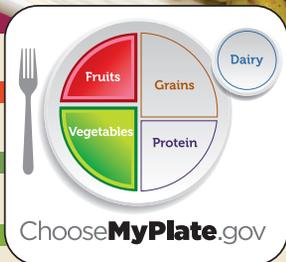




# MyPlate

## RECIPE BOOK



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# Avocado Melon Breakfast Smoothie

Preparation Time: 5 minutes



*A delightful concoction of green fruit plus fat-free dairy. With convenience built in, this refreshing smoothie can be made a day ahead. Keeps well in the refrigerator up to 24 hours.*

## Ingredients

1 ripe, fresh California Avocado*	1 cup (8 oz) milk, fat free
1 cup honeydew melon chunks (about 1 slice)	1 cup fat-free yogurt, plain
Juice from ½ lime (1½ tsp lime juice)	½ cup apple juice or white grape juice
	1 tbsp honey

\*Large avocados are recommended for this recipe. A large avocado averages about 8 ounces.

Cut avocado in half, remove pit. Scoop out flesh, place in blender. Add remaining ingredients; blend well. Serve cold. Holds well in the refrigerator up to 24 hours. If made ahead, stir gently before pouring into glasses. Serves 2.

## Nutrition Information per Serving

*1½ Cup-Equivalent of Fruits and Vegetables*

An excellent source of protein, fiber, vitamin C, riboflavin, folate, B12, pantothenic acid, calcium, phosphorus, potassium, and iodine, and a good source of vitamin D, thiamin, B6, magnesium, and zinc.

Calories **320**  
Total Fat **11g**  
Saturated Fat **1.5g**  
% of Calories from Fat **31%**  
% Calories from Sat Fat **4%**

Protein **13g**  
Carbohydrates **46g**  
Cholesterol **5mg**  
Dietary Fiber **5g**  
Sodium **170mg**

# Broccoli Omelet

Preparation Time: 30 minutes



*Compared to its traditional counterpart, this better-for-you omelet is lower in fat and cholesterol but not short on flavor. Folded in the middle is a vibrant mix of broccoli florets, red bell pepper, mushrooms, and melted reduced-fat cheese.*

## Ingredients

3 cups Beneforté™ broccoli florets, cut into smaller pieces as needed

1 large red bell pepper, cut into strips

16 button mushrooms, sliced

Cooking spray

4 eggs, plus egg whites from 8 eggs (alternatively, use 2 cups egg substitute or 8 whole eggs)

¼ cup milk, fat-free

½ cup fat-free ricotta cheese

2 tbsp grated parmesan cheese

Salt and pepper to taste

Cut vegetables as directed. Whisk eggs and milk in a medium mixing bowl. Spray 10-inch non-stick skillet with cooking spray; heat. Add broccoli, peppers, and mushrooms; sauté about 3-5 minutes, then remove from pan. To cook one omelet: Use cooking spray as needed. Add ¼ of the egg-milk mixture to hot skillet, and let spread to cover bottom of pan. When egg begins to thicken on top, sprinkle with ¼ of the parmesan cheese. Dab ½ of the omelet with ricotta cheese; spread a portion of the vegetable mixture. Fold other ½ of omelet over the vegetables and let cook about 1 more minute. Slide onto individual serving plate. Season lightly with salt and pepper. Repeat to cook all omelets. Garnish omelet with remaining vegetable sauté mix. Serves 4.

## Nutrition Information per Serving

*2 Cup-Equivalent of Fruits and Vegetables*

An excellent source of protein, vitamin A, vitamin C, riboflavin, folate, pantothenic acid, and iodine, and a good source of dietary fiber, vitamin D, niacin, B6, B12, potassium, calcium, iron, magnesium, zinc, and copper.

Calories **190**

Total Fat **7g**

Saturated Fat **2g**

% of Calories from Fat **33%**

% Calories from Sat Fat **9%**

Protein **22g**

Carbohydrates **12g**

Cholesterol **195mg**

Dietary Fiber **3g**

Sodium **350mg**

# Herbed Spinach Quiche Portabella Caps

Preparation Time: 45 minutes



Here's a savory, healthful, time-saving twist to breakfast quiche. Use portabella mushroom caps instead of high-fat pie pastry to make individual quiches.

## Ingredients

4 portabella mushrooms, 3-inch diameter	¼ cup nonfat milk
Cooking spray	1 tsp low-sodium garlic & herb blend (like Mrs. Dash)
3 large eggs	1 cup cooked and drained, chopped, frozen spinach
Egg whites from 6 eggs	¼ cup reduced-fat Parmesan cheese, divided
½ cup whole wheat grated bread crumbs (Panko)	

Place oven rack in center of oven; preheat oven to 375°F. Remove portabella stems; wipe clean with damp paper towel. Spray baking sheet with cooking spray, and place mushroom caps on baking sheet. In a mixing bowl, whisk together all remaining ingredients, except 1 tbsp Parmesan cheese. Coat 10-inch non-stick pan with cooking spray and heat over medium flame. Cook and scramble egg mixture until it just starts to thicken. Remove from heat. Using a large spoon, scoop partially-cooked, hot egg mixture into portabella caps. Sprinkle tops with remaining parmesan cheese. Bake about 20 minutes. Serve immediately. Serves 4.

### Nutrition Information per Serving

*1¼ Cup-Equivalent of Fruits and Vegetables*

An excellent source of protein, vitamin A, niacin, riboflavin, folate, iron, phosphorus, and iodine, and a good source of vitamin B6, vitamin D, pantothenic acid, potassium, calcium, iron, magnesium, and copper.

Calories **190**

Total Fat **6g**

Saturated Fat **2g**

% of Calories from Fat **32%**

% Calories from Sat Fat **9%**

Protein **17g**

Carbohydrates **14g**

Cholesterol **145mg**

Dietary Fiber **4g**

Sodium **330mg**

For more information visit [MushroomInfo.com](http://MushroomInfo.com) and [EggNutritionCenter.org](http://EggNutritionCenter.org)

# Clementine, Raisin & Goat Cheese Sandwich

Preparation Time: 10 minutes



*Clementine oranges and raisins are the perfect balance for goat cheese in this quick lunch fix that's sure to be a break from the routine sandwich. This recipe can also be served as a salad on a bed of greens.*

## Ingredients

- 4 Dandy clementine oranges
- 2 tbsp fat-reduced mayonnaise
- 1 cup Sun-Maid raisins
- 8 lettuce leaves (Bibb, Romaine, red, or green leaf)
- 4 oz (1 cup) crumbled goat cheese (or feta cheese)
- 8 slices whole grain bread
- 3 tbsp chopped walnuts
- 2 tbsp fat-free yogurt, plain

Peel clementine oranges and split each in half. With a sharp serrated knife, chop the orange halves into small pieces. In a medium bowl, mix raisins, cheese, walnuts, yogurt, and mayonnaise. Add chopped clementine oranges and mix gently. Lay out bread slices. Spread  $\frac{1}{4}$  salad mix on 4 of the bread slices. Add two lettuce leaves to each sandwich; top with 2nd bread slice. Serves 4.

### Nutrition Information per Serving

*1 $\frac{3}{4}$  Cup-Equivalent of Fruits and Vegetables*

An excellent source of protein, dietary fiber, vitamin A, vitamin C, thiamin, B6, folate, potassium, phosphorus, magnesium, and copper, and a good source of riboflavin, niacin, calcium, iron, and zinc.

Calories **440**

Total Fat **15g**

Saturated Fat **5g**

% of Calories from Fat **31%**

% Calories from Sat Fat **10%**

Protein **16g**

Carbohydrates **67g**

Cholesterol **15mg**

Dietary Fiber **8g**

Sodium **400mg**

# Fruity Thai Pita Pockets

Preparation Time: 15 minutes



*Bored with the same old sandwich at lunch? Liven up packed lunches with this Thai-influenced pita pocket: a surprising blend of fruits, spinach, and peanut sauce tucked in a very portable pita pocket.*

## Ingredients

1 15-oz can Del Monte Tropical Fruit Salad in 100% Juice  
4 pita pocket breads  
4 cups fresh spinach, torn  
¼ cup fresh cilantro (optional)

## SPREAD

3 tbsp reserved juice from Del Monte Tropical Fruit Salad  
½ cup natural peanut butter, crunchy/chunky  
3 tbsp fat-free cream cheese  
1 tbsp low-sodium soy sauce

In a colander over a bowl, drain fruit salad well; reserve 3 tbsp juice. In a small bowl, whisk together reserved juice, peanut butter, cream cheese, and soy sauce. Place drained fruit, spinach, and cilantro (if desired) in bowl, mix gently. Add sauce and toss. Slice a small portion off each pita and tuck sliver inside at the bottom. Fill each pita pocket with the fruit-spinach mixture. Wrap individually in plastic wrap and refrigerate. Will keep well overnight. Serves 4.

**Time-saving idea:** Purchase pre-opened pita pockets.

## Nutrition Information per Serving

*1½ Cup-Equivalent of Fruits and Vegetables*

An excellent source of protein, fiber, vitamin A, and vitamin C, and a good source of iron and zinc.

Calories **370**

Total Fat **17g**

Saturated Fat **2g**

% of Calories from Fat **41%**

% Calories from Sat Fat **5%**

Protein **13g**

Carbohydrates **42g**

Cholesterol **0mg**

Dietary Fiber **6g**

Sodium **550mg**

# Tuna Apple Salad Sandwich

Preparation Time: 15 minutes



Liven up your lunch-time sandwich with a refreshing mix of tuna, apples, raisins, and walnuts.

## Ingredients

### TUNA SALAD

1 Fuji or Pink Lady Washington apple	1/8 tsp ground black pepper
1 12-oz can chunk light tuna, drained	2 tbsp chopped fresh parsley, optional
2 tbsp low-fat plain yogurt	1/2 tsp curry powder, optional
2 tbsp fat-reduced mayonnaise	8 leaves lettuce (Bibb, Romaine, green, or red leaf)
1/2 cup raisins (or chopped figs)	8 slices whole grain bread
1/4 cup chopped walnuts	

Cut apple in quarters; remove core and chop. In a medium size bowl, mix all salad ingredients, except tuna. Gently fold in tuna. Make sandwiches, using lettuce and whole grain bread (toasted, if desired), and fill with tuna apple salad. Serves 4.

### Nutrition Information per Serving

*3/4 Cup-Equivalent of Fruits and Vegetables*

An excellent source of protein, fiber, vitamin D, niacin, vitamin B6, vitamin B12, phosphorus, magnesium, and copper, and a good source of vitamin A, potassium, calcium, iron, thiamin, riboflavin, folate, and zinc.

Calories **380**

Total Fat **10g**

Saturated Fat **1.5g**

% of Calories from Fat **24%**

% Calories from Sat Fat **4%**

Protein **27g**

Carbohydrates **48g**

Cholesterol **25mg**

Dietary Fiber **7g**

Sodium **550mg**

For more information visit [SageFruit.com](http://SageFruit.com), [AboutSeafood.com](http://AboutSeafood.com), and [fruitjuicefacts.org](http://fruitjuicefacts.org)

# Shrimp Confetti Salad Sandwich with Grapes

Preparation Time: 15 minutes



*Grapes are a natural balance to this sweet and savory shrimp salad.  
Enjoy as a sandwich or over lettuce.*

## Ingredients

½ lb frozen cooked cocktail shrimp (thawed, peeled, and deveined)	2 tbsp reduced-fat mayonnaise
1 8-oz can yellow corn kernels, no salt added, drained	½ tsp salt-free Caribbean citrus seasoning (like Mrs. Dash)
1 cup black beans, no salt added, drained and rinsed	8 slices whole grain sandwich bread
1 stalk celery, diced	2 tomatoes, thinly sliced
2 tbsp chopped onion	4 leaves Bibb lettuce or other leaf lettuce

Chop shrimp coarsely. Mix together shrimp salad ingredients. Divide salad evenly among four slices of bread; spread to edges of bread. Top with tomato slices, lettuce, and second bread slice. Serves 4.

### Nutrition Information per Serving

*¾ Cup-Equivalent of Fruits and Vegetables*

An excellent source of fiber, protein, iron, and magnesium, and a good source of vitamin A, vitamin C, thiamin, riboflavin, folate, potassium, calcium, phosphorus, and zinc.

Calories **330**

Total Fat **6g**

Saturated Fat **1g**

% of Calories from Fat **16%**

% Calories from Sat Fat **3%**

Protein **27g**

Carbohydrates **43g**

Cholesterol **115mg**

Dietary Fiber **8g**

Sodium **450mg**

For more information visit [GrapesfromCalifornia.com](http://GrapesfromCalifornia.com) and [AboutSeafood.com](http://AboutSeafood.com)

# Asian Mango Chicken Wraps

Preparation Time: 30 minutes



*Sweet and juicy ripe mangos are the perfect balance for the savory ingredients in this Asian wrap. Dinner's ready in 30 minutes, or make ahead for a tasty portable lunch.*

## Ingredients

- 2 ripe mangos, peeled, pitted, and diced
- 1½ cups chopped roasted chicken breast
- 2 green onions, sliced
- 2 tbsp fresh basil, chopped
- ½ red bell pepper, chopped
- 1½ cups shredded Savoy or Napa cabbage
- 2 medium carrots, grated
- ⅓ cup fat-free cream cheese
- 3 tbsp natural creamy peanut butter, unsalted
- 2 tsp low-sodium soy sauce
- 4 whole wheat tortillas, 8"

Cut mangos, vegetables, and chicken. Place in a mixing bowl and toss until well mixed. In a small mixing bowl, whisk together cream cheese, peanut butter, and soy sauce. To assemble: lay out tortillas on a flat surface. On each tortilla, spread ¼ of cream cheese mixture and top with mango, vegetable, and chicken mix. Roll up tightly, tucking in ends of tortilla. Secure with toothpicks. To serve, cut each wrap in half. If not serving immediately, refrigerate; holds well overnight. Serves 4.

### Nutrition Information per Serving

*1¾ Cup-Equivalent of Fruits and Vegetables*

An excellent source of fiber, protein, vitamin A, vitamin C, riboflavin, vitamin B6, folate, and calcium, and a good source of vitamin E, niacin, pantothenic acid, potassium, iron, phosphorus, magnesium, and copper.

Calories **440**  
Total Fat **12g**  
Saturated Fat **2.5g**  
% of Calories from Fat **25%**  
% Calories from Sat Fat **5%**

Protein **29g**  
Carbohydrates **57g**  
Cholesterol **50mg**  
Dietary Fiber **9g**  
Sodium **570mg**

# Sweet and Savory Raisin Tapenade

Preparation Time: 10 minutes



*Traditional tapenades can be high in sodium, but not this version, with its base of raisins. Spread on crackers or pita bread as a snack or appetizer, or include as part of a tapas-inspired meal. Makes a great portable lunch.*

## Ingredients

1 cup California raisins	1 tbsp balsamic vinegar
¼ cup pitted Kalamata olives, drained	2 tsp olive oil
2 tsp walnuts	16-20 whole grain pita wedges or melba rounds

Place tapenade ingredients in food processor, run until raisins, olives and walnuts are finely chopped. (Can be made ahead and refrigerated.) Serve with melba rounds or pita wedges. Serves 4.

To create a tapas-inspired meal, serve with an 8 oz glass of 100% apple juice and hummus with cucumber slices, and carrot or celery sticks.

### Nutrition Information per Serving

*½ Cup-Equivalent of Fruits and Vegetables*

A good source of fiber, thiamin, potassium, iron, phosphorus, and copper.

Calories **250**

Total Fat **6g**

Saturated Fat **0.5g**

% of Calories from Fat **22%**

% Calories from Sat Fat **2%**

Protein **5g**

Carbohydrates **49g**

Cholesterol **0mg**

Dietary Fiber **5g**

Sodium **220mg**

For more information visit [loveyourraisins.com](http://loveyourraisins.com) and [fruitjuicefacts.org](http://fruitjuicefacts.org)

# Celery with Apricot Blue Cheese Spread

Preparation Time: 15 minutes



*Crunchy sweet celery is a versatile snack food, just right for this flavorful spread. Filled with dried fruit and nuts, this enticing and quick low-fat spread can be made ahead or on the spot.*

## Ingredients

2 tbsp crumbled blue cheese	4 dried figs or dates
3 tbsp fat-free cream cheese	¼ cup pecans
½ cup fat-free yogurt, plain	8 stalks celery
4 dried apricots	

### FOOD PROCESSOR METHOD

Place all ingredients in food processor. Pulse just until fruit and nuts are chopped.

### ALTERNATE METHOD WITHOUT FOOD PROCESSOR

Chop dried fruit and pecans. With a fork or hand mixer, mix blue cheese, cream cheese, and yogurt until smooth. Stir in chopped dried fruit and pecans. Refrigerate spread until ready for use. Slice celery stalks into 3-4 inch sticks. Fill celery pieces with spread. Serves 4.

### Nutrition Information per Serving

*1¼ Cup-Equivalent of Fruits and Vegetables*

A good source of protein, fiber, vitamin A, calcium, potassium, and phosphorus.

Calories **140**  
Total Fat **6g**  
Saturated Fat **1.5g**  
% of Calories from Fat **39%**  
% Calories from Sat Fat **10%**

Protein **6g**  
Carbohydrates **16g**  
Cholesterol **5mg**  
Dietary Fiber **3g**  
Sodium **220mg**

# Mediterranean Potato Soup

Preparation Time: 30 minutes



Who says savory soup takes a long time to make? Brimming with vegetables, including potatoes and kidney beans, this soup is satisfyingly flavorful, hearty and healthful.

## Ingredients

1½ tsp olive oil	2 tsp Italian seasoning
1 clove garlic, minced	1 15-oz can red kidney beans, drained and rinsed
½ cup chopped onion	1 cup (2 ounces) whole wheat noodles, uncooked
4 cups low-sodium chicken broth (or vegetable broth)	2 cups fresh spinach or 1 cup frozen spinach
3 medium red potatoes, unpeeled, cubed	¼ cup grated parmesan cheese
3 carrots, sliced	
¼ tsp ground pepper	

Heat oil in a 2-quart pot, sauté garlic and onions about 3-4 minutes. Add chicken broth, water, potatoes, carrots, and seasonings; cover and bring to a boil. Reduce heat and simmer 15 minutes. Add kidney beans and noodles. Bring to boil again, cook until noodles are soft. Remove from heat. Just before serving, add spinach to pot and stir gently. Ladle into bowls and serve with parmesan cheese. Serves 4.

### Nutrition Information per Serving

*2 Cup-Equivalent of Fruits and Vegetables*

An excellent source of protein, fiber, vitamin A, vitamin C, thiamin, niacin, B6, folate, potassium, phosphorus, magnesium, and copper, and a good source of riboflavin, pantothenic acid, calcium, and iron.

Calories **350**  
Total Fat **5g**  
Saturated Fat **1.5g**  
% of Calories from Fat **13%**  
% Calories from Sat Fat **4%**

Protein **19g**  
Carbohydrates **62g**  
Cholesterol **5mg**  
Dietary Fiber **14g**  
Sodium **420mg**

# Curried Chicken with Raisins and Mushrooms

Preparation Time: 30 minutes



*Savory chicken and mushrooms balanced with the sweetness of raisins and red bell peppers will make this curried one-pan recipe a family favorite.*

## Ingredients

1½ tsp olive oil, extra virgin or virgin

2 boneless, skinless chicken breasts (about 12 oz), diced into 1-inch cubes

2 cups sliced fresh white mushrooms

2 cups sliced crimini mushrooms

½ medium red bell pepper, cut to ¾" squares

2 cups chicken broth, lower sodium

1 cup Sun-Maid raisins

2 cups instant whole grain rice

1½ tbsp curry powder

Heat olive oil in large sauté pan. With heat on medium-high, place chicken in pan and cover with lid. Cook chicken about 5 minutes. Add mushrooms and peppers to pan and sauté 3-4 minutes. Add chicken broth. Gently mix in raisins, rice, and curry powder; bring to boil, reduce heat and cover. Simmer until rice is done; fluff with fork and let sit 3-5 minutes before serving. Serves 4.

**Time-saving ideas:** Purchase sliced mushrooms, fresh or frozen bell pepper strips, and diced chicken.

**Serve with a simple side salad with light dressing.**

### Nutrition Information per Serving

*1½ Cup-Equivalent of Fruits and Vegetables*

An excellent source of protein, fiber, vitamin C, riboflavin, niacin, B6, pantothenic acid, potassium, phosphorus, magnesium, and copper, and a good source of vitamin A, thiamin, iron, and zinc.

Calories **440**  
Total Fat **6g**  
Saturated Fat **1g**  
% of Calories from Fat **12%**  
% Calories from Sat Fat **2%**

Protein **27g**  
Carbohydrates **71g**  
Cholesterol **55mg**  
Dietary Fiber **6g**  
Sodium **410mg**

\*Nutrition information does not include side salad.

For more information visit [Sunmaid.com](http://Sunmaid.com) and [MushroomInfo.com](http://MushroomInfo.com)

# European Salad

Preparation Time: 30 minutes



*Delightful mix of fresh salad fixings topped with sautéed chicken and a light, yet flavorful raspberry vinaigrette. Save time by using a blender to make the vinaigrette and purchasing packaged salad blends, pre-cut chicken, and vegetables.*

## Ingredients

12 oz chicken breast,  
pre-sliced

¼ tsp salt

¼ tsp ground black  
pepper

2 tsp olive oil

3 green onions,  
sliced

1 large yellow bell  
pepper, cut in strips  
(about 1½ cups)

16 cherry tomatoes

1 10-oz package Dole  
European Blend Salad

Whole grain croutons  
(about 8 per serving)

Fresh ground pepper,  
to taste

### VINAIGRETTE

¾ cup Dole frozen  
raspberries, thawed\*

1 tbsp olive oil

2 tbsp cider vinegar

1 tsp sugar

¼ tsp garlic salt

¼ tsp oregano

¼ tsp ground black  
pepper

\*Use remainder of raspberries  
in a side fruit salad.

Place all vinaigrette ingredients in a blender, blend until smooth; set aside. (Note: Vinaigrette can be made ahead and refrigerated.) Season chicken with salt and pepper. Heat olive oil in a large skillet. Sauté chicken until cooked thoroughly; remove from pan and let cool. Slice onions. Toss cut vegetables with Dole European Blend Salad. On individual serving plates, top salad with chicken and croutons, drizzle with dressing, and finish with fresh ground pepper, if desired. Serves 4.

### Serve with a side fruit salad

Dole sliced bananas, Dole fresh pineapple chunks, and Dole frozen raspberries, just barely thawed.

### Nutrition Information per Serving (does not include side fruit salad)

*1¾ Cup-Equivalent of Fruits and Vegetables*

An excellent source of protein, vitamin A, vitamin C, niacin, and B6, and a good source of dietary fiber, potassium, iron, and phosphorus.

Calories **240**

Total Fat **9g**

Saturated Fat **1g**

% of Calories from Fat **34%**

% Calories from Sat Fat **4%**

Protein **20g**

Carbohydrates **21g**

Cholesterol **45mg**

Dietary Fiber **4g**

Sodium **450mg**

For more information visit [Dole.com](http://Dole.com)

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# Herbed Garden Pizza

Preparation Time: 30 minutes



*Dive into mounds of luscious vegetables smothered over a whole wheat crust, artfully seasoned with an olive oil-herb blend, including basil and garlic. This meal uses flavorful and convenient herb blends as a sodium-reducing strategy. Children enjoy building pizza, and when kids are involved in food preparation, they're more likely to eat vegetables.*

## Ingredients

2 tbsp Mrs. Dash Tomato Basil Garlic Seasoning Blend	1½ cups crimini mushrooms, sliced
2 tbsp olive oil	2 cups baby spinach
Packaged pre-baked thin pizza crust, 12-inch, whole wheat	½ cup thinly sliced red onion
Cooking spray	¾ cup shredded fat-free mozzarella cheese
4 Roma tomatoes, thinly sliced	

Place rack in center of oven and preheat oven to 400°F. In a small bowl, mix Mrs. Dash Tomato Basil Garlic Seasoning Blend with olive oil. Place pizza crust on pizza pan. Brush pizza dough with Mrs. Dash olive oil blend, reserve remainder. In a large mixing bowl, gently toss vegetables and remaining Mrs. Dash olive oil blend. Spread coated vegetables evenly over pizza dough, leaving about ½-inch border around the edges. Top vegetables with shredded cheese. Bake 10 minutes until cheese is melted. Serves 4.

### Serve with a simple side salad

Spinach, tomato slices, and vinaigrette made with 2 tbsp olive oil, 1 tbsp vinegar, 1 tsp lemon juice, ½ tsp sugar, and 1 tbsp Mrs. Dash Original Blend Seasoning. (4 servings).

### Nutrition Information per Serving (does not include side salad)

1 Cup-Equivalent of Fruits and Vegetables

An excellent source of protein, dietary fiber, and vitamin A, and a good source of vitamin C, calcium, and iron.

Calories **300**  
Total Fat **11g**  
Saturated Fat **2.5g**  
% of Calories from Fat **33%**  
% Calories from Sat Fat **8%**

Protein **15g**  
Carbohydrates **40g**  
Cholesterol **5mg**  
Dietary Fiber **8g**  
Sodium **550mg**

# Easy Oven Fish Sticks with Spinach Basil Dipping Sauce and Spiced Apples

Preparation Time: 45 minutes



*Classic comfort foods with a modern twist, these easy-to-prepare fish sticks and spiced apples will please any finicky youngster's palate.*

## Ingredients

### FISH STICKS

Cooking spray

1 lb frozen pollock, partially thawed (or other white fish, such as haddock or cod)

½ cup flour

2 egg whites, beaten

¾ cup whole wheat bread crumbs

2 tbsp grated parmesan cheese

¼ tsp ground black pepper

### SPINACH BASIL DIPPING SAUCE

1 cup frozen chopped spinach, thawed and drained

½ cup chopped fresh basil

1 clove garlic

¾ cup fat-free plain yogurt

2 tbsp vinegar

2 tsp honey

### SPICED APPLES

3 Piñata apples

½ cup raisins

¼ cup chopped pecans

½ tsp cinnamon

2 tsp butter

Place rack in center and heat oven to 450°F, and spray cookie sheet with cooking spray. To make dipping sauce, place all ingredients in a blender or food processor; blend or process until smooth. Cut pollock into strips 1-inch wide (easiest when fish is partially, rather than fully, thawed) and place on prepared baking (cookie) sheet. Mix breading ingredients (bread crumbs, parmesan cheese, and pepper) in a shallow dish or pie pan; place flour and egg whites in separate dishes. Dip fish sticks in flour, then in egg whites, then breading mix, coating evenly. Return coated fish sticks to baking sheet, spacing evenly. Bake about 10-12 minutes until golden brown, turning as needed.

While fish sticks are baking, cut apples in quarters and core them; slice into smaller wedges (about 12 per apple). Toss with raisins, pecans, and cinnamon. Heat butter in medium sauce pan. Add fruit mix. Sauté lightly about 3-5 minutes. Apples should still be slightly crisp. Serves 4.

### Nutrition Information per Serving

*1¾ Cup-Equivalent of Fruits and Vegetables*

An excellent source of protein, fiber, potassium, calcium, vitamin A, thiamin, riboflavin, niacin, vitamin B6, folate, vitamin B12, phosphorus, and magnesium, and a good source of vitamin C, iron, vitamin D, zinc, iodine, and copper.

Calories **440**

Total Fat **10g**

Saturated Fat **2g**

% Calories from Fat **20%**

% Calories from Sat Fat **4%**

Protein **33g**

Carbohydrates **58g**

Cholesterol **90mg**

Dietary Fiber **6g**

Sodium **240mg**

For more information visit [Stemilt.com](http://Stemilt.com), [AboutSeafood.com](http://AboutSeafood.com), and [fruitjuicefacts.org](http://fruitjuicefacts.org)

# Salmon Burgers and Sweet Potato Oven Fries

Preparation Time: 45 minutes



*A colorful, casual meal that's surprisingly simple to prepare.*

## Ingredients

### SWEET POTATO OVEN FRIES

4 large sweet  
potatoes (yams)  
1½ tbsp canola oil  
1 tbsp lemon pepper  
seasoning blend,  
like Mrs. Dash

### SALMON BURGERS

1 14.75-ounce can  
pink or red salmon  
2 green onions,  
chopped  
½ cup chopped  
red bell pepper  
8 crackers, unsalted tops  
(saltine-like), crushed  
2 tsp lemon juice

Egg whites from 2 eggs,  
whisked  
2 tbsp plain low-fat  
yogurt  
¼ tsp ground black pepper  
Cooking spray  
4 whole wheat buns  
Bibb lettuce, 8 leaves  
2 medium tomatoes, sliced

Place oven rack in center, heat oven to 425°F. Wash and scrub sweet potatoes, slice into wedges, length-wise. In a large bowl, toss potato wedges with canola oil and seasoning. Spread on cookie sheet. Roast in the oven, turning occasionally, until tender and golden brown, about 30–40 minutes.

While sweet potatoes are roasting, prepare salmon burgers. Drain salmon; place in a medium mixing bowl and flake. Fold in green onions and red pepper, crushed crackers, lemon juice, egg whites and yogurt. Shape into 4 patties. Coat large nonstick skillet lightly with cooking spray; heat. Cook salmon burgers until golden brown, turn, and continue cooking until other side is golden brown. Serve burgers with sliced tomatoes and lettuce, and sweet potato oven fries. Serves 4.

### Nutrition Information per Serving

*1½ Cup-Equivalent of Fruits and Vegetables*

An excellent source of protein, fiber, potassium, calcium, vitamin A, vitamin C, thiamin, riboflavin, niacin, vitamin B6, pantothenic acid, phosphorus, magnesium, and copper, and a good source of iron, folate, zinc, and iodine.

Calories **490**  
Total Fat **14g**  
Saturated Fat **2g**  
% of Calories from Fat **26%**  
% Calories from Sat Fat **4%**

Protein **25g**  
Carbohydrates **69g**  
Cholesterol **45mg**  
Dietary Fiber **11g**  
Sodium **590mg**

For more information visit [SweetPotatoUSA.org](http://SweetPotatoUSA.org),  
[AboutSeafood.com](http://AboutSeafood.com), and [fruitjuicefacts.org](http://fruitjuicefacts.org)

# Easy Oven Packet Caribbean Tilapia with Pears and Carnival Roasted Potatoes

Preparation Time: 45 minutes



Enjoy a taste of the Caribbean with a rainbow mix of seasoned vegetables and seasoned tilapia and pears, baked in no-fuss foil or parchment packets.

## Ingredients

### CARNIVAL ROASTED POTATOES

2 small red potatoes  
2 small Yukon potatoes  
½ yellow bell pepper,  
cut into 1" chunks  
1 cup green beans  
(fresh, frozen, or canned)

1 Roma tomato,  
cut into wedges  
2 tbsp chopped  
white onion  
1 garlic clove,  
minced  
½ tsp cumin  
¼ tsp salt  
1 tbsp olive oil

### TILAPIA OVEN PACKETS

4 4-oz (1 pound total)  
tilapia fillets, fresh or  
frozen  
1 tbsp Caribbean citrus  
spice seasoning blend  
(like Mrs. Dash)  
2 tsp olive oil  
3 USA D'Anjou pears

Heat oven to 425°F. Scrub potatoes, cut into 1-inch chunks. In a large bowl, toss potatoes with other vegetables, seasonings, and olive oil. Spread mix in a 2-quart baking dish and place in oven. Roast until potatoes and other vegetables are tender, about 30-40 minutes.

About 15 minutes after the potato dish was placed in the oven, put in the cookie sheet with fish packets, prepared as follows: Brush fish with olive oil, coat with seasoning blend. Place each filet in the center of a square of aluminum foil (or substitute foil with parchment paper). Cut pears into quarters and core; slice into thin wedges (about 8-12 per pear). Top fish with pear wedges. Bring the foil over the fish and fruit. Fold and pinch the seams. Place foil packets on a cookie sheet. Bake about 20 minutes until tilapia is cooked and fruit is tender. To serve, carefully open the packet, slide contents onto individual serving plates, and add roasted vegetables. Serves 4.

### Nutrition Information per Serving

*2½ Cup-Equivalent of Fruits and Vegetables*

An excellent source of protein, fiber, potassium, vitamin C, vitamin D, niacin, vitamin B6, folate, vitamin B12, phosphorus, magnesium, and copper, and a good source of iron, thiamin, riboflavin, and pantothenic acid.

Calories **380**  
Total Fat **8g**  
Saturated Fat **1.5g**  
% of Calories from Fat **19%**  
% Calories from Sat Fat **4%**

Protein **28g**  
Carbohydrates **54g**  
Cholesterol **55mg**  
Dietary Fiber **8g**  
Sodium **220mg**

For more information visit [USAPears.org](http://USAPears.org),  
[AboutSeafood.com](http://AboutSeafood.com) and [potatogoodness.com](http://potatogoodness.com)

# Potato Skins with Buffalo Chicken

Preparation Time: 45 minutes



*This lively dish gives a nod to buffalo chicken wings but without extra fat and calories. Start with a foundation of nutritious potatoes, naturally high in potassium, vitamin C, and fiber, and replace fried wings with shredded chicken breast and top with fresh tomatoes and onions. Don't forget the celery sticks.*

## Ingredients

12 oz boneless, skinless chicken breast	¼ cup non-fat milk	2 green onions
1 cup water	¼ cup fat-reduced sour cream	2 medium tomatoes
4 medium russet potatoes (about 6 oz each)	2 tbsp margarine	4 celery stalks
3 tbsp hot pepper sauce (like Frank's, not Tabasco)	¼ cup crumbled blue cheese	

Center oven rack and preheat oven to 425°F. Place chicken in a sauté pan, add water, and cover. Simmer for 20 minutes and remove from pan; let cool slightly. When chicken is cool enough to handle, shred using two forks, one in each hand.

While chicken is simmering, prepare remaining ingredients: Wash potatoes and slit each one lengthwise about 1-inch deep. Place potatoes in a microwave-safe dish and microwave on high, uncovered, for about 10 minutes. Let cool slightly. Slice each potato in half length-wise, scoop out potato, leaving a ¼-inch shell. Mash potato together with hot pepper sauce, sour cream, margarine, and milk. Fold in blue cheese and shredded chicken. Spoon mixture into potato skins slightly denting center (to hold fresh toppings after baking). Place filled potato skins on a 9x13 baking sheet and bake about 15-20 minutes until tops are golden brown. Dice tomatoes and green onions. Cut celery stalks into four-inch sticks. To serve, top potatoes with onions and tomatoes. Serve celery sticks on the side for scooping potato contents. Serves 4.

### Nutrition Information per Serving

*2¼ Cup-Equivalent of Fruits and Vegetables*

An excellent source of protein, fiber, vitamin A, vitamin C, riboflavin, B6, folate, potassium, phosphorus, and magnesium, and a good source of thiamin, niacin, pantothenic acid, calcium, iron, zinc, and copper.

Calories **360**  
Total Fat **12g**  
Saturated Fat **4g**  
% of Calories from Fat **30%**  
% Calories from Sat Fat **10%**

Protein **20g**  
Carbohydrates **44g**  
Cholesterol **45mg**  
Dietary Fiber **5g**  
Sodium **550mg**

# Herbed Chicken with Broccoli

Preparation Time: 30 minutes



*Mixing it up with fruits and vegetables on the same plate is deliciously satisfying with this one-skillet family-friendly recipe.*

## Ingredients

4 boneless chicken breasts (about 1 pound)	½ cup water
2 tbsp garlic and herb blend (like Mrs. Dash)	4 cups fresh broccoli florets
2 tbsp Country Crock® Spread, divided	2 oranges, sliced

Coat chicken breasts with herb blend. Melt 1 tbsp Country Crock® Spread over medium heat in a 12-inch skillet (with lid, for cooking broccoli). Add the coated chicken and brown on both sides. Reduce heat slightly, and cook chicken until done, turning a couple times. Remove chicken from skillet; add water and broccoli to skillet, cover with lid. Bring to boil, reduce heat, cover, and simmer about 3 minutes until broccoli is slightly tender, yet still bright green. For each individual serving, place 1 chicken breast on a plate and garnish with orange slices. Mound broccoli next to chicken and dab with remaining Country Crock® Spread. Serves 4.

### Nutrition Information per Serving

*1½ Cup-Equivalent of Fruits and Vegetables*

An excellent source of protein, vitamin A, vitamin C, riboflavin, B6, pantothenic acid, potassium, and phosphorus, and a good source of dietary fiber, thiamin, niacin, folate, and magnesium.

Calories **220**  
Total Fat **7g**  
Saturated Fat **1.5g**  
% of Calories from Fat **30%**  
% Calories from Sat Fat **6%**

Protein **26g**  
Carbohydrates **14g**  
Cholesterol **75mg**  
Dietary Fiber **4g**  
Sodium **220mg**

# Grilled Steak and Peppers Salad with Pears

Preparation Time: 30 minutes



Grill whole bell peppers along with steak, then add Bartlett pear slices, and you have the foundations of a delicious and colorful Italian-influenced salad.

## Ingredients

2 cups (4 oz) whole wheat rotini pasta, uncooked	2 USA Bartlett pears	<b>VINAIGRETTE</b>
1 LE JAUNE ROYALE® brand yellow bell pepper	3 cups arugula	1 tbsp olive oil
1 LE ROUGE ROYALE® brand red bell pepper	¼ cup crumbled Gorgonzola cheese	3 tbsp distilled vinegar
½ tsp olive oil		¼ cup white grape juice or apple juice
12 oz boneless choice beef top sirloin		¼ tsp salt
		1 tbsp Italian herb blend (like Mrs. Dash)

In a small bowl, whisk olive oil, vinegar, grape or apple juice, salt, and herb blend. Boil water and cook pasta according to package instructions. Drain pasta, rinse in cool water. Heat grill, rub peppers with ½ tsp olive oil. Grill whole peppers, turning as needed, until skin begins to brown and bubble. At the same time, grill beef sirloin to desired doneness, turning once. Remove from grill, let cool slightly. Slice peppers into strips, discarding seeds and stem. Cut sirloin across the grain into thin slices. Slice pears into thin wedges. Toss arugula and pasta in large bowl. To serve, evenly divide pasta-arugula on four plates, arrange beef, peppers, and pears on top, drizzle with vinaigrette, and sprinkle with crumbled Gorgonzola cheese. Serves 4.

### Nutrition Information per Serving

*1½ Cup-Equivalent of Fruits and Vegetables*

An excellent source of protein, fiber, potassium, vitamin A, vitamin C, niacin, vitamin B6, vitamin B12, and zinc, and a good source of calcium, iron, riboflavin, folate, phosphorus, magnesium, and copper.

Calories **390**  
Total Fat **12g**  
Saturated Fat **4g**  
% of Calories from Fat **28%**  
% Calories from Sat Fat **9%**

Protein **27g**  
Carbohydrates **44g**  
Cholesterol **65mg**  
Dietary Fiber **7g**  
Sodium **330mg**

For more information visit [USAPears.org](http://USAPears.org), [Beef.org](http://Beef.org), and [Sun-World.com](http://Sun-World.com)

# Apple Banana Salad with Peanuts

Preparation Time: 15 minutes



Enjoy a fresh, flavorful change of pace with a surprising mix of lettuce, apples, and bananas, topped with a paprika dressing. Perfect for the busy holidays.

## Ingredients

2 packages Fresh Express®  
5-Lettuce Mix™ (12 oz total)

2 ripe Chiquita® bananas

1 14-oz package Chiquita® Juicy  
Red Apple Bites

¾ cup dry roasted peanuts

### DRESSING

½ cup plain low-fat yogurt

2 tbsp fat-reduced mayonnaise

1 tbsp honey

2 tsp paprika

Whisk together dressing ingredients. Slice bananas. In a large salad bowl, toss mixed greens, banana and apple slices, peanuts, and dressing.

Serves 4.

### Nutrition Information per Serving

*2¼ Cup-Equivalent of Fruits and Vegetables*

An excellent source of fiber, vitamin A, vitamin C, riboflavin, B6, folate, potassium, phosphorus, magnesium, and copper, and a good source of protein, vitamin E, thiamin, niacin, biotin, iron, iodine, and copper.

Note: analysis reflects packaged Chiquita Apple Bites, which have higher vitamin C & calcium than unpackaged apples.

Calories **330**

Total Fat **17g**

Saturated Fat **2.5g**

% of Calories from Fat **46%**

% Calories from Sat Fat **7%**

Protein **10g**

Carbohydrates **42g**

Cholesterol **5mg**

Dietary Fiber **8g**

Sodium **300mg**

For more information visit [freshexpress.com](http://freshexpress.com) and [chiquita.com](http://chiquita.com)

# Spinach Salad with Apples and Eggs

Preparation Time: 45 minutes



*Enjoy a simply delicious spinach salad with hard-boiled eggs, apples, and dried figs.*

## Ingredients

4 large eggs	1 cup whole grain croutons
2 Piñata (or Gala) apples	½ cup light honey-mustard or poppy-seed dressing
8 cups fresh spinach	
1 cup dried figs (about 16 figs or one 7-oz pkg)	

To hard-boil eggs: Place eggs in saucepan large enough to hold them in single layer. Add cold water to cover eggs by 1 inch. Heat over high heat just to boiling. Remove from heat and cover. Let eggs stand in hot water about 12 minutes. Drain and fill pan with cold water; let sit 10-15 minutes. Peel and slice. (Can be done ahead. If making ahead, refrigerate cooked unpeeled eggs.)

Prepare other ingredients while eggs are cooking and cooling. Wash, slice, and core apples. Cut apples and dried figs into bite-size chunks. Wash and drain spinach.

To plate, divide ingredients evenly among four plates, top spinach with apples, eggs, dried figs, and croutons. Drizzle with dressing. Serves 4.

### Nutrition Information per Serving

*2¼ Cup-Equivalent of Fruits and Vegetables*

An excellent source of fiber, vitamin A, and iron, and a good source of protein, vitamin C, vitamin D, niacin, potassium, calcium, phosphorus, and iodine.

Calories **360**  
Total Fat **11g**  
Saturated Fat **2g**  
% of Calories from Fat **28%**  
% Calories from Sat Fat **5%**

Protein **9g**  
Carbohydrates **59g**  
Cholesterol **185mg**  
Dietary Fiber **10g**  
Sodium **560mg**

For more information visit [Stemilt.com](http://Stemilt.com), [EggNutritionCenter.org](http://EggNutritionCenter.org), and [fruitjuicefacts.org](http://fruitjuicefacts.org)

## Mixed Greens with Fresh Oranges and White Beans

Preparation Time: 45 minutes



Here's an updated version of a Southern tradition, mixed greens with beans, combined with fresh navel oranges and vinaigrette.  
Can be made ahead for a quick meal.

## Ingredients

1 lb bag Glory mixed greens

½-1 cup water

2 Tropicana navel oranges

1 15-oz can cannellini  
(white kidney) beans,  
drained and rinsed

## VINAIGRETTE

¼ cup balsamic vinegar

2 tbsp olive oil

1 tbsp sugar

¼ tsp salt

⅛ tsp pepper

In a large uncovered sauce pan, simmer greens in water for 30 minutes, stirring occasionally. Drain and let cool. Peel and chop oranges into bite-size pieces. In a small bowl, whisk together vinaigrette ingredients. Place cooked greens, oranges, and drained, rinsed beans in a large bowl; add vinaigrette and toss. Serves 4.

## Nutrition Information per Serving

*1¾ Cup-Equivalent of Fruits and Vegetables*

An excellent source of fiber, vitamin A, vitamin C, folate, and calcium, and a good source of protein, vitamin E, niacin, B6, potassium, and iron.

Calories **220**

Total Fat **7g**

Saturated Fat **1g**

% of Calories from Fat **29%**

% Calories from Sat Fat **4%**

Protein **9g**

Carbohydrates **34g**

Cholesterol **0mg**

Dietary Fiber **9g**

Sodium **400mg**

For more information visit [Tropicanafresh.com](http://Tropicanafresh.com) and [gloryfoods.com](http://gloryfoods.com)

# Brown Rice with Sizzling Chicken and Vegetables

Preparation Time: 30 minutes, excluding rice preparation.



*Rice bowls with vegetables and chicken, popular at many restaurants, are appealing to children and adults, alike. And they're simple to prepare at home.*

## Ingredients

3 cups hot cooked brown rice	2 cloves garlic, minced
3 tbsp low-sodium soy sauce	1 small white onion, cut into small wedges (about 1/8-inch thick)
1/4 cup water	3 medium carrots, peeled and thinly sliced diagonally (1 cup total)
1 tbsp honey	1 1/2 cups small broccoli florets
1 tbsp cornstarch	1 medium red bell pepper, cut into 1-inch pieces
1 1/2 tbsp canola or corn oil	
1 lb boneless chicken breast, cut into 1-inch cubes	

Mix soy sauce, water, honey, and cornstarch in a small bowl; set aside. Heat oil in a wok or large skillet. Add minced garlic; sauté about one minute until garlic is golden. Add chicken; cook about 5-6 minutes, then push chicken to the side. Add onions to center of skillet; cook until slightly tender and push to the side. Continue with carrots, broccoli, and peppers separately, placing each in the center of pan, cooking until slightly tender and pushing to the side. Pour soy sauce mixture into center of skillet. Leaving other ingredients at the sides of the pan, stir sauce until it thickens. Mix in with vegetables and chicken. Serve immediately over cooked brown rice. Serves 4.

### Nutrition Information per Serving

#### 1 Cup-Equivalent of Fruits and Vegetables

An excellent source of fiber, protein, vitamin A, vitamin C, riboflavin, vitamin B6, pantothenic acid, potassium, phosphorus, and magnesium, and a good source of thiamin, niacin, folate, iron, zinc, and copper.

Calories **410**  
Total Fat **10g**  
Saturated Fat **1.5g**  
% of Calories from Fat **22%**  
% Calories from Sat Fat **3%**

Protein **30g**  
Carbohydrates **49g**  
Cholesterol **75mg**  
Dietary Fiber **6g**  
Sodium **580mg**

# Grilled Lamb Salad

Preparation Time: 2 hours for marinating lamb; 30 minutes for preparation.



Grilled lamb is delightful with any green salad, especially this Asian-inspired version.

## Ingredients

12 oz boneless leg of lamb, cut into 1-inch cubes*	2 carrots, shredded	<b>MARINADE/DRESSING</b>
	3 green onions, sliced	2 tbsp sugar
4 bamboo skewers	2 tbsp black or white sesame seeds	2 tbsp rice vinegar
6 cups shredded Savoy, Napa, or green cabbage	1 small jicama, julienned (optional)	3 tbsp soy sauce
		¼ cup water
		1 tbsp vegetable oil

Mix marinade/dressing ingredients; divide evenly. Place lamb cubes in a glass dish; pour half of the marinade/dressing over the lamb. Cover and refrigerate at least two hours. In a large bowl, toss cabbage, carrots, jicama (optional), onions, and sesame seeds. Remove lamb and discard marinade. Soak bamboo skewers in water for 30 minutes; divide lamb among the 4 skewers. On hot grill, cook the lamb skewers 5-6 minutes per side (or to desired degree of doneness). Remove lamb from skewers, add to salad, and toss. To serve, divide salad evenly on four plates. Drizzle with remaining dressing. Serves 4.

*\* If cubed leg of lamb is not available at your meat market, ask the butcher to prepare it for you.*

### Nutrition Information per Serving

*1¾ Cup-Equivalent of Fruits and Vegetables*

An excellent source of fiber, protein, vitamin A, vitamin C, niacin, riboflavin, vitamin B12, phosphorus, and zinc, and a good source of potassium, calcium, and iron.

Calories **260**

Total Fat **9g**

Saturated Fat **2.5g**

% of Calories from Fat **31%**

% Calories from Sat Fat **9%**

Protein **23g**

Carbohydrates **20g**

Cholesterol **70mg**

Dietary Fiber **8g**

Sodium **530mg**

# Mushroom Steak Fajitas

Preparation Time: 45 minutes



*Bring another serving of vegetables and important nutrients to your plate with this veggie-filled twist on classic fajitas. We've upped the vegetable ante by sautéing savory mushrooms and mixing them with steak for a savory, flavorful punch. And we've sped up the preparation time on this Tex-Mex favorite, forgoing marinating the steak by using a tender cut.*

## Ingredients

12 oz sirloin or other boneless steak, about $\frac{3}{4}$ -inch thick	1 medium red bell pepper, sliced into strips
3 cups sliced crimini mushrooms	1 medium yellow or white onion, sliced into strips
1 tbsp no-salt fiesta lime seasoning (like Mrs. Dash), divided	8 whole wheat tortillas, 6-inch
1 tbsp olive oil	1 medium tomato, diced
1 medium green bell pepper, sliced into strips	2 cups shredded iceberg lettuce
	4 tbsp non-fat sour cream

Slice beef across the grain into  $\frac{1}{4}$ -inch strips. Place in a medium bowl with  $\frac{1}{2}$  tbsp fiesta lime seasoning; toss to coat. Place mushrooms, peppers, and onion and remaining fiesta lime seasoning in a large bowl; toss to coat. Heat oil in large, non-stick skillet. Add beef strips; cook about 3-4 minutes. Remove from skillet. Place coated vegetables in skillet and sauté until vegetables are slightly tender, about 5-8 minutes. Add beef back to skillet and sauté mixture 1-2 more minutes. Assemble fajitas by dividing beef-vegetable mixture evenly on each tortilla, top with remaining ingredients and roll up. Serves 4.

### Nutrition Information per Serving

*1½ Cup-Equivalent of Fruits and Vegetables*

An excellent source of fiber, protein, vitamin C, niacin, riboflavin, vitamin B6, potassium, phosphorus, and zinc, and a good source of vitamin A, thiamin, folate, vitamin B12, pantothenic acid, iron, and copper.

Calories **430**

Total Fat **16g**

Saturated Fat **5g**

% of Calories from Fat **33%**

% Calories from Sat Fat **10%**

Protein **27g**

Carbohydrates **46g**

Cholesterol **60mg**

Dietary Fiber **7g**

Sodium **590mg**

For more information visit [MushroomInfo.com](http://MushroomInfo.com), [BeefItsWhatsForDinner.com](http://BeefItsWhatsForDinner.com), and [BeefNutrition.org](http://BeefNutrition.org)

# Burgers and Shoestring Fries

Preparation Time: 15 minutes



What a surprise? Burger and fries can make a healthful meal. Potatoes, including fries, provide fiber, potassium, and vitamin C, among other important nutrients, and today's frozen fries are lower in fat and sodium than in the past. Use lean ground beef and skip the cheese to lower saturated fat. Load up on the veggies and lighten up on condiments, which can be sources of extra fat and sodium.

## Ingredients

1 lb lean ground beef (5% fat), thawed	4 leaves red lettuce (or other leaf lettuce)
½ tsp garlic powder	4 whole wheat hamburger buns
½ tsp onion powder	8 tsp ketchup
½ tsp ground black pepper	2 tsp mustard
2 medium tomatoes, sliced	4 cups frozen shoestring French fries
1 medium red onion, sliced thinly	

In a medium bowl, mix ground beef with seasonings; shape into patties. Grill or pan fry.\* Bake shoestring French fries according to package instructions. Serves 4.

\*Remember, color is not a reliable indicator of doneness.

Use a food thermometer to ensure that the internal temperature of the burgers is 160°F. For more information, visit [www.fightbac.org](http://www.fightbac.org).

### Nutrition Information per Serving

*1¼ Cup-Equivalent of Fruits and Vegetables*

An excellent source of fiber, protein, riboflavin, vitamin B6, vitamin B12, potassium, iron, phosphorus, magnesium, and zinc, and a good source of vitamin A, vitamin C, thiamin, niacin, folate, pantothenic acid, and copper.

Calories **420**  
Total Fat **12g**  
Saturated Fat **3.5g**  
% of Calories from Fat **26%**  
% Calories from Sat Fat **8%**

Protein **30g**  
Carbohydrates **50g**  
Cholesterol **65mg**  
Dietary Fiber **6g**  
Sodium **670mg\***

\*This 670 mg of sodium comes from: French fries (290 mg), bun (172 mg), ketchup (111 mg), beef (61 mg), mustard (28 mg), and other vegetables (8 mg).

# Grilled California Asparagus and Shrimp Quinoa Salad with Lemon Vinaigrette

Preparation Time: 15 minutes, excluding quinoa preparation



*Grilling brings out the flavor in luscious fresh vegetables like California asparagus. Add shrimp, quinoa, and refreshing lemon vinaigrette, and you have a delicious and quick spring or summer salad.*

## Ingredients

<b>LEMON VINAIGRETTE, DIVIDED</b>	2 cups fresh asparagus, large spears, cut into 1" pieces
1 tsp grated lemon peel (optional)	½ yellow or red bell pepper, cut into ½" pieces
3 tbsp fresh or bottled lemon juice	1 clove garlic, minced
2 tbsp olive oil	1 14-oz can quartered artichoke hearts, drained
1 tsp Dijon mustard	12 oz fresh or frozen jumbo or large raw shrimp, peeled and deveined
½ tsp dried thyme leaves	1½ cups dry quinoa, cooked according to directions
½ tsp ground black pepper	

Place vinaigrette ingredients in a small bowl and whisk; set aside. Cut vegetables as directed. Heat grill and grilling tray. Place vegetables and shrimp in a large bowl; add about ⅓ of the vinaigrette (about 3 tbsp) and toss. Spread shrimp-vegetable mixture over hot grilling tray. Grill, turning shrimp and vegetables, until done (about 5-6 minutes); remove from grill. Serve grill mixture over cooked quinoa, and drizzle with vinaigrette. Serves 4.

### Nutrition Information per Serving

*1¼ Cup-Equivalent of Fruits and Vegetables*

An excellent source of fiber, protein, vitamin C, vitamin E, thiamin, niacin, vitamin B6, folate, calcium, iron, phosphorus, magnesium, zinc, and copper, and a good source of vitamin A, riboflavin, vitamin B12, and potassium.

Calories **500**  
Total Fat **19g**  
Saturated Fat **3.5g**  
% of Calories from Fat **34%**  
% Calories from Sat Fat **6%**

Protein **33g**  
Carbohydrates **52g**  
Cholesterol **125mg**  
Dietary Fiber **7g**  
Sodium **570mg**

# Caramelized Mushroom and Vidalia Onion Risotto

Preparation Time: 1 hour



*Caramelizing Vidalia® onions brings out complex and delicious flavors. Mushrooms add meatiness without significant calories. Add these to risotto made with brown rice—providing whole grains and a nutty flavor—and you have a deliciously healthful spring dish.*

## Ingredients

1 Vidalia® onion, thinly sliced vertically	1 cup short-grain brown rice	3 cups water 1½ cups frozen peas
2 tbsp canola oil, divided	¼ cup dry white wine 2 cups low-sodium vegetable or chicken broth	¼ cup reduced-fat Parmesan cheese
1 lb crimini mushrooms, sliced		

Heat 1 tbsp canola oil in a 10-inch skillet over medium heat. (Do not use non-stick skillet.) Add Vidalia® onions and stir to coat with the oil. Stirring occasionally, let cook until brown (about 30 minutes). Remove Vidalia® onions from pan, and set aside. Wipe pan clean. Heat remaining olive oil in pan and brown mushrooms (about 15 minutes). While mushrooms and Vidalia® onions are browning, cook risotto as follows. Heat wine and rice in pot, stir until wine is absorbed. Mix broth and water together. Increase heat to medium-high; stir in 1 cup of water-broth mixture. Cook uncovered, stirring frequently, until liquid is absorbed. Continue stirring and add remaining water-broth mixture, 1 cup at a time, allowing each cup to be absorbed before adding another. Add peas to rice with last cup of liquid. Cook until rice is tender and mixture has a creamy consistency, approximately 1 hour. Gently stir in caramelized Vidalia® onions, mushrooms, and cheese. Let sit about five minutes and serve. Serves 4.

### Nutrition Information per Serving

*2¼ Cup-Equivalent of Fruits and Vegetables*

An excellent source of fiber, protein, vitamin A, vitamin C, thiamin, niacin, riboflavin, pantothenic acid, potassium, copper, and phosphorus, and a good source of vitamin E, vitamin B6, folate, calcium, iron, and zinc.

Calories **380**  
Total Fat **10g**  
Saturated Fat **1.5g**  
% of Calories from Fat **24%**  
% Calories from Sat Fat **4%**

Protein **12g**  
Carbohydrates **58g**  
Cholesterol **5mg**  
Dietary Fiber **6g**  
Sodium **270mg**

For more information visit [MushroomInfo.com](http://MushroomInfo.com) and [VidaliaOnion.org](http://VidaliaOnion.org)

## Sweet Potato Pancakes with Balsamic Maple Mushrooms

Preparation Time: 15 minutes



*This healthful version of pancakes features the delicious goodness of mashed sweet potatoes and whole grains, artfully balanced with sweet savory sautéed mushrooms infused with maple syrup and balsamic vinegar. This dish is perfect for dinner or brunch.*

## Ingredients

### SWEET POTATO PANCAKES

3 medium sweet potatoes  
or yams (orange flesh)

1 cup non-fat milk

1 egg, beaten

2 tbsp vegetable oil

1 cup whole wheat flour

2 tsp baking powder

¼ tsp salt

Cooking spray, as needed

### BALSAMIC MAPLE MUSHROOMS

1 lb crimini and/or white button  
mushrooms, quartered

1 tbsp vegetable oil

⅓ cup maple syrup

1 tbsp balsamic vinegar

Microwave sweet potatoes until soft; let cool. Peel and mash potatoes, using an electric mixer. Add milk, egg, and vegetable oil to potatoes; mix. Sift together dry ingredients and add to potato mixture. Mix on low until just blended. Heat non-stick skillet or griddle over medium heat; coat skillet with cooking spray. Use ¼ cup of batter per pancake, ladling onto hot skillet. Wait until pancake bubbles and looks slightly dry on top before flipping over. While pancakes are cooking, heat 1 tbsp vegetable oil in another pan (do not use non-stick) over medium flame. Add quartered mushrooms and toss to coat with oil. Let simmer, stirring occasionally, until juices run. Add maple syrup and balsamic vinegar to pan. Let simmer until sauce reduces and thickens. To serve, stack 2-3 pancakes, alternating with balsamic maple mushrooms. Serves 4.

### Nutrition Information per Serving

*1¾ Cup-Equivalent of Fruits and Vegetables*

An excellent source of fiber, protein, vitamin A, vitamin C, thiamin, niacin, riboflavin, vitamin B6, pantothenic acid, potassium, calcium, phosphorus, magnesium, zinc, and copper, and a good source of vitamin D, folate, iron, and iodine.

Calories **420**

Total Fat **12g**

Saturated Fat **1.5g**

% of Calories from Fat **26%**

% Calories from Sat Fat **3%**

Protein **12g**

Carbohydrates **70g**

Cholesterol **50mg**

Dietary Fiber **7g**

Sodium **480mg**

For more information visit [SweetPotatoUSA.org](http://SweetPotatoUSA.org) and [MushroomInfo.com](http://MushroomInfo.com)

# All Forms Count—Fresh, Frozen, Canned, Dried, and %100 Juice



Eating a variety of fruits and vegetables matters and it's easy to do. Just remember to make fruits and vegetables about half of what you eat, every time you eat.

## Online Help is Just a Click Away!



Visit [FruitsAndVeggiesMoreMatters.org](http://FruitsAndVeggiesMoreMatters.org) to find information about selecting, cooking, and storing a wide variety of fruits and vegetables. Search our Video Center or fruit and vegetable database for nutrition information and other helpful tips. The website also lists ideas on how to get kids involved in healthy eating, as well as a searchable database of fruit and vegetable events, contests, etc.—enter your zip code and select a fun activity to do.

