

# Griffin Creek Elementary

## Veggie Challenge 2010

Created by Amber Schwartz, Fitness Coordinator - Rogue Valley Family YMCA

**Participant Challenge Information:** (Please read for accurate Point Tabulation)

This challenge is designed for those who would like to increase their consumption of vegetables. This challenge is a 31-day challenge. Each participant will record their vegetable intake, by the cup, for four weeks. The three remaining days of the challenge consist of recording and preparing your own veggie recipe as listed on the card. Points are tabulated at the end of the challenge on the Point Tabulation Card.

Each participant has the chance to earn up to 40 points per day. For each cup of veggies consumed, you will record 5 points. The USDA recommends that each person should consume 5 cups of vegetables each day, in reference to a 2,000 calorie diet. You must leave the box blank if you did not complete the task. Half cups will not count for points unless they add up to one cup.

There is also a "Recipe of the Day" section where you can record an extra 15 points by preparing and consuming that recipe. You must use the recipe that is listed for the specific day. The recipe is located in the recipe packet. It also lists how many cups of veggies are included in the recipe. Total all of the points for the day in the "Total Points Daily" box. When the week is finished, add up your weekly points and record them in the "Total Points for the Week" box. Each recipe has a specific number that is matched up with the numbers in the recipe packet.

If you are a vegetarian, you can substitute some of the meals that contain chicken or eggs with any type of vegetarian protein of your choice. Or, you may use any of the recipe #'s 28, 29, 30 or 31 in place of that recipe.

June 14, 15 and 16 you must complete the "Prepare Your Own Veggie Recipe" task on the card. You will earn 25 points for each recipe created, prepared and consumed. Leave the card blank if you did not create and consume the recipe on that same day.

When the 31 days are over, tabulate all of your points on the last point tabulation card. Turn it into Ginny Hicks on Thursday, June 17<sup>th</sup> to see who the winner is and for a possible incentive prize (TBD by Griffin Creek Elementary.)

Visit [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov) or [www.mypyramid.gov](http://www.mypyramid.gov) for a complete list of vegetables. Try to consume dark green and leafy vegetables for at least 3 out of the 5 recommended cups per day.

*Contact Amber Schwartz, Fitness Coordinator - Rogue Valley Family YMCA at (541) 772-6295 x 206 or [aschwartz@rvymca.org](mailto:aschwartz@rvymca.org) if you have any questions.*

# Griffin Creek Veggie Challenge Score Card

Your Name: \_\_\_\_\_



**Week 1: May 17 - May 23**

Day	Cup 1 Points	Cup 2 Points	Cup 3 Points	Cup 4 Points	Cup 5 Points	Recipe of the Day	Recipe Points	Total Daily Points
Monday						1. "Chick-Chick" Salad*		
Tuesday						2. Apple Carrot Salad		
Wednesday						3. Artichoke and Roasted Pepper Salad		
Thursday						4. Asian Snow Peas		
Friday						5. Asparagus with Lemon		
Saturday						6. Black Bean Soup with Lime and Cumin		
Sunday						7. Black Bean, Pasta, Artichoke Medley		
						*If vegetarian, use vegetarian protein substitute (such as tofu) or choose from recipe #'s 28, 29, 30 or 31.	<b>Total Points for the Week</b>	

# Griffin Creek Veggie Challenge Score Card

Your Name: \_\_\_\_\_



**Week 2: May 24 - May 30**

Day	Cup 1 Points	Cup 2 Points	Cup 3 Points	Cup 4 Points	Cup 5 Points	Recipe of the Day	Recipe Points	Total Daily Points
Monday						8. Black Beans with Corn and Tomatoes		
Tuesday						10. California Marinated Salad		
Wednesday						11. Carrot Raisin Salad		
Thursday						12. Cauliflower w/ Paprika Garlic Sauce		
Friday						13. Chick-Peas w/ Sundried Tomatoes		
Saturday						9. Broccoli Frittata		
Sunday						14. Chicken Broccoli Stir Fry*		
						*If vegetarian, use vegetarian protein substitute (such as tofu) or choose from recipe #'s 28, 29, 30 or 31.	<b>Total Points for the Week</b>	

# Griffin Creek Veggie Challenge Score Card

Your Name: \_\_\_\_\_



## Week 3: May 31 - June 6

Day	Cup 1 Points	Cup 2 Points	Cup 3 Points	Cup 4 Points	Cup 5 Points	Recipe of the Day	Recipe Points	Total Daily Points
Monday						15. Crunchy Stir Fry		
Tuesday						16. Curried Mustard Greens/Garbanzo...		
Wednesday						18. Gingered Carrots		
Thursday						19. Green Bean Potato Salad		
Friday						20. Grilled Summer Squash		
Saturday						21. Grilled Vegetables		
Sunday						17. Fresh Mushroom Soup		
						*If vegetarian, use vegetarian protein substitute (such as tofu) or choose from recipe #'s 28, 29, 30 or 31.	<b>Total Points for the Week</b>	

# Griffin Creek Veggie Challenge Score Card

Your Name: \_\_\_\_\_



## Week 4: June 7 - 13

Day	Cup 1 Points	Cup 2 Points	Cup 3 Points	Cup 4 Points	Cup 5 Points	Recipe of the Day	Recipe Points	Total Daily Points
Monday						32. Vegetable and Chicken Stir Fry*		
Tuesday						23. Mexican Squash Casserole		
Wednesday						24. Pasta Salad Florentine		
Thursday						25. Potato Saute		
Friday						26. Potatoes and Leeks with Chicken*		
Saturday						22. Mexibean Mock Lasagna		
Sunday						27. Salad Nicoise		
						*If vegetarian, use vegetarian protein substitute (such as tofu) or choose from recipe #'s 28, 29, 30 or 31.	<b>Total Points for the Week</b>	

# Griffin Creek Veggie Challenge Score Card

Your Name: \_\_\_\_\_



Monday, June 14: Task #1 - 25 Points

***Make & Prepare your own Veggie Salad Recipe:***

Ingredients:

Preparation:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

# Griffin Creek Veggie Challenge Score Card

Your Name: \_\_\_\_\_



Tuesday, June 15: Task #2 - 25 Points

***Make & Prepare your own Veggie Stir Fry Recipe:***

Ingredients:

Preparation:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

# Griffin Creek Veggie Challenge Score Card

Your Name: \_\_\_\_\_



Wednesday, June 16: Task #3 - 25 Points

*Make & Prepare your own Veggie & Protein Main Entrée:*

Ingredients:

Preparation:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

# Griffin Creek Veggie Challenge Score Card

Your Name: \_\_\_\_\_

## Point Tabulation Card

Week	Total Points:
Week 1: May 17-23	
Week 2: May 24-30	
Week 3: May 31-June 6	
Week 4: June 7-13	
June 14-16 Task #'s 1-3: "Your Own Veggie Recipe" Points	
<b>Total Points for the Veggie Challenge:</b>	



- ~Turn this card into Ginny on Thursday, June 17th to see who the winner is!
- ~Remember to share copies of your recipes with other staff members!

# Fruit and Vegetable Recipes



## Griffin Creek Elementary

By: Veggie Challenge



## Table of Contents

1. "Chick-Chick" Salad
2. Apple Carrot Salad
3. Artichoke and Roasted Red Pepper Salad with Roasted Pepper Dressing
4. Asian Snow Peas
5. Asparagus with Lemon
6. Black Bean Soup with Lime and Cumin
7. Black Bean, Pasta, and Artichoke Heart Medley
8. Black Beans with Corn and Tomatoes
9. Broccoli Frittata
10. California Marinated Salad
11. Carrot Raisin Salad
12. Cauliflower with Paprika-Garlic Sauce
13. Chick-Peas with Sun-Dried Tomatoes
14. Chicken Broccoli Stir Fry
15. Crunchy Stir-Fry
16. Curried Mustard Greens & Garbanzo Beans with Sweet Potatoes
17. Fresh Mushroom Soup
18. Gingered Carrots
19. Green Bean Potato Salad
20. Grilled Summer Squash
21. Grilled Vegetables
22. Mexibean Mock Lasagna
23. Mexican Squash Casserole
24. Pasta Salad Florentine
25. Potato Saute
26. Potatoes and Leeks with Chicken
27. Salad Nicoise
28. Sautéed Summer Squash
29. Soulful Greens
30. Summer Squash Bisque
31. Sweet Potato Salad
32. Vegetable and Chicken Stir Fry

# 1. "Chick-Chick" Salad

Recipe Summary:

- Preparation time: 15 minutes
- Number of Servings: 4
- Cups of Fruits and Vegetables per Person: 0.5

Ingredients:

- 3/4 cup water
- 2/3 cup couscous
- 1-1/2 cups cooked (1/2 cup dry) or 1 can (15 oz) garbanzo beans, drained
- 1/4 cup thinly sliced celery
- 1 tsp grated orange rind
- 1/4 tsp pepper
- 1/2 tsp curry powder
- 1 cup cubed cooked chicken breast (about 1/2 lb boneless, skinless)
- 1/2 cup chopped red cabbage
- 1/4 cup plus 2 Tbsp fresh orange juice
- 2 tsp olive oil

Directions:

In a medium saucepan, bring water, salt, and curry powder to a boil; stir in couscous. Remove from heat; let stand, covered, 5 minutes. Fluff with a fork. Add chicken, garbanzos, cabbage, onions, and celery. Combine orange rind, orange juice, olive oil, and pepper in a small bowl; stir with a wire whisk until blended. Add to couscous mixture; toss well. Serve immediately or chill.

<b>Nutrition Facts</b>	
"Chick-Chick" Salad	
Serving size 1/4 salad	
<b>Amount Per Serving</b>	
<b>Calories</b> 290	Calories from Fat 45
% Daily Value (DV)*	
<b>Total Fat</b> 5g	8%
Saturated Fat 1g	5%
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 45mg	2%
<b>Total Carbohydrate</b> 41g	14%
Dietary Fiber 6g	24%
Sugars 5g	
<b>Protein</b> 20g	
Vitamin A	4%
Vitamin C	35%
Calcium	6%
Iron	15%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange\*\*

- Carbohydrates: 2
- Meat: 2
- Fruit: 0
- Vegetable: 0
- Milk: 0
- Fat: 1
- Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

## 2. Apple Carrot Salad

Recipe Summary:

- Preparation time: 10 minutes
- Number of Servings: 6
- Cups of Fruits and Vegetables per Person: 0.5

Ingredients:

- 1 cup shredded carrot
- 1 Tbsp lemon juice
- 1/3 cup low-fat mayonnaise
- 3 (medium) unpared and diced apples
- 1/2 cup raisins

Directions:

Combine all ingredients. Chill thoroughly. Serve on salad greens.

<b>Nutrition Facts</b>	
Apple Carrot Salad	
Serving size 1/6 recipe	
<b>Amount Per Serving</b>	
<b>Calories</b> 110	Calories from Fat 10
<b>% Daily Value (DV)*</b>	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 20g	
<b>Protein</b> 1g	
Vitamin A	<b>45%</b>
Vitamin C	<b>10%</b>
Calcium	<b>2%</b>
Iron	<b>2%</b>
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange\*\*

- Carbohydrates: 0
- Meat: 0
- Fruit: 1
- Vegetable: 0
- Milk: 0
- Fat: 0
- Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

### 3. Artichoke and Roasted Red Pepper Salad with Roasted Pepper Dressing

Recipe Summary:

Preparation time: 30 minutes  
 Number of Servings: 8  
 Cups of Fruits and Vegetables per Person: 1.5

Ingredients:

- 8 medium artichokes, prepared and cooked as directed for whole artichokes
- lettuce leaves
- 1/2 cup sliced black olives
- 1/3 cup Balsamic vinegar
- 2 cloves garlic, minced
- 1 tsp chopped fresh rosemary or 1/2 tsp crushed dried rosemary
- 3 red bell peppers
- 1/2 cup sliced red onion
- 1 bell pepper (roasted), reserved from salad preparation
- 1/4 cup white wine or cider vinegar
- 1 Tbsp chopped fresh basil or 1 tsp crushed dried basil

Directions:

*Salad*

Halve artichokes lengthwise; scoop out center petals and fuzzy centers. Remove outer leaves and reserve to garnish salad, or to use for snacks another time. Trim out hearts and slice thinly. Cover and set aside. Place whole bell peppers under preheated broiler; broil under high heat until charred on all sides, turning frequently with tongs. Remove from oven; place in a paper bag for 15 minutes to steam skins. Trim off stems of peppers; remove seeds and ribs. Strip off skins; slice peppers into julienne strips. Reserve 1/4 of the bell pepper strips to prepare dressing.

To assemble salads, arrange lettuce leaves on 8 salad plates. Arrange sliced artichoke hearts, remaining bell pepper strips, red onion and olive slices on lettuce. Garnish with a couple of cooked artichoke leaves, if desired.

*Dressing*

For dressing, in blender or food processor container place reserved bell pepper strips, vinegars, garlic, basil, rosemary and sugar. Cover and process until well blended and nearly smooth. Spoon dressing over salads.

<b>Nutrition Facts</b>	
Artichoke and Roasted Red Pepper Salad with Roasted Pepper Dressing	
Serving size 1/8 recipe	
Amount Per Serving	
<b>Calories</b> 110	Calories from Fat 10
% Daily Value (DV)*	

Diabetic Exchange\*\*  
 Carbohydrates: 0  
 Meat: 0  
 Fruit: 0  
 Vegetable: 4  
 Milk: 0

Griffin Creek Elementary

<b>Total Fat</b> 2g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 200mg	<b>8%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 9g	<b>36%</b>
Sugars 8g	
<b>Protein</b> 5g	
Vitamin A	<b>70%</b>
Vitamin C	<b>270%</b>
Calcium	<b>8%</b>
Iron	<b>15%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

Fat: 0

Other: 0

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## 4. Asian Snow Peas

Recipe Summary:

- Preparation time: 15 minutes
- Number of Servings: 4
- Cups of Fruits and Vegetables per Person: 0.5

Ingredients:

- 1 tsp sesame oil
- 1/2 cup diagonally sliced carrots
- 1/2 cup low-sodium chicken broth
- 1 tsp cornstarch
- 1/2 lb fresh or frozen snow pea pods, ends trimmed
- 1/4 cup sliced water chestnuts, canned, no-salt added
- 1 tsp low-sodium soy sauce

Directions:

Add oil to a nonstick skillet and heat on medium-high. Add snow peas and carrots. Sauté 2 minutes. Add water chestnuts and broth. Bring to a boil. Cover, reduce heat, and simmer 5 minutes or until vegetables are crisp-tender. Combine soy sauce and cornstarch, stir until cornstarch dissolves. Add to vegetable mixture. Cook over medium heat, stirring constantly, until sauce thickens. Serve immediately.

<b>Nutrition Facts</b>	
Asian Snow Peas	
Serving size 1/4 recipe	
<b>Amount Per Serving</b>	
<b>Calories</b> 60	Calories from Fat 15
% Daily Value (DV)*	
<b>Total Fat</b> 2g	2%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 75mg	3%
<b>Total Carbohydrate</b> 9g	3%
Dietary Fiber 2g	8%
Sugars 3g	
<b>Protein</b> 3g	
Vitamin A	60%
Vitamin C	60%
Calcium	4%
Iron	8%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange\*\*

- Carbohydrates: 0
- Meat: 0
- Fruit: 0
- Vegetable: 1
- Milk: 0
- Fat: 0
- Other: 0

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## 5. Asparagus with Lemon

Recipe Summary:

- Preparation time: 15 minutes
- Number of Servings: 4
- Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 2 lbs asparagus, tough ends trimmed
- 2 tsp olive oil
- 2 Tbsp lemon juice

Directions:

Place asparagus in a steamer basket over boiling water. Cover saucepan and steam 5 minutes or until bright green and tender. Rinse asparagus under cold water and drain thoroughly. Combine oil and lemon juice in a bowl. Pour over asparagus. Season with pepper to taste. Serve at room temperature if desired.

<b>Nutrition Facts</b>	
Asparagus with Lemon	
Serving size 1/4 recipe	
<b>Amount Per Serving</b>	
<b>Calories</b> 70	Calories from Fat 20
% Daily Value (DV)*	
<b>Total Fat</b> 3g	4%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 9g	3%
Dietary Fiber 5g	20%
Sugars 4g	
<b>Protein</b> 5g	
Vitamin A	35%
Vitamin C	25%
Calcium	6%
Iron	25%

\* Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange\*\*

- Carbohydrates: 0
- Meat: 0
- Fruit: 0
- Vegetable: 2
- Milk: 0
- Fat: 0
- Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

## 6. Black Bean Soup with Lime and Cumin

Recipe Summary:

- Preparation time: 30 minutes
- Number of Servings: 6
- Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 4 cups cooked black beans
- 1 Tbsp cumin
- 1 cup sliced carrots
- 1/2 cup chopped red bell pepper
- 1/4 cup chopped chipotle chiles (or green chiles)
- 1 Tbsp olive oil
- 1 cup chopped onions
- 2 cloves garlic
- 4 cups low-sodium vegetable stock
- 1/4 cup plus 2 Tbsp lime juice

Directions:

Heat olive oil in a nonstick or heavy-bottomed frying pan over medium heat. Add cumin, chopped onions, carrots, garlic and bell pepper and cook slowly until browned. Puree the beans with 4 cups stock in a blender or food processor. Add the vegetable mixture, 1/2 canned chipotle chiles, 1/4 cup plus 2 Tbsp lime juice, and salt to taste. Process until velvety smooth. If the soup is too thick, thin it with more stock. Garnish each serving with a slice of lime floating in the middle and a sprinkling of finely chopped cilantro.

<b>Nutrition Facts</b>	
Black Bean Soup with Lime and Cumin	
Serving size 1/6 of recipe	
<b>Amount Per Serving</b>	
<b>Calories</b> 220	Calories from Fat 30
% Daily Value (DV)*	
<b>Total Fat</b> 3g	5%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 150mg	6%
<b>Total Carbohydrate</b> 37g	12%
Dietary Fiber 12g	48%
Sugars 4g	
<b>Protein</b> 11g	
Vitamin A	80%
Vitamin C	60%
Calcium	8%
Iron	20%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange\*\*

- Carbohydrates: 2
- Meat: 0
- Fruit: 0
- Vegetable: 1
- Milk: 0
- Fat: 0
- Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

## 7. Black Bean, Pasta, and Artichoke Heart Medley

Recipe Summary:

- Preparation time: 30 minutes
- Number of Servings: 12
- Cups of Fruits and Vegetables per Person: 0.5

Ingredients:

- 1 tbsp olive oil
- 1/2 tsp oregano
- 1/4 tsp salt
- 1/8 tsp cayenne pepper
- 2 14-1/2 oz cans no-added-salt whole tomatoes, undrained and chopped
- 4 cups hot cooked pasta (any shape)
- 1 cup sliced green onions
- 1/2 tsp basil
- 1/8 tsp black pepper
- 1 garlic clove, minced
- 15 oz can black beans, rinsed and drained
- 14 oz can artichoke hearts, drained and quartered

Directions:

Heat oil in a large nonstick skillet over medium heat. Add green onions and sauté 5 minutes. Add oregano, basil, salt, peppers, garlic, and tomatoes; cover and simmer 10 minutes. Add beans; cover and simmer an additional 5 minutes. Combine bean mixture, hot cooked pasta, and artichoke hearts in a large bowl. Toss well. Serve warm or at room temperature.

<b>Nutrition Facts</b>	
Black Bean, Pasta, and Artichoke Heart Medley	
Serving size 1/12 of recipe	
<b>Amount Per Serving</b>	
<b>Calories</b> 120	Calories from Fat 15
<b>% Daily Value (DV)*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 2g	
<b>Protein</b> 5g	
Vitamin A	<b>4%</b>
Vitamin C	<b>15%</b>
Calcium	<b>4%</b>
Iron	<b>15%</b>
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange\*\*

- Carbohydrates: 1
- Meat: 0
- Fruit: 0
- Vegetable: 1
- Milk: 0
- Fat: 0
- Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

## 8. Black Beans with Corn and Tomatoes

Recipe Summary:

Preparation time: 10 minutes

Number of Servings: 4

Cups of Fruits and Vegetables per Person: 0.75

Ingredients:

- 1 15 oz can low-sodium, no fat added black beans
- 1 cup cut tomatoes, fresh or canned
- 1 tsp chopped fresh parsley
- 1/2 tsp chili powder
- 1 cup frozen corn, thawed
- 1 clove garlic, pureed or roasted
- 1/8 tsp cayenne pepper or more to taste

Directions:

Drain and rinse beans. In a bowl, combine beans, corn, tomatoes and garlic. Add parsley, pepper and chili powder. Combine and serve.

<b>Nutrition Facts</b>	
<b>Black Beans with Corn and Tomatoes</b>	
Serving size 1/4 recipe	
<b>Amount Per Serving</b>	
<b>Calories</b> 110	Calories from Fat 5
% Daily Value (DV)*	
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 220mg	9%
<b>Total Carbohydrate</b> 25g	8%
Dietary Fiber 7g	28%
Sugars 3g	
<b>Protein</b> 6g	
Vitamin A	10%
Vitamin C	20%
Calcium	4%
Iron	10%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange\*\*

Carbohydrates: 1

Meat: 0

Fruit: 0

Vegetable: 0

Milk: 0

Fat: 0

Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

## 9. Broccoli Frittata

Recipe Summary:

- Preparation time: 30 minutes
- Number of Servings: 4
- Cups of Fruits and Vegetables per Person: 0.5

Ingredients:

- 1/2 cup non-fat cottage cheese
- 2 cup fat-free egg substitute
- 1 tsp olive oil
- 1 large onion, diced
- 1/2 tsp dried dill
- 2 cups frozen chopped broccoli
- 2 tsp margarine

Directions:

Mix cottage cheese and egg substitute together; set aside. In large non-stick frying pan over medium heat, sauté onions in oil for 5 minutes, or until soft. Add broccoli and dill; sauté for 5 minutes, or until broccoli mixture softens. Set vegetable aside. Wipe out frying pan. Add 1 tsp. margarine and swirl the pan to distribute it. Add half of the vegetable mixture, and then add half of the egg mixture; lift and rotate pan so that eggs are evenly distributed. As eggs set around the edges, lift them to allow uncooked portions to flow underneath. Turn heat to low, cover the pan, and cook until top is set. Invert onto a serving plate and cut into wedges. Repeat with remaining 1 tsp. margarine, vegetable mixture, and egg mixture.

<b>Nutrition Facts</b>	
Broccoli Frittata	
Serving size 1/4 of recipe	
Amount Per Serving	
<b>Calories</b> 150	Calories from Fat 30
% Daily Value (DV)*	
<b>Total Fat</b> 3g	5%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 390mg	16%
<b>Total Carbohydrate</b> 12g	4%
Dietary Fiber 3g	12%
Sugars 6g	
<b>Protein</b> 19g	
Vitamin A	30%
Vitamin C	60%
Calcium	10%
Iron	15%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange\*\*

- Carbohydrates: 0
- Meat: 2
- Fruit: 0
- Vegetable: 1
- Milk: 0
- Fat: 1
- Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

## 10. California Marinated Salad

Recipe Summary:

Preparation time: 30 minutes

Number of Servings: 6

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 3 nectarines, chopped
- 1 cup cherry tomatoes, halved
- 1/3 cup chopped green onions
- 1 Tbsp vegetable oil
- 1/4 tsp sugar
- 1/2 tsp thyme
- 1/2 pound fresh mushrooms, quartered
- 1/2 cup pitted ripe olives (optional)
- 1 (8oz) can artichoke hearts
- 1/4 cup lemon juice
- 1 tsp tarragon, crumbled

Directions:

In a large bowl, combine nectarines, mushrooms, cherry tomatoes, olives and green onions. Drain and save liquid from the artichokes. Add the artichokes to the salad. Combine reserved liquid with remaining ingredients in a jar. Shake well and pour over the salad. Serve immediately or chill in the refrigerator for 2 hours for the best flavor.

<b>Nutrition Facts</b>	
California Marinated Salad	
Serving size 1/6 of recipe	
<b>Amount Per Serving</b>	
<b>Calories</b> 80	Calories from Fat 25
% Daily Value (DV)*	
<b>Total Fat</b> 3g	5%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 100mg	4%
<b>Total Carbohydrate</b> 13g	4%
Dietary Fiber 2g	8%
Sugars 7g	
<b>Protein</b> 3g	
Vitamin A	10%
Vitamin C	25%
Calcium	2%
Iron	6%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange\*\*

Carbohydrates: 0

Meat: 0

Fruit: 1

Vegetable: 1

Milk: 0

Fat: 0

Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

# 11. Carrot Raisin Salad

Recipe Summary:

- Preparation time: 10 minutes
- Number of Servings: 4
- Cups of Fruits and Vegetables per Person: 0.5

Ingredients:

- 4 carrots (medium), shredded
- 2 tsp sugar
- 1/4 cup raisins
- juice of one lemon

Directions:

In a medium bowl, thoroughly mix carrots, raisins, sugar and lemon. Served chilled.

<b>Nutrition Facts</b>	
Carrot Raisin Salad	
Serving size 1/4 salad	
<b>Amount Per Serving</b>	
<b>Calories 80</b>	Calories from Fat 0
% Daily Value (DV)*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 40mg	<b>2%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 13g	
<b>Protein</b> 1g	
Vitamin A	<b>270%</b>
Vitamin C	<b>20%</b>
Calcium	<b>2%</b>
Iron	<b>2%</b>
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange\*\*

- Carbohydrates: 0
- Meat: 0
- Fruit: 1
- Vegetable: 1
- Milk: 0
- Fat: 0
- Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

## 12. Cauliflower with Paprika-Garlic Sauce

### Recipe Summary:

Preparation time: 10 minutes

Number of Servings: 4

Cups of Fruits and Vegetables per Person: 1

### Ingredients:

- 4 cups small cauliflower florets
- 1 tsp olive oil
- 1 Tbsp fresh parsley
- 1-1/2 tsp paprika
- 2 cloves garlic, minced
- 2 Tbsp apple juice
- 1 Tbsp red wine vinegar
- 1/8 tsp salt

### Directions:

In a large saucepan with steamer rack, steam cauliflower over boiling water covered for about 8 minutes or until crisp-tender. Meanwhile, using a small saucepan prepare sauce. First cook garlic in hot oil for 30 seconds. Remove from heat; stir in apple juice, parsley, vinegar, paprika, and salt. Cook sauce until heated. Transfer cauliflower to a serving dish. Pour sauce over the hot cauliflower. Toss to coat.

<b>Nutrition Facts</b>	
Cauliflower with Paprika-Garlic Sauce	
Serving size 1/4 recipe	
<b>Amount Per Serving</b>	
<b>Calories 45</b>	Calories from Fat 10
% Daily Value (DV)*	
<b>Total Fat 2g</b>	<b>2%</b>
Saturated Fat 0g	0%
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 105mg</b>	<b>4%</b>
<b>Total Carbohydrate 7g</b>	<b>2%</b>
Dietary Fiber 3g	12%
Sugars 3g	
<b>Protein 2g</b>	
Vitamin A	10%
Vitamin C	80%
Calcium	2%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet.	

### Diabetic Exchange\*\*

Carbohydrates: 0

Meat: 0

Fruit: 0

Vegetable: 1

Milk: 0

Fat: 0

Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

# 13. Chick-Peas with Sun-Dried Tomatoes

Recipe Summary:

- Preparation time: 15 minutes
- Number of Servings: 4
- Cups of Fruits and Vegetables per Person: 0.75

Ingredients:

- 1 red onion, small, sliced crosswise and separated into rings
- 1 medium tomato chopped
- 1 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- 1/2 tsp rosemary, dried, crumbled
- 2-1/2 cups chick-peas, canned, rinsed and drained
- 1/2 cup low-sodium vegetable stock
- 2 Tbsp sun-dried tomato bits

Directions:

In a large no-stick frying pan over medium-high heat, warm the oil. Add the onions and rosemary; cook, stirring frequently, for 2 to 3 minutes, or until tender. Stir in the vegetable stock and chopped tomatoes. Cook for 3 to 4 minutes, or until all the liquid has evaporated. Stir in the chick-peas, tomato bits and vinegar; cook for 1 to 2 minutes, or until heated through.

<b>Nutrition Facts</b>	
Chick-Peas with Sun-Dried Tomatoes	
Serving size 1/4 recipe	
<b>Amount Per Serving</b>	
<b>Calories</b> 200	Calories from Fat 50
% Daily Value (DV)*	
<b>Total Fat</b> 6g	9%
Saturated Fat 1g	3%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 490mg	20%
<b>Total Carbohydrate</b> 28g	9%
Dietary Fiber 7g	28%
Sugars 4g	
<b>Protein</b> 9g	
Vitamin A	6%
Vitamin C	15%
Calcium	6%
Iron	10%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange\*\*

- Carbohydrates: 2
- Meat: 0
- Fruit: 0
- Vegetable: 1
- Milk: 0
- Fat: 1
- Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

# 14. Chicken Broccoli Stir Fry

Recipe Summary:

- Preparation time: 25 minutes
- Number of Servings: 4
- Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 1/3 cup orange juice
- 1 Tbsp Schezuan sauce
- 1 Tbsp canola oil
- 2 cups of frozen broccoli florets
- 2 cups shredded cabbage
- 1 Tbsp sesame seeds (optional)
- 1 Tbsp low-sodium soy sauce
- 2 tsp cornstarch
- 1 lb boneless chicken breast, cut into 1 inch cubes
- 1 6-oz package of frozen snow peas
- 2 cups of cooked brown rice

Directions:

Mix orange juice, soy sauce, Schezuan sauce, and cornstarch in a small bowl. Set aside. Heat oil in wok and add chicken. Stir fry for about 5-7 minutes. Add cabbage, broccoli, snow peas, and sauce mixture. Cook for about 5 minutes until vegetables are heated through. Serve over brown rice. Sprinkle with sesame seeds.

<b>Nutrition Facts</b>	
Chicken Broccoli Stir Fry	
Serving size 1/4 of recipe	
<b>Amount Per Serving</b>	
<b>Calories</b> 340	Calories from Fat 70
<b>% Daily Value (DV)*</b>	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 2g	<b>8%</b>
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 35g	<b>12%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 5g	
<b>Protein</b> 28g	
Vitamin A	<b>4%</b>
Vitamin C	<b>70%</b>
Calcium	<b>8%</b>
Iron	<b>15%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange\*\*

- Carbohydrates: 1
- Meat: 3
- Fruit: 0
- Vegetable: 1
- Milk: 0
- Fat: 1
- Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

# 15. Crunchy Stir-Fry

Recipe Summary:

- Preparation time: 25 minutes
- Number of Servings: 4
- Cups of Fruits and Vegetables per Person: 0.5

Ingredients:

- 1/2 cup vertically sliced onion
- 1 cup thinly sliced carrots (2 medium)
- 1 tsp vegetable oil
- 1 tsp dried basil, crushed
- 1 cup fresh or frozen Chinese pea pods
- 1 Tbsp water
- 1 Golden Delicious or Criterion apple (medium), cored and thinly sliced

Directions:

Stir-fry onion, carrots and basil in oil in non-stick skillet until carrots are tender. Stir in pea pods and water; stir-fry 2 minutes. Remove from heat; stir in apples, Serve hot.

<b>Nutrition Facts</b>	
Crunchy Stir-Fry	
Serving size 1/4 of recipe	
<b>Amount Per Serving</b>	
<b>Calories</b> 50	Calories from Fat 10
<b>% Daily Value (DV)*</b>	
<b>Total Fat</b> 2g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 25mg	<b>1%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 6g	
<b>Protein</b> 1g	
Vitamin A	<b>110%</b>
Vitamin C	<b>20%</b>
Calcium	<b>2%</b>
Iron	<b>4%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange\*\*

- Carbohydrates: 0
- Meat: 0
- Fruit: 0
- Vegetable: 1
- Milk: 0
- Fat: 0
- Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

# 16. Curried Mustard Greens & Garbanzo Beans with Sweet Potatoes

Recipe Summary:

- Preparation time: 30 minutes
- Number of Servings: 4
- Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 2 medium sweet potatoes peeled and sliced thin
- 2 medium cloves garlic, sliced
- 1/2 tsp curry powder
- 2 cups chopped and rinsed mustard greens
- 1 15 oz can garbanzo beans, drained
- salt and white pepper to taste
- 1 medium onion cut in half and sliced thin
- 1/2 cup + 1 Tbsp low-sodium chicken or low-sodium vegetable broth
- 1/4 tsp turmeric
- 1 15 oz can sodium free diced tomatoes
- 2 Tbsp extra virgin olive oil

Directions:

Steam peeled and sliced sweet potatoes for approximately 5 – 8 minutes.

While steaming potatoes, slice onion and garlic. Heat 1 Tbsp broth in 12 inch skillet. Sauté onion in broth over medium heat for about 4-5 minutes stirring frequently, until translucent. Add garlic, curry powder, turmeric, and mustard greens. Cook, stirring occasionally until mustard greens are wilted, about 5 minutes. Add garbanzo beans, diced tomatoes, salt and pepper. Cook for another 5 minutes.

Mash sweet potatoes with olive oil, salt and pepper. If you need to thin potatoes, add a little more broth. Serve mustard greens with mashed sweet potatoes.

<b>Nutrition Facts</b>	
Curried Mustard Greens & Garbanzo Beans with Sweet Potatoes	
Serving size 1/4 of recipe	
<b>Amount Per Serving</b>	
<b>Calories</b> 300	Calories from Fat 70
% Daily Value (DV)*	
<b>Total Fat</b> 8g	12%
Saturated Fat 1g	5%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 600mg	25%
<b>Total Carbohydrate</b> 50g	17%
Dietary Fiber 9g	36%
Sugars 8g	
<b>Protein</b> 8g	

Diabetic Exchange\*\*

- Carbohydrates: 2
- Meat: 0
- Fruit: 0
- Vegetable: 1
- Milk: 0
- Fat: 1
- Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

Vitamin A	<b>260%</b>
Vitamin C	<b>50%</b>
Calcium	<b>8%</b>
Iron	<b>15%</b>
<b>* Percent Daily Values are based on a 2,000 calorie diet.</b>	

# 17. Fresh Mushroom Soup

Recipe Summary:

- Preparation time: 30 minutes
- Number of Servings: 4
- Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 1-1/2 lbs fresh mushrooms
- 1/2 tsp thyme
- 1 Tbsp Dijon mustard
- 1 quart fat-free no-added-salt chicken broth
- 8 scallions
- 1/4 tsp black pepper
- 1/2 cup red wine
- 1 cup plain nonfat yogurt

Directions:

Chop mushrooms and scallions into bite-sized pieces. Place in non-stick Dutch oven and cook with red wine until tender. Add thyme, pepper, mustard, and chicken broth. Bring to a boil and simmer for 15 minutes. Add yogurt, stirring to blend, and serve.

<b>Nutrition Facts</b>	
Fresh Mushroom Soup	
Serving size 1/4 of recipe	
<b>Amount Per Serving</b>	
<b>Calories</b> 110	Calories from Fat 5
% Daily Value (DV)*	
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 160mg	7%
<b>Total Carbohydrate</b> 14g	5%
Dietary Fiber 4g	16%
Sugars 7g	
<b>Protein</b> 11g	
Vitamin A	10%
Vitamin C	25%
Calcium	10%
Iron	15%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange\*\*

- Carbohydrates: 0
- Meat: 1
- Fruit: 0
- Vegetable: 2
- Milk: 0
- Fat: 0
- Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

# 18. Gingered Carrots

Recipe Summary:

- Preparation time: 15 minutes
- Number of Servings: 4
- Cups of Fruits and Vegetables per Person: 0.5

Ingredients:

- 1 lb carrots, sliced
- 5 tsp brown sugar
- 2 Tbsp fresh ginger or 1/2 Tbsp dried ginger
- 1 tsp white pepper
- 1 Tbsp margarine
- 1/2 cup apple juice
- 1/4 tsp cumin
- 1/4 tsp salt

Directions:

Cook carrots in boiling water for 3 minutes or until tender. Cool. In a saucepan melt margarine and brown sugar until it begins to boil. Reduce heat, cook for 5 minutes to caramelize. Add apple juice and bring to a boil. Cook until sauce is reduced to a light syrup. Add carrots, ginger and cumin. Cook on medium heat until glazed. Add salt and pepper.

<b>Nutrition Facts</b>	
Gingered Carrots	
Serving size 1/4 recipe	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 30
% Daily Value (DV)*	
<b>Total Fat</b> 3g	5%
Saturated Fat 1g	3%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 210mg	9%
<b>Total Carbohydrate</b> 18g	6%
Dietary Fiber 3g	12%
Sugars 11g	
Protein 1g	
Vitamin A	360%
Vitamin C	6%
Calcium	4%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange\*\*

- Carbohydrates: 0
- Meat: 0
- Fruit: 0
- Vegetable: 2
- Milk: 0
- Fat: 1
- Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

## 19. Green Bean Potato Salad

Recipe Summary:

Preparation time: 20 minutes

Number of Servings: 8

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 1 lb green beans, with ends cut
- 1 cup diced red bell pepper
- 3 cloves garlic, minced
- 4 Tbsp balsamic vinegar
- 1 Tbsp Dijon mustard
- 2 lbs red potatoes, cut into bite-sized pieces
- 1/2 cup chopped red onion
- 3 Tbsp fresh dill
- 3 Tbsp olive oil
- black pepper, to taste

Directions:

Steam green beans in a steamer for 5 to 8 minutes. Cook potatoes in boiling water until tender. Cool green beans and potatoes and place in a bowl. As they are cooling, prepare the dressing by mixing all ingredients together. Add onion and bell pepper to the cooled green beans and potatoes; top with dressing. Note: The dressing is included in the nutritional analysis below.

<b>Nutrition Facts</b>	
Green Bean Potato Salad	
Serving size 1/8 recipe	
Amount Per Serving	
<b>Calories</b> 160	Calories from Fat 50
% Daily Value (DV)*	
<b>Total Fat</b> 5g	8%
Saturated Fat 1g	5%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 35mg	1%
<b>Total Carbohydrate</b> 26g	9%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 4g	
Vitamin A	20%
Vitamin C	110%
Calcium	4%
Iron	8%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange\*\*

Carbohydrates: 1

Meat: 0

Fruit: 0

Vegetable: 1

Milk: 0

Fat: 1

Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

## 20. Grilled Summer Squash

Recipe Summary:

- Preparation time: 10 minutes
- Number of Servings: 4
- Cups of Fruits and Vegetables per Person: 0.5

Ingredients:

- 2 medium summer squash
- 1/4 tsp dill and/or lemon pepper
- vegetable spray

Directions:

Slice squash lengthwise into long strips. Spray each slice of squash with vegetable spray. Place slices directly onto warmed grill. Remove squash from grill when squash is tender but still firm. Place squash in serving dish and sprinkle with dill and/or lemon pepper.

<b>Nutrition Facts</b>	
Grilled Summer Squash	
Serving size 1/4 recipe	
<b>Amount Per Serving</b>	
<b>Calories</b> 20	Calories from Fat 5
% Daily Value (DV)*	
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 3g	1%
Dietary Fiber 1g	4%
Sugars 2g	
<b>Protein</b> 1g	
Vitamin A	4%
Vitamin C	30%
Calcium	2%
Iron	2%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange\*\*

- Carbohydrates: 0
- Meat: 0
- Fruit: 0
- Vegetable: 1
- Milk: 0
- Fat: 0
- Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

## 21. Grilled Vegetables

Recipe Summary:

- Preparation time: 20 minutes
- Number of Servings: 6
- Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 2 Tbsp vegetable oil
- 3 sweet potatoes, cut into 1-inch slices
- 1 eggplant, cut into 1/2-inch slices
- 2 cloves garlic, finely chopped
- 3 cobs of corn, cut into 2-inch sections
- 12 green onions, trimmed

Directions:

Mix oil and garlic in a large bowl. Add vegetables and toss. Place vegetables on broiler pan or grill. Cook 10 minutes, turning twice, until vegetables are tender. Place vegetables on a platter. Serve.

<b>Nutrition Facts</b>	
Grilled Vegetables	
Serving size 1/6 of recipe	
<b>Amount Per Serving</b>	
<b>Calories</b> 190	Calories from Fat 50
% Daily Value (DV)*	
<b>Total Fat</b> 6g	9%
Saturated Fat 1g	3%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 55mg	2%
<b>Total Carbohydrate</b> 34g	11%
Dietary Fiber 8g	32%
Sugars 8g	
<b>Protein</b> 5g	
Vitamin A	190%
Vitamin C	25%
Calcium	6%
Iron	8%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange\*\*

- Carbohydrates: 2
- Meat: 0
- Fruit: 0
- Vegetable: 1
- Milk: 0
- Fat: 1
- Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

## 22. Mexibean Mock Lasagna

Recipe Summary:

Preparation time: 30 minutes

Number of Servings: 6

Cups of Fruits and Vegetables per Person: 1.5

Ingredients:

- 2 tsp olive oil
- 3 garlic cloves, minced
- 1 red pepper, coarsely chopped
- 2 tsp chili powder
- 1 cup frozen or fresh corn kernels
- 15 oz can black beans, rinsed and drained
- 4 oz can diced green chilies, drained
- 6 corn tortillas
- 3/4 cup low fat cheddar cheese, shredded
- 1-1/2 cup chopped onion
- 1 green pepper, coarsely chopped
- 1 tsp ground cumin
- 1/8 tsp cayenne powder
- 15 oz can dark red kidney beans, rinsed and drained
- 1 cup no added salt tomato sauce
- nonstick cooking spray
- 1 cup fat free ricotta cheese

Directions:

In large skillet, heat oil over medium high heat. Sauté onion, garlic, and peppers for 5 minutes. Stir in spices and sauté 1 additional minute. Remove from heat. Mix in corn, beans, tomato sauce, and diced green chilies. Spray 13” x 9” dish with cooking spray. Place 3 tortillas in the dish arranging to cover the bottom. Spoon in half of the corn mixture, and spread ½ cup ricotta cheese on top. Sprinkle with half of the cheddar cheese. Repeat layers, using up all the ingredients. Cook, uncovered at 350°F for 45 minutes, until casserole is thoroughly heated and cheddar cheese has melted. Let stand 5 minutes before serving.

<b>Nutrition Facts</b>	
Mexibean Mock Lasagna	
Serving size 1/6 of recipe	
<b>Amount Per Serving</b>	
<b>Calories</b> 340	Calories from Fat 45
% Daily Value (DV)*	
<b>Total Fat</b> 5g	8%
Saturated Fat 1g	5%
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 600mg	25%
<b>Total Carbohydrate</b> 53g	18%
Dietary Fiber 13g	52%
Sugars 10g	
<b>Protein</b> 18g	
Vitamin A	30%

Diabetic Exchange\*\*

Carbohydrates: 2

Meat: 1

Fruit: 0

Vegetable: 2

Milk: 0

Fat: 0

Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

Griffin Creek Elementary

Vitamin C	<b>140%</b>
Calcium	<b>25%</b>
Iron	<b>20%</b>
* Percent Daily Values are based on a 2,000 calorie diet.	

## 23. Mexican Squash Casserole

Recipe Summary:

Preparation time: 30 minutes

Number of Servings: 6

Cups of Fruits and Vegetables per Person: 1.5

Ingredients:

- 4 small yellow squash, sliced
- 1 medium yellow onion, sliced
- 2 tsp olive oil
- 1 can low-sodium corn kernels
- 1-1/2 tsp cumin
- 3 medium zucchini, sliced
- 2 cloves garlic, minced
- 1 jalapeno, chopped
- 1/2 cup grated 2% milk cheddar cheese

Directions:

Heat oil in large skillet. Lightly sauté the squash, zucchini, onion, and garlic until just soft. Toss with the remaining ingredients. Place in a lightly oiled 2-quart casserole dish. Bake at 400 °F for 20 minutes. Serve warm with grilled chicken or pork.

<b>Nutrition Facts</b>	
Mexican Squash Casserole	
Serving size 1/6 recipe	
<b>Amount Per Serving</b>	
<b>Calories</b> 120	Calories from Fat 25
% Daily Value (DV)*	
<b>Total Fat</b> 3g	4%
Saturated Fat 1g	3%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 170mg	7%
<b>Total Carbohydrate</b> 21g	7%
Dietary Fiber 3g	12%
Sugars 7g	
<b>Protein</b> 7g	
Vitamin A	8%
Vitamin C	60%
Calcium	8%
Iron	6%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange\*\*

Carbohydrates: 1  
 Meat: 0  
 Fruit: 0  
 Vegetable: 2  
 Milk: 0  
 Fat: 0  
 Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

## 24. Pasta Salad Florentine

Recipe Summary:

- Preparation time: 20 minutes
- Number of Servings: 4
- Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 6 oz small tube-shaped pasta
- 2 cups (11 oz) halved cherry tomatoes
- 1/2 cup shelled pistachios
- 2-1/2 Tbsp Dijon mustard
- 1-1/2 tsp dried oregano
- 2 cups (2 oz) torn fresh spinach
- 1-1/2 cups (10 oz) frozen peas, placed in sieve and thawed with hot running water
- 2 Tbsp honey
- 3 Tbsp red wine vinegar
- 1/2 tsp garlic powder

Directions:

Drop pasta into boiling water; return to boil. Cook 10 to 15 minutes or until tender. Drain. Toss pasta, spinach, tomatoes, peas, pistachios and dressing in large bowl.

To prepare dressing:

Combine honey, mustard, vinegar, oregano and garlic powder. Mix until well combined.

<b>Nutrition Facts</b>	
Pasta Salad Florentine	
Serving size 1/4 recipe	
<b>Amount Per Serving</b>	
<b>Calories</b> 340	Calories from Fat 70
% Daily Value (DV)*	
<b>Total Fat</b> 8g	12%
Saturated Fat 1g	5%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 200mg	8%
<b>Total Carbohydrate</b> 56g	19%
Dietary Fiber 6g	24%
Sugars 15g	
<b>Protein</b> 13g	
Vitamin A	70%
Vitamin C	40%
Calcium	6%
Iron	20%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange\*\*

- Carbohydrates: 4
- Meat: 0
- Fruit: 0
- Vegetable: 1
- Milk: 0
- Fat: 0
- Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

## 25. Potato Saute

Recipe Summary:

- Preparation time: 30 minutes
- Number of Servings: 4
- Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 4 cups water
- 2 tsp vegetable oil
- 1 can corn, drained
- 1/2 tsp dried oregano
- 1/4 cup crumbled queso anejo or shredded Monterey Jack cheese
- 2 large russet potatoes, scrubbed and chopped
- 1 bell pepper, finely chopped
- 1 tomato, chopped
- salt and pepper to taste, optional

Directions:

In a large pan, bring water to a boil over high heat. Add potatoes. Cook until crisp-tender, about 5 minutes. Drain in a colander and pat dry. Set aside. In same pan, add vegetable oil. Heat over high heat until hot. Add potatoes and bell pepper. Cook for 2 minutes. Stir in corn, tomato, and oregano. Cook until vegetables are tender. Season with salt and pepper, if desired. Sprinkle each serving with 1 tablespoon cheese. Serve.

<b>Nutrition Facts</b>	
Potato Saute	
Serving size 1/4 of recipe	
<b>Amount Per Serving</b>	
<b>Calories</b> 280	Calories from Fat 50
% Daily Value (DV)*	
<b>Total Fat</b> 6g	9%
Saturated Fat 2g	8%
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 450mg	19%
<b>Total Carbohydrate</b> 51g	17%
Dietary Fiber 7g	28%
Sugars 9g	
<b>Protein</b> 8g	
Vitamin A	10%
Vitamin C	100%
Calcium	10%
Iron	10%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange\*\*

- Carbohydrates: 3
- Meat: 0
- Fruit: 0
- Vegetable: 1
- Milk: 0
- Fat: 1
- Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

## 26. Potatoes and Leeks with Chicken

Recipe Summary:

- Preparation time: 30 minutes
- Number of Servings: 8
- Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 2 Tbsp olive oil
- 2 Tbsp chopped fresh ginger root
- 1/2 tsp crushed, dried chilies
- 1/4 tsp cinnamon
- 3 potatoes, peeled and cut in 1" chunks
- 2 cup low sodium chicken broth
- 2 red peppers, diced
- 3 cloves garlic, minced
- 2 tsp curry powder or to taste
- 1/4 tsp allspice
- 3 leeks, trimmed and chopped
- 1 cup low sodium tomato sauce
- 3 cup butternut squash, peeled and cubed
- 4 chicken breasts, boned

Directions:

Heat oil in large saucepan or Dutch oven. Add garlic, ginger, spices and leeks. Cook a few minutes until tender. Add potatoes, tomato sauce and chicken broth. Cook 10 minutes. Add squash and peppers; cook 15 minutes or until vegetables are tender. Lightly brush chicken breasts with oil. Grill approximately 10 minutes on each side, or until juices run clear. Cut each chicken breast into 3 or 4 large pieces and add to sauce. Reheat just before serving. Sprinkle with cilantro.

<b>Nutrition Facts</b>	
Potatoes and Leeks with Chicken	
Serving size 1/8 of recipe	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 45
% Daily Value (DV)*	
<b>Total Fat</b> 5g	8%
Saturated Fat 1g	5%
<b>Cholesterol</b> 35mg	12%
<b>Sodium</b> 75mg	3%
<b>Total Carbohydrate</b> 36g	12%
Dietary Fiber 6g	24%
Sugars 6g	
<b>Protein</b> 19g	
Vitamin A	240%
Vitamin C	200%
Calcium	10%
Iron	15%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange\*\*

- Carbohydrates: 1
- Meat: 2
- Fruit: 0
- Vegetable: 3
- Milk: 0
- Fat: 1
- Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

## 27. Salad Nicoise

Recipe Summary:

- Preparation time: 25 minutes
- Number of Servings: 6
- Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 9 small new potatoes, diced
- 4-1/2 cups of mixed salad greens
- 2 medium tomatoes
- 2 6-oz cans of tuna in water
- 2 cups frozen green beans, cooked and drained
- 1 14-oz can artichokes, drained, rinsed, and chopped
- 2 hard-boiled eggs, sliced

Directions:

Cook potatoes in boiling water for 15 minutes. Drain and cool for 10 minutes. Divide each ingredient into 6 even portions. Arrange ingredients on 6 plates and serve.

<b>Nutrition Facts</b>	
Salad Nicoise	
Serving size 1/6 of recipe	
<b>Amount Per Serving</b>	
<b>Calories</b> 330	Calories from Fat 35
% Daily Value (DV)*	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
<b>Cholesterol</b> 95mg	<b>32%</b>
<b>Sodium</b> 420mg	<b>18%</b>
<b>Total Carbohydrate</b> 51g	<b>17%</b>
Dietary Fiber 7g	<b>28%</b>
Sugars 5g	
<b>Protein</b> 24g	
Vitamin A	<b>35%</b>
Vitamin C	<b>70%</b>
Calcium	<b>8%</b>
Iron	<b>25%</b>
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange\*\*

- Carbohydrates: 2
- Meat: 2
- Fruit: 0
- Vegetable: 2
- Milk: 0
- Fat: 0
- Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

## 28. Sautéed Summer Squash

Recipe Summary:

- Preparation time: 20 minutes
- Number of Servings: 4
- Cups of Fruits and Vegetables per Person: 0.5

Ingredients:

- 2 cups sliced summer squash
- 1 cup minced onions
- 1/4 tsp pepper
- cooking spray
- 1/4 tsp salt
- 1/2 cup chopped parsley

Directions:

Spray sauté pan with olive oil spray. Add onions and sauté until golden brown. Add squash and cook until tender, about 10 minutes, stirring carefully to keep squash from sticking. Sprinkle with chopped parsley and serve.

<b>Nutrition Facts</b>	
Sautéed Summer Squash	
Serving size 1/4 recipe	
<b>Amount Per Serving</b>	
<b>Calories</b> 20	Calories from Fat 0
% Daily Value (DV)*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 150mg	6%
<b>Total Carbohydrate</b> 5g	2%
Dietary Fiber 1g	4%
Sugars 2g	
<b>Protein</b> 1g	
Vitamin A	15%
Vitamin C	25%
Calcium	2%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange\*\*

- Carbohydrates: 0
- Meat: 0
- Fruit: 0
- Vegetable: 1
- Milk: 0
- Fat: 0
- Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

## 29. Soulful Greens

Recipe Summary:

- Preparation time: 25 minutes
- Number of Servings: 4
- Cups of Fruits and Vegetables per Person: 1.5

Ingredients:

- 1/2 cup of low-sodium chicken broth
- 2 pounds of collard greens, washed and stems removed
- 1 garlic clove, minced
- 1/2 tsp dried red pepper flakes
- 3/4 cup water
- 1-1/2 cups sliced red onions
- 1/4 cup orange juice

Directions:

Heat chicken broth and water in a large pot. Bring to a boil. Add collards and cook for 10 minutes. Sauté garlic and onions for 5 minutes in a skillet. Add orange juice and wilted greens. Stir until well coated. Simmer for 5 minutes. Sprinkle with red pepper flakes and serve.

<b>Nutrition Facts</b>	
Soulful Greens	
Serving size 1/4 of recipe	
<b>Amount Per Serving</b>	
<b>Calories</b> 100	Calories from Fat 10
% Daily Value (DV)*	
<b>Total Fat</b> 1g	2%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 55mg	2%
<b>Total Carbohydrate</b> 19g	6%
Dietary Fiber 8g	32%
Sugars 4g	
<b>Protein</b> 7g	
Vitamin A	430%
Vitamin C	100%
Calcium	40%
Iron	20%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange\*\*

- Carbohydrates: 0
- Meat: 0
- Fruit: 0
- Vegetable: 4
- Milk: 0
- Fat: 0
- Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

## 30. Summer Squash Bisque

Recipe Summary:

- Preparation time: 30 minutes
- Number of Servings: 6
- Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 1 cup chopped shallots
- 2 garlic cloves, minced
- 2 small yellow summer squash, chopped
- 4 cups low sodium vegetable broth
- 1 tsp dried tarragon
- 6 thin slices zucchini (for garnish)
- 1/2 cup chopped green onion
- 4 medium zucchini, chopped
- 1 cup peeled and cubed Idaho potatoes
- 2 cups chopped kale
- 1/2 cup fat-free half and half
- 6 thin slices yellow summer squash (for garnish)

Directions:

Spray large saucepan with cooking spray; heat over medium heat until hot. Saute shallots, green onions, and garlic until tender. Add chopped zucchini, yellow squash, and potato. Saute for 5 to 8 minutes.

Add stock, kale, and tarragon to saucepan; heat to boil and reduce heat to simmer, covered, until vegetables are tender about 10 to 15 minutes.

Process soup in food processor or blender until smooth and return to saucepan. Stir in half and half. Serve warm or chilled with a slice of zucchini and summer squash.

<b>Nutrition Facts</b>	
Summer Squash Bisque	
Serving size 1/6 recipe	
<b>Amount Per Serving</b>	
<b>Calories</b> 100	Calories from Fat 5
<b>% Daily Value (DV)*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 130mg	<b>5%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 4g	16%
Sugars 7g	
<b>Protein</b> 5g	
Vitamin A	<b>80%</b>
Vitamin C	<b>80%</b>
Calcium	<b>10%</b>
Iron	<b>10%</b>

Diabetic Exchange\*\*

- Carbohydrates: 0
- Meat: 0
- Fruit: 0
- Vegetable: 2
- Milk: 0
- Fat: 0
- Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

\* Percent Daily Values are based on a 2,000 calorie diet.

# 31. Sweet Potato Salad

Recipe Summary:

- Preparation time: 30 minutes
- Number of Servings: 10
- Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 2-1/2 lbs sweet potatoes
- 1 small fresh pineapple, cut into 1/2 inch chunks or 1 (20 oz) can pineapple tidbits
- 3/4 cup mayonnaise
- 1-1/2 Tbsp curry powder
- 2 medium-sized tart green apples, unpeeled and cut in 1/2 inch dice
- 1/2 cup golden raisins
- 3/4 cup plain yogurt
- 1/2 tsp salt

Directions:

In a saucepan cover potatoes with salted cold water. Bring to a boil, reduce heat and simmer, covered, until just tender, about 15 to 20 minutes. Drain potatoes well. Peel potatoes while warm and then allow to cool completely before cutting into 3/4 inch chunks and place in large bowl. Add the apples, pineapple and raisins; set aside.

In a small bowl, whisk together remaining ingredients. Add to potato mixture and toss gently until well combined. Chill for a minimum of 1 hour before serving.

<b>Nutrition Facts</b>	
Sweet Potato Salad	
Serving size 1/10 salad	
<b>Amount Per Serving</b>	
<b>Calories</b> 200	Calories from Fat 60
<b>% Daily Value (DV)*</b>	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 1g	5%
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 36g	<b>12%</b>
Dietary Fiber 4g	16%
Sugars 20g	
<b>Protein</b> 3g	
Vitamin A	<b>280%</b>
Vitamin C	<b>35%</b>
Calcium	<b>6%</b>
Iron	<b>8%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange\*\*

- Carbohydrates: 1
- Meat: 0
- Fruit: 1
- Vegetable: 0
- Milk: 0
- Fat: 1
- Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

## 32. Vegetable and Chicken Stir Fry

Recipe Summary:

- Preparation time: 15 minutes
- Number of Servings: 6
- Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 3 Tbsp low-sodium soy sauce
- 2 tsp sesame oil
- 3/4 pound boneless, skinless chicken breasts, cut in thin strips
- 2 tsp vegetable oil
- 1 Tbsp rice vinegar or cider vinegar
- 2 tsp cornstarch
- 2 cloves garlic, minced
- 10 cups fresh or frozen vegetables of your choice such as broccoil florets, snow peas, shredded cabbage, chopped bell pepper, chopped jicama, chopped onion, sliced mushrooms

Directions:

*Stir Fry Sauce*

In a small bowl, mix sauce ingredients together.

*Sauce*

In a large skillet or wok, stir-fry chicken and garlic in hot oil until browned. Add vegetables, covered and cook 5 minutes (longer if vegetables are still frozen), stirring occasionally. Cook until vegetables are tender but still crisp. Stir in sauce; cook until sauce thickens. Serve over warm rice.

<b>Nutrition Facts</b>	
Vegetable and Chicken Stir Fry	
Serving size 1/6 of recipe	
Amount Per Serving	
<b>Calories</b> 270	Calories from Fat 45
% Daily Value (DV)*	
<b>Total Fat</b> 5g	8%
Saturated Fat 1g	5%
<b>Cholesterol</b> 35mg	12%
<b>Sodium</b> 360mg	15%
<b>Total Carbohydrate</b> 38g	13%
Dietary Fiber 5g	20%
Sugars 6g	
<b>Protein</b> 18g	
Vitamin A	35%
Vitamin C	130%
Calcium	6%

Diabetic Exchange\*\*

- Carbohydrates: 1
- Meat: 2
- Fruit: 0
- Vegetable: 3
- Milk: 0
- Fat: 1
- Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

Iron	15%
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\* Percent Daily Values are based on a 2,000 calorie diet.