

## **Asian Green Bean Salad**

### Salad ingredients

- 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

### Dressing ingredients

- 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%

## **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%

## Cornell Cooperative Extension

### 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

- Mash the beans in a large bowl with a fork.
- Add remaining ingredients, mixing until well combined.
- Press firmly to form into patties.
- 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.
- 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%

## Cornell Cooperative Extension

### 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%

## 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%

## Chinese 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
- ¼ cup fresh cilantro, chopped
- 24 large lettuce leaves

### Instruction

1. Heat the oil in a large nonstick skillet over medium heat.
2. 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.
3. Remove from heat and stir in onions and soy sauce. Cool completely.
4. Stir in cilantro. Spoon about ¼ cup of the mixture into each lettuce leaf with a slotted spoon.
5. 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%

## **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.

## **Corn and Summer Squash Stew, continued**

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%



## **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%

## **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%

## **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%

## **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

### Instruction

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%

## **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.

## **Lemon Chicken Stir Fry, continued**

6. 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.
7. 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%

## **Pasta and Peas**

### Ingredients

- 1 pound of pasta (farfalle, rigatoni, penne)
- ¼ 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%

## **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%

## **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%

## **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%

## 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%

## 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%

## **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%

## **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 min.
4. Add onions and peppers, stir to coat with oil
5. Cover and cook for additional 5 min.
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%

## **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

### Instruction

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%

## **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 ¾ cup)
- ¼ 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 ounce tomatoes, diced

### Ingredients

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%

## **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%

## **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%

## **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%

## **Cool Cucumber Grape Salad**

### Ingredients

- 6 cups (about 2 medium) thinly sliced peeled cucumbers
- 2 cups local seedless grapes, halved
- 1/4 cup chopped chives or green onion
- 1/3 cup white wine vinegar
- 1 teaspoon olive oil
- 1 tablespoon honey
- 1 teaspoon salt
- 1/4 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%

## **Corn and Bean Salad**

### Salad ingredients

- 1 15-oz. 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

### Dressing ingredients

- 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%

## **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%

## Grilled Veggies

### Ingredients

- 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 ingredients (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 the vegetables as a side dish, or put them on your Black Bean Burger!

## Grilled Veggies, continued

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%



## 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%

## Roasted Garlic Sesame Broccoli

### Ingredients

- 8 small heads of broccoli
- 1 1/2 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%

## Cornell Cooperative Extension

### 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%

## Cornell Cooperative Extension

### Summer Melon Salad

#### Salad ingredients

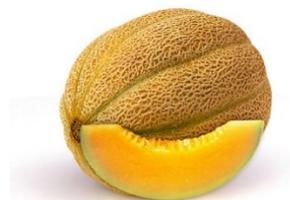
- 1 small head iceberg lettuce
- 1/2 honeydew melon
- 1/2 cantaloupe
- 3 stalks celery, sliced
- 1/2 cucumber, thinly sliced

#### 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%

## Teriyaki Beets

### Ingredients

- 12 small beets
- 1 tablespoons unsalted butter
- 2 tablespoons honey
- 1 tablespoons 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%

## 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%

## **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%

## **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%

## 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%

## 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%

## **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%

## **Honey-Poached Peaches and Blackberries**

### **Ingredients**

- 2 cups water
- 1/2 cup orange juice
- 6 tablespoons honey
- 1/2 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%

## **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%

## **Rhubarb Crisp**

### Ingredients

- 1 pound rhubarb (chopped into 1 inch pieces)
- 2 sweet red apples (such as Rome or Gala, peeled, cored and sliced)
- 1/2 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%

## **Strawberries with Minted Yogurt**

### Ingredients

- ½ cup non-fat plain yogurt
- ½ cup buttermilk
- 1 tablespoon sugar
- 1½ 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%

## **Spice 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%