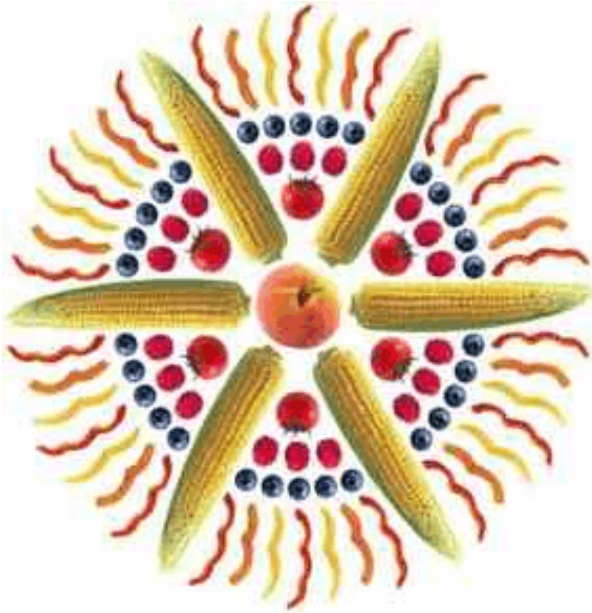


More Plants on Your Plate



Why Eating Fruits, Vegetables and Whole Grains Really Matter

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Peanut Stir Fry Salad

4 Tbsp light soy sauce
2 tsp corn starch
½ cup orange juice
2 Tbsp rice wine vinegar
1 tsp sesame oil
Pinch red pepper flakes
4 cups shredded Nappa cabbage
1 Tbsp vegetable oil
2 tsp minced garlic
2 Tbsp grated fresh ginger
½ cup sliced carrots
1 cup sliced mushrooms
1 cup mung bean sprouts
1 cup broccoli florets
1 cup roasted unsalted peanuts



Directions:

1. Mix the soy sauce, cornstarch, orange juice, vinegar, sesame oil and red pepper flakes in a small bowl.
2. Place Nappa cabbage in a large salad bowl; set aside.
3. Heat a large nonstick skillet or wok over high heat. Add the oil and then the garlic and ginger. Sauté until the garlic is nutty brown, about 1 minute. Add the rest of the veggies and peanuts. Sauté until crisp-tender, about 4-5 minutes. Add the soy sauce mixture and cook briefly. Add this stir-fry mixture to the cabbage, toss together and serve warm.

Serves 4. Each 2 cup serving: 230 calories, 14 g fat, 2 g saturated fat, 0 mg cholesterol, 535 mg sodium, 21 g carbohydrate, 9.5 g protein, 5 g fiber.

Waldorf Salad



3 apples, cored and diced
1 cup nonfat light vanilla yogurt
1/4 cup diced celery
1/4 cup walnut pieces
green leafy lettuce for garnish

Mix all ingredients in a medium-sized mixing bowl. Refrigerate until ready to serve. Serve on a bed of green lettuce. Garnish with a pinch of ground cinnamon.

Serves 4. Each 1 cup serving: 142 calories, 5 g fat, 0 g saturated fat, 1 mg cholesterol, 43 mg sodium, 23 g carbohydrate, 3.5 g fiber, 3 g protein. 90 mg calcium.

Will eating an apple a day, really keep

the doctor away? If all fruits are

nutritional powerhouses, why are apples the only one to be included in the folklore?

At the time the adage emerged, apples were easy to grow. Once harvested, they could remain in storage for nearly a year.

Recent studies have shown that, unlike many fruits and vegetables, the nutritional benefits of apples remain relatively stable as long as 200 days after harvest. While an

apple a day will go a long way toward keeping the doctor away, most nutritionists recommend a varied diet. In addition to apples, fill your shopping cart with citrus fruits, tropical treats like mangos, and a variety of berries, which pack a nutritional punch. Eating several servings of a varied selection of fruits each day is truly the best way to keep the doctor away.



Caribbean Bean Salad

- 4 cups ready-to-serve Romaine lettuce or Salad Mix
- 1/4 cup red onion
- 1 cup canned black beans, drained and rinsed
- 1 orange, peeled and diced
- 1 tomato, diced
- 1 Tbsp olive oil
- 3 Tbsp red wine vinegar
- 1 tsp dried oregano
- black pepper to taste



Directions:

1. Toss all ingredients together in large salad bowl.
2. Serve immediately or refrigerate up to one hour.

Serves 4. Each 1 cup serving: 114 calories, 3.5 g fat, 0.5 g saturated fat, 0 mg cholesterol, 207 mg sodium, 17 g carbohydrate, 4.5 g fiber, 4.5 g protein.

Beans are one of nature's healthiest foods – they are naturally low in total fat, contain no saturated fat or cholesterol, and provide important nutrients such as fiber, protein, calcium, iron, folic acid and potassium. Research studies reveal that eating beans can be an important ally in maintaining health and may reduce the risk of heart disease and certain cancers. Other studies suggest beans are useful in managing diabetes, may cut risk for high blood pressure and may help in losing weight.

The USDA recommends that adults eat more than three cups of beans each week for maximum health benefits – three times more than the current average American consumption.

Broccoli Walnut Salad

2 cups steamed broccoli
1/4 cup chopped walnuts
1/4 cup chopped red onion
1 Tbsp olive oil
2 Tbsp red wine vinegar

Directions:

1. Mix all ingredients in medium mixing bowl.
Refrigerate until ready to serve.



Serves 4. Each ½ cup serving: 95 calories, 8 g fat, 1 g saturated fat, 0 mg cholesterol, 13 mg sodium, 5 g carbohydrate, 2 g fiber, 2 g protein. 40 mg or 10% daily value for folate.

Walnuts are low in saturated fat, and high in polyunsaturated and monounsaturated fats. They provide protein, iron, zinc, vitamin E and folate. One ounce of walnuts contains 185 calories.

My Plate recommends eating seeds and nuts. However, a half-ounce of nuts is an “ounce-equivalent” of protein foods. So if you eat a full ounce, that’s two ounce-equivalents, or about a third of the protein you need that day. The guidelines point out that the usual U.S. intake of nuts, seeds and processed soy products is about half an ounce a day.



Pasta Primavera

4 cups cooked small-shaped pasta such as penne (try whole wheat)

1 Tbsp olive oil

1 Tbsp garlic

1 cup sliced mushrooms

3 cups assorted mixed frozen vegetables (use a blend with cauliflower, carrots and zucchini if possible)

1 can diced no-salt-added tomatoes

1 Tbsp Italian seasoning

black pepper to taste

1 cup chicken broth

2 Tbsp grated Parmesan cheese



Directions:

1. Cook pasta according to package

directions - for 4 cups of cooked pasta you need 3 cups of dry pasta.

2. Heat a large nonstick skillet over medium-high heat. Add the olive oil and garlic and sauté until golden brown, about 1 minute.

Add the mushrooms and frozen mixed vegetables and cook until vegetables are thawed and starting to brown, about 3-5 minutes.

Add the tomatoes, seasonings, broth and parmesan. Bring to a boil; lower heat to simmer and cook briefly. Toss with the pasta and serve hot.

Serves 6. Each 1 cup serving: 302 calories, 6 g fat, 1 g saturated fat, 8 mg cholesterol, 188 mg sodium, 49 g carbohydrate, 6 g fiber, 12 g protein.

Apple Almond Rice Pilaf

- 1 tsp oil
- 1/3 cup sliced almonds
- 1 cup chopped red apples (don't peel)
- 2 cups water
- 1 cup brown rice
- 1/4 tsp cinnamon
- 1 Tbsp parsley flakes
- ½ Tbsp chicken bouillon granules



Directions:

1. Heat oil in large nonstick skillet or Dutch Oven over medium-high heat. Swirl the almonds in the pan to toast. Add the oil and apples. Cook apples briefly then add the rest of the ingredients. Bring to a boil then cover pan and reduce to a simmer. Cook until rice is tender and liquid is absorbed, about 45 minutes.

Microwave instructions: toast the almonds in a toaster oven or regular oven. Place all ingredients in a large covered microwave container and cook on full power until liquid is absorbed & rice is tender, about 33-40 minutes.

Serves 4. Each 1 cup serving: 269 calories, 8.5 g fat, 1 g saturated fat, 0 mg cholesterol, 5 mg sodium, 45 g carbohydrate, 3 g fiber, 6 g protein.

Cooking Brown Rice

Most of us are quite used to cooking white rice and the basic concept remains the same when cooking brown rice too. However, when you make brown rice make sure that you allow the rice to soak in the water for around 25 to 30 minutes before turning on the

heat. This is the right way to cook brown rice as the grains are a bit more tough and stiff. Soaking in water before cooking the brown rice helps to soften the grains.

Cooking the brown rice with too much of



water makes the grains stick together and feel like a paste. On the other hand using too little water to cook brown rice will, make the grains too stiff and will also not bring out the full flavor of brown rice. Many cooks would offer advise on how to cook brown rice, but it is best for you to learn the basics and then do the fine tuning to suit your taste.

When working out the proportion of water to be added to cook brown rice, start out with a 1:2 ratio. This means that you add 2 cups of water to 1 cup of brown rice. Complete the brown rice cooking and check the texture of the rice by eating a few cooked grains (allow to cool sufficiently before trying this). This will give you a starting parameter to work with and you can then make subtle changes to the time that the rice is soaked (before cooking) and also the proportion of water and brown rice.

Soul-Healthy Cornbread

- 1 cup cornmeal
- 1 cup all purpose flour
- ½ cup sugar
- 2 tsp baking powder
- ½ tsp salt
- 1 cup fat free buttermilk
- ½ cup applesauce, unsweetened
- ½ cup egg whites
- 2 Tbsp vegetable oil



Directions:

1. Preheat oven to 400° F. Lightly spray an 8 inch square pan with vegetable oil cooking spray.
2. Mix dry ingredients in a medium-sized mixing bowl. Then add the rest of the ingredients and mix well by hand. Pour the batter

into the sprayed pan and shake to make it level. Bake until a toothpick inserted in the center comes out clean, about 25 minutes. Allow to cool, then cut into 12 squares.



Makes 12 squares.

Each square: 144

calories, 3 g fat, 0 g saturated fat, 0 mg cholesterol, 201 mg sodium, 26 g carbohydrate, 1 g fiber, 26 g protein.

Tomato-Basil Spaghetti

Pasta:

8 ounces whole grain spaghetti, dry

Sauce:

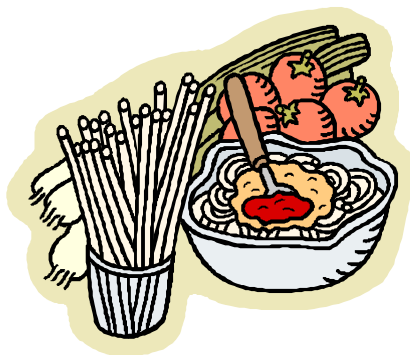
2 cups pasta sauce

1 Tbsp tomato paste

1 Tbsp fresh chopped basil

½ cup sliced green onion

1 cup diced fresh tomatoes



Directions:

1. Cook pasta according to package directions. Drain and rinse in colander.

2. Place all ingredients for sauce in a 3 quart sauce pan. Bring to a boil then reduce heat to a simmer. Cook for 3 minutes.

3. Mix pasta with sauce and serve hot.

Serves 4. Each 1-1/2 cup serving: 269 calories, 1 g fat, 0 g saturated fat, 0 mg cholesterol, 404 mg sodium, 55 g carbohydrate, 4.5 g fiber, 10 g protein.



Slow-Cooker Vegetarian Lasagna

- 1 large egg
- 1 15 to 16 ounce container part skim ricotta
- 1 5-ounce package baby spinach, coarsely chopped
- 3 large or 4 small portobelo mushroom caps, gills removed, halved and thinly sliced
- 1 small zucchini, quartered lengthwise and thinly sliced
- 1 28-ounce can crushed tomatoes
- 1 28-ounce can diced tomatoes
- 3 cloves garlic, minced
- Pinch of crushed red pepper (optional)
- 15 whole-wheat lasagna noodles (about 12 ounces), uncooked
- 3 cups shredded part-skim mozzarella, divided

Preparation

1. Combine egg, ricotta, spinach, mushrooms and zucchini in a large bowl.
2. Combine crushed and diced tomatoes and their juice, garlic and crushed red pepper (if using) in a medium bowl.
3. Generously coat a 6-quart or larger slow cooker with cooking spray. Spread 1 ½ cups of the tomato mixture in the slow cooker. Arrange 5 noodles over the sauce, overlapping them slightly and breaking into pieces to cover as much of the sauce as possible. Spread half of the ricotta-vegetable mixture over the noodles and firmly pat down, then spoon on 1 ½ cups sauce and sprinkle with 1 cup mozzarella. Repeat the layering one more time, starting with noodles. Top with a third layer of noodles. Evenly spread the remaining tomato sauce over the noodles. Set aside the remaining 1 cup mozzarella in the refrigerator.
4. Put the lid on the slow cooker and cook on High for 2 hours or on Low for 4 hours. Turn off the slow cooker, sprinkle the reserved mozzarella on the lasagna, cover and let stand for 10 minutes.

Serves 8. 414 calories, 14 g fat, 8 g sat, 4 g mono, 63 mg cholesterol, 48 g carbohydrates, 28 g protein, 7 g fiber, 641 mg sodium

Roasted Fish Crispy Slaw Wrap (National School Lunch Winner)



1 tablespoon salt-free chili-lime seasoning blend

1 tablespoon olive oil

6 (4 oz) tilapia pieces, filet, thawed

2 ½ cups red cabbage (1 small)

2 cups cabbage (1 small)

1 ½ cups carrots (2 medium)

1 cup bok choy (1 small)

2 tablespoons cilantro, chopped (1 small bunch)

¾ cup light Balsamic vinaigrette dressing (2/3 of a 9 oz bottle)

6 (8 inch) whole grain tortillas

1 ½ cup romaine lettuce (1 small head)

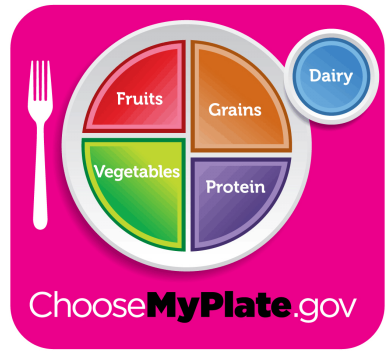
1 medium ripe avocado

2 small limes

Directions:

1. Preheat oven to 375 F.
2. Shred cabbages and carrots.
3. Cut bok choy and lettuce into long, thin “shoestring strips”.
4. Chop cilantro. Cut limes into quarter sections.
5. Peel and slice avocado into 6 slices. Take 1 lime quarter and drizzle lime juice over avocado slices to prevent browning.
6. Sprinkle seasoning blend and olive oil on tilapia. Place on a baking sheet lined with parchment paper. Bake uncovered at 375 F for 12 minutes until internal temperature reaches 145 F or until tilapia is opaque and flakes with a fork.
7. While tilapia is in oven, combine red and green cabbage, carrots, bok choy, cilantro and balsamic dressing in a large bowl to make the slaw. Keep in refrigerator.
8. Remove tilapia from oven. Put ¼ cup of lettuce on each tortilla. Cut each piece of fish in half and place both fish halves on top of lettuce. Put 1 cup of cabbage slaw on top of fish. Place a slice of avocado on top of slaw mixture. Squeeze lime on top of mixture. Roll the tortilla “burrito-style”. Cut wraps through the middle, at an angle. Serves 6.

**Eating 3-4 ounces of seafood-
fish and shell fish- twice a
week is a new My Plate
recommendation for healthy
eating and heart health.**



Crunchy Cabbage Salad

1 16-ounce bag shredded cabbage or broccoli coleslaw

2 cups of mixed vegetables and/or fruits, such as chopped peppers, onions, or celery; shredded or diced carrots; frozen peas (thawed); pineapple chunks or mandarin oranges (drained); or cantaloupe chunks, cherry tomatoes, or grapes (halved)
½ cup light or low-calorie ranch dressing



Directions:

1. Wash cabbage by putting it in a colander.
2. Add the other vegetables and/or fruits.
3. Stir in the dressing.
4. Cover and refrigerate until serving.
5. Cover and refrigerate any leftovers.
6. Top with ramen noodles, chopped nuts or raisins, if desired.

Serves 8. 68 calories, 3.5g total fat, 4.2mg cholesterol, 172.7mg sodium, 8.8g carbohydrate, 1.3g protein

Baked Sweet Potato Fries

2 large sweet potatoes

Direction:

Wash and peel the sweet potatoes. Cut in two. Cut each $\frac{1}{2}$ in half and then into wedges $\frac{3}{4}$ -inches thick. Put into water as they will turn black. Dry the slices off. Drop the slices into a gallon bag or a bowl with a little oil. Shake or stir. Drop in a bowl (few at a time) with sugar and cinnamon. Bake on cookie sheet sprayed with cooking spray at 350F for 30 minutes.



Recipe courtesy: South Brown County Headstart

Vitamin A is essential for good health. Vitamin A is a family of compounds that play an important role in vision, bone growth, reproduction, cell division, and cell differentiation. We get vitamin A from a variety of sources. Two of the most common sources are retinol and beta-carotene.

Retinol is sometimes called "true" vitamin A because it is nearly ready for the body to use. Retinol is found in such animal foods as liver, eggs, and fatty fish. It also can be found in many fortified foods, such as breakfast cereals, and in dietary supplements.

Beta-carotene is a precursor for vitamin A. The body needs to convert it to retinol or vitamin A for use. Beta-carotene is found naturally in mostly orange and dark green plant foods, such as carrots, sweet potatoes, mangos, and kale. The body stores both retinol and beta-carotene in the liver, drawing on this store whenever more vitamin A is needed.

But too much Vitamin A may not be a good thing. However, recent research suggests that too much vitamin A, particularly in the form of retinol, may be bad for your bones.

Santa Fe Stuffed Potatoes

- 4 medium potatoes
- 1 cup cooked, drained black beans
- 1 cup salsa
- 1 cup cooked or frozen corn
- 1 cup shredded cheese

Directions:

1. Scrub potatoes and prick with fork. Bake 45 minutes in 350F oven or cook in microwave.
2. About 10 minutes before potatoes are done stir together beans, salsa, and corn. Heat until simmering.
3. Remove potatoes from oven. Cut in half lengthwise on plates and spoon bean mixture over the top.
4. Sprinkle about $\frac{1}{4}$ cup cheese over each potato.

Serves 4. 396 calories, 9.8g total fat, 25.0mg cholesterol, 403.0mg sodium, 63.3g total carbohydrate, 16.4g protein.



Click on www.fruitsandveggiesmatter.gov for more information and recipe ideas.

Black Bean/Sweet Potato Enchiladas

½ onion shredded
2 cloves of garlic finely chopped
2 or 3 sweet potatoes
2 to 3 cans black beans
1 can refried beans
1 jar salsa
tortilla shells
shredded cheese
enchilada sauce optional

Directions:

Brown or saute onion and garlic in a little oil. Shred sweet potatoes into skillet. Cook slow and stir often. Add a little water or oil to keep from sticking. Add black beans, refried beans and salsa. Cook until hot. Put into tortilla shells. Spread cheese, roll up and heat in oven. Optional to put enchilada sauce in bottom of dish and on top of enchiladas. Recipe courtesy: South Brown County Headstart



Black Bean and Sweet Potato Enchiladas

- 1 28-ounce can whole peeled tomatoes
- 2 teaspoons chili powder
- 1 large onion, chopped
- 3 tablespoons canola oil
- salt and pepper to taste
- 2 cloves garlic, chopped
- 1 15.5 ounce can black beans, rinsed
- 1 medium sweet potato, peeled and coarsely grated
- 2 teaspoons dried oregano
- ½ pound cheddar cheese, grated (2 cups)
- 8 6-inch flour tortillas
- 2 scallions, thinly sliced and white and green parts separated
- 2 cups frozen corn (will be served separately)

Directions:

1. Heat oven to 450F. In a blender/food processor, puree the tomatoes, chili powder, half the onion, 1 tablespoon oil, ½ teaspoon salt, and 1/4 teaspoon pepper until smooth.
2. Heat 1 tablespoon of the remaining oil in a large skillet over medium-high heat. Add the remaining onion and half the garlic and cook until softened, 2 to 3 minutes. Add the black beans, sweet potato, oregano, and 1/4 teaspoon each salt and pepper. Cook, tossing frequently, until the sweet potatoes are tender, 4 to 6 minutes. Transfer to a large bowl and let cool. Stir in 1 cup of the cheese.
3. Spread 1 cup of the tomato mixture in the bottom of a 9-by-13 inch baking dish. Roll up the bean mixture in the tortillas (about ½ cup each) and place the rolls seam-side down in the dish. Top with the remaining tomato sauce and 1 cup of cheese. Bake on the top rack of oven until the cheese is brown and bubbly, 10 to 15 minutes.
4. Meanwhile, wipe out the skillet and heat the remaining tablespoon of oil over medium-high heat. Add the remaining garlic and the scallion whites and cook, stirring, until fragrant, about 1 minute. Add the corn and 1/4 teaspoon each salt and pepper. Cook, tossing frequently, until tender, 3 to 5 minutes more. Sprinkle the enchiladas with the scallion greens and serve with the corn.

Recipe courtesy: South Brown County Headstart

Sweet Potato Quesadillas

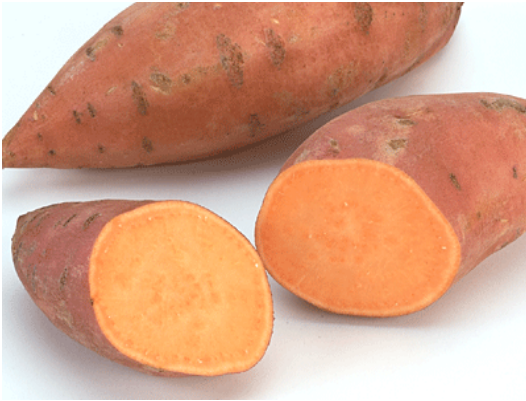
- 4 cups sweet potatoes
- 1 ½ cups onion
- 2 teaspoons dried oregano
- 1 ½ teaspoons each of dried basil, chili powder
- 1 ½ teaspoons ground cumin (optional)
- salt and pepper to taste
- 8 tortillas
- 1 cup shredded cheddar cheese
- 1 cup cooked black beans



Directions:

1. Preheat oven to 400F.
2. Peel and cut sweet potatoes into large chunks. Put in a large saucepan and cover with water. Boil until soft, 10-15 minutes. Drain.

3. Finely chop onions and garlic. Sauté in oil in large fry pan until translucent. Add spices and cook another minute. Stir in sweet potatoes and heat through.



4. Spread sweet potato filling on half of each tortilla. Spoon black beans on top and sprinkle with cheese. Fold tortilla in half. Place on oiled baking sheet and brush tops with oil. Bake in preheated oven 15-20 minutes. Serve

with sour cream and salsa.

Serves 4-8.

Vegetable Lasagna for a Crowd

about 23 lasagna noodles

2 tablespoons oil

1 1/4 cups fresh zucchini, sliced

2 1/2 cups fresh mushrooms, sliced, or 1/2 cup canned mushrooms, sliced, drained

3/4 cup onion, chopped

1/4 cup all-purpose flour

1 qt 2 cups frozen broccoli pieces

1 qt 3 1/2 cups tomato sauce

1 3/4 cups tomato paste

3 tablespoons dried oregano leaves

3/4 teaspoon garlic powder

2 qt low-fat cottage cheese, drained

2 tablespoons dried parsley

1 teaspoon garlic salt

1 cup dry bread crumbs

1/4 cup parmesan cheese, grated

3 3/4 cups low-fat mozzarella cheese, grated

1/2 cup parmesan cheese, grated

Directions:

1. Cook lasagna noodles in a stock pot for 10 to 12 minutes, until tender. Drain.
2. In a pan, heat the oil. Add zucchini, mushrooms, and onions. Saute for 3 minutes, until tender. Stir in flour and cook for 3 minutes. Remove from heat and set aside.
3. Place broccoli in a steam basket or microwave and cook for 6 minutes, or until tender. Drain well and set aside.



4. In a heavy kettle, heat the tomato sauce and tomato paste. Add the oregano and garlic powder. Simmer, uncovered, for 30 minutes.
 5. Add the sauteed vegetables and steamed broccoli to the tomato sauce. Stir to combine. Simmer for 10 minutes.
 6. In a large bowl, combine the cottage cheese, dried parsley, garlic salt, and bread crumbs. Mix well. Set aside.
 7. Combine parmesan cheese and mozzarella cheese.
 8. Spread 1 cup of vegetable sauce on the bottom of 12"x20"x2 ½" pan to prevent sticking. First layer: 7 ½ noodles, 1 qt cottage cheese mixture, 1 qt 1 cup vegetable sauce, and then 2 ¼ cups parmesan-mozzarella cheese mixture. Second layer: Repeat first layer. Third layer: 7 ½ noodles, 2 ½ cups vegetable sauce.
 9. Sprinkle parmesan cheese over lasagna cover with foil. Bake at 375F for 50 minutes.
 10. Remove from oven and allow to set for 15 minutes before serving.
- Serves 25. 268 calories, 21g protein, 32g carbohydrate, 6.8g total fat, 3.3g saturated fat, 15 mg cholesterol, 2.8mg iron, 264mg calcium, 1017mg sodium, 4g dietary fiber
- Recipe courtesy of South Brown County Headstart

Strawberry Chicken Salad with Hoisin Sesame Dressing

This strawberry recipe makes about 1 1/3 cups of the flavorful hoisin-sesame dressing. You'll only need ½ cup for the chicken salad so refrigerate the remaining and keep on hand for up to a week to flavor other salads or drizzle over grilled meats or fish.

Chicken Salad

- 1 16 ounce package fresh strawberries
(about 3 cups)
- 12 ounces cooked, smoked chicken breast,
chopped
- 8 ounces mixed baby greens, washed and
dried (about 8 cups)
- ¾ cups julienned jicama
- 2 green onions, sliced



Hoisin-Sesame Dressing



- ½ cups vegetable oil
- ¼ cups rice vinegar
- ¼ cups light soy sauce
- 2 tablespoons sugar
- 1 tablespoon hoisin sauce
- 1 tablespoon sesame seeds, toasted
- 1 ½ teaspoons sesame oil

- 1 ½ teaspoons Dijon mustard
- 1 (1-inch) piece fresh ginger, peeled
- 1 medium shallot, peeled and chopped
- 1 clove garlic
- fresh ground black pepper, to taste
- ¾ cups thinly sliced fennel



Directions:

1. Place vegetable oil, vinegar, soy sauce, sugar, hoisin sauce, sesame seeds, sesame oil, Dijon mustard, ginger, shallot, garlic and pepper in a blender or food processor and blend until smooth. (Or, grate the ginger and mince the shallot and garlic then whisk all ingredients together.) Refrigerate in a covered container. (Makes about 1 ⅓ cups)
2. Hull and slice or quarter strawberries. Combine strawberries, chicken, greens, jicama, fennel and green onion in a large bowl. Drizzle with about ½ cup dressing and toss gently until evenly mixed.

Serves 6 Amount per serving. Calories:221 Total Fat 10.16g Saturated Fat:1.23g Cholesterol: 48.23mg Sodium:221mg Total Carbohydrates:13.18g Dietary Fiber:3.81g Protein:19.75g

Grilled Chicken Fruit Salad

1 chicken breast half, skinned and boned
2 cups seedless red grapes, halved
½ cup celery, chopped
1/4 cup onion, chopped
2 tablespoons walnuts, finely chopped
½ cup nonfat mayonnaise
1 tablespoon Dijon mustard
½ teaspoon salt
½ teaspoon black pepper
1 tablespoon lemon juice
nonfat cooking spray



Directions:

Lightly coat the grill with cooking spray and preheat for 5 minutes. Grill the chicken for 5-7 minutes. Cool and cut into small cubes. In a large salad bowl, combine the chicken, grapes, celery, onion and walnuts.

Along with all the other well-known reasons to eat more fruits and vegetables, new research indicates that doing so may reduce your risk of dying from heart disease. Researchers followed more than 300,000 people from eight European countries, aged 40 to 85. They were followed for an average of nearly 8.5 years.

People with ischemic heart disease have reduced blood flow to the heart, which can cause angina, chest pain and heart attack. According to the study results, people who ate at least eight portions of fruit and vegetables a day were 22 percent less likely to die of ischemic heart disease than those who ate fewer than three portions a day. A portion was considered to be 80 grams, which would equal a small banana, a medium apple or a small carrot.

Fruit Smoothies

2 to 3 cups frozen or fresh fruit, such as banana, strawberries, peaches, and/or berries

1 6-to 8-ounce carton vanilla, plain or fruit flavored yogurt

¼ cup milk

3 ice cubes

Directions:

1. Put all ingredients in a blender.
2. Blend on high until smooth.
3. Pour into glasses.



To freeze fruit, prepare as for eating, place in a sealable plastic bag and put in freezer. Use low fat yogurt for fewer calories and fat.

Serves 3. 150 calories, 1.7g total fat, 5.5mg cholesterol, 61.3mg sodium, 31.5g total carbohydrate, 4.9g protein

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Orchard Fruit Crisp

4 cups peeled, sliced apples or 1 29-ounce can sliced peaches in light syrup or juice, drained

½ cup quick or old fashioned rolled oats

1/3 cup whole wheat flour

1/3 cup granulated or brown sugar

1 teaspoon ground cinnamon

¼ teaspoon salt

¼ cup cold margarine or butter, cut into chunks

Optional: ¼ cup dried cranberries, raisins, or chopped nuts

Directions:

1. Preheat oven to 375 F.
2. Grease or spray bottom of an 8-inch round or square pan.
3. Spread sliced apples or drained peaches over bottom of pan.
4. Stir together the oats, flour, sugar, cinnamon, and salt. Cut in the margarine using a pastry cutter or knives.. (The smaller the chunks, the easier it will be to spread on the fruit.) If desired, add dried fruit or nuts.
5. Sprinkle flour mixture over fruit.
6. Bake, uncovered, for about 25 minutes or until topping is golden and fruit is bubbly.

Serves 8. 149 calories, 6.1g total fat, 0mg cholesterol, 140.1mg sodium, 23.3g total carbohydrate, 1.6g protein

Grilled Cinnamon Peaches and Papaya

- 3 ripe peaches
- 1 papaya
- 1/4 cup low-fat margarine
- ½ teaspoon ground cinnamon
- 1 tablespoon concentrated apple juice



Directions:

Pit and peel the peaches. Chop the fruit into small cubes (about 1/4 inch thick).

Peel and clean the papaya, remove the seeds, and chop into small cubes, as above. In a medium bowl, combine the margarine, cinnamon and apple juice and blend well. Add the peaches and papaya and toss lightly. Preheat the grill for 3 minutes. Grill the fruit for 2-3 minutes, or until the fruit is warm and lightly glazed.

Serves 4. 94 calories, 2g total fat, >1g saturated fat, 16 % calories from fat, 18g carbohydrates, 1g protein, 0mg cholesterol, 79mg sodium.

Lemon Glazed Fruit Cup

- 4 cups strawberries, hulled, cut in half
- 2 cups seedless red grapes
- 2 Tbsp sugar
- 2 teaspoons finely chopped fresh mint
- juice and zest of 1 lemon

Directions:

1. Combine all ingredients in large bowl; toss to coat fruit. Serve immediately or refrigerate up to 4 hours before serving.

Serves 4. Each 1 cup serving: 123 calories, 1 g fat, 0 g saturated fat, 0 mg cholesterol, 3 mg sodium, 30 g carbohydrate, 4 g fiber, 1.5 g protein.

Ensalada Pico De Gallo

- 1 cup thinly sliced red onion
- 1 cup peeled, julienne-cut jicama
- 5 cups loosely packed torn romain or red-tip lettuce leaves
- 2 cups peeled, sliced navel oranges

Dressing:

- 1/4 cup fresh orange juice
- 1 TB fresh lime juice
- 1 1/2 TB honey
- 1/2 tsp cumin
- 1/2 tsp red chile powder
- 1/2 tsp salt
- 2 TB finely mined cilantro



Directions:

Whisk together all dressing ingredients. Drizzle half the dressing over the onions and jicama, refrigerate for at least an hour.

Just before serving, remove onions & jicama from marinada & toss with the lettuce. Arrange oranges on top and drizzle the remaining dressing over the salad. Serves 6.

Citrus fruits include oranges, lemons, limes and grapefruits, in addition to tangerines and pummelos. The vitamin C in citrus fruit strongly enhances the absorption of iron in food. Vitamin C binds to iron in the digestive tract and the iron-vitamin C complex is absorbed together. Store citrus fruit at room temperature if you'll eat it in a week or so; otherwise, it will keep in the crisper for six to eight weeks. Squirt some lemon juice on fresh cut fruits or fresh guacamole to prevent them from browning quickly.

Chocolate Mousse with Berries

1 box (12 ounces) silken tofu
1/3 cup sugar
1/4 cup cocoa powder
2 cups assorted berries: sliced strawberries,
raspberries, blueberries, etc.
nonfat whipped cream

Directions:

1. Puree tofu, sugar and cocoa powder in a food processor. Divide between four tall stemmed glasses. Refrigerate until ready to serve or proceed to next step right away.
2. Mash berries in bowl and divide among four glasses, placing them on top of the chocolate mousse.
3. Top each glass with about 2 tablespoons of nonfat whipped cream.
4. Optional garnish: dust the top of the whipped cream with cocoa powder.



Serves 4. Each 3/4 cup serving: 159 calories, 3.5 g fat, 1 g saturated fat, 1 mg cholesterol, 25 g carbohydrate, 3 g fiber, 7.5 g protein.

If you want to eat healthier, incorporating colorful and delicious berries into your daily diet is an easy way to start. Fresh berries are packed with vital nutrients, such as antioxidants. Antioxidants are found in foods such as strawberries, blueberries, raspberries and blackberries. They help to protect our cells from harm caused by free-radicals, or molecules responsible for aging and certain diseases. When our body uses oxygen, we naturally produce free radicals, which can damage our cells. Antioxidants can help prevent or slow this damage. Health problems such as heart disease, cancer, macular degeneration, diabetes, arthritis, hypertension and Alzheimer's disease are related to oxidative damage. Antioxidants, when present in significant amounts, come to the rescue, protecting healthy cells, reducing inflammation and preventing cell damage. For berry lovers, this is great news as blueberries, blackberries, strawberries and raspberries are all rich and excellent sources of antioxidants.



Help make the healthy choice, the easy choice at home, work and in the community.



Eating More Fruits and Vegetables Matters



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Notes



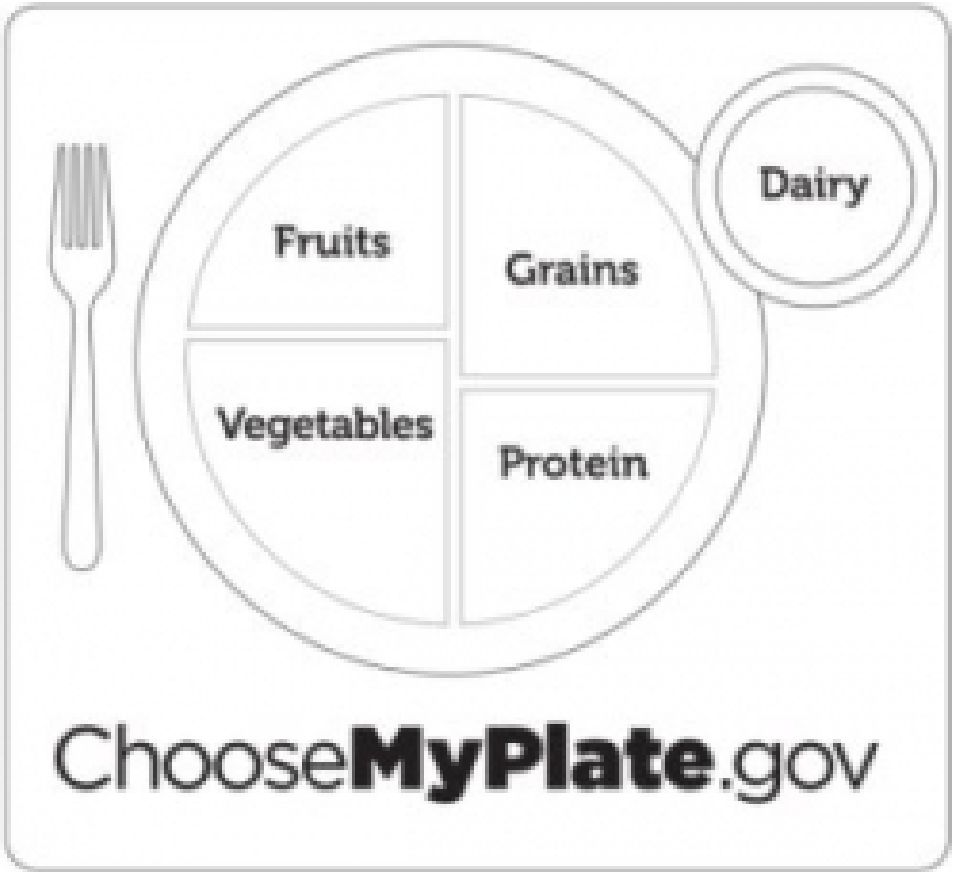
Notes

What Did I Eat?

What was on your plate? Take a look, list below what you ate for breakfast, lunch and dinner? Did you have any snacks during the day?



Did your plate look like My Plate?



Are there any changes you would like to make tomorrow?