 2 teaspoons oil

Instructions

1. Rinse the grated potatoes in cold water, roll up in a paper towel and squeeze dry.
2. Place the beets and onions in a large colander and squeeze out the excess moisture.
3. In a bowl, stir together potato, beets, onion, egg, flour, salt, and pepper.
4. Heat 1 teaspoon oil in skillet over medium heat.
5. Add 4 heaping tablespoons of mixture to form 4 pancakes. Flatten slightly.
6. Cook a few minutes then flip, until golden brown.
7. Repeat with ½ teaspoon oil and remaining mixture until gone.
8. Top latkes with applesauce and enjoy!

Makes: 3 servings (4 latkes each)

Nutrition Information: CALORIES 220 (20% from fat); FAT 5g (sat 1g); CHOLESTEROL 80mg; SODIUM 660mg; CARBOHYDRATE 37g; FIBER 4g; PROTEIN 7g; CALCIUM 4%; IRON 15%

Beet and Carrot Salad

Ingredients

- 1 pound beets, peeled and grated
- 1 pound carrots, peeled and grated
- 2 cloves of garlic, minced
- 1 tablespoon olive oil
- 1 tablespoon cider or balsamic vinegar
- Salt and Pepper, or hot sauce, to taste

Instructions

1. Peel and grate the carrots and beets.
2. Combine all ingredients in a large salad bowl.
3. Toss until well mixed.
4. Let sit for 30 minutes before serving- the beets and carrots will release juices as they sit.



Makes: 6 servings

Nutrition Information: CALORIES 90 (27% from fat); FAT 2.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 210mg; CARBOHYDRATE 15g; FIBER 4g; PROTEIN 2g; CALCIUM 4%; IRON 4%

Beet Parsnip Mash

Instructions

- 1½ pounds parsnips
- ½ pound beets (about 1 medium beet)
- 2 cups water
- ½ teaspoon salt
- 1 tablespoon olive oil
- ¼ cup skim milk

Instructions

1. Peel and chop the parsnips, leaving out the woody core. Trim the ends of the beets, but leave them unpeeled.
2. Bring 6 cups of water with ½ teaspoon salt to a boil in a large saucepan. Add the beets to the saucepan. Boil on medium-high heat for about 15 minutes.
3. Add parsnips to pan and boil for another 20 minutes, until all the vegetables are tender.
4. Strain the parsnips and beets.
5. Peel the beet and chop it into small pieces.
6. In a blender, blend the parsnips and beets with the olive oil and milk until smooth and creamy. If a blender is not available, add the oil and milk to the vegetables, and mash with a potato masher or fork.



Makes: 6 servings. Nutrition Information: CALORIES 120 (21% from fat); FAT 2.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 240mg; CARBOHYDRATE 25g; FIBER 7g; PROTEIN 2g; CALCIUM 6%; IRON 6%

Raw Beet and Apple Slaw

Ingredients

- 1 small cucumber, grated (1 cup)
- 1 large apple, grated (do not peel)
- 3-4 beets, graded (1 cup)
- ½ cup beet greens, finely chopped
- 2 tablespoons vinegar
- ½ teaspoon ginger
- ¼ teaspoon ground black pepper
- 1 tablespoon olive oil

Instructions

1. Grate cucumber, apple, and beets into a medium sized bowl.
2. Stir in the beet greens.
3. Add vinegar, ginger, pepper, and olive oil into the bowl. Mix well.
4. Serve immediately or keep refrigerated until served.



Makes: 5 servings (1/2 cup each)
Nutrition Information: CALORIES 80 (15 calories from fat); FAT 1.5g (sat fat 0g); CHOLESTEROL 0mg; SODIUM 60mg; CARBOHYDRATE 15g; FIBER 4g; PROTEIN 2g; CALCIUM 4%; IRON 6%

Crimson Chocolate Cake Squares

Ingredients

- 3 small beets, peeled and grated
- 1 medium carrot, peeled and grated
- 1 ounce unsweetened chocolate
- 3/4 cup flour
- 1/4 cup unsweetened cocoa
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/8 teaspoon salt
- 2 large eggs
- 1 cup sugar
- 1 teaspoon vanilla extract
- 1/3 cup vegetable oil

Instructions

1. Preheat oven to 350°F. Grease an 8x8 square pan.
2. Microwave chocolate in a bowl at medium for 1 minute, stir, then microwave for 1 minute again. Stir until smooth.
3. In bowl, whisk flour, cocoa, baking soda, baking powder, salt.
4. In another large bowl, whisk eggs, sugar, vanilla. Beat in oil until well mixed. Whisk in melted chocolate.
5. Stir in flour mixture until blended. Fold in beets and carrots.
6. Pour batter into cake pan. Bake until cake is springy to the touch in the center, about 40 min.
7. Let cool before removing from pan. Cut into 1x1 inch squares.

Makes: 21 servings. (Serving size is 3 pieces.) Nutrition Information: CALORIES 110 (36% from fat); FAT 4.5g (sat 1g); CHOLESTEROL 20mg; SODIUM 170mg; CARBOHYDRATE 15g; FIBER 1g; PROTEIN 2g; CALCIUM 4%; IRON 6%

Russian Borscht

Ingredients

- 1½ cups beets, cut into ½ inch cubes
- 1 medium russet potato, peeled and diced
- 1 medium onion, chopped
- 1 tablespoon fresh chopped parsley
- 1 tablespoon horseradish
- 1 tablespoon olive, canola, or vegetable oil
- 2 cups reduced sodium vegetable broth
- 2 teaspoons red wine vinegar
- ¼ cup fat-free sour cream
- ¼ teaspoon pepper

Instructions

1. Trim beet greens, peel beets, and cut into ½ - 1 inch thick cubes. Place in a steamer basket over 1 inch of boiling water in a large pot. Cover and steam over high heat until tender, 10-15 minutes.
2. Heat oil in a large saucepan over medium heat. Add onion and stir for about 4 minutes.
3. Add broth, potato, and pepper, bring to a boil. Reduce heat to a simmer, cover and cook until the potato is just tender, about 8 minutes.
4. Add beets and vinegar, return to a boil. Cover and continue to cook 2-3 minutes more.
5. Combine sour cream and horseradish in a small bowl. Serve soup with a dollop of this mixture and a sprinkle of parsley.

Makes: 4 servings

Nutrition Information: CALORIES 130 (27% from fat); FAT 4g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 125mg; CARBOHYDRATE 21g; FIBER 3g; PROTEIN 3g; CALCIUM 6%; IRON 6%

Teriyaki Beets

Ingredients

- 12 small beets
- 1 tablespoons unsalted butter
- 2 tablespoons honey
- 1 tablespoon minced fresh ginger
- 1 tablespoons low-sodium soy sauce

Instructions

1. Preheat the broiler.
2. Peel beets and place in large saucepan. Cover with water, and boil beets until almost tender, about 10-12 minutes. Rinse in cold water and cut into halves.
3. Combine butter, honey, ginger, and soy sauce in a small saucepan and heat until butter and honey are melted. Brush some sauce over beets and place on heated broiler pan.
4. Broil 5-10 minutes until tender, basting frequently.
5. Transfer to serving dish and pour over remaining sauce.



Makes: 6 servings; Nutrition Information: CALORIES 110 (18% from fat); FAT 2g (sat 1.5g); CHOLESTEROL 5mg; SODIUM 220mg; CARBOHYDRATE 2g; FIBER 5g; PROTEIN 3g; CALCIUM 2%; IRON 8%

Sauteed Beet Greens

Ingredients

- 1 pound beet greens (about 2 large or 3 small bunches)
- ½ teaspoon salt
- 1 tablespoon olive, canola, or vegetable oil
- 2 garlic cloves, minced
- ¼ teaspoon dried red pepper flakes
- Freshly ground pepper to taste

Instructions

1. Stem and wash greens. Bring a large pot of water to boil.
2. Add salt and green to water.
3. Cook for 2 minutes, until tender.
4. Transfer immediately to a bowl of ice water. Drain and squeeze from the green. Chop coarsely.
5. Heat oil over medium heat in large skillet. Add garlic and red pepper flakes. Cook, stirring, until garlic is fragrant, 30-60 seconds.
6. Stir in greens. Stir for a couple of minutes, until green are well coated in garlic and oil. Season with pepper.
7. Remove from heat and serve



Makes: 4 servings; Nutrition Information: CALORIES 60 (50% from fat); FAT 3.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 550mg; CARBOHYDRATE 5g; FIBER 4g; PROTEIN 3g; CALCIUM 15%; IRON 15%

Broccoli and Bok Choy Stir-fry

Ingredients

- 1¼ tablespoons peanut, olive, or vegetable oil
- 2 red bell peppers, cut into matchsticks
- 2 green bell peppers, cut into matchsticks
- 2 bunches of green onions, chopped
- 2 cup broccoli florets
- 2 two-inch pieces of ginger, grated
- Pinch of salt and pepper
- 2 pounds bok choy, shredded
- 4 tablespoons sherry wine or orange juice
- 2 tablespoons low-sodium soy sauce

Instructions

1. Heat oil in a wok or deep skillet. Stir-fry peppers, green onions, broccoli, ginger, salt and pepper until broccoli softens slightly (about 3-4 min.).
2. Add bok choy and sherry or orange juice. Cook for 2 minutes.
3. Sprinkle with soy sauce and serve.



Makes: 4 servings. Nutrition Information: CALORIES 160 (28% from fat); FAT 5g (sat 1g); CHOLESTEROL 0mg; SODIUM 500mg; CARBOHYDRATE 24g; FIBER 8g; PROTEIN 8g; CALCIUM 35%; IRON 30%

Curried Broccoli Soup

Ingredients

- 1 tablespoon butter
- ¾ cup chopped onions
- 2 garlic cloves, minced
- ¾ teaspoon curry powder
- 1/8 teaspoon freshly ground pepper
- 2 cups vegetable stock
- 4 cups chopped broccoli
- 1½ cups cubed potatoes
- 1 cup skim milk

Instructions

5. In a soup kettle or large pot, melt butter and sauté onions and garlic until tender. Add curry powder, pepper, stock, and 2/3 cup water, and bring to a boil.
6. Stir in broccoli and potatoes. When mixture return to a boil, reduce heat, cover, and simmer until vegetables are tender, about 20 minutes.
7. If a food processor is available, puree the soup in batches, and return the soup to the pot. If a food processor is not available, skip this step.
8. Stir in the milk and serve.



Makes: 6 servings; Nutrition Information: CALORIES 90 (22% from fat); FAT 2.5g (sat 1.5g); CHOLESTEROL 5mg; SODIUM 00mg; CARBOHYDRATE 15g; FIBER 3g; PROTEIN 4g; CALCIUM 10%; IRON 6%

Broccoli Black Bean Quesadilla

Ingredients

- 1 cup cooked black beans
- ¼ cup salsa
- 4 ounces low-fat cheddar cheese (1 cup grated)
- 1 cup cooked broccoli
- 1 tablespoon vegetable oil
- 4 8-inch flour tortillas

Instructions

1. In large mixing bowl, mash beans.
2. Drain salsa and add to beans. Grate cheese and add to beans.
3. Chop broccoli and add to beans.
4. Heat 1/2 tablespoon of oil in frying pan on medium.
5. Lay tortilla flat on plate. Using 1/4 of bean mixture, fill half of tortilla, folding other half over mixture.
6. Place folded tortilla in pan. Cook 3-4 minutes until lightly browned.
7. Flip and cook second side.
8. Remove from pan and cut in half.
9. Repeat with remaining tortillas adding 1/2 tablespoon to pan just before adding the third tortilla.



Makes: 8 servings; Nutrition Information: CALORIES 150 (40 from fat); FAT 4.5g (sat 1g); CHOLESTEROL 5mg; SODIUM 240mg; CARBOHYDRATE 19g; FIBER 3g; PROTEIN 8g; CALCIUM 10%; IRON 8%

Roasted Garlic Sesame Broccoli

Ingredients

- 8 small heads of broccoli
- 1½ tablespoons sesame oil
- 1 tablespoon soy sauce
- 1 tablespoon sesame seeds
- 3 garlic cloves, minced
- Sprinkling of crushed red pepper flakes

Instructions

1. Pre-heat the oven to 350F.
2. Chop the broccoli and transfer to a large bowl.
3. In a small bowl, whisk together the remaining ingredients.
4. Drizzle the sauce over the broccoli and mix well to coat.
5. Bake at 350F for 20-25 minutes, halfway through, stir and rotate.
6. Serve hot.



Makes: 4 servings. Nutrition Information: CALORIES 260 (27% from fat); FAT 8g (sat 1g); CHOLESTEROL 0mg; SODIUM 490mg; CARBOHYDRATE 42g; FIBER 16g; PROTEIN 18g; CALCIUM 30%; IRON 25%

Cranberry Balsamic Brussels Sprouts

Ingredients

- 2 pounds Brussels sprouts (stem ends trimmed, outer leaves removed), each cut in half
- 3 tablespoons dried cranberries, chopped
- 2 tablespoons balsamic vinegar
- 2 tablespoons olive or vegetable oil
- 1 tablespoon water

Instructions

1. Whisk together the balsamic vinegar, water and oil. Add the chopped cranberries.
2. Bring a few inches of water to a boil in a medium saucepan over high heat. Add Brussels sprouts and steam for 5-8 minutes until fork-tender.
3. Transfer the steamed sprouts to a serving bowl. Add the dressing and toss to coat evenly.
4. Serve and enjoy!



Makes: 6 servings. Nutrition Information: CALORIES 130 (35% from fat); FAT 5g (sat 1g); CHOLESTEROL 0mg; SODIUM 40mg; CARBOHYDRATE 18g; FIBER 6g; PROTEIN 5g; CALCIUM 6%; IRON 10%

Nutty Brussels Sprouts

Ingredients

- 3 cups Brussels sprouts (fresh or frozen)
- 3 tablespoons red wine vinegar
- 3 tablespoons honey
- 1 tablespoon onion, chopped
- 1 tablespoon Dijon mustard
- 1/3 cup olive oil
- Salt and pepper, to taste
- 3/4 walnuts or pecans, chopped

Instructions

1. Remove loose or discolored leaves from the sprouts. Cut an X with a paring knife through the stem end to assure even cooking.
2. Steam for about 8-10 minutes or until just tender.
3. Meanwhile, combine remaining ingredients, except nuts.
4. Drain sprouts before tossing them with vinaigrette and adding nuts.



Makes: 6 servings. Nutrition Information: CALORIES 260 (190 from fat); FAT 22g (sat 2.5g); CHOLESTEROL 0mg; SODIUM 120mg; CARBOHYDRATE 15g; FIBER 3g; PROTEIN 4g; CALCIUM 4%; IRON 6%

Rosemary Roasted Butternut Squash

Ingredients

- 1 medium butternut squash, peeled, seeded, and cut into $\frac{3}{4}$ -inch cubes
- 1 medium carrot, peeled and cut into $\frac{1}{2}$ -inch cubes
- 1 small onion, peeled and chopped
- $1\frac{1}{2}$ tablespoons fresh rosemary, chopped
- 1 tablespoon olive, canola, or vegetable oil
- $\frac{1}{2}$ teaspoon salt
- Black pepper, to taste

Instructions

1. Preheat oven to 400°F.
2. In a medium bowl, toss butternut squash, carrot, onion, rosemary, and oil together until evenly coated with oil and herbs. Season with salt and pepper.
3. Spread mixture out evenly onto a non-stick baking sheet and roast until tender, about 30 minutes.



Makes: 4 servings

Nutrition Information: CALORIES 150 (23% from fat); FAT 3.5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 310mg; CARBOHYDRATE 30g; FIBER 5g; PROTEIN 3g; CALCIUM 10%; IRON 10%

Butternut Squash Gratin

Ingredients

- 1 large butternut squash, peeled & cut into $\frac{1}{4}$ -in. thick slices
- 1 medium onion, thinly sliced
- $1\frac{1}{2}$ tablespoons olive, canola, or vegetable oil
- 3 tablespoons all-purpose flour
- $2\frac{1}{2}$ cups fat-free milk
- $1\frac{1}{2}$ cups whole-wheat breadcrumbs
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper

Instructions

1. Preheat oven to 425°F. Toss squash in a large bowl with 1 tablespoon oil. Spread in an even layer on a baking sheet. Roast, stirring once, until tender and beginning to brown, 20-25 minutes.
2. Heat the rest of the oil in a large saucepan over medium heat. Add onion and cook, stirring frequently, for 5-8 minutes. Add flour, salt and pepper, and cook, stirring, for 1 minute more. Add milk and continue to stir, scraping up any brown bits. Cook, stirring, until the sauce bubbles, about 4 minutes. Remove from heat.
3. Preheat the broiler. Transfer half the squash into a broiler-safe dish, and cover with half the sauce. Layer the remaining squash on top, and cover with remaining sauce.
4. Sprinkle with breadcrumbs. Place in broiler and watch closely for 1-5 minutes, until gratin is bubbling and beginning to brown on top. Let stand for 10 minutes before serving.

Makes: 8 servings. Nutrition Information: CALORIES 140 (21% from fat); FAT 3g (sat 0g); CHOLESTEROL 0mg; SODIUM 200mg; CARBOHYDRATE 24g; FIBER 3g; PROTEIN 6g; CALCIUM 20%; IRON 6%

Beans and Squash Stew

Ingredients

- 1 tablespoon olive oil
- 1 large onion, chopped
- 2 garlic cloves, minced
- 1 tablespoon chili powder
- 1½ teaspoons ground cumin
- 1, 28-ounce can diced tomatoes in juice
- 1, 16-ounce can cooked black beans
- 2 pounds butternut squash, halved, seeded, peeled, cut into 1-inch pieces
- 4 ounces green beans, trimmed, cut into 1-inch pieces
- 1 tablespoon minced seeded jalapeño chili
- ½ cup chopped fresh cilantro

Instructions

1. Heat oil in large pot over medium heat.
2. Add onions, sauté until tender.
3. Add garlic, chili powder, and cumin. Stir 1 minute.
4. Add tomatoes with juices, bring to a boil.
5. Stir in squash and green beans.
6. Reduce heat and cover. Simmer until vegetables are almost tender, about 12 minutes.
7. Add black beans and jalapeno. Cover and simmer until vegetables are tender. About 5 minutes.
8. Stir in cilantro, season with salt and pepper.

Makes: 6 servings

Nutrition Information: CALORIES 230 (13% from fat); FAT 3.5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 210mg; CARBOHYDRATE 46g; FIBER 13g; PROTEIN 10g; CALCIUM 15%; IRON 25%

Squash and Kale Sauté

Ingredients

- ½ butternut squash, peeled, seeded and cut into ½ inch cubes
- ½ bunch kale, washed and chopped
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon vinegar or lemon juice
- 1½ cups diced fresh tomatoes
- 1 tablespoon vegetable oil

Instructions

1. Heat oil in frying pan on medium. Add onion and garlic. Sauté 3 minutes or until onion is soft.
2. Stir in squash and sauté 1 minute.
3. Add tomato. Cover pan, increase heat to medium -high, and bring to a boil. Adjust heat to simmer. Cook 10-15 minutes, or until squash is tender.
4. Add kale. Cover and cook another 5 minutes.



Makes: 5 servings (1 cup each)

Nutrition Information: CALORIES 120 (30 from fat); FAT 3.5g (sat fat 0g); CHOLESTEROL 0mg; SODIUM 150mg; CARBOHYDRATE 22g; FIBER 4g; PROTEIN 4g; CALCIUM 15%; IRON 10%

Butternut Squash, Apple, and Cranberry Bake

Ingredients

- 1 large butternut squash, peeled and cut into 1-inch cubes
- 2 large, tart cooking apples, cut into ½ in. thick slices
- ½ cup fresh or frozen cranberries
- 1/3 cup brown sugar
- 3 tablespoons butter
- 1 tablespoon flour
- 1 teaspoon salt
- ½ teaspoon ground nutmeg

Instructions

1. Preheat the oven to 350 degrees. Slice and peel squash and apples.
2. Place squash cubes in an ungreased 7x11 inch baking dish. Arrange apples and cranberries on top.
3. Mix the flour, salt, sugar, and nutmeg. Sprinkle on top of squash,
4. Dot the mixture with butter, Bake for 50-60 minutes.
5. Serve and enjoy!

Makes: 8 servings

Nutrition Information: CALORIES 170 (24% from fat); FAT 4.5g (sat 3g); CHOLESTEROL 10mg; SODIUM 310mg; CARBOHYDRATE 35g; FIBER 4g; PROTEIN 2g; CALCIUM 8%; IRON 6%

Mediterranean Squash Stew

Ingredients

- ½ butternut squash (3 cups cubed)
- 1 cup flour
- ¼ bunch kale (2 cups chopped)
- ½ onion (1/2 cup chopped)
- 2 cloves garlic
- 1¾ cups diced tomatoes
- 1 tablespoon lemon juice
- 1 tablespoon brown sugar
- 1 teaspoon mustard
- 1 teaspoon oregano
- 1 teaspoon salt
- 2 teaspoons vegetable oil
- 2 cups cooked rice

Instructions

1. Peel and seed squash. Cut into ½-inch cubes.
2. Wash and chop kale.
3. Chop onion and mince garlic.
4. To make sauce: combine tomatoes, lemon juice, brown sugar, mustard, oregano and salt in medium bowl; set aside.
5. Heat oil in frying pan on medium. Add onion and garlic. Sauté 3 minutes or until onion is soft.
6. Stir in squash and sauce. Cover pan, increase heat to medium-high and cook 15 minutes or until squash is tender.
7. Add rice and kale. Cover and cook 5 minutes.

Makes: 5-6 servings

Nutrition Information: CALORIES 180 (20 from fat); FAT 2.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 500mg; CARBOHYDRATE 36g; FIBER 4g; PROTEIN 4g; CALCIUM 10%; IRON 10%

Red Rice Stuffed Peppers

Ingredients

- 2 cups of red rice (can also use brown or black rice)
- 5 cups of water
- 1 tablespoon olive or canola oil
- ½ teaspoon cumin
- 1 teaspoon smoked paprika
- 2 teaspoons cayenne powder (to taste)
- Pinch of cinnamon
- ½ tsp salt
- 2 tomatoes
- 1-3 bell peppers

Instructions

1. In medium pot, add rice and water, and bring to a simmer. Once the water is starting to have a bit of movement in it, add oil and wait for it to boil.
2. Once boiling, turn it down and follow the rice package instructions. If there are no instructions, cook on low for about 20 minutes.
3. Preheat oven to 375 degrees and oil an ovenproof dish.
4. Slice the top off the peppers (keep them) and remove seeds from the inside.
5. Chop tomatoes to a medium dice.
6. Once rice is tender, remove from heat and stir in tomato. Allow tomato to warm for a minute, and then add the spices and season with salt.
7. Spoon rice into the peppers and bake for 30-45 minutes.
8. Turn oven up to broil and put pepper top on to cover the rice. Broil until the skin has browned and wrinkled.

Makes: 4 servings; Nutrition Information: CALORIES 440 (14% from fat); FAT 7g (sat 1g); CHOLESTEROL 0mg; SODIUM 310mg; CARBOHYDRATE 88g; FIBER 7g; PROTEIN 10g; CALCIUM 6%; IRON 15%

Corn, Bean, and Bell Pepper Salad

Ingredients

For the salad:

- 1, 15 ounce can black beans, rinsed and drained
- 1 can corn kernels, rinsed and drained
- 1 red bell pepper, seeded and chopped
- 1 green bell pepper, seeded and chopped
- 1 small white sweet onion, finely chopped

For the dressing:

- ½ cup fresh cilantro or parsley, finely chopped
- 1-2 limes
- 1 clove garlic, minced
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- 1 tablespoon olive or vegetable oil

Instructions

1. Squeeze the juice from the limes into a small bowl.
2. Add the other dressing ingredients to the small bowl. Stir with a fork to mix.
3. Place the corn, beans, peppers, and onions in a large bowl.
4. Pour dressing over vegetables, stir to mix.
5. Serve cool.

Makes: 4 servings

Nutrition Information: CALORIES 270 (17% from fat); FAT 5g (sat 1g); CHOLESTEROL 0mg; SODIUM 250mg; CARBOHYDRATE 47g; FIBER 13g; PROTEIN 13g; CALCIUM 6%; IRON 20%

Black Bean Burgers

Ingredients

- 1 15 ounce can black beans, drained
- ½ onion, diced
- 1 teaspoon hot sauce
- ½ red or yellow bell pepper, diced
- ½ teaspoon cayenne pepper
- 1 egg
- 1 cup breadcrumbs
- Oil for frying (optional)

Instructions

1. Mash the beans in a large bowl with a fork.
2. Add remaining ingredients, mixing until well combined.
3. Press firmly to form into patties.
4. Barbecue on a grill over a medium heat, or heat a small amount of oil in a frying pan and fry burgers until heated through, 4-5 minutes.
5. Top with grilled veggies, and serve on a bun.



Makes: 4 servings. Nutrition Information: CALORIES 270 (11% from fat); FAT 3.5g (sat 1g); CHOLESTEROL 45mg; SODIUM 250mg; CARBOHYDRATE 47g; FIBER 11g; PROTEIN 15g; CALCIUM 8%; IRON 20%

Veggie Fajitas

Ingredients

- 2 tablespoons canola oil
- 1 medium red onion, thinly sliced
- 1 medium green pepper, cut in strips
- 1 medium red pepper, cut in strips
- 1 medium zucchini, cut in slices
- 1 teaspoon ground cumin or fajita seasoning
- 1 medium tomato, cut into 8 wedges
- 8 whole wheat flour tortillas
- 1, 15-ounce can pinto beans
- ½ avocado, diced

Instructions

1. Wrap tortillas in foil and bake at 350° F until heated through.
2. Heat pinto beans in saucepan, drain to serve.
3. In a large skillet, heat oil over medium heat for 5 minutes.
4. Add onions and peppers, stir to coat with oil
5. Cover and cook for additional 5 minutes.
6. Add tomato wedges during last minute of cooking.
7. Stir in squash and cumin or fajita seasoning.
8. Add pinto beans and vegetables to tortillas, top with avocado, roll up and enjoy.

Makes: 4 servings

Nutrition Information: CALORIES 470 (30% from fat); FAT 15g (sat 2g); CHOLESTEROL 0mg; SODIUM 390mg; CARBOHYDRATE 69g; FIBER 17g; PROTEIN 17g; CALCIUM 15%; IRON 30%



This section includes recipes in which cabbage, carrots, cauliflower, collard greens, corn, and cherries are the stars! Use the recipe index to find other recipes that also feature these items and recipes for more produce that begins with "C"!

Warm Red Cabbage Salad

Ingredients

- 4 cups red cabbage, thinly sliced (about ¼ of a large head)
- 1 crisp, sweet apple, such as Braeburn or Gala, cut into matchsticks
- 2 large carrots, grated
- 1 shallot, minced
- 1 tablespoon olive or vegetable oil
- ¾ teaspoon caraway seeds
- ¼ teaspoon salt
- 1 tablespoon red wine vinegar
- ½ teaspoon Dijon mustard
- ½ teaspoon ground pepper
- 1 tablespoon chopped walnuts, toasted (optional)

Instructions

1. Heat oil in a large saucepan over medium heat. Add cabbage, caraway seeds and salt. Cook, covered, stirring occasionally, for 8-10 minutes.
2. Remove from heat. Add apple, carrots, shallot, vinegar, mustard, and pepper. Stir until combined.
3. If using walnuts, heat a small dry skillet over medium-low heat. Chop walnuts and cook, stirring, until lightly browned and fragrant, about 2-3 minutes. Sprinkle over salad.
4. Serve and enjoy!

Makes: 6 servings

Nutrition Information: CALORIES 80 (44% from fat); FAT 4g (sat 1g); CHOLESTEROL 0mg; SODIUM 135mg; CARBOHYDRATE 11g; FIBER 3g; PROTEIN 1g; CALCIUM 4%; IRON 4%

Red Cabbage, Carrot, and Apple Slaw

Ingredients

- 4 cups shredded red cabbage
- 2 cups shredded carrots (about 3 large carrots)
- 2 cups chopped sweet apples (about 1 large or 2 small apples)
- 2/3 cup fat-free mayonnaise
- 2 tablespoons sugar
- ¼ cup vinegar
- 1 teaspoon celery seed

Instructions

1. Combine cabbage, carrots and apple in a large bowl.
2. In a separate bowl, mix the mayonnaise, sugar, vinegar and celery seed.
3. Pour over cabbage mixture and toss gently to coat.
4. Cover and chill at least 1 hour before serving.



Makes: 16 servings

Nutrition Information: CALORIES 40 (15 from fat); FAT 1.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 100mg; CARBOHYDRATE 7g; FIBER 1g; PROTEIN 0g; CALCIUM 2%; IRON 2%

Fruity Cabbage Salad

Ingredients

- 2 medium apples
- 2 teaspoons no pulp orange juice
- 3 cups cabbage, shredded
- 1/2 cup raisins
- 1/4 cup low-fat vanilla yogurt

Instructions

1. Wash and core apples. Cut into small chunks and place in a large bowl.
2. Add orange juice and stir.
3. Add cabbage, raisins and yogurt.
4. Mix lightly and chill.



Makes: 6 servings

Nutrition Information: CALORIES 90 (5 from fat); FAT 0g (sat 0g); CHOLESTEROL 0mg; SODIUM 15mg; CARBOHYDRATE 21g; FIBER 3g; PROTEIN 1g; CALCIUM 4%; IRON 2%

Fresh and Fruity Coleslaw

Ingredients

- 1 small onion, chopped
- 3 tablespoons apple cider vinegar
- 1 tablespoon olive oil
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon salt, optional
- 1/4-1/2 head red or green cabbage, shredded (about 3 cups)
- 2 medium carrots, grated
- 1/3 cup kale, chopped
- 6 radishes, grated
- 1 medium apple, grated
- 1/4 cup fresh parsley or cilantro, chopped

Instructions

1. In the bottom of a large bowl combine chopped onion, vinegar, oil, pepper, and salt (if desired). Let onion mixture stand for 10 minutes.
2. Add cabbage, carrots, kale, radishes, apple and herbs to bowl. Mix well.
3. Chill at least 15 minutes before serving.

Makes: 6 servings

Nutrition Information: CALORIES 25 (5 from fat); FAT 1g (sat fat 0g); CHOLESTEROL 0mg; SODIUM 25mg; CARBOHYDRATE 4g; FIBER 1g; PROTEIN 1g; CALCIUM 2%; IRON 2%

Cabbage and Leek Griddle Cakes

Ingredients

- 3 cups thinly shredded green cabbage (about 6 oz)
- 2 leeks, white and light green parts only, cut into thin matchsticks
- ¼ cup whole wheat pastry flour or matzo meal
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 eggs, beaten
- Canola oil spray

Instructions

1. In a large bowl, toss together cabbage and leeks. Squeeze firmly 4-5 times to wilt them slightly. Add flour or matzo meal, salt, pepper, and eggs, and stir until well coated.
2. Heat a large skillet over medium heat and coat with oil. Working in batches, drop a 1/3 cup of the cabbage mixture into skillet, flattening it to make 4-in pancakes. Spray the tops with oil and cook, flipping once, until tender and deep golden brown, 8-10 minutes.
3. Transfer cake to a plate and serve.



Makes: 8 servings; Nutrition Information: CALORIES 50 (20% from fat); FAT 1.5g (sat 0g); CHOLESTEROL 45mg; SODIUM 170mg; CARBOHYDRATE 8g; FIBER 1g; PROTEIN 3g; CALCIUM 4%; IRON 6%

Cabbage Latkes

Ingredients

- Half a medium cabbage (about 2 cups thinly shredded)
- 1 large egg, lightly beaten
- 2 large egg whites, lightly beaten
- 1 scallion (white and light green parts), finely chopped
- 1½ tablespoons whole-wheat flour
- 1 tablespoons canola or vegetable oil
- ½ teaspoon salt
- Black pepper to taste

Instructions

1. Preheat oven to 250°F. Line a baking sheet with parchment paper and set aside.
2. Place the cabbage in a large bowl. Add the eggs, scallion, and flour, mixing just until incorporated. Season with ½ teaspoon salt and pepper to taste.
3. Heat oil in a large, nonstick skillet over medium-high heat. Drop enough cabbage mixture (about 2 tablespoons) on the skillet to form pancakes 1½ inches wide. Cook for 3-4 minutes, being careful not to move latkes until the bottom crust has formed. Turn over and cook 3-4 minutes more, or until browned.
4. Transfer to baking sheet and place in oven to keep warm. Continue to form pancakes until all the mixture is used. Wipe out the skillet between batches and add oil as needed.

Makes: 4 servings. Nutrition Information: CALORIES 100 (45% from fat); FAT 5g (sat 0.5g); CHOLESTEROL 45mg; SODIUM 360mg; CARBOHYDRATE 9g; FIBER 3g; PROTEIN 5g; CALCIUM 6%; IRON 6%

Cabbage and Potato Sauté

Ingredients

- 2 tablespoons olive oil
- 4 cloves of garlic, minced
- 1 medium onion, chopped
- 1 large potato, chopped small
- 1 ear of corn, kernels removed from cob
- 1 large carrot, grated
- ¼-½ head of cabbage, shredded (about 3.5 cups)
- 2 tablespoons fresh basil, minced
- ½ teaspoon black pepper
- ½ cup water

Instructions

1. Heat skillet over medium heat. Add potatoes and ¼ cup of water. Cover and allow potatoes to soften. Cook 3-5 minutes. Pierce with a fork to tell when potatoes are tender.
2. Once potatoes are tender, stir in garlic, onion, and oil. Cook until onions are soft, about 5 minutes.
3. Add corn and another ¼ cup water. Cover and let cook 2 minutes.
4. Add grated carrot and shredded cabbage. Allow to soften by covering and cooking for an additional 5-7 minutes.
5. Stir in basil and serve warm.

Makes: 6 servings (1/2 cup each)

Nutrition Information: CALORIES 140 (45 from fat); FAT 5g (sat fat 0.5g); CHOLESTEROL 0mg; SODIUM 30mg; CARBOHYDRATE 23g; FIBER 4g; PROTEIN 3g; CALCIUM 6%; IRON 6%

Braised Cabbage

Ingredients

- 1 medium green cabbage, shredded
- 2 yellow onions, sliced thin
- 2 garlic cloves, minced
- 1 tablespoon fresh ginger, minced
- 1 chili pepper, diced (or other hot pepper of your choice)
- 2 tablespoons extra virgin olive oil
- 1 tablespoon water

Instructions

1. Heat the pan on medium heat, and then add oil.
2. Immediately add onion, garlic, ginger, and chili pepper. Cook, stirring occasionally, until the onions start to brown.
3. Add the shredded cabbage and 1 tablespoon of water. Cook for 15-20 minutes until the cabbage is soft, stirring occasionally.



Makes: 6 servings (1 cup each)

Nutrition Information: CALORIES 100 (45 from fat); FAT 5g (sat fat 0.5g); CHOLESTEROL 0mg; SODIUM 30mg; CARBOHYDRATE 13g; FIBER 4g; PROTEIN 2g; CALCIUM 8%; IRON 6%

Coleslaw

Ingredients

- 1 medium head of cabbage, either green or purple or both (about 4 cups sliced)
- ½ medium carrot, cut into matchsticks
- 2 green onions, thinly sliced
- 1 tablespoon rice vinegar or white vinegar
- 2 tsp sugar
- ½ teaspoon salt
- ½ teaspoon pepper

Instructions

1. Slice the cabbage thinly until you have about 4 cups (not packed). Combine with the chopped carrot and sliced green onions.
2. Sprinkle vegetables with the vinegar, sugar, salt, and pepper. Stir to coat.
3. Serve and enjoy!



Makes: 4 servings

Nutrition Information: CALORIES 30 (0% from fat); FAT 0g (sat 0g); CHOLESTEROL 0mg; SODIUM 310mg; CARBOHYDRATE 7g; FIBER 2g; PROTEIN 1g; CALCIUM 4%; IRON 2%

Hot and Sour Cabbage Soup

Ingredients

- 1 small onion, minced
- 8 ounces cabbage (about the size of a grapefruit)
- 15 ounces diced canned tomatoes
- 6 cups fat-free, low sodium chicken or vegetable broth
- 15 ounces canned straw mushrooms, undrained
- ¼ cup low sodium soy sauce
- 1/3 cup rice vinegar
- 1 teaspoon red pepper flakes
- ½ teaspoon salt
- Black pepper, to taste
- 1 teaspoon olive, canola, or vegetable oil

Instructions

1. Heat oil in a large soup pot over medium heat. Add onion and sauté until soft.
2. Quarter the cabbage, remove the core, and shred with a large chef's knife. Add tomatoes, cabbage, undrained mushrooms, and broth to the pot. Stir well.
3. Add the soy sauce, vinegar, chili flakes, salt, and pepper. Bring to boil, cover, then reduce heat to a simmer. Simmer for 20 minutes or until cabbage is the desired tenderness.

Makes: 6 servings

Nutrition Information: CALORIES 90 (6% from fat); FAT 1g (sat 0g); CHOLESTEROL 0mg; SODIUM 460mg; CARBOHYDRATE 15g; FIBER 3g; PROTEIN 5g; CALCIUM 4%; IRON 10%

Carrot Cookies

Ingredients

- 1 cup flour
- 1 teaspoon baking powder
- 1 cup oats
- 1 teaspoon cinnamon
- 1¼ cups shredded carrots 1½ cups raisins
- ½ cup applesauce
- ¼ cup vegetable oil
- ½ cup honey

Instructions

1. Preheat oven to 350°F.
2. In a large bowl, stir together flour, baking powder, oats cinnamon, carrots and raisins.
3. In a small bowl, stir together applesauce, oil and honey.
4. Mix wet ingredients into dry ingredients.
5. Drop by teaspoonful onto 2 greased cookie sheets to make 36 cookies.
6. Bake 10 minutes. Enjoy!



Makes: 12 servings

Nutrition Information: CALORIES 240 (50 from fat); FAT 6g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 50mg; CARBOHYDRATE 45g; FIBER 3g; PROTEIN 4g; CALCIUM 4%; IRON 10%

Carrot Raisin Salad

Ingredients

- 6 medium carrots, grated
- ¾ cup raisins
- ½ cup non-fat or low-fat vanilla yogurt
- 1 tablespoon orange juice

Instructions

1. Rinse and scrub carrots with a vegetable brush. Shred carrots using a grater.
2. In a large bowl, mix all ingredients together well.
3. Chill and serve.



Makes: 6 servings (1/2 cup each)

Nutrition Information: CALORIES 110 (0 from fat); FAT 0g (sat fat 0g); CHOLESTEROL 0mg; SODIUM 80mg; CARBOHYDRATE 24g; FIBER 3g; PROTEIN 2g; CALCIUM 6%; IRON 6%

Honey-Glazed Carrots

Ingredients

- 1 pound carrots
- 1 tablespoon butter
- 2 tablespoons honey
- 1½ teaspoons apple cider vinegar
- ½ teaspoon salt
- Ground pepper, to taste
- Chopped fresh parsley, for garnish

Instructions

1. Steam carrots over an inch of boiling water until just tender, 7-10 minutes.
2. Meanwhile, melt butter in a large skillet and stir in honey and vinegar. Add steamed carrots to the skillet and sauté over medium-high heat, stirring constantly, until carrots are well glazed, 2-4 minutes.
3. Season carrots with salt and pepper. Transfer to serving dish and garnish with parsley.



Makes: 4 servings

Nutrition Information: CALORIES 100 (30% from fat); FAT 3g (sat 2g); CHOLESTEROL 10mg; SODIUM 370mg; CARBOHYDRATE 20g; FIBER 3g; PROTEIN 1g; CALCIUM 4%; IRON 2%

Vegetable Stir Fry

Ingredients

- 1 tablespoon olive oil
- 1 clove garlic, minced
- 6 medium-sized carrots, shredded
- 1 medium green pepper, chopped
- 1 medium onion, chopped
- ½ head cabbage, chopped (about 3 cups)
- 2 large peaches, chopped
- 1 tablespoon fresh cilantro, mint or basil, minced

Instructions

1. Heat oil in large skillet over medium heat. Add the garlic. Stir and cook about one minute until garlic turns golden. Do not allow garlic to brown.
2. Stir in carrots, green pepper, onion, and cabbage. Stir and cook for about 6-8 minutes. Add small amounts of water as needed.
3. Add peaches. Add herbs. Cover and cook 1-2 minutes or until tender.

Makes: 8 servings (1/2 cup each).

Nutrition Information: CALORIES 80 (15 from fat); FAT 2g (sat fat 0g); CHOLESTEROL 0mg; SODIUM 55mg; CARBOHYDRATE 15g; FIBER 4g; PROTEIN 2g; CALCIUM 4%; IRON 4%

Cornell Cooperative Extension

Basic Beef Stew with Carrots and Mushrooms

Ingredients

- 1 Tbsp olive oil, divided
- 1 lb small cremini mushrooms
- Cooking spray
- 2 cups chopped onion
- 3 garlic cloves, minced
- 1/3 cup all-purpose flour
- 1 pound lean beef stew meat, cut into bite-sized pieces, remove fat
- 1/2 teaspoon salt, divided
- 1 cup grape or cranberry juice
- 1 tablespoon chopped fresh thyme
- 14 ounces reduced-sodium beef or vegetable broth
- 1 bay leaf
- 2 cups white potato, peeled and cut into 3/4-in cubes
- 1 1/2 cups carrots, cut into 1-inch slices
- 1/2 teaspoon black pepper

Instructions

1. Heat 1 teaspoon oil in a large Dutch oven over med-high heat. Add mushrooms, sauté for 5 minutes. Transfer mushrooms to large bowl. Lightly coat pan with cooking spray, sauté onion for 10 minutes. Add garlic, sauté for 1 minute. Add onion mixture to bowl with mushrooms.
2. Place flour in shallow bowl. Dredge beef in flour, shake off excess. Heat remaining 2 teaspoons oil in pan over med-high heat. Add half of beef,

sprinkle with 1/8 teaspoon salt. Cook 6 minutes, browning all sides. Add beef to mushroom mixture. Repeat with remaining beef and another 1/8 teaspoon salt.

3. Add 1 cup juice to pan, scraping pan to loosen browned bits. Add thyme, broth, and bay leaf.
4. Bring to boil. Stir in beef mixture. Cover, reduce heat, and simmer for 1 hour.
5. Stir in potato and carrot. Simmer, uncovered, stirring occasionally, 1 hour and 15 min, until vegetables are tender and sauce is thick. Stir in pepper and remaining 1/4 teaspoon salt. Discard bay leaf.



Makes: 8 servings

Nutrition Information: CALORIES 190 (21% from fat); FAT 4.5g (sat 1.5g); CHOLESTEROL 35mg; SODIUM 240mg; CARBOHYDRATE 622g; FIBER 3g; PROTEIN 17g; CALCIUM 4%; IRON 15%

Carrot and Celeriac Stir Fry

Ingredients

- 3 cups carrots, peeled and cut in ½-inch pieces
- 3 cups celeriac, peeled and cut in ½-inch piece
- 2 tablespoons olive, canola, or vegetable oil
- 2 tablespoons chopped chives
- ½ teaspoon salt
- Black pepper to taste

Instructions

1. In a large pot, cover carrots and celeriac with water and bring to a boil over medium heat. Boil for 5-10 minutes or until vegetables are tender. Drain.
2. Heat oil in a large, deep skillet over medium-high heat. Add vegetables and stir-fry for 5 minutes, or until browned and heated through.
3. Season with ½ teaspoon salt and pepper to taste. Sprinkle with chives and enjoy!



Makes: 6 servings; Nutrition Information: CALORIES 100 (45% from fat); FAT 5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 320mg; CARBOHYDRATE 13g; FIBER 3g; PROTEIN 2g; CALCIUM 6%; IRON 4%

Rigatoni with Roasted Cauliflower and Brussels Sprouts

Ingredients

- ¾ pound rigatoni or other short pasta
- ½ medium head cauliflower (about 1 pound), cut into florets
- 8 ounces Brussels sprouts, trimmed and halved
- 1 medium red onion, cut into ½-inch wedges
- 2 sprigs fresh thyme
- 1 tablespoon olive or vegetable oil
- ½ teaspoon black pepper, to taste
- ¼ teaspoon salt

Instructions

1. Preheat oven to 450°F. Cook pasta according to the package directions. Reserve 1 cup of the cooking water; drain the pasta and return it to the pot.
2. Meanwhile, on 2 large rimmed baking sheets, toss the cauliflower, Brussels sprouts, and onion with the thyme, 1 tablespoon oil, ½ teaspoon black pepper, and ¼ teaspoon salt. Roast, tossing the vegetables once and rotating the sheets halfway through, until golden brown and tender, 15-20 minutes.
3. Add the vegetables and ½ cup of the reserved cooking water to the pasta. Add more cooking water if pasta seems dry.

Makes: 4 servings. Nutrition Information: CALORIES 390 (32% from fat); FAT 5g (sat 1g); CHOLESTEROL 0mg; SODIUM 200mg; CARBOHYDRATE 74g; FIBER 7g; PROTEIN 16g; CALCIUM 6%; IRON 25%

Raw Rainbow Collard Green Wraps

Ingredients

- 4 large collard leaves
- ¾ cup hummus
- 1 tomato, sliced into thin wedges
- 1 medium carrot, cut in half and sliced into thin strips
- 1 yellow bell pepper, sliced into thin strips
- 2 cucumbers, sliced into thin strips
- ½ cup pea sprouts
- ¼ cup red onion sliced into thin strips
- 1/8 head of cabbage, shredded
- ½ teaspoon grated horseradish in beet juice (optional)

Instructions

1. Put raw collard leaves in a plastic bag and freeze until bright green, about an hour. Run leaves briefly under cold water and lay topside down on a cutting board.
2. Use paring knife, shave down raised part of the spines so surface of collard is nice and flat.
3. Spread 3 tablespoons of hummus down the center of each leaf and distribute the rest of the vegetables evenly. Leave about an inch on each edge uncovered.
4. Sprinkle horseradish on top. Roll the collard tops and bottoms (stem side) inward, fold one of the long sides in, tucking all the filling underneath it, and continue rolling leaf from that side to the other side to get a tight wrap.
5. Slice in half with a sharp knife.

Makes: 4 servings. Nutrition Information: CALORIES 150 (30% from fat); FAT 4.5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 200mg; CARBOHYDRATE 24g; FIBER 7g; PROTEIN 8g; CALCIUM 10%; IRON 15%

Corny Chili

Ingredients

- 2, 15-ounce cans kidney or black beans
- 1 medium onion, chopped
- 1 tablespoon vegetable oil
- 2 teaspoons chili powder
- 1 teaspoon garlic powder
- 1 15-ounce can diced tomatoes
- 2 tablespoons tomato paste
- 1, 10-ounce package frozen corn (or corn kernels from 3 ears of fresh corn)
- 1, 8-ounce package low-fat cheddar cheese, grated
- Hot sauce (optional)

Instructions

1. Place beans in a colander and rinse with water.
2. Peel onion and chop into small pieces.
3. Add onion and oil to saucepan.
4. Cook over low heat for about 5 minutes, stirring occasionally.
5. Stir in chili and garlic powder. Cook for 1 minute.
6. Add beans, tomatoes, tomato paste and corn. Simmer uncovered on medium low heat for about 15 minutes.
7. Grate cheese. Sprinkle cheese over individual servings and add hot sauce to taste.



Makes: 8 servings; Nutrition Information: CALORIES 210 (45 from fat); FAT 5g (sat 1.5g); CHOLESTEROL 5mg; SODIUM 650mg; CARBOHYDRATE 28g; FIBER 8g; PROTEIN 14g; CALCIUM 15%; IRON 10%

Collard and Black-eyed Pea Soup

Ingredients

- 1 tablespoon olive oil or vegetable oil
- 1 large onion, diced
- 1 large carrot, sliced
- 1 stalk celery, sliced
- 5 cloves garlic, 4 sliced and 1 whole, divided
- 1 sprig fresh thyme
- ¼ teaspoon crushed red pepper, or to taste
- 4 cups reduced-sodium chicken broth
- 1, 15 ounce can diced tomatoes
- 5 cups chopped collard greens or kale (about 1 bunch), tough stems removed
- 1, 15 ounce can black-eyed peas, rinsed
- 6½-inch thick slices baguette, preferably whole grain
- ¼ c shredded Gruyere or Swiss cheese, fat free (optional)

Instructions

1. Heat oil in Dutch oven over med heat. Add onion, carrot and celery and cook, stirring, until tender, 5-7 min.
2. Add sliced garlic, thyme, and crushed red pepper and cook, stirring, until fragrant, about 25 seconds.
3. Increase heat to high and add broth, tomatoes and their juice. Bring to a boil, scrape up any browned bits.
4. Stir in greens. Reduce heat to a simmer and cook, stirring occasionally, until greens are tender, 5-10 minutes. Discard the thyme sprig. Stir in black-eyed peas. Remove from heat and cover.

5. Position rack in upper third of oven. Preheat broiler. Place baguette slices on a baking sheet. Lightly toast for 2-4 minutes. Rub each slice with garlic clove. Top the slices with cheese (if desired), and broil until cheese is melted, 1-3 minutes. Serve with the soup.



Makes: 6 servings

Nutrition Information: CALORIES 190 (16% from fat); FAT 3g (sat 0g); CHOLESTEROL 0mg; SODIUM 230mg; CARBOHYDRATE 32g; FIBER 6g; PROTEIN 10g; CALCIUM 30%; IRON 10%

Lentils and Collard Greens

Ingredients

- ½ bunch of collard greens
- 2 cups of French or black lentils, rinsed and drained
- ½ cup cauliflower, broken into very small florets
- 1 small shallot, finely chopped
- 5 cups chicken stock, vegetable stock, or water
- 2 tablespoons ground cardamom or smashed cardamom pods
- ½ tablespoon ground cumin or whole cumin seeds
- 1 bay leaf
- 2 tablespoons olive or vegetable oil
- Ground pepper, to taste
- 3 tablespoons plain, fat free yogurt (optional)

Instructions

1. In a saucepan over low heat, toast the cardamom and cumin until fragrant, about 30-60 seconds.
2. Add 2 cups of stock or water and the bay leaf, bring to a simmer. Remove from heat, cover and set aside for 45 minutes. Strain the stock and discard the solids.
3. Bring a large pot of water to a boil. Add collard greens and cook until bright green, about 30 seconds. Drain, rinse with cold water, and pat dry. Slice into thin strips and set aside.
4. Place lentils in a saucepan. Add the reserved and remaining 3 cups of stock. Bring to a gentle boil, remove from heat, cover and set aside for 20 minutes, then drain.
5. Heat oil in a large skillet over medium heat. Add the cauliflower, cook until lightly browned. Add the shallot, cook for 2 minutes. Add lentils, collard greens and yogurt, season with pepper.



Makes: 8 servings

Nutrition Information: CALORIES 240 (19% from fat); FAT 5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 30mg; CARBOHYDRATE 36g; FIBER 9g; PROTEIN 15g; CALCIUM 20%; IRON 25%

Cornell Cooperative Extension

Corn and Summer Squash Stew

Ingredients

- 1 bunch scallions
- 1/2 pound yellow summer squash
- 4 ears sweet corn
- 3 (about ¾ pound) yellow tomatoes
- 1½ tablespoon olive oil
- Sea salt and freshly ground black pepper
- ½ Jalapeño chili, seeded and finely diced
- Several sprigs basil
- 10 sun gold tomatoes



Instructions

1. Slice scallions, including the greens, into 1/2-inch lengths. Cut squash into 1/2-inch dice. Shuck corn, steam it in shallow boiling water in a covered pot for about two minutes, then remove kernels with a sharp knife.
2. Peel and seed the yellow tomatoes (peeling is optional-- if you do wish to peel them, boil for a few minutes first; it makes it a lot easier!), squeezing the seeds and juice through a sieve. Cut into 1/2-inch pieces and set aside.

3. Heat oil in a wide skillet over medium heat. When bubbling, add scallions and cook for about 30 seconds, or until slightly softened, but not brown. Add squash, season with ½ teaspoon salt, and stir. Cook for about 2 minutes, then add ¼ cup water.
4. Lay the tomato pieces over the squash, add the strained juice, and cover with the corn and half of the jalapeño. Place two sprigs of basil into the vegetables, then cover the skillet. Reduce heat to low and cook for 5 minutes.
5. Meanwhile, slice the sun gold tomatoes in half and set them in a bowl. Add 2 Tbsp shredded basil leaves and the remaining chile. When the vegetables are finished cooking, season with salt and pepper to taste. Arrange the sun gold tomatoes over top and serve.

Makes: 6 servings

Nutrition Information: CALORIES 140 (45from fat); FAT 5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 35mg; CARBOHYDRATE 23g; FIBER 4g; PROTEIN 5g; CALCIUM 2%; IRON 8%



No Cook Corn Salad

Ingredients

- 4 large ears of corn, remove kernels from cob
- 1 green bell pepper, chopped
- 6 red tomatoes, chopped
- 2 medium carrots, grated
- ¼ cup scallions, finely chopped
- 1 clove garlic, minced
- 2 teaspoons olive oil
- 2 tablespoons apple cider vinegar
- ½ cup fresh cilantro, minced
- ¼ teaspoon black pepper, optional
- ¼ jalapeno pepper with seeds removed, optional

Instructions

1. Wash all vegetables. Prepare vegetables by chopping or grating.
2. Add all vegetables to a large bowl and toss together.
3. Add garlic, oil, vinegar, fresh cilantro and black pepper. Mix well and serve.



Makes: 6 servings (1/2 cup each). Nutrition Information: CALORIES 150 (30 from fat); FAT 3g (sat 0g); CHOLESTEROL 0mg; SODIUM 45mg; CARBOHYDRATE 30g; FIBER 6g; PROTEIN 5g; CALCIUM 4%; IRON 6%

Spicy Corn Kernel Cake

Ingredients

- 1 tablespoon vegetable oil
- 3 heaping cups of fresh corn kernels (cut from 6-8 ears)
- 2 tablespoons basil, cilantro, or parsley, minced
- 2 tablespoons green onion, minced
- 1-2 tablespoons jalapeno or Serrano pepper, minced
- 3 tablespoons cornmeal
- 3 tablespoons flour
- ½ teaspoons salt
- Ground black pepper, to taste

Instructions

- Preheat oven to 400°F. Measure oil into a heavy, ovenproof, medium-sized skillet (cast iron works best) and heat pan in oven for 30 minutes.
- Combine all remaining ingredients in a bowl, then press evenly into hot pan. (Don't stir corn in the pan, or the "crust" won't form properly.)
- Bake 25-30 minutes, until edges are brown and crispy. Run a spatula around the outer rim and underneath the cake to loosen it from the pan. Wearing hot pads, place a heat-proof serving platter face down over the pan and invert the pan so the cake drops onto the plate.
- Garnish with chopped fresh herbs, if desired. Serve with salsa.

Makes: 4 servings. Nutrition Information: CALORIES 180 (25% from fat); FAT 5g (sat 0g); CHOLESTEROL 0mg; SODIUM 520 mg; CARBOHYDRATE 33g; FIBER 3g; PROTEIN 4g; CALCIUM 0%; IRON 8%

Grilled Corn on the Cob

Ingredients

- 8 ears of fresh corn, in their husks
- Ground black pepper, to taste

Instructions

1. Prepare the grill, gas or charcoal, with direct, high heat, about 550°F.
2. Place the corn (in their husks) on the hot grill. Cover. Turn the corn occasionally, until the husks are charred on all sides, about 15-20 minutes.
3. Remove the corn from the grill. Let sit for 5 minutes. Use a hand towel to protect your hands while removing the silks and charred husks from the corn.
4. Serve hot, add pepper to taste.



Makes: 8 servings; Nutrition Information:
CALORIES 70 (14% from fat); FAT 1g (sat 0g); CHOLESTEROL
0mg; SODIUM 0mg; CARBOHYDRATE 16g; FIBER 2g; PROTEIN
3g; CALCIUM 8%; IRON 2%

Late Summer Vegetable Soup

Ingredients

- 4 ears corn, husks and silks removed (or 2 cups of kernels)
- 2 tablespoons olive oil
- 1 medium onion, chopped (about 3/4 cup)
- 1/4 teaspoon black pepper, more to taste
- 3 cans (14.5 ounces each) vegetable or chicken broth
- 1 small zucchini, halved lengthwise and thinly sliced (about 3 cups)
- 8 ounces green beans (stems removed), cut into thirds (about 2 cups)
- 14.5 ounces tomatoes, diced

Instructions

1. Cut off tip of each ear of corn. One at a time, stand ears in a wide bowl and, with a sharp knife, carefully slice downward to release kernels. Discard cobs, set kernels aside.
2. In a Dutch oven or a 5 quart pot, heat oil over medium heat. Add onion, season with black pepper to taste. Cook, stirring frequently, until onion is translucent (3 to 5 minutes)
3. Add broth, bring to a boil.
4. Add zucchini, green beans, corn, tomatoes, and orzo; cook, uncovered, until orzo is tender, 8 to 11 minutes.
5. Season with black pepper, if desired, and serve.

Makes: 15 servings

Nutrition Information:

CALORIES 70 (20 from fat); FAT 2.5g (sat 0g); CHOLESTEROL
0mg; SODIUM 55mg; CARBOHYDRATE 11g; FIBER 2g; PROTEIN
2g; CALCIUM 2%; IRON 4%

Dressed Up Corn

Ingredients

- 4 large ears of corn
- 1 green pepper
- 1 medium onion
- 1 large tomato
- 2 carrots
- 1 teaspoon olive or canola oil
- ½ cup fresh cilantro
- Dash of pepper

Ingredients

1. Cut the corn off the cob. (Cut off the bottom of the corn and stand it up on the cutting board. Hold the corn at the top and begin slicing off the kernels in a downward motion.)
2. Cut the pepper, onion, and tomato into small pieces.
3. Grate the carrots with a vegetable peeler or the large side of a cheese grater.
4. Heat oil in pan over medium heat for a few seconds.
5. Add onion and cook for about 5 minutes.
6. Add pepper, carrot, and tomato to the pan, and cook for about 3 minutes.
7. Add corn, mixing well with the onion, pepper, carrot, and tomato mixture.
8. Allow to cook for another 5 minutes or until thoroughly heated. Mix in fresh cilantro.
9. Season with pepper.

Makes: 8 servings (1 cup each). Nutrition Information:
CALORIES 90 (15 from fat); FAT 1.5g (sat fat 0g);
CHOLESTEROL 0mg; SODIUM 30mg; CARBOHYDRATE 18g;
FIBER 3g; PROTEIN 3g; CALCIUM 2%; IRON 4%

Cherry Raspberry Crisp

Ingredients

- 1 ½ lbs. sweet cherries (about 5 cups), fresh or frozen
- 1 cup raspberries, fresh or frozen
- 1/3 cup granulated sugar
- 1 tablespoon cornstarch
- 1 tablespoon lemon juice
- 2/3 cup flour, preferably whole wheat
- ½ cup old-fashioned rolled oats
- 1 teaspoon ground cinnamon
- 1 tablespoon butter, cut in small pieces
- 1 tablespoon canola or vegetable oil
- 3 tablespoon orange juice
- Cooking spray

Instructions

1. Preheat oven to 375°F. Coat an 8-inch square baking dish with cooking spray.
2. To prepare filling, combine cherries, raspberries, sugar, cornstarch, and lemon juice in a large bowl. Toss to coat. Place filling in prepared baking dish. Cover with foil and bake for 20 min.
3. Meanwhile, prepare the topping: mix flour, oats, and cinnamon in a medium bowl with a fork. Add butter and blend with fingertips. Add oil and stir to coat. Add orange juice and blend with fingertips until all ingredients are moistened.
4. When the filling is finished baking, stir and sprinkle the topping evenly over it. Bake again, uncovered, until the fruit is bubble and topping is lightly browned, 20-25 min. Allow to cool at least 10 min. before serving.

Makes: 8 servings; Nutrition Information: CALORIES 170
(24% from fat); FAT 4.5g (sat 1g); CHOLESTEROL 5mg;
SODIUM 0mg; CARBOHYDRATE 32g; FIBER 3g; PROTEIN 4g;
CALCIUM 2%; IRON 8%

Cherry Lentil Salad

Ingredients

- 1½ cup dried French lentils, rinsed and picked through
- 2 tablespoons red wine vinegar
- 2 tablespoons olive, canola, or vegetable oil
- 1 bunch green onions, sliced
- ½ teaspoon salt
- ¾ teaspoon black pepper
- 4 cups fresh cherries (about 1 pound), pitted and halved
- 1 cup chopped fresh basil

Instructions

1. Combine lentils and 5 cups of water in a large saucepan. Bring to a boil, lower heat and simmer, partially covered, until just tender, about 20 minutes. Drain and set aside to cool.
2. In a large bowl, combine vinegar, oil, green onions, salt and pepper. Add lentils and toss until coated. Toss with cherries and basil just before serving.



Makes: 8 servings

Nutrition Information: CALORIES 180 (22% from fat); FAT 4.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 150mg; CARBOHYDRATE 27g; FIBER 6g; PROTEIN 8g; CALCIUM 4%; IRON 15%

Cool Cucumber Grape Salad

Ingredients

- 6 cups (about 2 medium) thinly sliced peeled cucumbers
- 2 cups seedless grapes, halved
- ¼ cup chopped chives or green onion
- ⅓ cup white wine vinegar
- 1 teaspoon olive oil
- 1 tablespoon honey
- 1 teaspoon salt
- ¼ teaspoon bottled hot pepper seasoning

Instructions

1. Combine cucumber, grapes and chives.
2. Mix vinegar, olive oil, honey, salt and hot pepper seasoning. Add to cucumber/grape mixture and mix well.
3. Refrigerate at least 30 minutes.



Makes: 6 servings

Nutrition Information: CALORIES 70 (10 from fat); FAT 1g (sat 0g); CHOLESTEROL 0mg; SODIUM 400mg; CARBOHYDRATE 15g; FIBER 1g; PROTEIN 1g; CALCIUM 2%; IRON 2%

Cantaloupe in Syrup

Ingredients

- ¼ cup sugar
- 2 teaspoons dried cranberries
- 1 bay leaf
- ½ teaspoon vanilla extract
- 1 medium cantaloupe (peeled, seeded, cut into 1 1/2" pieces)
- ½ teaspoon salt

Instructions

1. Combine sugar, dried cranberries, bay leaf, and 1/4 cup water in a small saucepan. Add vanilla extract to the saucepan. Stir to combine.
2. Bring mixture to a boil, stirring to dissolve the sugar. Cool syrup; remove bay leaf.
3. Place cubed cantaloupe in individual bowls and drizzle with the syrup. Sprinkle with salt.



Makes: 6 servings

Nutrition Information: CALORIES 70 (0% from fat); FAT 0g (sat 0g); CHOLESTEROL 0mg; SODIUM 210mg; CARBOHYDRATE 18g; FIBER 1g; PROTEIN 1g; CALCIUM 0%; IRON 4%

E



Do you know of NYS produce that starts with “D” and “E”? See the recipe index for recipes that include dill, and look below for recipes in which eggplant is the star! Use the recipe index to find other recipes that also feature eggplant!

Grilled Veggies

Ingredients

Vegetables:

- 1 red bell pepper, seeded and halved
- 1 yellow squash, sliced lengthwise into 1/2-inch-thick rectangles
- 1 zucchini, sliced lengthwise into 1/2-inch-thick rectangles
- 1 medium eggplant, sliced into 1/2-inch-thick rounds
- 1 bunch asparagus, bottom ends trimmed off
- 4 green onions, roots cut off
- 3 teaspoons oil
- Salt and black pepper

Dressing (optional):

- 2 tablespoons olive oil
- 3 tablespoons balsamic vinegar
- 2 garlic cloves, minced
- 1 teaspoon chopped fresh parsley leaves
- 1 teaspoon chopped fresh basil leaves
- 1/2 teaspoon finely chopped fresh rosemary leaves

Instructions

1. Place a grill pan over medium-high heat or prepare the barbecue (medium-high heat).
2. Brush the vegetables with the oil to coat lightly.
3. Sprinkle the vegetables lightly with salt and pepper.
4. Grill the vegetables until tender and lightly charred, about 8 to 10 minutes for the bell peppers; 7 minutes for the yellow squash, zucchini, and eggplant; 4 minutes for the asparagus and green onions.
5. Optional Dressing: Whisk the 2 tablespoons of oil, balsamic vinegar, garlic, parsley, basil, and rosemary in a small bowl to blend.
6. Drizzle the herb mixture over the vegetables.
7. Serve as a side or put them on a black bean burger!



Makes: 4 servings

Nutrition Information-Veggies: CALORIES 100 (35% from fat); FAT 4g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 15mg; CARBOHYDRATE 15g; FIBER 7g; PROTEIN 4g; CALCIUM 4%; IRON 10%

Nutrition Information-Dressing: CALORIES 70 (86% from fat); FAT 7g (sat 1g); CHOLESTEROL 0mg; SODIUM 0mg; CARBOHYDRATE 3g; FIBER 0g; PROTEIN 0g; CALCIUM 0%; IRON 0%

Algerian Eggplant Salad

Ingredients

- 2½ tablespoons olive, canola, or vegetable oil
- 1 teaspoon turmeric
- 1 teaspoon cumin
- ½ teaspoon crushed red chili flakes
- ¾ cup lime juice
- 8 cloves garlic, minced (about 4 teaspoons)
- 1 cup minced cilantro, divided
- 3 pounds eggplant, peeled and cut lengthwise into 1-inch-thick slices
- 1 pound plum tomatoes, cut in half lengthwise
- 4 medium green peppers, halved and seeded
- 2 small jalapeno peppers, halved and seeded
- ½ tsp salt

Instructions

1. Combine oil, turmeric, cumin, red chili flakes, lime juice, garlic, and half the cilantro in a bowl. Gently toss and marinate the eggplant, tomatoes, green peppers, and jalapenos at room temperature for at least 30 minutes.
2. Preheat the grill so you can hold your hand 4 inches above the surface for a count of 4 seconds. Grill all vegetables for 4-5 minutes on each side.
3. Chill the vegetables completely. Cut tomatoes into wedges, cut eggplant and green peppers into bite-sized pieces, and mince jalapenos. Toss all vegetables with the remaining cilantro. Season with salt.

Makes: 8 servings

Nutrition Information: CALORIES 110 (36% from fat); FAT 5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 160mg; CARBOHYDRATE 18g; FIBER 7g; PROTEIN 3g; CALCIUM 120%; IRON 4%

Spiced Eggplant and Cauliflower Stew

Ingredients

- 1 pound of eggplant, cut into 1-inch chunks
- 3 cups cauliflower florets
- 1 large onion
- 1, 15-ounce can of unsalted diced tomatoes
- 1, 15-ounce can of chickpeas, rinsed
- ½ cup water
- 2 tablespoons curry powder
- 1 teaspoon ground cumin
- 1 teaspoon ground mustard seeds
- 1½ tablespoons canola or vegetable oil
- 2 cloves of garlic, minced
- 1 teaspoon grated ginger
- ¾ teaspoon salt
- ½ cup nonfat plain yogurt (optional)

Instructions

1. Toast the curry powder, cumin and mustard seeds in a pot over medium heat, stirring for about 1 minute until the spices begin to darken. Transfer to a small bowl.
2. Add oil, onion, garlic, ginger and salt to the pot. Stir for 3-4 minutes until softened.
3. Stir in eggplant, cauliflower, tomatoes, chickpeas, water, and reserved spices. Bring to a simmer.
4. Top each serving with a dollop of yogurt, if desired.

Makes: 6 servings

Nutrition Information: CALORIES 160 (28% from fat); FAT 5g (sat 0g); CHOLESTEROL 0mg; SODIUM 480mg; CARBOHYDRATE 24g; FIBER 8g; PROTEIN 6g; CALCIUM 6%; IRON 15%



This section includes recipes in which fennel is the star! Use the recipe index to find other recipes that also feature fennel!

Braised Fennel and White Beans

Ingredients

- 1 tablespoon olive, canola, or vegetable oil
- 1 medium fennel bulb, trimmed, halved lengthwise and cut crosswise into ¼ inch-thick slices (about 3 cups)
- 1 medium red onion, halved lengthwise and cut lengthwise into ¼ inch-thick slices (about 2 cups)
- 1, 15.5 ounce can white beans
- 1 cup homemade or low-sodium chicken stock
- 1 teaspoon dried oregano (or 2 teaspoons chopped fresh oregano)
- 2 tablespoons red wine vinegar
- ½ teaspoons salt
- Ground pepper to taste

Instructions

1. Heat oil in a large, heavy sauté pan over medium-high heat. Add fennel and onion; cook, stirring occasionally, until tender and edges are browned, about 10 minutes.
2. Add beans, stock, oregano, salt and pepper. Cook, stirring occasionally, until liquid has reduced by about half, 3-4 minutes. Stir in vinegar; remove from heat.

Makes: 4 servings Nutrition Information:

CALORIES 220 (16% from fat); FAT 4g (sat 0.5g);
CHOLESTEROL 0mg; SODIUM 350mg; CARBOHYDRATE 35g;
FIBER 9g; PROTEIN 12g; CALCIUM 15%; IRON 25%

Grape and Fennel Salad

Ingredients

- 2 tablespoons olive, canola, or vegetable oil
- 2 tablespoons white wine vinegar
- ½ teaspoon fennel seeds, lightly crushed
- ¼ teaspoon salt
- ¼ teaspoon black ground pepper
- 5 cups red and green seedless grapes (about 1¾ pounds), halved
- 1 large fennel bulb, halved, cored and thinly sliced
- 3 stalks celery, thinly sliced on the diagonal
- 3 tablespoons slivered or chopped almonds, optional

Instructions

1. Whisk oil, vinegar, fennel seeds, salt and pepper in a large bowl.
2. Add grapes, fennel, celery, and scallions. Toss to coat.
3. Sprinkle with almonds, if using. Serve and enjoy!



Makes: 6 servings. Nutrition Information: CALORIES 140 (32% from fat); FAT 5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 135mg; CARBOHYDRATE 26g; FIBER 3g; PROTEIN 2g; CALCIUM 4%; IRON 4%



G

This section includes recipes in which garlic, grapes, and green beans are the stars! Use the recipe index to find other recipes that also feature these items and recipes with more produce that begins with "G"!

Garlic Pasta

Ingredients

- 1 head plus 8 cloves garlic
- 1 pound spaghetti, preferably whole wheat
- 1 tablespoon olive oil
- $\frac{3}{4}$ cup low sodium chicken or vegetable broth
- 1 cup fresh parsley, chopped and loosely packed
- 1 teaspoon crushed red pepper flakes
- $\frac{1}{2}$ teaspoon salt
- Ground pepper, to taste
- Reduced fat parmesan, for grating (optional)

Instructions

1. Heat oven to 425°F. Wrap the garlic head in parchment-lined foil; roast until soft and golden, about 1 hour. Let cool, trim tip of head, and squeeze out cloves using back of knife. Transfer to small bowl, set aside.
2. Bring a large pot of water to a boil. Add pasta and cook according to package directions. Drain.
3. Thinly slice 5 cloves of unroasted garlic; finely chop remaining 3 cloves. Heat oil over medium heat in a large skillet. Add sliced garlic; toast until golden. Using a slotted spoon, remove garlic; set aside. Add roasted garlic and broth; let simmer for about 3 minutes. Add pasta, parsley, and red pepper; season with salt and pepper. Toss to combine. Garnish with toasted garlic slivers. Grate cheese over each serving, if desired.

Makes: 4 servings

Nutrition Information: CALORIES 460 (10% from fat); FAT 5g (sat 1g); CHOLESTEROL 0mg; SODIUM 340mg; CARBOHYDRATE 93g; FIBER 15g; PROTEIN 18g; CALCIUM 10%; IRON 30%

Grape and Barley Salad

Ingredients

- $1\frac{1}{4}$ tablespoons olive or vegetable oil
- 2 tablespoons lemon juice
- 1 tablespoon orange juice
- 2 cups cooked barley
- $1\frac{1}{2}$ cups seedless grapes
- $\frac{1}{2}$ cup sliced celery
- $\frac{1}{4}$ cup sliced green onion
- Pinch of salt and pepper

Instructions

1. In a mixing bowl, whisk together oil, lemon and orange juices.
2. Add barley, grapes, celery and onions to the bowl, tossing to coat.
3. Season with salt and pepper; chill until serving time.



Makes: 4 servings. Nutrition Information: CALORIES 180 (22% from fat); FAT 4.5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 75mg; CARBOHYDRATE 34g; FIBER 4g; PROTEIN 2g; CALCIUM 2%; IRON 8%

Green Bean Salad I

Ingredients

For the salad:

- 3 ounces uncooked linguine
- 1 pound green beans, trimmed
- 2 cups celery, sliced
- 1 cup red bell pepper, thinly sliced
- ½ cup green onions, chopped
- 1/3 cup fresh cilantro, chopped

For the dressing:

- ¼ cup rice wine vinegar
- ¼ cup low-sodium soy sauce
- 2 tablespoons sesame oil
- 2 tablespoons fresh ginger, peeled and grated
- ½ tsp sugar
- ¼ tsp ground black pepper
- 3 garlic cloves, minced

Instructions

1. To prepare salad, break linguine in half and cook according to package directions (omit salt and fat). Add beans during last 3 minutes of cooking. Drain and rinse with cold water. Place mixture in large bowl. Stir in celery, bell pepper, onions, and cilantro.
2. To prepare dressing, combine all dressing ingredients in a small bowl. Whisk until blended.
3. Add dressing to salad, toss well.

Makes: 8 servings

Nutrition Information: CALORIES 110 (27% from fat); FAT 4g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 410mg; CARBOHYDRATE 16g; FIBER 2g; PROTEIN 3g; CALCIUM 2%; IRON 4%

Green Bean Salad II

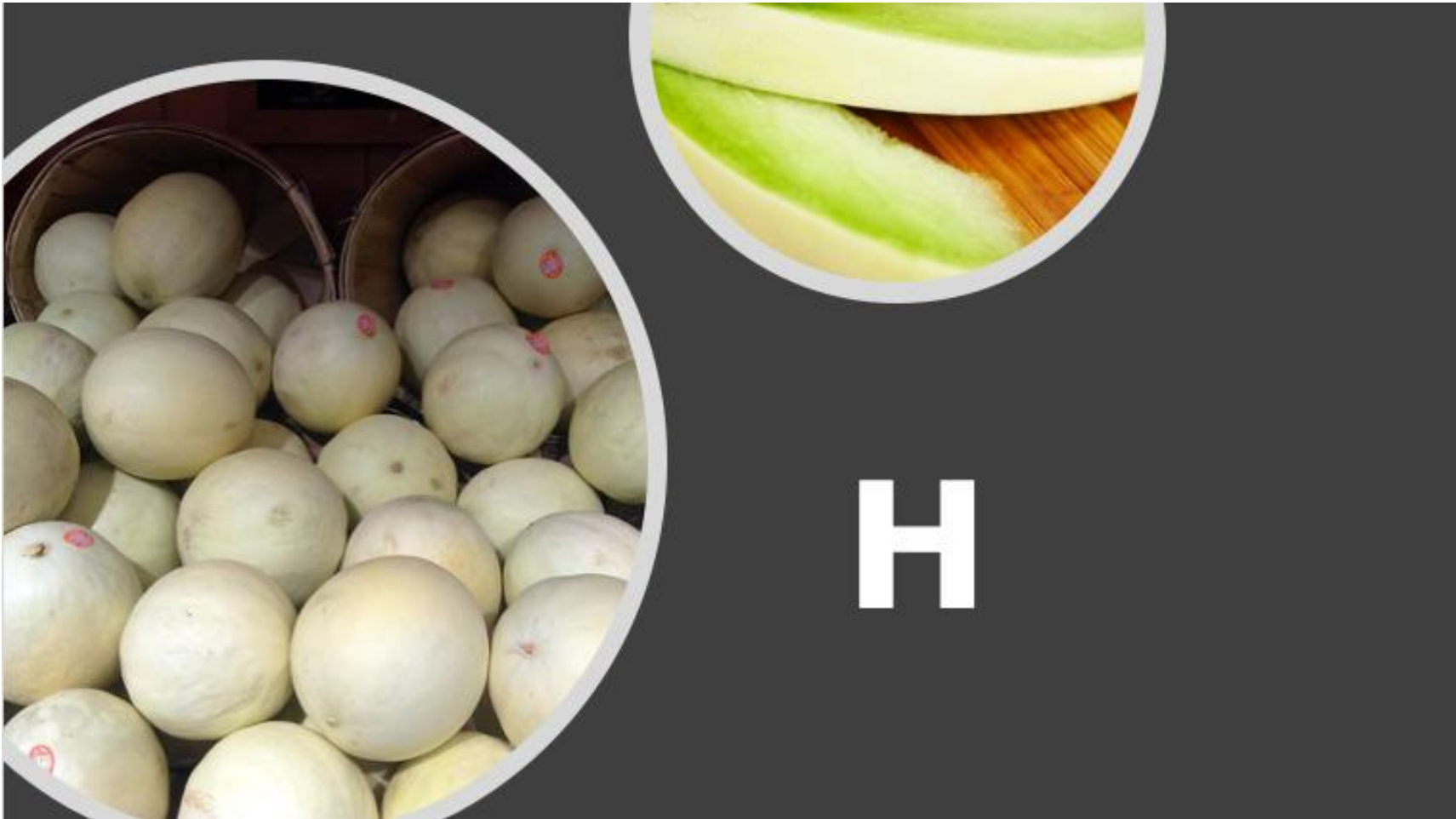
Ingredients

- 1½ pounds trimmed green beans, cut into 2-3 in. pieces
- ½ cup finely chopped red onion or shallots
- 2 tablespoons balsamic vinegar
- 1½ tablespoon olive or vegetable oil
- ¾ cup chopped fresh basil leaves
- ¾ cup grated fat free Parmesan cheese (about 1½ ounces)
- Salt and pepper to taste

Instructions

1. Place the chopped onions in a small bowl of water, and let sit while you prepare the rest of the salad.
2. Bring a large pot of water to a boil. Add the green beans and blanch for 2 minutes, until the beans are just barely cooked through but still crisp.
3. While the beans are cooking, prepare a large bowl of ice water. When the beans are ready, use a slotted spoon to remove them from the boiling water and into the ice water to stop the cooking.
4. Drain the beans and the red onions, and place the beans, red onions, and chopped basil in a large bowl.
5. Sprinkle with olive oil, balsamic, Parmesan cheese, and salt and pepper.
6. Toss to combine.
7. Chill until ready to serve.

Makes: 6 servings. Nutrition Information: CALORIES 130 (30% from fat); FAT 4.5g (sat 1g); CHOLESTEROL 5mg; SODIUM 230mg; CARBOHYDRATE 16g; FIBER 3g; PROTEIN 8g; CALCIUM 20%; IRON 10%



This section includes a recipe in which honeydew is the star! Use the recipe index to find recipes with more produce that begins with "H"!

Summer Melon Salad

Salad ingredients

- 1 small head iceberg lettuce
- ½ honeydew melon
- ½ cantaloupe
- 3 stalks celery, sliced
- ½ cucumber, thinly sliced

Dressing ingredients

- 1/3 cup olive or vegetable oil
- 1/3 cup lemon juice
- 2 tablespoons honey or white sugar
- Dash of salt

Instructions

1. Combine oil, lemon juice, honey or sugar, and salt; chill.
2. Wash and dry lettuce and tear into bite-sized pieces
3. Remove rind of melons and cut into very thin wedges
4. Combine melon wedges, celery, cucumber, and lettuce
5. Add chilled mixture and serve



Makes: 4 servings; Nutrition Information: SALAD: CALORIES 90 (6% from fat); FAT 0.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 65mg; CARBOHYDRATE 22g; FIBER 3g; PROTEIN 2g; CALCIUM 4%; IRON 4%; DRESSING: CALORIES 200 (90% from fat); FAT 18g (sat 2.5g); CHOLESTEROL 0mg; SODIUM 75mg; CARBOHYDRATE 10g; FIBER 0g; PROTEIN 0g; CALCIUM 0%; IRON 0%



This section includes recipes in which kale and kohlrabi are the stars! Use the recipe index to find other recipes that also feature these items!

Kale and Squash Mashup

Ingredients

- ½ butternut squash, peeled, seeded and cut into ½ inch cubes (about 3 cups)
- ½ bunch kale, washed and chopped (about 5 cups)
- 1 small onion, chopped (about ¾ cup)
- 2 cloves garlic, minced
- 1 tablespoon vinegar or lemon juice
- 1½ cups diced fresh tomatoes or 1¼ cups apple cider
- 1 tablespoon vegetable oil

Instructions

1. Heat oil in frying pan on medium. Add onion and garlic.
2. Sauté 3 minutes or until onion is soft.
3. Stir in squash cubes and sauté 1 minute.
4. Add tomato (or cider). Cover pan, increase heat to medium-high, and bring to a boil. Adjust heat to simmer.
5. Cook 10-15 minutes, or until squash is tender.
6. Add kale. Cover and cook another 5 minutes.



Makes: 5 servings

Nutrition Information: CALORIES 120 (30 from fat); FAT 3.5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 35mg; CARBOHYDRATE 21g; FIBER 4g; PROTEIN 4g; CALCIUM 15%; IRON 10%

Baked Kale Frittata

Ingredients

- 1 bunch of kale (3 cups chopped)
- 1 large onion
- Vegetable cooking spray
- 1 teaspoon olive or vegetable oil
- ¼ cup water
- 5 eggs
- ½ cup skim milk
- 1/3 cup grated low-fat cheddar cheese
- ½ teaspoon salt
- ¼ teaspoon pepper

Instructions

1. Preheat oven to 375°. Coat a 9-inch round baking pan with vegetable cooking spray.
2. Wash and chop the kale. Chop the onion.
3. Heat oil in a large frying pan over medium-high heat. Add the onion and sauté for 3-5 minutes until soft.
4. Stir in kale and water. Cover and cook for 5 minutes. Remove from heat and allow to cool.
5. In a large bowl, combine eggs, milk, cheese, salt, and pepper. Blend in kale mixture.
6. Pour the mixture into the baking pan. Bake for 20 min.
7. Remove from oven and let sit for 2-3 minutes. Slice into wedges and enjoy.

Makes: 6 servings

Nutrition Information: CALORIES 110 (45% from fat); FAT 5g (sat 1.5g); CHOLESTEROL 155mg; SODIUM 320mg; CARBOHYDRATE 7g; FIBER 1g; PROTEIN 9g; CALCIUM 15%; IRON 8%

Spring Greens and Black-eyed Peas

Ingredients

- 16 ounces fresh new greens, such as baby kale, collards, mustard greens, or Swiss chard
- 1 tablespoon olive oil
- 1 large onion, quartered and thinly sliced
- 1, 16-ounce can black-eyed peas, drained and rinsed
- 2 tablespoons balsamic vinegar or apple cider vinegar, or to taste
- Salt and black pepper, to taste

Instructions

1. Wash greens in cold water and pat dry. Discard tough stems. Trim away thick mid-ribs from the leaves. Discard ribs or slice thinly and use. Chop the leaves into large pieces.
2. Heat the oil in a pot or large stir-fry pan. Add onion and sauté over medium heat until golden.
3. Add greens, cover, and steam until tender. If using kale or collards, add 1/4-1/2 cup water to keep mixture moist. Allow 3-5 minutes to steam Swiss chard; 10-15 minutes to steam the other types of greens.
4. Stir in the black-eyed peas and vinegar. Cook until everything is just heated through.
5. Season to taste with salt and pepper, and serve.

Makes: 6 servings

Nutrition Information: CALORIES 190 (21% from fat); FAT 4.5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 35mg; CARBOHYDRATE 33g; FIBER 8g; PROTEIN 6g; CALCIUM 25%; IRON 15%

Wilted Kale with Coconut Milk, Ginger, and Lime

Ingredients

- ½ cup light coconut milk
- 1 teaspoon canola oil
- 1 jalapeño pepper, seeds removed, minced
- 2 teaspoons ginger, minced
- 8 cups kale, stems removed, chopped
- ½ teaspoon sugar
- 2 teaspoons lime juice
- 1/8 teaspoon salt (optional)

Instructions

1. Heat a deep fry pan over medium-low heat.
2. Add 1 tablespoon coconut milk and canola oil.
3. Add jalapeño and ginger; cook for 1 minute.
4. Add kale; cook for 2 minutes.
5. Add remaining coconut milk and sugar; cover and cook for 4 minutes.
6. Stir in lime juice and a little salt if desired.



Makes: 4 servings (1/2 cup each). Nutrition Information: CALORIES 100 (30 from fat); FAT 3.5g (sat 1.5g); CHOLESTEROL 0mg; SODIUM 90mg; CARBOHYDRATE 16g; FIBER 3g; PROTEIN 5g; CALCIUM 20%; IRON 15%

Quick Sauteed Greens

Ingredients

- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 1 bunch of scallions (or 2 onions) chopped
- 4 cups your favorite greens washed, stems removed, cut into shreds (try combining kale, Swiss chard, collard greens, or others)
- 2 tablespoons water
- Dash of crushed red pepper or hot sauce, optional

Instructions

1. Heat oil in large skillet over medium heat until hot.
2. Add garlic and scallions or onions and cook until slightly wilted (about 1-2 minutes).
3. Add the greens, seasonings and water. Stir ingredients well.
4. Cover the pan, and cook the greens over low heat for 8 to 10 minutes. Stir occasionally.



Makes: 5 servings (1/2 cup each). Nutrition Information: CALORIES 60 (25 from fat); FAT 3g (sat fat 0g); CHOLESTEROL 0mg; SODIUM 10mg; CARBOHYDRATE 8g; FIBER 2g; PROTEIN 1g; CALCIUM 6%; IRON 2%

Fall Vegetable Soup with Lentils

Ingredients

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 1 cup lentils
- teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dried thyme
- Small turnips, scrubbed and cut into 1/2-in. cubes
- 5 small or 3 large beets, peeled and halved
- 1 cup cubed butternut squash (1/2-in. cubes)
- 4 cups stemmed, chopped kale
- 5 baby carrots, washed
- 1/2 cup minced flat-leaf parsley

Instructions

1. Heat olive oil in medium pot over medium-high heat. Add onion and cook until translucent, about 3 minutes.
2. Add garlic, lentils, salt, pepper, thyme, and 4 cups water. Bring to a boil, then reduce heat to medium-low.
3. Add turnips, beets, and squash and simmer gently, stirring occasionally, 20 minutes.
4. Add kale and carrots and cook 10 minutes, or until vegetables are tender and most of the liquid has been absorbed. Remove from heat and stir in parsley. Serve.

Makes: 4 servings

Nutrition Information: CALORIES 320 (13% from fat); FAT 4.5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 730mg; CARBOHYDRATE 56g; FIBER 21g; PROTEIN 18g; CALCIUM 20%; IRON 40%

Kohlrabi Salad

Ingredients

- 2 heads kohlrabi
- 1 apple, such as Gala
- ¼ cup rice vinegar
- 1 tablespoon sesame or olive oil
- 1/8 teaspoon chili powder, or to taste
- 2 pinches cumin
- 1 teaspoon low-sodium soy sauce
- ¼ cup chopped cilantro

Instructions

1. With a sharp knife, cut off the “branches” or the kohlrabi, and peel it with a paring knife or vegetable peeler.
2. Cut the kohlrabi and apple into matchsticks.
3. Toss the kohlrabi and apple with the remaining ingredients. Chill before serving.



Makes: 4 servings; Nutrition Information: CALORIES 90 (33% from fat); FAT 3.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 60mg; CARBOHYDRATE 13g; FIBER 4g; PROTEIN 2g; CALCIUM 2%; IRON 2%



L

This section includes recipes in which leeks and lettuces are the stars! Use the recipe index to find other recipes that also feature these vegetables!

Tossed Green Salad

Ingredients

- 1 small head Romaine lettuce, washed and torn into pieces
- 1 tomato sliced into 8 wedges
- 1 cup broccoli, chopped*
- 5 radishes, sliced
- 1/4 cup chopped onion

*Note: You can add practically any vegetable to a salad. If you don't have radishes, use carrots. No broccoli, try cauliflower.

Instructions

1. In a large bowl toss together all ingredients.
2. Add a small amount of your favorite low calorie salad dressing and serve immediately.



Makes: 8 servings. Nutrition Information: CALORIES 20 (5 from fat); FAT 0g (sat 0g); CHOLESTEROL 0mg; SODIUM 10mg; CARBOHYDRATE 4g; FIBER 2g; PROTEIN 1g; CALCIUM 4%; IRON 6%

Lettuce Cups

Ingredients

- 1 tablespoon vegetable oil
- 3 garlic cloves, minced
- 1 8-ounce can whole water chestnuts, drained and minced
- 3 cups cremini (baby portabella) mushrooms, minced
- 3 cups shredded Napa (Chinese) cabbage
- 1/8 teaspoon crushed red pepper
- 1 cup minced green onions
- 2 tablespoons low-sodium soy sauce
- 1/4 cup fresh cilantro, chopped
- 24 large lettuce leaves

Instructions

4. Heat the oil in a large nonstick skillet over medium heat.
5. Add garlic and cook for 2 minutes. Add mushrooms and cook for 8 minutes, stirring occasionally. Add cabbage, crushed red pepper, and water chestnuts. Cook for 5 minutes or until cabbage wilts.
6. Remove from heat and stir in onions and soy sauce. Cool completely.
7. Stir in cilantro. Spoon about 1/4 cup of the mixture into each lettuce leaf with a slotted spoon.
8. Serve and enjoy!

Makes: 8 servings

Nutrition Information: CALORIES 60 (40% from fat); FAT 2g (sat 0g); CHOLESTEROL 0mg; SODIUM 170mg; CARBOHYDRATE 9g; FIBER 2g; PROTEIN 2g; CALCIUM 6%; IRON 10%

Spring Green Salad

Ingredients

For the salad:

- 1 pound spring greens (lettuce, spinach, beet greens, turnip greens, mustard greens, arugula, mesclun)
- 4 green onions (scallions) thinly chopped

For the dressing:

- 1 tablespoon honey
- 1 tablespoon Dijon mustard
- Dash of black pepper (optional)
- 3 tablespoons balsamic vinegar, or to taste

Instructions

1. Wash and pat dry greens.
2. Put greens and green onions in a large bowl.
3. Put honey, mustard, and pepper in a cup, and mix with a fork.
4. Add 1 tablespoon balsamic vinegar to cup and mix. Repeat until dressing is thin enough to be poured over salad.
5. Drizzle dressing over salad.
6. Toss to spread dressing, and serve.



Makes: 6 servings; Nutrition Information: CALORIES 40 (13% from fat); FAT 0g (sat 0g); CHOLESTEROL 0mg; SODIUM 100mg; CARBOHYDRATE 8g; FIBER 2g; PROTEIN 2g; CALCIUM 10%; IRON 10%

Tossed Salad Vegetable Parade

Ingredients

For the salad:

- 2 cups red and green leaf lettuce
- ½ cup spinach
- ¼ cup kale, finely chopped
- 1 beet, grated
- 1 carrot, grated
- 2-3 radishes, grated
- ½ green bell pepper, grated
- 1 ear raw corn kernels
- 1 small cucumber, chopped
- 1 small summer squash, chopped

For the dressing:

- 1 tablespoon olive oil
- 1 tablespoon vinegar
- 1 teaspoon dried oregano
- ¼ teaspoon black pepper, if desired

Instructions

1. Wash and cut vegetables as desired. Measure and toss into salad bowl.
2. To make the dressing—mix oil, vinegar, oregano and black pepper together.
3. Pour dressing over the salad. Mix together and serve cold.

Makes: 6 servings; Nutrition Information: CALORIES 40 (13% from fat); FAT 0g (sat 0g); CHOLESTEROL 0mg; SODIUM 100mg; CARBOHYDRATE 8g; FIBER 2g; PROTEIN 2g; CALCIUM 10%; IRON 10%

Fall Vegetable Salad

Ingredients

For the salad:

- 1 head lettuce, chopped
- ½ cup kale, chopped
- 1 medium carrot, grated
- 4 radishes, grated
- ½ red bell pepper, chopped
- 1 ear corn, kernels removed from cob
- ½ small cucumber, chopped
- ½ cup broccoli, chopped
- 1 apple, chopped
- 1 peach, chopped
- 1 tablespoon cilantro, chopped

For the dressing:

- 1 tablespoon olive oil
- 1 tablespoon apple cider vinegar
- 1 teaspoon dried oregano
- ¼ teaspoon black pepper

Instructions

1. Add all vegetables to a large bowl and toss together.
2. To make the dressing, mix oil, vinegar, oregano and black pepper together.
3. Pour dressing over vegetables. Mix together and serve cold.

Makes: 6 servings (1 cup each). Nutrition Information:
CALORIES 90 (25 from fat); FAT 3g (sat fat 0g); CHOLESTEROL
0mg; SODIUM 20mg; CARBOHYDRATE 15g; FIBER 3g;
PROTEIN 2g; CALCIUM 4%; IRON 6%



This section includes recipes in which mustard greens are the star! Use the recipe index to find other recipes that also feature mustard greens and recipes with more produce that begins with “M”!

Mustard Greens and Sweet Onion Sauté

Ingredients

- 1 tablespoon olive, canola, or vegetable oil
- 1 sweet onion (such as Vidalia), halved and thinly sliced
- Black pepper to taste
- ¼ teaspoon salt
- 1½ pounds mustard greens (2 bunches), stems removed, sliced 1-inch crosswise
- 2 teaspoons cider vinegar

Instructions

1. In a large skillet, heat oil over medium-high heat. Add onion, season with salt and pepper. Cook, stirring frequently, until onion is tender and golden, 6-8 minutes.
2. Add as many green as will fit in the skillet. Cook until wilted, tossing and adding more greens as room becomes available, 2-3 minutes.
3. Stir in vinegar, and serve.



Makes: 4 servings. Nutrition Information: CALORIES 90 (39% from fat); FAT 4g (sat 0g); CHOLESTEROL 0mg; SODIUM 180mg; CARBOHYDRATE 1g; FIBER 6g; PROTEIN 5g; CALCIUM 20%; IRON 15%

Hoppin' John with Mustard Greens

Ingredients

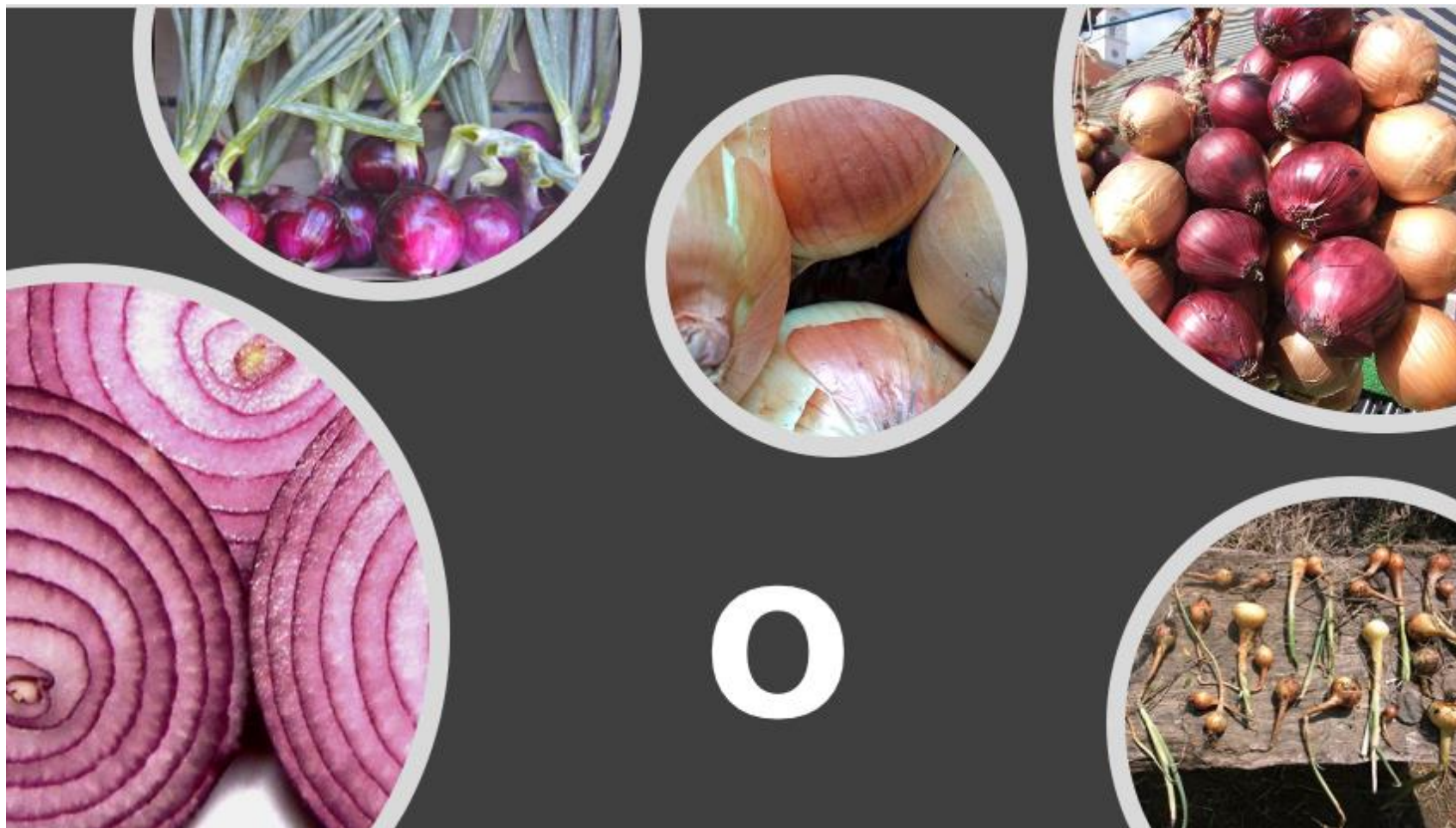
- 2 cups water
- 2 tablespoons whole grain Dijon mustard
- 1 tablespoon olive or vegetable oil
- 3½ cups chopped onion
- 1/3 teaspoon dried (or 1 teaspoon fresh chopped) thyme
- 1 cup uncooked brown rice
- 4 garlic cloves, minced
- 4 cups cooked black-eyed peas
- 4 cups mustard greens, chopped and trimmed

Instructions

1. Combine water, mustard, and thyme in a small bowl. Stir and set aside.
2. Heat a large pot over medium-high heat. Sauté onion the oil for 6 minutes. Add rice and garlic, cook, stirring, for 2 minutes.
3. Stir in water mixture and bring to a boil. Cover reduce heat, and simmer for 15 minutes.
4. Add black-eyed peas and mustard greens. Cover and cook for 5 minutes.
5. Stir the mixture well, cover and cook for an additional 5 minutes, or until greens and rice are tender.

Makes: 6 servings

Nutrition Information: CALORIES 310 (13% from fat); FAT 4.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 90mg; CARBOHYDRATE 57g; FIBER 9g; PROTEIN 13g; CALCIUM 10%; IRON 20%



This section includes recipes in which onions are the star! Use the recipe index to find other recipes that also feature onions and recipes with more produce that begins with "O"!

Baked Onions

Ingredients

- 4 medium sweet onions
- 3/4 cup water
- 1/4 cup balsamic vinegar
- 2 teaspoons cornstarch

Instructions

1. Preheat oven to 350° F.
2. Peel the onions. Place them side by side into a small casserole dish.
3. Pour the water and balsamic vinegar over and around the onions, and bake for about 2 hours, until onions are soft.
4. Add cornstarch to the remaining juices to thicken.
5. Serve onions with the sauce.



Makes: 4 servings

Nutrition Information: CALORIES 60 (0% from fat); FAT 0g (sat 0g); CHOLESTEROL 0mg; SODIUM 10mg; CARBOHYDRATE 13g; FIBER 1g; PROTEIN 1g; CALCIUM 2%; IRON 2%

Baked Stuffed Onions

Ingredients

- 4 garlic cloves, minced
- 8 medium yellow onions, unpeeled
- 1 cup loosely packed fresh basil
- 1/2 cup loosely packed fresh flat-leaf parsley
- 1/2 teaspoon salt
- Black pepper, to taste
- 3 Yukon gold potatoes, peeled and cut into 2-inch cubes

Instructions

1. Preheat the oven to 450°F. Cut off the top quarter of each onion, and wrap each onion in aluminum foil. Cook onions until soft, about an hour and a half.
2. Remove onions from oven, unwrap, and let cool for 15 minutes. Peel and discard skins. Working from the center of each onion, pull out all but two layers, leaving a shell. Place shells in a small baking dish. Measure 2 cups of onion flesh.
3. Chop the onion flesh finely. Add basil, parsley, garlic, salt, and pepper. Mix well.
4. Bring a large saucepan of water to a boil. Add potatoes and cook until fork tender, about 20 minutes. Drain.
5. Mash potatoes with a fork and add onion mixture. Stuff onion shells with this filling. Bake stuffed onions until soft and golden, about 30 minutes.

Makes: 4 servings

Nutrition Information: CALORIES 210 (2% from fat); FAT 0.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 330mg; CARBOHYDRATE 47g; FIBER 8g; PROTEIN 6g; CALCIUM 10%; IRON 10%

Oven-Browned Onions

Ingredients

- 2 pounds of onions
- 1 Tbsp olive, canola or vegetable oil

Instructions

1. Preheat the oven to 200°F.
2. Chop 2 pounds of onions into medium-size pieces. Toss onions with oil and place on roasting pan.
3. Place in oven and bake for about 6 hours, or until the onions are evenly browned, stirring occasionally.
4. Allow to cool and serve immediately.



Makes: 6 servings

Nutrition Information: CALORIES 80 (25% from fat); FAT 2.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 5mg; CARBOHYDRATE 14g; FIBER 3g; PROTEIN 2g; CALCIUM 4%; IRON 2%

Caramelized Onion Flatbreads

Ingredients

- 1/3 cup whole-wheat flour
- 3/4 cup all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoons salt
- 1 1/4 cups plus
- 2 tablespoons water
- 3 tablespoons olive, canola, or vegetable oil
- 2 cups sliced onion

Instructions

1. Heat 1 tablespoon of oil in a medium skillet over high heat. Add 2 cups sliced onions, stirring often, until onions begin to brown, about 5 min. Reduce heat to low, add 2 tablespoons water and cook, stirring frequently, until onions are golden brown and very soft, about 15 minutes.
2. Whisk whole-wheat flour, all-purpose flour, baking powder, and salt in a medium bowl. Make a well in the center, and pour in 1 tablespoon oil and 1 1/4 cups water. Whisk until smooth. Stir in caramelized onions.
3. Heat a large nonstick skillet over medium-high heat. Lightly brush the pan with the remaining oil.
4. Using 1/4 cup batter for each, pour the batter for 2 flatbreads into the pans and spread each into a 5-inch circle. Cook until the bread looks bubbly and mostly dry, about 2 minutes. Flip and cook until golden on opposite side, 1-2 minutes more. Repeat with remaining batter.

Makes: 10 servings. Nutrition Information: CALORIES 100 (40% from fat); FAT 4.5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 170mg; CARBOHYDRATE 14g; FIBER 1g; PROTEIN 2g; CALCIUM 4%; IRON 4%



This section includes recipes in which peaches, parsnips, pears, peas, potatoes, plums, and pumpkin are the stars! Use the recipe index to find other recipes that also feature these items and recipes with more produce that begins with "P"!

Grilled Peaches

Ingredients

- 4 peaches
- 1 tablespoon olive or vegetable oil
- 2 cups low-fat cottage cheese

Instructions

1. Cut peaches in half, brush with oil
2. Grill, cut sides down, until soft with char marks (about 4 min.)
3. Serve with cottage cheese



Makes: 4 servings

Nutrition Information:

CALORIES 170 (26% from fat); FAT 5g (sat 1g); CHOLESTEROL 5mg; SODIUM 460mg; CARBOHYDRATE 17g; FIBER 2g; PROTEIN 15g; CALCIUM 8%; IRON 4%

Peach Tomato Salsa

Ingredients

- 3 tomatoes, chopped
- 3 tomatillos with paper-like husk removed, chopped
- ½ green bell pepper, chopped
- ½ cucumber, unpeeled, chopped
- 2 peaches, chopped
- 1 red onion, chopped
- 2 tablespoons fresh lime juice
- ½ cup cilantro, chopped
- ¼ teaspoon black pepper, optional
- 1 jalapeño pepper, chopped small, optional

Instructions

1. Add all chopped vegetables to a large bowl. Add fresh lime juice and mix well.
2. Mix in fresh cilantro and black pepper.
3. Serve immediately or keep refrigerated.



Makes: 5 servings (1/2 cup each). Nutrition Information:
CALORIES 70 (5 from fat); FAT 0.5g (sat fat 0g); CHOLESTEROL 0mg; SODIUM 0mg; CARBOHYDRATE 15g; FIBER 3g; PROTEIN 2g; CALCIUM 4%; IRON 4%

Honey-Poached Peaches and Blackberries

Ingredients

- 2 cups water
- ½ cup orange juice
- 6 tablespoons honey
- ½ teaspoons vanilla extract
- 4 ripe peaches
- 1 cup fresh blackberries
- Optional: low-fat vanilla frozen yogurt

Instructions

1. Combine water, orange juice, honey, and vanilla in a large saucepan. Bring to a boil, stirring until honey dissolves. Add whole peaches and cook, turning gently, until the skins loosen, 1-2 min. Remove with tongs or a slotted spoon, rinse under cold water and drain.
2. Once peaches are removed, raise heat so poaching liquid boils briskly and begins to reduce. Peel the peaches and add skins to the boiling liquid. Cut peaches in half vertically.
3. Lower heat to a simmer. Return peaches to the pan and poach until not quite tender when pierced with a fork, 3-7 min. Peaches should still hold their shape. Transfer them to a bowl with tongs or a slotted spoon. When cool, gently remove pits. Cover and refrigerate for at least 30 min.

4. Raise heat so liquid is boiling, cook until reduced to about 2/3 cup, 14-18 minutes. Watch carefully to prevent scorching. Remove skins from syrup. Cover and refrigerate syrup for at least 30 min.
5. Let fruit and syrup come to room temperature. Arrange peach halves in serving bowls, top with syrup, blackberries, and frozen yogurt, if desired.



Makes: 4 servings.

Nutrition Information: CALORIES 190 (3% from fat); FAT 0.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 0mg; CARBOHYDRATE 48g; FIBER 4g; PROTEIN 2g; CALCIUM 2%; IRON 4%

Peach Cinnamon Crisp

Ingredients

- 4 peaches (about 4 cups sliced)
- 2 tablespoons butter
- 3/4 cup quick-cooking oats
- 1/2 cup sugar
- 1/4 cup flour
- 2 teaspoons cinnamon
- 1 teaspoon lemon juice

Instructions

1. Preheat oven to 375°F.
2. Slice peaches.
3. Melt butter.
4. In small bowl, combine all ingredients except peaches.
5. Place peaches in 9-inch baking pan and spread oat mixture on top.
6. Bake 20 minutes.



Makes: 6 servings. Nutrition Information: CALORIES 200 (45 from fat); FAT 5g (sat 2.5g); CHOLESTEROL 10mg; SODIUM 25mg; CARBOHYDRATE 39g; FIBER 3g; PROTEIN 3g; CALCIUM 2%; IRON 6%

Parsnip Soup

Ingredients

- 2 pounds parsnips, peeled and woody core removed
- 3 medium carrots, peeled and cut into matchsticks
- 1 small yellow or white onion, peeled and cut into eights
- 1 tablespoon canola or vegetable oil
- 1 cup balsamic vinegar
- 2¼ cups reduced-sodium chicken or vegetable broth
- 2¼ cups skim milk
- ½ teaspoon salt
- ¼ teaspoon pepper

Instructions

1. Position rack to lower third of oven; preheat to 450°F.
2. Toss parsnips, carrots, onion, oil, ½ teaspoon salt, and pepper in a roasting pan. Roast, stirring every 10 minutes until soft and beginning to brown, about 40 minutes.
3. Boil vinegar in a small saucepan until syrupy and reduced to about ¼ cup, 10-14 minutes. Watch carefully during final minutes to prevent burning. Remove from heat.
4. Puree half of the parsnip mixture in a blender until very smooth; transfer to a large saucepan. Puree the second half with the milk until very smooth; add to the saucepan.
5. Reheat soup over medium heat for about 5 minutes. Ladle into bowls and drizzle with balsamic syrup.

Makes: 6 servings
Nutrition Information: CALORIES 230 (13% from fat); FAT 3g (sat 0g); CHOLESTEROL 0mg; SODIUM 250mg; CARBOHYDRATE 44g; FIBER 9g; PROTEIN 6g; CALCIUM 20%; IRON 8%

Pasta with Root Vegetables

Ingredients

- 1 Tablespoon olive oil
- 1 large red onion, coarsely chopped
- 5 small parsnips, peeled and cut into 1/2-inch pieces
- 2 medium sweet potatoes, peeled and cut into 1/2-inch pieces
- 2 medium golden beets, peeled and cut into 1/2-inch pieces (You can use red beets, they will just make the pasta red!)
- Beet greens (if they came with the beets)
- 1 tablespoon chopped fresh rosemary (or 1 teaspoon dried)
- 1 2/3 cups (about) vegetable broth, divided
- 1 pound ziti or other pasta
- 1/2 tablespoon butter
- 1/2 cup grated Parmesan cheese (optional)

Instructions

1. Heat oil in large nonstick skillet over high heat. Add all vegetables except beet greens; sauté until vegetables begin to brown, 8 to 9 minutes.
2. Add rosemary; stir 1 minute.
3. Add 1 cup broth; bring to boil. Reduce heat to medium. Cover skillet and cook until vegetables are tender, stirring occasionally, 15 to 18 minutes.
4. Meanwhile, cook pasta according to package directions. Drain. Return pasta to pot.
5. Stir beet greens (if you have them) and butter into vegetables; add to pasta. Stir in more vegetable broth by 1/3 cupfuls to moisten. Season with salt and pepper. Serve with Parmesan, if desired.



Makes: 6 servings; Nutrition Information: CALORIES 410 (11% from fat); FAT 5g (sat 1g); CHOLESTEROL 0mg; SODIUM 300mg; CARBOHYDRATE 79g; FIBER 7g; PROTEIN 13g; CALCIUM 6%; IRON 20%

Roasted Pear and Fennel Salad

Ingredients

For the salad:

- 2 Bosc pears
- 2 medium fennel bulbs (about 1 pound)
- 1 tablespoon olive oil
- ½ teaspoon salt

For the dressing:

- 4 tablespoons olive oil
- 1½ tablespoons balsamic vinegar
- 1 tablespoon maple syrup or honey
- ½ teaspoon salt
- Pepper to taste

Instructions

1. Preheat oven to 425°F. Arrange 2 oven racks to the middle and lower third positions. Line 2 baking sheets with foil.
2. Peel, quarter, and core pears. Cut each quarter into slices about ¼ inch thick.
3. Trim fennel stems, core, and remove outer layers. Slice fennel lengthwise into slices ¼ inch thick.
4. Place pear slices on one sheet, drizzle with about ½ tablespoon oil, season with ¼ teaspoon salt. Toss to coat. Repeat with fennel slices on other baking sheet.
5. Roast pear and fennel, turning slices once, until golden brown on edges, about 15-25 min. The fennel will probably be done before the pear. Set aside to cool.
6. Combine dressing ingredients in a small bowl, drizzle over pear and fennel once cooled.

Makes: 6 servings; Nutrition Information: CALORIES 180 (56% from fat); FAT 12g (sat 1.5g); CHOLESTEROL 0mg; SODIUM 430mg; CARBOHYDRATE 19g; FIBER 6g; PROTEIN 1g; CALCIUM 4%; IRON 4%

Pear Pudding

Ingredients

- 5 Bartlet, D’Anjou, or Comice pears, peeled, cored, & sliced
- 3 cups skim milk
- ½ cup plus 1 tablespoon uncooked cream of rice or cream of wheat
- ¼ teaspoon salt
- ½ teaspoon finely chopped ginger (or 1/8 teaspoon ground ginger)
- ½ cup maple syrup

Instructions

1. Preheat the oven to 350°F. Transfer pears to a baking dish, and set aside.
2. Heat milk in a small pot until almost at a simmer. Slowly add the cream of rice or wheat, whisking as you add. Add salt and ginger, and simmer on low for about 2 minutes. Stir in maple syrup.
3. Pour mixture over pears. Bake for 20 minutes, or until pears are tender.

Makes: 4 servings

Nutrition Information: CALORIES 390 (3% from fat); FAT 1.5g (sat 0g); CHOLESTEROL 5mg; SODIUM 230mg; CARBOHYDRATE 89g; FIBER 13g; PROTEIN 11g; CALCIUM 45%; IRON 35%

Pea Soup

Ingredients

- 12 cups water
- 2 pounds English peas, with shells
- 1/3 cup finely chopped fresh dill
- 1/2 tsp salt
- Black pepper, to taste
- 3/4 cup low-fat plain yogurt

Instructions

1. Bring water to boil in a large pot. Add peas, return to boil and reduce to a simmer. Cook, stirring occasionally, for 45 minutes.
2. Using a slotted spoon, transfer one-third of the pea pods to a food processor or blender. Add 1/2 cup cooking liquid and process until smooth. Pour into a large bowl. Repeat with remaining pea pods in two batches, with 1/2 cup of cooking liquid each time.
3. Return the soup to the pot, bring to a boil and then simmer until reduced by about a third, 30-35 minutes. Stir in chopped dill, salt and pepper. Serve with a dollop of yogurt, if desired.



Makes: 6 servings. Nutrition Information: CALORIES 140 (7% from fat); FAT 1g (sat 0g); CHOLESTEROL 0mg; SODIUM 230mg; CARBOHYDRATE 24g; FIBER 8g; PROTEIN 10g; CALCIUM 10%; IRON 15%

Pasta and Peas

Ingredients

- 1 pound of pasta (farfalle, rigatoni, penne)
- 1/4 cup olive oil
- 3 green onions chopped
- 2 cups garden peas (about 2 pounds unshelled)
- 1 bunch fresh basil, chopped
- Salt and pepper to taste

Instructions

1. Bring a large pot of water to a boil.
2. Add pasta and cook following the instructions on the box for your choice of pasta; drain but set aside 2/3 cup of pasta water.
3. While pasta is cooking heat the olive oil in a saucepan over medium heat.
4. Stir in the green onions, and season with salt. Cook until green onions are golden brown.
5. Mix in the peas with the pasta water and basil, and continue cooking until peas are tender.
6. Toss with cooked pasta to serve.
7. Top with grated parmesan cheese, if desired.



Makes: 8 servings. Nutrition Information: CALORIES 310 (70 from fat); FAT 8g (sat 1g); CHOLESTEROL mg; SODIUM 0mg; CARBOHYDRATE 48g; FIBER 4g; PROTEIN 10g; CALCIUM 2%; IRON 8%

Lemon Chicken Stir Fry

Ingredients

- 1 cup uncooked brown rice
- 1 lemon
- ½ cup reduced-sodium chicken broth
- 3 tablespoons reduced-sodium soy sauce
- 2 teaspoons cornstarch
- 1 tablespoon canola oil
- 1 pound boneless, skinless chicken breasts, trimmed and cut into 1-inch pieces
- 10 ounces mushrooms, halved or quartered
- 1 cup diagonally sliced carrots (1/4-inch thick)
- 2 cups snow peas (6 ounces), stems and strings removed
- 1 bunch scallions, cut into 1-inch pieces, white and green parts divided
- 1 tablespoon chopped garlic

Instructions

1. Cook rice according to package directions. Set aside.
2. Grate ½ teaspoon lemon zest (the bright yellow part of the peel) and set aside. Juice the lemon and whisk 1.5 tablespoons of the juice with broth, soy sauce and cornstarch in a small bowl.
3. Heat oil in a large skillet over medium-high heat. Add chicken. Cook, stirring occasionally, until cooked through, 4 to 5 minutes. Transfer to a plate.
4. Add mushrooms and carrots to the pan and cook until the carrots are just tender, about 5 minutes.
5. Add snow peas, scallion whites, garlic and the reserved lemon zest. Cook, stirring frequently, until fragrant, 30 seconds.

Whisk the broth mixture and add to the pan. Cook, stirring, until thickened, 2 to 3 minutes. Add scallion greens and chicken. Cook, stirring, until heated through, 1 to 2 minutes.

6. Serve over brown rice.



Makes: 4 servings

Nutrition Information: CALORIES 470 (17% from fat); FAT 9g (sat 1.5g); CHOLESTEROL 95mg; SODIUM 530mg; CARBOHYDRATE 49g; FIBER 6g; PROTEIN 44g; CALCIUM 8%; IRON 20%

Seared Sugar Snap Peas

Ingredients

- 1 pound sugar snap peas, strings removed
- 3-4 scallions or green onions, sliced diagonally
- 1 tablespoon olive or vegetable oil
- Dash of salt
- Pinch of sugar
- Zest of 1 lemon
- 3 tablespoons chopped fresh mint
- Black pepper to taste
- Lemon juice to taste

Instructions

1. Heat a large sauté pan on high heat for 1 minute. Add the oil and heat until it simmers, about 1-2 minutes.
2. Add the sugar snap peas and toss to coat with oil. Sprinkle with a pinch of salt and toss again. Cook undisturbed for 1 minute.
3. Add the green onions and sprinkle with a pinch of sugar. Toss to combine. Let cook for 1 minute. Toss and cook again undisturbed for 2 minutes.
4. Remove heat and mix in lemon zest and mint.
5. Add black pepper and lemon juice to taste.

Makes: 4 servings. Nutrition Information: CALORIES 100 (30% from fat); FAT 3.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 80mg; CARBOHYDRATE 15g; FIBER 4g; PROTEIN 4g; CALCIUM 10%; IRON 15%

Potato Corn Soup

Ingredients

- 1 tablespoon oil
- 1 cup chopped onions
- 3 cups diced potatoes
- 2 cups low sodium broth
- 1 cup low fat milk
- 1½ cups corn
- Salt and pepper to taste

Instructions

1. In a large pot, heat oil over medium heat. Add onions and cook until soft.
2. Add potatoes, broth and 1 cup water. Bring to a boil.
3. Lower heat and simmer for 30 minutes.
4. Stir until smooth. Use the back of a spoon or fork to mash some of the potatoes.
5. Add milk and corn. Reheat for 10 minutes. Serve hot and enjoy!.
6. Serve hot and enjoy!
7. Refrigerate leftovers.



Makes: 5 servings. Nutrition Information: CALORIES 140 (30 from fat); FAT 4g (sat 0.5g); CHOLESTEROL 5mg; SODIUM 350mg; CARBOHYDRATE 23g; FIBER 2g; PROTEIN 5g; CALCIUM 8%; IRON 6%

Potato Crust Quiche

Ingredients

- 3 large potatoes
- 1 pound fresh spinach
- 8 ounces shredded or grated cheddar cheese, or other type of cheese if preferred
- ½ cup cottage cheese
- 1 teaspoon oil
- 1 medium onion chopped
- 1 clove garlic (minced or chopped)
- 1 tablespoon minced fresh basil (or 1 teaspoon dried basil)
- 1 tablespoon minced fresh parsley (or 1 teaspoon dried parsley)
- ½ teaspoon black pepper
- 4 eggs
- ¾ cup milk

Instructions

1. Boil potatoes with or without skins.
2. Mash cooked potatoes with ¼ cup milk.
3. Smooth mashed potatoes into a 9-inch quiche or deep dish pie pan.
4. Preheat oven to 375 degrees F.
5. Cook spinach and drain as much liquid as possible.
6. Heat oil slightly. Sauté onion and garlic until soft.
7. In a large bowl or food processor mix eggs, milk, cottage cheese and spices.
8. Add onion, garlic and spinach. Blend until smooth and pour into pie shell.
9. Bake for 40 minutes or until center is cooked. A butter knife inserted into the center should come out clean without egg sticking to the knife. Knife may be moist.



Makes: 6 servings

Nutrition Information: CALORIES 320 (80 from fat); FAT 8g (sat 3.5g); CHOLESTEROL 170mg; SODIUM 450mg; CARBOHYDRATE 39g; FIBER 5g; PROTEIN 23g; CALCIUM 35%; IRON 25%

Ham and Potato Soup with Leeks

Ingredients

- 1 1/3 cups ham (cooked, diced)
- 2 potatoes (large, diced)
- 2/3 celery stalk (chopped)
- 1 1/3 carrots (sliced)
- 1/3 cup leeks (sliced)
- 1 1/3 cups water
- 1/3 cups low-sodium chicken broth
- 1 1/3 cups skim milk
- 2 tablespoons flour
- 1/6 teaspoon rosemary
- 1/6 teaspoon parsley

Instruction

1. Add water and chicken broth to a large pot. Bring to a boil. Cut vegetables and ham.
2. Melt butter in a skillet over medium heat. Add leeks, celery and carrots, sauté for 7 minutes.
3. Add potatoes to the pot, bring to a boil, reduce heat and cook for 10 minutes.
4. Add ham, sautéed leeks, celery and carrots. Cook for another 15 minutes, until the vegetables are tender.
5. In a small bowl, mix well 1/2 cup milk and flour, until all the lumps are gone. Add the rest of the milk and stir.
6. Pour the milk mixture into the pot and stir.
7. Add rosemary and parsley. Simmer for 5 minutes.
8. Garnish with parsley or green onions and serve.

Makes: 4 servings

Nutrition Information:

CALORIES 310 (16% from fat); FAT 5g (sat 2g);
CHOLESTEROL 40mg; SODIUM 130mg; CARBOHYDRATE
44g; FIBER 5g; PROTEIN 21g; CALCIUM 15%; IRON 15%

Spicy Potato Curry

Ingredients

- 4 potatoes, peeled and cubed
- 2 tablespoons vegetable oil
- 1 yellow onion, diced
- 3 cloves garlic, minced
- 2 teaspoons ground cumin
- 1½ teaspoons cayenne pepper
- 4 teaspoons curry powder
- 1, 1-inch piece fresh ginger, peeled and minced
- 1, 15-ounce can diced tomatoes
- 1, 15-ounce can chickpeas, rinsed and drained
- 1, 15-ounce can peas, drained

Instructions

1. Place potatoes in a large pot and cover with water, Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until just tender, about 15 minutes. Drain and allow to steam dry for a minute.
2. Meanwhile, heat the vegetable oil in a large skillet over medium heat. Stir in the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes.
3. Season with cumin, cayenne pepper, curry powder, and ginger. Cook for 2 minutes more.
4. Add tomatoes, chickpeas, peas, and potatoes. Bring to a simmer for 5-10 minutes before serving.

Makes: 6 servings

Nutrition Information: CALORIES 290 (21% from fat); FAT 7g
(sat 0g); CHOLESTEROL 0mg; SODIUM 500mg; CARBOHYDRATE
49g; FIBER 10g; PROTEIN 9g; CALCIUM 8%; IRON 15%

Crispy Potato Roast

Ingredients

- 3 tablespoons olive, canola, or vegetable oil
- 3 pounds russet or Yukon Gold potatoes
- 2 onions, thinly sliced lengthwise
- ½ teaspoons salt
- ½ teaspoons red pepper flakes
- Several whole sprigs of thyme

Instructions

1. Preheat oven to 375°F. Brush the bottom of a baking dish with about 1 tablespoon of oil. Sprinkle baking dish with salt and red pepper flakes.
2. Peel the potatoes. Using a sharp knife, slice the potatoes very thinly crosswise. Arrange vertically in the baking dish. Wedge the onion slices between potatoes throughout the dish. Brush potatoes with the rest of the oil.
3. Bake for 1¼ hours. Lay the thyme sprigs atop the potatoes and bake for another 35-45 minutes, until potatoes are crispy and browned on top. If potatoes are browning too much, cover with foil until baking is complete. Serve immediately.

Makes: 8 servings

Nutrition Information: CALORIES 170 (26% from fat); FAT 5g (sat 1g); CHOLESTEROL 0mg; SODIUM 170mg; CARBOHYDRATE 29g; FIBER 5g; PROTEIN 3g; CALCIUM 2%; IRON 6%

Bean and Barley Chili

Ingredients

- 2 cups dried pinto beans
- 2 large onions, finely chopped
- 2 carrots, finely chopped
- 2 celery stalks, finely chopped
- 2 cloves of garlic, minced
- 1 tablespoon canola or vegetable oil
- 6 cups water
- 1 cup vegetable or reduced-sodium chicken broth
- ½ cup pearl barley
- 1, 28-ounce can plum tomatoes, drained and chopped
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 2 teaspoons crushed red pepper
- 1 bay leaf
- ½ teaspoon salt
- 4 teaspoon cider vinegar
- ½ teaspoon sugar
- Ground pepper, to taste

Instructions

1. Soak beans in cold water in a large pot overnight, or for at least 8 hours. (Or cook beans in boiling water for 2 minutes, cover and let sit for 1 hour). Drain and rinse.
2. Heat oil in a large pot over medium heat. Add onions, carrots and celery. Cook for 5-10 minutes. Add garlic, cumin and oregano, cook and stir for 1 minute.
3. Add water, bay leaf and beans. Bring to a simmer and skim foam from surface. Cover and simmer over low heat for 1¼ hours, stirring occasionally.

4. Add broth, crushed red pepper, tomatoes, barley, and salt. Simmer, partially covered, until beans are barley are tender, about 45 minutes. Remove bay leaf.
5. Season with vinegar, sugar and pepper.



Makes: 8 servings

Nutrition Information: CALORIES 280 (9% from fat); FAT 3g (sat 0g); CHOLESTEROL 0mg; SODIUM 310mg; CARBOHYDRATE 52g; FIBER 13g; PROTEIN 13g; CALCIUM 10%; IRON 20%

Cornell Cooperative Extension

Plum Raspberry Dessert Soup

Ingredients

- 8 medium plums, sliced
- 1 cup fresh raspberries
- 1½ cup unsweetened 100% grape juice
- 1 tablespoon red wine vinegar
- 3 sticks cinnamon (or 1½ tsp ground cinnamon)
- ½ cup water
- 1 tablespoon cornstarch
- Low-fat vanilla yogurt (optional)

Instructions

1. In a large saucepan, combine the plums, raspberries, juice, vinegar, and cinnamon. Bring to boil over medium-high heat. Reduce the heat and simmer for 15 minutes, or until the fruit is very soft.
2. In a cup, blend the water and cornstarch until smooth. Whisk into the soup. Cook and stir until the soup thickens and boils. Remove from heat. If using stick cinnamon, remove sticks. Allow to cool.
3. In a blender, puree the soup until smooth. Pour into a covered container and refrigerate until well-chilled. (Can be refrigerated for up to 2 days.)
4. To serve, ladle into shallow bowls. Top with a small scoop of frozen yogurt, if desired.

Makes: 4 servings

Nutrition Information: CALORIES 140 (4% from fat); FAT 0.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 5mg; CARBOHYDRATE 35g; FIBER 5g; PROTEIN 2g; CALCIUM 4%; IRON 4%

Spiced Yogurt with Maple Roasted Plums

Ingredients

- 2 cups plain unsweetened yogurt
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 3 just ripe plums
- 2 tablespoons maple syrup

Instructions

1. Pre-heat the oven to 180 degrees.
2. Add the cinnamon and nutmeg to the yoghurt and stir well. Leave in the fridge until ready to serve.
3. Cut the plums in half and place on a baking tray flesh side up, drizzle maple syrup over each one.
4. Bake these in the oven around fifteen minutes until they start to soften and darken around the edges.
5. Take them out to cool slightly, and then serve in a bowl with spiced yogurt.



Makes: 4 servings

Nutrition Information: CALORIES 170 (3% from fat); FAT 0g (sat 0g); CHOLESTEROL 5mg; SODIUM 70mg; CARBOHYDRATE 40g; FIBER 5g; PROTEIN 6g; CALCIUM 25%; IRON 2%

Vegan Pumpkin Pie

Ingredients

- 3 cups pureed, cooked pumpkin
- ¾ cup maple syrup or honey
- 2 tablespoons molasses
- ¼ teaspoon powdered cloves
- 1 tablespoon cinnamon
- 1½ teaspoon ginger
- ½ teaspoon salt
- 1½-2 cups scalded non-fat soy milk
- 1 whole wheat pie shell

Instructions

1. Preheat the oven to 450°F.
2. To prepare pumpkin puree, remove seeds and cut pumpkin into large chunks. Steam until soft, 20-30 minutes. Scoop pulp from the skins, and mash or puree into a thick paste.
3. Mix all ingredients (except pie crust) and pour into pie shell.
4. Bake for 10 minutes, then reduce heat to 350°F and bake until set, 45-50 minutes longer. Cool before serving.



Makes: 8 servings; Nutrition Information: CALORIES 170 (29% from fat); FAT 5g (sat 2.5g); CHOLESTEROL 0mg; SODIUM 190mg; CARBOHYDRATE 31g; FIBER 3g; PROTEIN 3g; CALCIUM 8%; IRON 6%

Spiced Pumpkin Bread

Ingredients

- 1 pound pumpkin or 1 cup canned pumpkin puree
- 1¾ cups whole wheat pastry flour
- 1/3 cup unsweetened applesauce
- ½ cup honey
- 2 eggs
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- ½ teaspoon cinnamon, plus more for dusting
- ½ teaspoon ginger
- ¼ teaspoon nutmeg
- ¼ teaspoon allspice or cloves
- 1 teaspoon baking soda
- Fat free cooking spray
- ¼ cup hot water

Instructions

1. If using a fresh pumpkin, cut in half, scoop out seeds and strings, and lie face down on a foil-lined baking sheet. Bake at 350°F until soft, about 45-60 minutes. Cool and scoop out flesh.
2. Lower oven temp to 325°F and grease a 9x5 in loaf pan.
3. In a large bowl, beat applesauce and honey together. Add eggs and beat well.
4. Stir in pumpkin puree, vanilla, salt, cinnamon, ginger, nutmeg, and allspice. Stir in flour, just until combined.
5. Add baking soda to hot water, stir to mix, and add to batter. Mix until evenly distributed.
6. Spread batter onto pan. Sprinkle with cinnamon and bake for 60-65 min. Bread is done when a toothpick comes out clean. Let cool in the pan for 5 min, then transfer to a wire rack. Cool for 30 min. before slicing.

Makes: 12 servings

Nutrition Information: CALORIES 130 (8% from fat); FAT 1g (sat - g); CHOLESTEROL 25mg; SODIUM 210mg; CARBOHYDRATE 27g; FIBER 3g; PROTEIN 3g; CALCIUM 2%; IRON 8%

Roasted Pumpkin and Wild Rice Pilaf

Ingredients

- 1 sugar or pie pumpkin (about 2-2½ lbs.), peeled, seeded, and cut into ¾-1 inch pieces (yields about 4-5 cups)
- 1 medium onion, cut into ½-¾ in. cubes
- 2 tablespoons olive or vegetable oil
- ½ cup water
- 3 to 4 tablespoons maple syrup
- 2 cups cooked wild rice
- Salt and pepper to taste

Instructions

1. Preheat the oven to 400 degrees. Prepare the wild rice according to package directions to yield 2 cups of cooked rice. Set aside.
2. In a roasting pan, combine the pumpkin, onion, oil, and salt and pepper. Toss to coat.
3. Pour the water and 2 Tbsp of the maple syrup over the pumpkin pieces.
4. Cover the pan tightly with aluminum foil and bake for 30 minutes. After 30 minutes, remove the foil and roast for an additional 30 minutes.
5. When the mixture is tender and starting to brown, remove from the oven. Add wild rice and remaining maple syrup. Stir and enjoy.

Makes: 6 servings

Nutrition Information: CALORIES 160 (28% from fat); FAT 5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 55mg; CARBOHYDRATE 27g; FIBER 2g; PROTEIN 3g; CALCIUM 4%; IRON 8%



R

Do you know of any NYS produce that starts with “Q”? Let’s skip to R! This section includes recipes in which radishes, rhubarb, raspberries are the stars! Use the recipe index to find other recipes that also feature these items and recipes with more produce that begins with “R”!

Brown Butter Roasted Radishes

Ingredients

- 4 bunches of radishes
- 1 tablespoon unsalted butter
- Squeeze of lemon juice (about 1 teaspoon)
- ½ teaspoon salt
- Ground pepper to taste

Instructions

1. Cut tops off radishes but keep. Wash well.
2. Melt butter in a small pan over medium-low heat. Keep an eye on it as it bubbles, then browns.
3. Lightly drizzle radishes with melted butter and salt.
4. Roast for about 20 minutes.
5. While radishes roast, wash radish tops very well by submerging in water completely for at least 5 minutes, then shake a few times while they are in there.
6. When radishes are done roasting, plate the radishes and dry radish greens together. Optional light drizzling of more melted butter.
7. Add squeeze of lemon juice – about 1 teaspoon
8. Sprinkle with salt and pepper, then stir to combine.



Makes: 4 servings; Nutrition Information: CALORIES 70 (57% from fat); FAT 4.5g (sat 3g); CHOLESTEROL 10mg; SODIUM 380mg; CARBOHYDRATE 8g; FIBER 4g; PROTEIN 2g; CALCIUM 6%; IRON 4%

Creamy Radish Soup

Ingredients

- 2 tablespoons extra-virgin olive oil
- 2 cups sliced radishes (from 2 bunches), divided
- 1/2 cup chopped onion
- 1 medium potato (~8 oz), peeled, cut in 1-inch cubes
- 2 cups low-fat milk
- 1/2 teaspoon salt
- 1/4-1/2 teaspoon white or black pepper
- 1/4 cup reduced-fat sour cream
- 1 tablespoon chopped fresh radish greens or parsley

Instructions

1. Heat oil in large saucepan over medium-high heat. Add 1¾ cups radishes and onion and cook, stirring frequently, until the onions begin to brown and radishes are translucent (about 5 minutes). Add potato, milk, salt and pepper to taste.
2. Bring to a boil, stirring occasionally. Reduce heat to a simmer, cover and cook, stirring occasionally, until the potato is tender (about 5 more minutes).
3. Working in batches, puree the mixture in a blender until smooth.
4. Slice remaining ¼ cup radishes into matchsticks. Serve each portion with 1 tablespoon sour cream, radish matchsticks and a sprinkling of radish greens or parsley.

Makes: 4 servings

Nutrition Information: CALORIES 140 (25% from fat); FAT 4g (sat 0.5g); CHOLESTEROL 5mg; SODIUM 380mg; CARBOHYDRATE 22g; FIBER 2g; PROTEIN 7g; CALCIUM 20%; IRON 4%

Couscous and Radish Salad

Ingredients

- 1¼ cups water
- 1 cup couscous, uncooked
- ½ teaspoon lemon zest
- 1/3 cup lemon juice
- 2 tablespoons water
- 1 tablespoon olive oil
- 1 clove garlic, crushed
- 2 cups radishes, trimmed and quartered
- ½ cup fresh parsley
- 1/3 cup fresh mint (or 1 tablespoons dried)
- 2 tablespoons scallions, thinly sliced

Instructions

1. Bring 1¼ cups of water to a boil. Stir in couscous. Cover, remove from heat, transfer to serving bowl, and set aside for 15 minutes. Fluff with fork, then set aside again.
2. Combine lemon zest, lemon juice, 2 tablespoons water, olive oil, and garlic. Stir vigorously and set aside.
3. Mince radishes, parsley, and mint. Transfer to bowl with couscous and toss. Add dressing and toss again.
4. Sprinkle with sliced scallions and serve.

Makes: 4 servings

Nutrition Information: CALORIES 210 (17% from fat); FAT 4g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 40mg; CARBOHYDRATE 39g; FIBER 4g; PROTEIN 7g; CALCIUM 6%; IRON 10%

Rhubarb Crisp

Ingredients

- 1 pound rhubarb (chopped into 1 inch pieces)
- 2 sweet red apples (such as Rome or Gala, peeled, cored and sliced)
- ½ cup orange juice
- 1 teaspoon ground cinnamon
- 3 tablespoons Splenda®
- 1 cup plain breadcrumbs
- 2 tablespoons brown sugar
- 1 tablespoon olive oil

Instructions

1. Preheat oven to 350.
2. In a large saucepan, combine rhubarb, apples, orange juice, cinnamon and Splenda®.
3. Cover and cook over medium heat for 5 to 10 minutes, or until the rhubarb is just tender.
4. In a medium bowl, combine breadcrumbs, olive oil and brown sugar. Mix well.
5. Spread mixture on a foil-lined baking tray and bake until lightly toasted, about 3 minutes.
6. Spoon half of the breadcrumb mixture into the bottom of a shallow serving dish.
7. Cover with the warm fruit mixture and top with remaining crumb mixture. Serve warm.

Makes: 6 servings

Nutrition Information:

CALORIES 160 (19% from fat); FAT 3.5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 135mg; CARBOHYDRATE 31g; FIBER 4g; PROTEIN 3g; CALCIUM 10%; IRON 6%

Baked Rhubarb

Ingredients

- 1 pound fresh rhubarb
- 2½ tablespoons white sugar
- ½ teaspoons vanilla extract
- 1 tablespoon unsalted butter
- Cooking spray

Instructions

1. Place rhubarb, sugar, and vanilla in a large bowl. Toss to combine; let stand for 20 minutes.
2. Preheat the oven to 375°F. Coat an 8-inch baking dish with cooking spray. Transfer rhubarb mixture to baking dish and bake, gently stirring halfway through, until tender, about 30 minutes.
3. Remove from oven and allow to cool slightly in the baking dish. Serve warm.



Makes: 4 servings; Nutrition Information: CALORIES 100 (25% from fat); FAT 3g (sat 2g); CHOLESTEROL 10mg; SODIUM 5mg; CARBOHYDRATE 10g; FIBER 2g; PROTEIN 1g; CALCIUM 10%; IRON 2%

Fruity Pops

Ingredients

- 1 ½ cups chopped of peaches, strawberries, blueberries or raspberries
- 2/3 cup low-fat vanilla yogurt
- 2 cups orange juice
- 6 paper cups
- 6 spoons aluminum foil

Instructions

1. Chop fruit and divide equally among 6 paper cups.
2. Place yogurt in medium bowl.
3. Slowly pour orange juice into yogurt, stirring until blended.
4. Pour juice mixture over fruit.
5. Place spoon in each cup.
6. Cut squares of aluminum foil to cover tops of cups, piercing each with spoon handle. The foil holds the spoon in the center of the cup.
7. Freeze at least 4 hours.
8. To eat, peel paper cups away from pops.



Makes: 6 servings; Nutrition Information: CALORIES 80 (5 from fat); FAT 5g (sat 0g); CHOLESTEROL 0mg; SODIUM 20mg; CARBOHYDRATE 19g; FIBER 1g; PROTEIN 2g; CALCIUM 6%; IRON 2%

Cornell Cooperative Extension

Pork Tenderloin with Rhubarb Chutney

Ingredients

For the tenderloin:

- 1 cup thinly sliced onion
- 1/3 cup water
- 3 tablespoons red wine vinegar
- 2 tablespoons olive or vegetable oil
- 2 garlic cloves, crushed
- 2 pounds pork tenderloin
- ¼ teaspoon black pepper
- 1/8 teaspoon salt

For the chutney:

- 2 tablespoons olive or vegetable oil
- 1 medium onion, finely chopped
- 1 pound rhubarb, cut into ½-inch pieces
- ½ cup raisins
- ¼ cup packed light-brown sugar
- 1 tablespoon peeled and minced fresh ginger
- 1 cinnamon stick
- 1 tablespoon sherry vinegar

Instructions

1. Combine the sliced onion, water, red wine vinegar, 2 tablespoons oil, and garlic cloves in a zip-top bag. Add pork to bag. Seal and marinate in refrigerator for 8 hours. Remove pork for bag, discard marinade.
2. Preheat oven to 425 F.
3. Sprinkle pork with salt and pepper. Bake for 20 minutes or until a meat thermometer reads 160, turning pork occasionally.
4. While pork is cooking, heat 2 tablespoons oil in saucepan over medium heat. Add chopped onion and cook until softened, 5-6 min.

5. Add rhubarb, raisins, sugar, ginger, and cinnamon to saucepan. Cook over medium heat, stirring occasionally, until rhubarb begins to break down, 6-8 min. Remove cinnamon and stir in vinegar.
6. When pork is done, into ¼-inch thick slices. Serve with chutney.



Makes: 8 servings

Nutrition Information: CALORIES 260 (35% from fat); FAT 11g (sat 2g); CHOLESTEROL 55mg; SODIUM 310mg; CARBOHYDRATE 18g; FIBER 2g; PROTEIN 24g; CALCIUM 8%; IRON 8%



This section includes recipes in which strawberries, sweet potatoes, spinach, and Swiss chard are the stars! Use the recipe index to find other recipes that also feature these items and recipes with more produce that begins with "S"!

Strawberry Soup

Ingredients

- 2 pints strawberries
- 2 cups low or non-fat plain yogurt
- 1/2 cup orange juice
- 1/2 cup white sugar
- 1/2 cup water
- 1/8 teaspoon ground cardamom

Instructions

1. In a blender, combine the strawberries, yogurt, orange juice, sugar, water and cardamom. Puree until well mixed. Chill and serve.



Makes: 4 servings

Nutrition Information:
CALORIES 230 (2% from fat); FAT 0.5g (sat 0g);
CHOLESTEROL 0mg; SODIUM 100mg; CARBOHYDRATE 50g;
FIBER 3g; PROTEIN 8g; CALCIUM 25%; IRON 4%

Strawberries with Minted Yogurt

Ingredients

- 1/2 cup non-fat plain yogurt
- 1/2 cup buttermilk
- 1 tablespoon sugar
- 1 1/2 teaspoon chopped, fresh mint
- 1/8 tablespoon vanilla extract
- 3 cups sliced, fresh strawberries

Instructions

1. Whisk together yogurt, buttermilk, sugar, mint, and vanilla in a large bowl until smooth.
2. Spoon over strawberries and serve.



Makes: 4 servings

Nutrition Information:
CALORIES 90 (17% from fat); FAT 1.5g (sat 0.5g);
CHOLESTEROL 5mg; SODIUM 55mg; CARBOHYDRATE 16g;
FIBER 3g; PROTEIN 3g; CALCIUM 10%; IRON 4%

Strawberry Spinach Salad

Salad ingredients

- 10 oz baby spinach
- 1 quart strawberries, stems removed and sliced
- 1/4 cup sliced or slivered almonds, or pistachios, toasted in a 350 degree F oven for 5-10 minutes.

Dressing ingredients

- 1/4 cup white wine vinegar
- 1/4 cup sugar
- 1/2 teaspoon salt
- 1/2 cup oil (can use vegetable or mild-tasting olive oil)
- 2 tablespoons diced onion
- 1 tablespoon poppy seeds

Instructions

1. Whisk all of the dressing ingredients together in a small bowl, or shake together in a jar. Dressing can be stored in the refrigerator.
2. In a salad bowl, toss spinach with dressing. (You will not need to use all of the dressing).
3. Add strawberries and nuts, toss, and serve.



Makes: 8 servings; Nutrition Information: CALORIES 210 (150 from fat); FAT 17g (sat 1.5g); CHOLESTEROL 0mg; SODIUM 170mg; CARBOHYDRATE 15g; FIBER 3g; PROTEIN 3g; CALCIUM 10%; IRON 10%

Sweet Potato Soup

Ingredients

- 1 tablespoon olive oil
- 2 medium onions, chopped
- 3 garlic cloves, chopped
- 1/2 teaspoon ground cumin
- 1 teaspoon paprika
- 2 1/2 tablespoons flour
- 6 cups low-fat or skim milk
- 3 corn tortillas, broken into small pieces
- 1 can of corn plus the water in the can (don't drain the can)
- 2 large sweet potatoes, peeled and cut into 1/2-inch cubes
- Salt and pepper to taste
- Squeeze of lime (or lemon) juice
- 2 tablespoons, chopped cilantro (optional)

Instructions

1. Sauté onions, garlic, cumin, and paprika in oil for about 5 minutes, stirring frequently.
2. Add flour, stir for 30 seconds. Add milk (slowly, stirring), sweet potatoes, tortillas and corn water (just the liquid- save the corn for later!)
3. Simmer over low heat, stirring occasionally, for 20 minutes or until sweet potatoes are tender.
4. Add corn and simmer a few minutes. Add lime juice, and salt and pepper to taste.
5. Sprinkle with cilantro, and serve!

Makes: 6 servings

Nutrition Information: CALORIES 410 (11% from fat); FAT 5g (sat 1g); CHOLESTEROL 5mg; SODIUM 510mg; CARBOHYDRATE 76g; FIBER 7g; PROTEIN 19g; CALCIUM 60%; IRON 15%

Strawberry Rhubarb Fruit Bars

Ingredients

For the crust:

- 1 cup old-fashioned rolled oats
- 1½ cups all-purpose flour
- ½ cup sugar
- ½ teaspoon salt
- 4 tablespoons cold unsalted butter, cut into small pieces
- 1 large egg
- 2 tablespoons canola or vegetable oil
- 1 teaspoon vanilla extract
- Cooking spray

For the fruit filling:

- 3 cups fresh strawberries, diced and divided
- 3 cups fresh rhubarb, diced and divided
- ¼ cup orange juice
- ¼ cup sugar
- ¼ cup cornstarch
- 1 teaspoon vanilla extract

Instructions

1. Combine flour, sugar, salt, and ¾ cups oats in a large bowl and stir. Add butter and stir until well incorporated.
2. Whisk egg, oil, and 1 tsp vanilla extract in a small bowl. Add this mixture to the oat and flour mixture. Stir very well until mixture begins to look crumbly. Measure out ½ cup of this mixture and combine it with the remaining ¼ cup oats. Set aside to use as topping.
3. Preheat oven to 350°F. Generously coat a 9-by-13 inch baking dish with cooking spray.
4. Combine 2 cups strawberries, 2 cups rhubarb, orange

juice, and cornstarch in a large saucepan. Bring to a simmer over medium heat, stirring constantly until mixture is thick, 4-5 minutes. Stir in remaining strawberries, rhubarb and vanilla.

5. Spread the dough evenly into the baking dish, pressing firmly to form a crust. Spread fruit filling over crust.
6. Sprinkle with reserved topping. Bake for 15 minutes. Reduce oven temp to 300°F and bake 25-30 minutes more, until crust is light brown. Let cool completely before cutting into bars.



Makes: 18 servings. Nutrition Information: CALORIES 150 (30% from fat); FAT 5g (sat 2g); CHOLESTEROL 15mg; SODIUM 200mg; CARBOHYDRATE 24g; FIBER 2g; PROTEIN 3g; CALCIUM 6%; IRON 6%

Chicken and Potato Roast

Ingredients

- 1½-2 pounds bone-in chicken thighs, skin removed
- 3 medium sweet potatoes, peeled and cut into 1-in pieces
- 3 small red onions, cut into 1-inch wedges
- 1 tablespoon whole-grain or Dijon mustard
- 2 tablespoons chopped fresh thyme (or 2 teaspoons dried)
- 1½ tablespoon olive or vegetable oil
- ½ teaspoon salt
- ½ teaspoon pepper

Instructions

1. Position rack in lower third of oven. Preheat oven to 450°F. Place a large rimmed baking sheet in the oven to preheat.
2. Combine mustard, thyme, 1 tablespoon of oil, ¼ teaspoon salt, and ¼ teaspoon pepper in a small bowl. Spread the mixture evenly on chicken.
3. Toss sweet potatoes and onion in a bowl with the remaining ½ tablespoon oil and ¼ teaspoon each salt and pepper. Carefully remove the baking sheet from the oven and spread vegetables on it. Place chicken on top of vegetables.
4. Return pan to the oven and roast, stirring the vegetables half way through, until the vegetables are tender and beginning to brown, and a meat thermometer inserted into the chicken reads 165°F, about 30-35 minutes.

Makes: 5 servings. Nutrition Information: CALORIES 260 (35% from fat); FAT 11g (sat 2.5g); CHOLESTEROL 105mg; SODIUM 370mg; CARBOHYDRATE 19g; FIBER 3g; PROTEIN 20g; CALCIUM 4%; IRON 8%

Spinach and Arugula Stuffed Mushrooms

Ingredients

- 10 ounces spinach
- 5 ounces arugula
- 1½ pounds extra-large button mushrooms
- ½ cup minced onions
- 1 teaspoon olive, canola, or vegetable oil
- 1 cup fat free cottage cheese
- 2 tablespoons fat free parmesan cheese
- 1 teaspoon dill
- 1 tablespoon low sodium soy sauce
- ¼ teaspoon black pepper

Instructions

1. Preheat oven to 400°F. Wash spinach and arugula and remove thick stems. While leaves are still wet, place in a large pot, cover, and steam until wilted, 3-5 minutes. Cool, squeeze out excess moisture and chop finely.
2. Remove stems from mushroom caps. Place caps, stem side up, in a lightly oiled baking dish.
3. In a large non-stick frying pan, sauté onions in oil until soft. Finely chop mushroom stems and add to the pan. Sauté for 3 minutes. Remove from heat and in stir in spinach, arugula, cottage cheese, parmesan, dill, soy sauce, and pepper.
4. Divide mixture among mushroom caps. Bake for 20 minutes or until lightly browned.

Makes: 6 servings

Nutrition Information: CALORIES 100 (10% from fat); FAT 0g (sat 0g); CHOLESTEROL 0mg; SODIUM 340mg; CARBOHYDRATE 15g; FIBER 4g; PROTEIN 10g; CALCIUM 15%; IRON 15%

Caribbean Callaloo

Ingredients

- 2 pounds fresh callaloo (substitute fresh spinach or kale if needed, or use a mix of the two)
- 1 tablespoon canola or olive oil
- 1 medium yellow onion
- 1 clove garlic, chopped
- 3 medium tomatoes, diced
- 1/8 teaspoon black pepper
- 1 tablespoon fresh chopped basil
- Dash of hot pepper if desired

Instructions

1. Wash callaloo well under cold running water. Remove discolored leaves. Peel any tough ribs and stems. Bundle leaves and stems together and chop into fine shreds.
2. Heat oil in a large skillet on medium heat. Cook onions and garlic until golden.
3. Stir in callaloo, tomatoes, and seasonings.
4. Cover and steam for about 5 minutes, until greens are wilted

Makes: 6 servings (1/2 cup each)

Nutrition Information: CALORIES 80 (25 from fat); FAT 3g (sat fat 0g); CHOLESTEROL 0mg; SODIUM 35mg; CARBOHYDRATE 11g; FIBER 1g; PROTEIN 4g; CALCIUM 35%; IRON 20%

Spinach Pesto Pasta

Ingredients

- 8 ounces fettucine pasta
- 1 tablespoon olive oil
- 1 garlic clove
- 3 cups fresh spinach, stems removed
- 1 cup fresh basil leaves, stems removed
- 1/4 cup grated parmesan cheese
- 1/2 cup chicken broth (low-fat low-sodium)
- 1, 15-ounce can of cannellini (white beans), rinsed and drained
- 1 cup chopped red pepper

Instructions

1. Cook pasta as directed on package.
2. In a blender, combine olive oil, garlic, spinach, basil, parmesan cheese, and chicken broth until smooth.
3. Mix in blender until leaves are blended.
4. Pour sauce over pasta.
5. Mix until pasta is well coated.
6. Add cannellini beans and red pepper.
7. Lightly toss and serve.



Makes: 4 servings. Nutrition Information: CALORIES 260 (50 from fat); FAT 6g (sat 1.5g); CHOLESTEROL 5mg; SODIUM 380mg; CARBOHYDRATE 38g; FIBER 7g; PROTEIN 14g; CALCIUM 15%; IRON 15%

Crustless Vegetable Quiche

Ingredients

- 2 teaspoon canola oil
- 2 clove garlic, crushed
- ½ cup onion, chopped
- 1 cup spinach, chopped
- ½ cup mushrooms, chopped
- 1½ cups broccoli, chopped
- 8 egg whites
- ¼ teaspoon salt
- 4 tablespoons shredded cheddar, parmesan, or Monterey Jack cheese (optional)
- Pepper to taste

Instructions

1. Turn oven on to 350.
2. Heat oil in a small skillet over medium heat. Add garlic and onion and sauté for 1 minute.
3. Add remaining vegetables, except spinach. Stir to coat with oil, cover, and reduce heat. Let vegetables cook over medium heat until tender.
4. Whisk egg whites, salt and pepper in a bowl.
5. Lightly grease a baking dish. Put vegetable mixture and spinach in the dish. Pour egg whites over vegetables.
6. Bake until egg whites are firm, about 30 minutes. In the last few minutes sprinkle cheese on top.
7. Let cool 10 minutes and serve.

Makes: 4 servings

Nutrition Information:

CALORIES 120 (37% from fat); FAT 5g (sat 1.5g);
CHOLESTEROL 5mg; SODIUM 330mg; CARBOHYDRATE 9g;
FIBER 3g; PROTEIN 11g; CALCIUM 10%; IRON 4%

Spinach Polenta

Ingredients

- 2 cups water
- 2 cups skim milk
- ½ teaspoon salt
- 1 cup cornmeal
- ½ cup low-fat Parmesan cheese
- 8 ounces fresh baby spinach

Instructions

1. In a medium saucepan, bring water, milk, and salt to a boil.
2. Add the cornmeal to the pan in a slow, steady stream, while whisking.
3. Simmer for 5 minutes, stirring occasionally, until polenta is thick.
4. Once thickened, reduce heat to low and stir in the cheese until melted and smooth.
5. Fold in the spinach, a couple handfuls at a time, until just wilted.
6. Serve warm. Enjoy!



Makes: 4 servings; Nutrition Information: CALORIES 210 (7% from fat); FAT 1.5g (sat 0.5g); CHOLESTEROL 5mg; SODIUM 420mg; CARBOHYDRATE 40g; FIBER 5g; PROTEIN 12g; CALCIUM 30%; IRON 30%

Creamed Spinach

Ingredients

- 20 ounces baby spinach, washed
- 2 tablespoons butter
- 1 onion, diced
- 2 cloves garlic, minced
- 3-4 tablespoons all-purpose flour
- 2 cups skim milk
- ½ teaspoon nutmeg
- ¼ teaspoon salt

Instructions

1. Cook the spinach in a pot of boiling water for just one minute, and transfer to a cold water bath to stop the cooking. Squeeze out the excess water from the leaves. Chop spinach and set aside.
2. Melt the butter in a saucepan. Add the garlic and onion, and cook until just soft. Add the flour, stirring it together to form a paste. Slowly whisk in the milk and cook until slightly thickened. Add salt.
3. Add sauce to the spinach, stir and serve.



Makes: 6 servings

Nutrition Information: CALORIES 120 (29% from fat); FAT 4g (sat 2.5g); CHOLESTEROL 10mg; SODIUM 280mg; CARBOHYDRATE 19g; FIBER 5g; PROTEIN 6g; CALCIUM 15%; IRON 20%

Swiss Chard and Beet Green Salad

Ingredients

For the salad:

- 1½ cups Swiss chard, chopped
- 1 cup beet greens, chopped
- ½ cup beets, grated

For the dressing:

- 1 tablespoon olive oil
- 1 tablespoon vinegar
- 1 teaspoon dried oregano
- ¼ teaspoon black pepper, if desired

Instructions

1. Wash the Swiss chard, beet greens, and beets well.
2. Chop the Swiss chard and beet greens. Grate the beets.
3. To make the dressing, mix oil, vinegar, oregano, and black pepper together.
4. Combine all ingredients in a bowl. Mix together and serve cold.



Makes: 3 servings (1 cup each). Nutrition Information: CALORIES 100 (35 calories from fat); FAT 3.5g (sat fat 0.5g); CHOLESTEROL 0mg; SODIUM 115mg; CARBOHYDRATE 9g; FIBER 3g; PROTEIN 2g; CALCIUM 4%; IRON 6%

Swiss Chard and Lentil Stew

Ingredients

- 1 pound Swiss chard, leaves and stems separated and chopped
- 2 tablespoons olive or vegetable oil
- 1 large onion, cut into ¼ inch dice
- 3 medium carrots, cut into ½ inch dice
- 2 cloves of garlic, minced
- 5 teaspoons curry powder
- ½ teaspoons cayenne pepper
- 15 ounces canned no-salt chickpeas, rinsed and drained
- 2¼ cups dried red lentils
- 6 cups water or vegetable broth
- 12 basil leaves, cut into thin strips (optional)
- Dollop of fat free plain yogurt (optional)
- Salt and pepper to taste

Instructions

1. Wash chard and separate the leaves from stems. Dice stems and cut leaves into long, thin strips.
2. In a large pan, sauté the onion in 2 tbsp oil for 8-10 min.
3. Add the garlic, carrots, and chard stems; cook for 6-8 min. Stir often until vegetables are tender.
4. Add the curry powder, cayenne pepper, salt and pepper to taste, chickpeas, chard leaves, lentils, and water or broth. Stir and bring to a boil.
5. Boil for 1 min. then reduce heat to medium-low. Cook for 10-20 min. until lentils are tender.
6. Divide into bowls, add basil and yogurt if using.

Makes: 8 servings. Nutrition Information: CALORIES 300 (17% from fat); FAT 5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 160mg; CARBOHYDRATE 49g; FIBER 10g; PROTEIN 18g; CALCIUM 10%; IRON 35%

Stuffed Chard Leaves

Ingredients

- 8 large Swiss chard leaves (with stems)
- 1 tablespoon olive, canola, or vegetable oil
- 1 large onion, finely chopped
- 2 garlic cloves, minced
- 1 cup, tightly packed, cooked medium-grain brown rice
- ¼ cup fresh parsley, finely chopped
- 2 tablespoons fresh mint, finely chopped
- ¼ cup currants
- Optional: low-fat yogurt seasoned with garlic and lemon

Instructions

1. Bring a large pot of water to boil. Place chard leaves and stems in water for 20-30 sec. Remove and transfer to bowl of cold water, drain. To remove the stems, cut a V shape at the base of each leaf where the stem connects. Chop stems and set aside.
2. Heat ½ tablespoon of oil in large skillet over medium-low heat. Add onion, cook, stirring until very soft, about 8 min. Add chopped chard stems and continue to cook 5 min more. Stir in garlic and cook, stirring, about 30 seconds. Remove from heat.
3. Preheat the oven to 375°F. Grease a baking dish with ½ tablespoon oil. In a large bowl, mix the rice, onion mixture, herbs, and currants.
4. Place 2 tablespoon of filling on each chard leaf. Tuck the sides over the filling and roll up the leaves. Place in baking dish. Place ½ cup water in baking dish. Cover with foil and bake for 20 min, the leaves are tender. Serve with yogurt mixture as dipping sauce.

Makes: 4 servings. Nutrition Information: CALORIES 150 (23% from fat); FAT 4g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 210mg; CARBOHYDRATE 25g; FIBER 4g; PROTEIN 4g; CALCIUM 8%; IRON 20%



This section includes recipes in which tomatoes and turnips are the stars! Use the recipe index to find other recipes that also feature these vegetables and recipes with more produce that begins with "T"!

Gazpacho

Ingredients

- 4 medium cucumbers, diced
- 4 medium red bell peppers, diced
- 6 medium green bell peppers, diced
- 8 celery stalks, diced
- 4 medium tomatoes, diced
- 2 medium onions, diced
- 4 cups (16 ounces) tomato juice, low-sodium
- 6 garlic cloves, minced
- 2 tablespoons ground cumin
- 2 cups fresh cilantro, chopped
- Lemon juice, to taste
- Salt and pepper to taste

Instructions

1. Combine all ingredients, except salt, pepper, and lemons, in a bowl.
2. Remove 2 cups of the mixture and reserve.
3. Puree the remaining mixture using a food processor or blender.
4. Add back the reserved 2 cups of the mixture
5. Season with lemon, salt, and pepper as desired



Makes: 4 servings; Nutrition Information:
CALORIES 250 (8% from fat); FAT 2.5g (sat 0g);
CHOLESTEROL 0mg; SODIUM 560mg; CARBOHYDRATE 53g;
FIBER 14g; PROTEIN 9g; CALCIUM 20%; IRON 25%

Tomato Basil Open Sandwiches

Ingredients

- 1 teaspoon olive oil
- 1 clove garlic, crushed or chopped
- 1 Tbsp. finely chopped fresh basil leaves
- 8 ¾-inch slices, crusty hearth style bread
- 16-24 fresh basil leaves, enough to cover bread slices
- 4 medium red ripe tomatoes, stem end removed
- Salt (optional)
- Fresh ground black pepper

Instructions

1. Gently heat oil and garlic in small skillet over medium heat. Add minced basil and stir well, 30 seconds. Remove from heat, allow to cool.
2. Lightly toast slices of bread. Brush (or pat with a folded paper towel) bread lightly with cooled flavored oil.
3. Place oil-side up and layer with fresh basil leaves, about 2 or 3 per toast.
4. Slice tomatoes and arrange slices over basil leaves. Sprinkle with optional salt and a grinding of fresh black pepper.
5. Serve immediately.

Makes: 4 servings

Nutrition Information:

CALORIES 140 (18% from fat); FAT 3g (sat 0.5g);
CHOLESTEROL 0mg; SODIUM 240mg; CARBOHYDRATE 25g;
FIBER 3g; PROTEIN 5g; CALCIUM 6%; IRON 10%

Tomato Bruschetta

Ingredients

- 12 slices Italian bread
- 1 clove garlic, sliced in half
- 4 medium ripe tomatoes, cored and diced
- 1 tablespoon dried basil
- 1/4 tsp salt
- 1/4 tsp pepper

Instructions

1. Toast the Italian bread (in a toaster, or on a baking sheet in an oven set at 400 degrees).
2. Rub the toasted bread with the clove of garlic.
3. Combine the tomatoes, basil, salt, and pepper.
4. Spoon the tomato mixture onto the bread and serve.



Makes: 12 servings

Nutrition Information:
CALORIES 60 (5 from fat); FAT 1g (sat 0g); CHOLESTEROL 0mg; SODIUM 170mg; CARBOHYDRATE 12g; FIBER 1g; PROTEIN 2g; CALCIUM 2%; IRON 4%

Pasta with Fresh Tomato Sauce

Ingredients

- 18 oz. dried pasta, preferably whole wheat
- 4 lbs tomatoes (Romas work best, but any variety will do)
- ¼ cup olive, canola, or vegetable oil
- 1 small onion, finely chopped
- 3 small cloves of garlic, minced
- ½ medium carrot, minced
- 1/3 stalk of celery, minced
- Slivers of fresh basil, to finish

Instructions

1. Cook pasta according to package directions; drain and set aside.
2. Bring a pot of water to boil. Place tomatoes in the water for 10-30 seconds, then rinse immediately under cold water. Peel the tomatoes.
3. Cut tomatoes lengthwise and remove the seeds. Chop the tomatoes coarsely.
4. Heat oil in a large pot over medium heat. Cook onions, carrots, celery, and garlic until just golden, about 10 minutes. Lower heat to medium-low. Add tomatoes and bring to a gentle simmer.
5. Simmer for 45 minutes, stirring occasionally.
6. Serve with pasta and chopped basil on top.

Makes: 8 servings

Nutrition Information: CALORIES 330 (21% from fat); FAT 8g (sat 1g); CHOLESTEROL 0mg; SODIUM 20mg; CARBOHYDRATE 59g; FIBER 11g; PROTEIN 12g; CALCIUM 6%; IRON 15%

Pasta with Tomatoes and Squash

Ingredients

- 1 yellow summer squash, sliced
- 1 zucchini, sliced
- 1 tablespoon olive, canola, or vegetable oil
- 1 pound pasta, cooked
- 8 ounces cherry tomatoes, halved
- 3 tablespoons fresh mint, optional
- ½ cup grated low-fat cheese, optional

Instructions

1. Heat a large skillet over medium heat. Add oil, and sauté squash and zucchini until vegetables are a pale gold, about 8 minutes.
2. Add pasta, tomatoes, cheese, and mint (if using) to the skillet. Cook for about a minute. Toss and serve.



Makes: 6 servings

Nutrition Information: CALORIES 330 (15% from fat); FAT 5g (sat 1g); CHOLESTEROL 0mg; SODIUM 10mg; CARBOHYDRATE 60g; FIBER 4g; PROTEIN 11g; CALCIUM 4%; IRON 15%

Grated Turnip and Apple Salad

Instructions

- 1 cup peeled and grated raw turnips or rutabaga (about 2 medium turnips or ¼ of a rutabaga)
- 1 cup peeled and grated tart green apples
- ½ cup chopped fresh parsley
- Juice of 1 lemon
- 1 tablespoon vegetable oil
- ½ teaspoon salt
- Black pepper to taste

Instructions

1. Combine all ingredients in a large serving bowl.
2. Toss, cover, and chill under ready to serve.



Makes: 4 servings

Nutrition Information: CALORIES 100 (35% from fat); FAT 4g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 340mg; CARBOHYDRATE 17g; FIBER 4g; PROTEIN 1g; CALCIUM 4%; IRON 4%

Turnip and Potato Soup

Ingredients

- 6 leeks
- 3 small potatoes
- 6 small turnips
- 1½ tablespoons butter
- 5½ cups water
- 3 tablespoons milk
- A few sprigs of thyme
- 1½ teaspoons salt
- Pepper to taste
- Chopped parsley or thyme, for garnish

Instructions

1. Cut the leeks crosswise and wash. Wash the potatoes and turnips and cut into bit-sized chunks. If the turnip skins are tender, chop without peeling. Otherwise peel them first.
2. Melt butter in a large pot. Add vegetables, stir once, then add ½ cup water and thyme sprigs.
3. Simmer for 5 minutes.
4. Add 5 cups water and salt. Simmer until vegetables are tender, 25-30 minutes.
5. Add milk, and salt and pepper to taste.
6. Garnish with chopped parsley or thyme.

Makes: 4 servings

Nutrition Information: CALORIES 250 (18% from fat); FAT 5g (sat 3g); CHOLESTEROL 10mg; SODIUM 990mg; CARBOHYDRATE 47g; FIBER 6g; PROTEIN 6g; CALCIUM 15%; IRON 25%

Mashed Turnips

Ingredients

- 3 pounds (about 12 cups chopped) purple-topped turnips
- ¼ cup reduced fat sour cream
- ½ teaspoon salt
- 1½ teaspoons nutmeg
- Black pepper to taste

Instructions

1. Cut off roots and stems from turnips, peel and cut into cubes.
2. Place turnip cubes in a large pot. Cover partially with water and bring to a boil over medium heat. Cover and cook until tender, about 15-20 minutes. Turnips are done cooking when a fork penetrates easily. Drain well.
3. Mash turnips with a potato masher. Add sour cream salt, pepper, and nutmeg.



Makes: 6 servings; Nutrition Information: CALORIES 80 (19% from fat); FAT 1.5g (sat 1g); CHOLESTEROL 5mg; SODIUM 350mg; CARBOHYDRATE 15g; FIBER 4g; PROTEIN 3g; CALCIUM 8%; IRON 4%



Y & Z

**This section includes recipes in which yellow squash and zucchini are the stars!
Use the recipe index to find other recipes that also feature these vegetables!**

Sautéed Summer Squash

Ingredients

- 2 pounds summer squash and/or zucchini, sliced
- 1 green bell pepper, seeds removed, sliced
- 2 small (or 1 large) tomatoes, cut into wedges
- ½ yellow onion, peeled and sliced
- 1 clove garlic, minced
- 1 Tbsp olive, canola, or vegetable oil
- Basil, either fresh and chopped or dried

Instructions

1. In a large saucepan over high heat, sauté the onion, garlic, squash, and bell pepper in the oil. Stir until slightly browned.
2. In a separate non-stick pan, cook the tomatoes over medium-high heat for about 5 minutes, stirring occasionally.
3. Add the tomatoes to the rest of the vegetables. Top with fresh basil.



Makes: 4 servings. Nutrition Information: CALORIES 90 (44% from fat); FAT 4.5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 25mg; CARBOHYDRATE 13g; FIBER 4g; PROTEIN 4g; CALCIUM 6%; IRON 6%

Summer Squash Medley

Ingredients

- 6 small summer squash (green and yellow can be mixed)
- 1½ cups green beans
- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 2 tablespoons fresh basil (or mint), minced
- 1 teaspoon oregano
- Black pepper, if desired

Instructions

1. Cut the squash into thin round slices.
2. Cut green beans into thin ½ inch pieces.
3. Heat oil in a large skillet. Add the garlic and sauté until golden. Do not allow to brown.
4. Add the beans and cook 1 minute. Add the squash and continue cooking and stirring occasionally. Cook for 5-6 minutes or until squash is tender.
5. Stir in fresh herbs. Cook one more minute and serve hot.



Makes: 6 servings (1 cup each). Nutrition Information: CALORIES 60 (30 from fat); FAT 3.5g (sat fat 0g); CHOLESTEROL 0mg; SODIUM 260mg; CARBOHYDRATE 7g; FIBER 2g; PROTEIN 2g; CALCIUM 4%; IRON 4%

Zucchini Bread

Ingredients

- ¾ cup skim milk
- 2 large eggs
- ½ cup sugar
- 1/3 cup canola or vegetable oil
- 1 teaspoon vanilla extract
- 2 cups shredded zucchini
- 2 cups flour, preferably whole wheat
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- Cooking spray

Instructions

1. Preheat the oven to 350°F. Coat a 9-by-5" loaf pan with cooking spray.
2. Whisk milk, eggs, sugar, oil, and vanilla in a medium bowl. Stir in zucchini. Combine flour, baking powder, cinnamon, and salt in a large bowl. Stir in wet ingredients until just combined. Transfer the batter to the prepared pan.
3. Bake until golden brown and a toothpick inserted into the center comes out clean, 50 minutes to an hour. Cool in the pan for 10 minutes, then transfer to wire rack. Allow to cool for at least 1 hour before slicing.

Makes: 12 servings. Nutrition Information: CALORIES 140 (32% from fat); FAT 5g (sat 0.5g); CHOLESTEROL 25mg; SODIUM 100mg; CARBOHYDRATE 21g; FIBER 2g; PROTEIN 4g; CALCIUM 2%; IRON 4%

Zucchini Corn Boats

Ingredients

- 6 small (about 8 inch) or 3 medium (about 12 inch) zucchini
- 6 ears of corn
- 1 medium onion, chopped
- 1 tablespoon olive or vegetable oil
- ¼ teaspoon pepper
- ½ cup part skim mozzarella cheese, shredded

Instructions

1. Preheat oven to 350 degrees.
2. To form "boats" out of the zucchini, lay zucchini on a cutting board and slice off the top third, lengthwise. Hollow out the zucchini by using a spoon or melon baller to scoop out the inner seeds and pulp of the zucchini.
3. Chop the top zucchini slice and pulp.
4. Prepare corn by holding each cob upright and slicing off the kernels.
5. Heat the oil in a large skillet on medium heat. Add onion and cook for five minutes; add chopped zucchini, corn kernels and pepper. Cook an additional 10 minutes or until zucchini is soft.
6. Place zucchini boats in a baking dish. Fill boats with chopped zucchini, corn, and onion mixture. If there is extra zucchini corn mixture, put it in the baking dish along with the boats, or save it for another meal.
7. Top the zucchini corn boats with the shredded cheese.
8. Bake for 30-35 minutes.

Makes: 6 servings. Nutrition Information: CALORIES 200 (50 from fat); FAT 6g (sat 1.5g); CHOLESTEROL 5mg; SODIUM 85mg; CARBOHYDRATE 33g; FIBER 5g; PROTEIN 9g; CALCIUM 10%; IRON 6%

Beef and Vegetable Stir Fry

Ingredients

- ¾ pound lean beef boneless round steak
- 1 teaspoon vegetable oil
- 1/2 cup carrots, sliced
- 1/2 cup celery, sliced
- 1/2 cup onion, sliced
- 2 medium zucchini, cut in thin strips
- 1 tablespoon light soy sauce
- 1/8 teaspoon garlic powder
- 1 dash of pepper
- 1 tablespoon cornstarch
- 1/4 cup cold water

Instructions

1. Trim all fat from steak. Slice steak into thin strips.
2. Heat oil in frying pan. Add beef strips and stir-fry over high heat. Reduce heat.
3. Add carrots, celery, onion, zucchini and seasonings and cook until vegetables are tender.
4. In a small cup, mix cornstarch and water until a smooth paste is formed. Add paste to beef mixture, stirring constantly. Cook until thickened.

Makes: 4 servings

Nutrition Information: CALORIES 250 (90 from fat); FAT 8g (sat 2g); CHOLESTEROL 135mg; SODIUM 210mg; CARBOHYDRATE 11g; FIBER 2g; PROTEIN 31g; CALCIUM 4%; IRON 20%

Garden Barley Soup

Ingredients

- 1 can (46 ounce) tomato juice
- 1 can (10½ ounce) beef broth
- 1/3 cup regular barley
- 1/4 cup sugar
- 1 tablespoon Worcestershire sauce
- 1 bay leaf
- ½ teaspoon crushed thyme leaves
- ¼ teaspoon salt
- 2 cups coarsely chopped zucchini
- 1 medium chopped tomato
- ½ cup green pepper

Instructions

1. In a Dutch oven or stock pot, combine tomato juice, beef broth, barley, sugar and seasonings. Bring to boil; reduce heat.
2. Cover; simmer 1 hour.
3. Add vegetables. Return to boil; reduce heat.
4. Cover; simmer 15-20 minutes or until vegetables and barley are tender.

Makes: 6 servings

Nutrition Information: CALORIES 130 (5 from fat); FAT 1g (sat 0g); CHOLESTEROL 0mg; SODIUM 170mg; CARBOHYDRATE 29g; FIBER 4g; PROTEIN 5g; CALCIUM 4%; IRON 10%

Ratatouille

Ingredients

- 1 onion, sliced into thin rings
- 2 cloves of garlic, minced
- ½ medium eggplant, cubed
- 1 zucchini, cubed
- 1 medium yellow squash, cubed
- 1 green bell pepper, seeded and cubed
- ½ yellow bell pepper, diced
- ½ chopped red bell pepper
- 1 roma (plum) tomato, chopped
- 2 tablespoons olive or vegetable oil
- 1 bay leaf
- 1 tablespoon chopped parsley
- 2 sprigs thyme
- Salt and pepper to taste

Instructions

1. Heat 1 tablespoon of oil in a large pot over medium-low heat. Add onions and garlic and cook until soft.
2. In a large skillet, heat 1 tablespoon of oil and sauté the zucchini until slightly browned. Remove zucchini from skillet and place in pot with the onions and garlic.
3. Sauté all remaining vegetables, adding additional oil as needed. Add vegetables to pot after sautéing.
4. Add the bay leaf, thyme, and salt and pepper. Cover the pot. Cook over medium heat for 15-20 min.
5. Add the chopped tomatoes and parsley, cook for another 10-15 min. Stir occasionally.
6. Remove the bay leaf and enjoy.



Makes: 6 servings

Nutrition Information: CALORIES 90 (50% from fat); FAT 5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 45mg; CARBOHYDRATE 10g; FIBER 3g; PROTEIN 2g; CALCIUM 2%; IRON 4%

Easy Ratatouille

Ingredients

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 large onion, sliced
- 2 medium eggplants, chopped
- 4 small zucchini, sliced
- 2 green bell peppers, chopped
- 5 medium red tomatoes, chopped
- 1 tablespoon fresh basil, cilantro, or parsley, chopped
- ¼ teaspoon black pepper

Instructions

1. Heat oil in large skillet over medium heat.
2. Add garlic and onion and cook until onion is soft.
3. Add eggplant and zucchini. Cook until lightly browned and almost tender.
4. Add the green pepper and tomatoes. Cook for about 5 minutes.
5. Add fresh herbs and pepper. Cover the pan and cook for 5 more minutes.



Makes: 6 servings (1/2 cup each). Nutrition Information:
CALORIES 120 (30 from fat); FAT 3g (sat fat 0.5g);
CHOLESTEROL 0mg; SODIUM 20mg; CARBOHYDRATE 21g;
FIBER 9g; PROTEIN 4g; CALCIUM 6%; IRON 8%

Minestrone Soup

Ingredients

- 1 teaspoon vegetable oil
- 1/2 medium onion, chopped
- 1 clove garlic, minced
- 1 medium potato, peeled and cubed
- 1 carrot, sliced
- 1/2 teaspoon oregano
- 1/4 teaspoon ground black pepper
- 2 cups water
- 1 cup cooked kidney beans
- 1 cup no-salt canned tomatoes
- 1/4 cup rotini or elbow macaroni
- 1 small zucchini, sliced

Instructions

1. Heat oil in a frying pan. Cook onion and garlic in the oil until golden.
2. Add potatoes, carrots, spices, and water. Cook at low heat for 15 minutes.
3. Add beans, tomatoes, macaroni and zucchini. Boil for 15-20 minutes or until the macaroni and vegetables are cooked.



Makes: 4 servings. Nutrition Information: CALORIES 160
(10 from fat); FAT 1.5g (sat 0g); CHOLESTEROL 0mg;
SODIUM 45mg; CARBOHYDRATE 31g; FIBER 7g; PROTEIN 7g;
CALCIUM 6%; IRON 15%

Mini Veggie Pizza

Ingredients

- 5 English muffins (or bagels)
- 1 small zucchini, grated
- 1 green or red bell pepper, finely chopped
- 8-ounce package part-skim mozzarella cheese, grated
- 8-ounce can of tomato sauce
- 1/2 teaspoon dry oregano

Instructions

1. Slice English muffins in half. Place them on a baking sheet, and toast lightly in oven or toaster oven.
2. Grate zucchini. Chop pepper into small pieces.
3. Grate mozzarella cheese.
4. Top each muffin in half with 1 tablespoon of tomato sauce. Add grated zucchini, chopped pepper, and grated cheese. Sprinkle with oregano.
5. Broil in oven until cheese is melted (about 2 minutes).



Makes: 10 servings

Nutrition Information: CALORIES 140 (40 from fat); FAT 4g (sat 2.5g); CHOLESTEROL 15mg; SODIUM 390mg; CARBOHYDRATE 16g; FIBER 2g; PROTEIN 8g; CALCIUM 20%; IRON 6%

Zucchini Chopped Tomatoes

Ingredients

- 1 tablespoon of olive oil
- 2 small onions, chopped
- 4 small zucchini, chopped
- 2 tomatoes, chopped
- 1 tablespoon fresh herbs, minced (parsley, cilantro, or basil)
- 1/4 teaspoon black pepper, optional

Instructions

1. In a large skillet, heat oil over medium heat. Add onions. Sauté until softened.
2. Add zucchini. Sauté 2 minutes.
3. Add tomatoes and herbs. Cook 3-5 minutes, or until zucchini is tender.
4. Season with pepper and serve.



Makes: 4 servings (1/2 cup each). Nutrition Information: CALORIES 60 (15 from fat); FAT 6g (sat 1.5g); CHOLESTEROL 0mg; SODIUM 15mg; CARBOHYDRATE 10g; FIBER 2g; PROTEIN 2g; CALCIUM 4%; IRON 4%