

Fruit and Veggie Recipes



Out of This Whirled Shake

Preparation Time: 5 minutes

Makes 2 servings (½ cup fruit per person)

½ banana, peeled and sliced

1 cup unsweetened frozen berries (strawberries, blueberries, and/or blackberries)

½ cup low fat (1%) milk or soft tofu

½ cup 100% orange juice

- Place all ingredients in a blender container. Cover tightly.
- Blend until smooth. If mixture is too thick, add ½ cup cold water and blend again.
- Pour into 2 glasses and serve.

Nutrients per serving made with low fat milk and blueberries: 120 calories, 1g fat, 0g saturated fat, 0g trans fat, 5mg cholesterol, 40mg sodium, 26g carbohydrate, 3g dietary fiber, 3g protein.

Diabetic Exchanges: 2 fruit.

This set of recipes was originally developed by the Network for a Healthy California and has been adapted by the New Hampshire Fruit and Vegetable Program in collaboration with the Centers for Disease Control and Prevention (CDC) to meet the Fruits & Veggies—More Matters® recipe criteria.



Oprah's Outtasight Salad

Makes 4 servings ($\frac{1}{2}$ cup fruits and vegetables per person)

Preparation Time: 20 minutes

Salad

2 cups salad greens of your choice

1 cup chopped vegetables of your choice (tomatoes, cucumbers, carrots, green beans)

1 cup fresh orange segments or canned* pineapple chunks, drained (canned fruit packed in 100% fruit juice)

$\frac{1}{4}$ cup Dynamite Dressing

2 tablespoons raisins or dried cranberries

2 tablespoons chopped nuts, any kind

*canned fruit packed in 100% fruit juice.

- Put mixed salad greens on a large platter or in a salad bowl.
- In a large bowl, mix chopped vegetables and orange segments. Add dressing and stir. Spoon mixture over salad greens.
- Top with raisins and nuts. Serve.

Dynamite Dressing

$\frac{1}{4}$ cup fruit-flavored nonfat yogurt

1 tablespoon orange juice

1 $\frac{1}{2}$ teaspoons white vinegar

- In a small bowl, mix all ingredients. Refrigerate until ready to serve.

Nutrients per serving made with romaine lettuce, tomatoes, carrots, mandarin oranges, blueberry yogurt, raisins, and pecans: 90 calories, 3g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 20mg sodium, 16g carbohydrate, 2g dietary fiber, 2g protein.

Diabetic Exchanges: 1 fruit, 1 vegetable.



Piazza's Powerhouse Pizza

Makes 4 servings (½ cup vegetables per person)

Preparation Time: 15 minutes, including baking time

4 whole wheat pita breads
¼ cup low-sodium spaghetti sauce or pizza sauce
¼ teaspoon dried oregano
1 cup chopped red or green bell pepper
1½ cups canned* pineapple chunks, drained
1/3 cup chopped lean, low-sodium ham
¾ cup shredded reduced-fat cheddar cheese

*canned fruit packed in 100% fruit juice

- Heat oven to 400°F.
- Place pita breads on baking sheet. Spread each pita with 1 tablespoon spaghetti sauce. Sprinkle with oregano.
- Top each pita with pepper, pineapple, ham, and cheese.
- Bake until hot and cheese bubbles, about 5 minutes.
- Remove pizzas from baking sheet. Place each pizza on a dinner plate and serve.

Nutrients per serving (1 pizza): 290 calories, 5g fat, 1.5g saturated fat, 0g trans fat, 10mg cholesterol, 590mg sodium, 50g carbohydrate, 7g dietary fiber, 15g protein.

Diabetic Exchanges: 1 fruit, 1 meat, 2 starch.

Banana Berry Pancakes



This recipe promises to be a weekend favorite. Substitute any seasonal, canned, or frozen fruits for different flavors.

Makes 4 servings (½ cup fruit per person)

Total Preparation Time: 10 minutes

Total Cook Time: 10 minutes

Topping

1½ cups frozen strawberries

4 teaspoons strawberry jam

- Place berries in a small bowl with jam.
- Microwave on HIGH for 1 minute.
- Stir, then cook for 1 minute more.
- Spoon topping over pancakes.

Pancake

1 large banana, peeled and sliced

1 cup complete pancake mix

½ cup water

nonstick cooking spray

- Place banana in a medium bowl and mash with a fork.
- Add pancake mix and water; stir until blended.
- Spray a large skillet with nonstick cooking spray over MEDIUM heat.
- Pour ¼ cup batter for each pancake into hot skillet.
- Cook pancakes for about 2 minutes per side or until cooked through.

Nutrients per serving (2 pancakes): 190 calories, 2g fat, 0g saturated fat, 0g trans fat, 5mg cholesterol, 400mg sodium, 40g carbohydrate, 3g dietary fiber, 4g protein.

Diabetic Exchanges: 1 fruit, 2 starch.

Spud Stuffers



No ordinary potatoes here. Pick your favorite topping from the list below.

Makes 4 servings (1 cup vegetables per person)

Preparation Time: 15 minutes

Cook Time: 16-60 minutes

Spud

4 medium baking potatoes
2 tablespoons margarine
2 tablespoons fat free sour cream

- Wash potatoes and pierce three times with a fork.
- Microwave on HIGH for about 6 minutes. Turn potatoes over and cook on HIGH for about 10 minutes more.
- Or, bake in the oven at 400°F for 45 to 60 minutes.
- When cooked, carefully cut open the top.
- Place ½ tablespoon margarine and ½ tablespoon sour cream on top of each potato.
- Top each potato with one of the toppings below.

Mexican Topping – ingredient amounts are for one potato

¼ cup prepared fresh salsa
1 tablespoon diced green chilies
1½ tablespoons shredded low fat Cheddar or Monterey Jack cheese

Nutrients per serving (1 spud with Mexican Topping): 220 calories, 2.5g fat, 1g saturated fat, 0g trans fat, 5mg cholesterol, 580mg sodium, 42g carbohydrate, 5g dietary fiber, 8g protein.

Diabetic Exchanges: 1 vegetable, 2 starch.

Western Topping – ingredient amounts are for one potato

2 tablespoons chopped tomatoes
2 tablespoons finely chopped green bell pepper
1 tablespoon sliced green onion
2 tablespoons shredded low fat Cheddar cheese
1 tablespoon bacon bits

Nutrients per serving (1 spud with Western Topping): 240 calories, 4g fat, 1.5g saturated fat, 0g trans fat, 10mg cholesterol, 390mg sodium, 40g carbohydrate, 5g dietary fiber, 11g protein.

Diabetic Exchanges: 1 meat; 2 starch.

Veggie Topping – ingredient amounts are for one potato

3 tablespoons chopped broccoli
2 tablespoons chopped yellow squash
2 tablespoons shredded low fat Cheddar cheese
1 tablespoon sliced green onion

Nutrients per serving (1 spud with Veggie Topping): 210 calories, 3g fat, 1g saturated fat, --g trans fat, 5mg cholesterol, 170mg sodium, 40g carbohydrate, 5g dietary fiber, 9g protein.

Diabetic Exchanges: 2 starch

Sesame Chicken with Peppers and Snow Peas



Ginger and sesame add an Asian flair to this dish

Makes 4 servings (1 cup vegetables per person)

Preparation Time: 10 minutes

Cook Time: 20 minutes

1 tablespoon sesame seeds
nonstick cooking spray
1 pound boneless, skinless chicken breasts, cut into strips
2 cups snow peas, trimmed
1 large red bell pepper, cubed
1 large green bell pepper, cubed
3 tablespoons low-sodium soy sauce
2 tablespoons water
1½ teaspoons brown sugar
¼ teaspoon ground ginger
2 green onions, sliced

- Place sesame seeds in a large nonstick skillet. Cook 2 minutes over MEDIUM-HIGH heat until lightly browned.
- Remove from skillet and set aside.
- Spray same skillet with nonstick cooking spray.
- Add chicken. Cook for 10 minutes or until chicken is cooked through.
- Add snow peas and bell peppers; stir-fry for 3 to 4 minutes until vegetables are crisp tender.
- In a small bowl, combine soy sauce, water, brown sugar, and ginger; add to skillet.
- Cook for 5 minutes over MEDIUM-HIGH heat.
- Sprinkle with green onions and serve.

Nutrients per serving (¼ of recipe): 200 calories, 5g fat, 1g saturated fat, 0g trans fat, 65mg cholesterol, 510mg sodium, 10g carbohydrate, 3g dietary fiber, 28g protein.

Diabetic Exchanges: 4 very lean meat, 1 vegetable.



Veggie Bean Wrap

Fresh mangos and avocado give this meal a tasty twist.

Makes 4 servings (1½ cups vegetables per person)

Preparation Time 15 minutes

Cook Time: 10 minutes

2 green or red bell peppers, seeded and chopped
1 onion, peeled and sliced
1 (15-ounce) can 50% less salt/sodium black beans, drained and rinsed
2 mangos, chopped
juice of 1 lime
½ cup chopped fresh cilantro
1 avocado, peeled and diced
4 8-inch fat free flour tortillas

- In a nonstick pan, sauté bell peppers and onion for 5 minutes over medium heat. Add beans, stir well. Reduce heat to low and simmer about 5 minutes.
- In a small bowl, combine mangos, lime juice, cilantro, and avocado. Reserve ½ mixture for topping.
- Fill warmed tortillas with ¼ bean mixture and ¼ mango mixture.
- Fold ends of the tortillas over. Roll up to make wraps. Top veggie bean wraps with remaining mango mixture.

Nutrients per serving (1 wrap): 320 calories, 8g fat, 1g saturated fat, 0g trans fat, 0mg cholesterol, 580mg sodium, 61g carbohydrate, 15g dietary fiber, 11g protein.

Diabetic Exchanges: 1 fruit, 1 vegetable, 1 starch, 1 fat.

Pico de Gallo



Fresh tasting, with just a bit of heat. Use to season your family meals or serve with tortilla chips. This recipe is part of the next two recipes!

Makes 6 servings (½ cup per person)

Preparation Time: 20 minutes

- 1 pound ripe tomatoes, chopped
- 1½ cups chopped onion
- 1/3 cup chopped fresh cilantro
- 3 jalapeño peppers, seeds removed and chopped
- 2 tablespoons lime juice
- 2 cloves garlic, minced
- ¼ teaspoon salt

- Combine all ingredients in a medium bowl.
- Serve immediately or cover and refrigerate for up to 3 days.

Nutrients per serving (1/6 of recipe): 35 calories, 0g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 105mg sodium, 8g carbohydrate, 2g dietary fiber, 1g protein.

Diabetic Exchanges: 1 vegetable.

Chicken Tortas



Serve these sandwiches with sliced jalapeno peppers for added heat! Use the Pico de Gallo on page 8 to make this recipe.

Makes 4 servings (1 cup vegetables per person)

Preparation Time: 30 minutes

Cook Time: 5 minutes

Chicken Torta Ingredients

- 1 recipe of Pico de Gallo (3 cups) (page 8)
- 2 cups cooked, shredded chicken, without skin
- 1 teaspoon chili powder
- 2 cups chopped romaine lettuce
- 4 thin white onion slices
- 2 large radishes, sliced
- ½ cup shredded low fat Monterey Jack cheese
- 4 Bolillo or French rolls, cut in half lengthwise

Chicken Torta Preparation

1. Prepare the Pico de Gallo (page 8).
2. In a medium bowl, combine chicken, chili powder and 1 cup of Pico de Gallo. Reserve the other 2 cups of Pico de Gallo.
3. In a second bowl, combine lettuce, onion, radishes, and cheese.
4. Place equal amounts of chicken and lettuce mixtures inside of each roll.
5. Spoon ¾ cup of the Pico de Gallo over the lettuce in each sandwich. Close the sandwiches.

Nutrients per serving (¼ of recipe made with French rolls): 330 calories, 8g fat, 3g saturated fat, 0g trans fat, 70mg cholesterol, 530mg sodium, 33g carbohydrate, 5g dietary fiber, 31g protein.

Diabetic Exchanges: 1 meat, 3 very lean meat, 1 starch, 2 vegetable.

Touchdown Tostadas



Use the Pico de Gallo on page 8 to make this recipe – remember to reduce the salt from ¼ teaspoon to 1/8 teaspoon.

Makes 4 servings (1 cup vegetables per person)

Preparation Time: 45 minutes including baking time

- 3 cups Pico de Gallo (page 8) – made with 1/8 teaspoon salt instead of ¼ teaspoon
- 4 6-inch corn tortillas
- Nonstick cooking spray
- 1 cup fat-free refried beans
- ¾ cup shredded low-fat Monterey Jack cheese[#]
- 1 cup nonfat sour cream
- 1 cup shredded lettuce
- 1 cup shredded carrots

1. Prepare Pico de Gallo recipe (page 8) – using 1/8 teaspoon salt instead of ¼ teaspoon.
2. Heat oven to 350°F.
3. Lightly spray both sides of each tortilla with nonstick cooking spray. Place tortillas on baking sheet. Bake 10 minutes or until crisp. Remove from oven.
4. Spread ¼ cup beans on each tortilla. Top each tortilla with 3 tablespoons cheese.
5. Put back into oven. Bake until cheese melts, about 2 minutes. Remove tortillas from pan and place each one on a dinner plate.
6. Top each tortilla with ¼ cup nonfat sour cream, ¼ cup shredded lettuce, ¼ cup shredded carrots, and ¾ cup salsa.
7. Divide remaining Pico de Gallo among the four servings in small cups to the side of the tostada.

Nutrients per serving (1 tostado with side of Pico de Gallo): 320 calories, 7g fat, 3g saturated fat, 0g trans fat, 25mg cholesterol, 600mg sodium, 48g carbohydrate, 8g dietary fiber, 16g protein.

Diabetic Exchanges: 1 meat, 1 starch, 2 vegetable.