

Everyday
Healthy Meals



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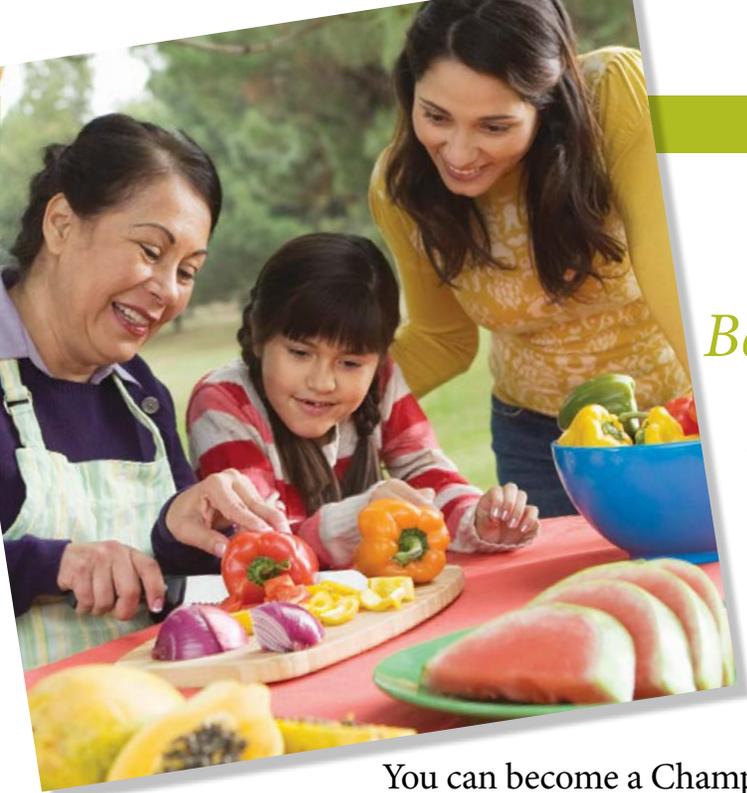
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Guide to Fresh Fruits and Vegetables

Spring	Summer	Fall	Winter	Year-Round	
apricots	apricots	acorn squash	avocados	apples	green onion
artichokes	avocados	Brussels sprouts	Brussels sprouts	bananas	jicama
asparagus	bell peppers	butternut squash	chayote squash	beets	kale
avocados	cantaloupe	chayote squash	cherimoya	bok choy	leeks
bell peppers	cherries	cherimoya	collard greens	broccoli	lemons
collard greens	corn	grapes	grapefruit	cabbage	lettuce
grapefruit	grapes	green beans	guavas	cactus leaves	limes
green peas	green beans	honeydew	kiwifruit	canned fruits and vegetables	mushrooms
guavas	green peas	kiwifruit	mustard greens	carrots	onions
mangos	honeydew	okra	oranges	cauliflower	parsnips
oranges	mangos	pears	pears	celery	pineapples
papayas	nectarines	persimmons	tangerines	chili peppers	potatoes
rhubarb	okra	pomegranates	turnips	cucumbers	radishes
strawberries	papayas	pumpkins		dried fruit	spinach
Swiss chard	peaches	sweet potatoes		eggplant	tomatillos
	pears	Swiss chard		frozen fruits and vegetables	100% fruit juice
	plums	tangerines		garlic	100% vegetable juice
	strawberries	tomatoes			
	Swiss chard	turnips			
	tomatoes				
	Valencia oranges				
	watermelon				
	yellow squash				
	zucchini				

You can stay healthy and save money when you buy fresh fruits and vegetables that are in season. Keep it safe! You should always rinse your fruits and vegetables before you eat them.



Be a Champion for Change in Your Kitchen

You can become a Champion for Change for your family by making meals and snacks packed with plenty of fruits and vegetables. You should also make sure your family is active every day.

Eating the right amount of fruits and vegetables is part of a low fat, high fiber diet. Eating these foods may lower your risk of serious problems like:

- obesity
- type 2 diabetes
- heart disease
- stroke
- certain types of cancer

The amount of fruits and vegetables that is right for you depends on your age, gender and how active you are. View the Suggested Cups of Fruits and Vegetables chart on page 4 to find out how many cups of fruits and vegetables each person in your family needs.

Don't forget to be active, too! Being active can give you more energy. And it can help to lower stress. It can also help you keep a healthy body weight. With just 30 minutes of physical activity every day, you can lower your risk of serious health problems. When we say physical activity, think of things like dancing, walking or doing yard work. Children need at least 60 minutes of physical activity every day.

Start using these low-cost, easy-to-make recipes today to keep your family healthy and happy!



Measurement Chart

Dash = $\frac{1}{8}$ teaspoon or less	
3 teaspoons = 1 tablespoon	1 fluid ounce = 2 tablespoons liquid
2 tablespoons = $\frac{1}{8}$ cup	8 fluid ounces = 1 cup
4 tablespoons = $\frac{1}{4}$ cup	2 cups = 1 pint
5 tablespoons + 1 teaspoon = $\frac{1}{3}$ cup	2 pints = 1 quart
8 tablespoons = $\frac{1}{2}$ cup	4 quarts = 1 gallon
16 tablespoons = 1 cup	16 ounces = 1 pound



Suggested Cups of Fruits *and* Vegetables



How many cups of fruits and vegetables do you need to eat every day? It depends on your gender, age and how active you are. The tables below are suggestions for less active people. Visit www.choosemyplate.gov to see what's needed by more active people.

Girls and Women

Age	Fruits	Vegetables	Total
2-3	1 cup	1 cup	2 cups
4-7	1 cup	1½ cups	2½ cups
8-10	1½ cups	1½ cups	3 cups
11-13	1½ cups	2 cups	3½ cups
14-18	1½ cups	2½ cups	4 cups
19-25	2 cups	2½ cups	4½ cups
26-50	1½ cups	2½ cups	4 cups
51+	1½ cups	2 cups	3½ cups

Boys and Men

Age	Fruits	Vegetables	Total
2-3	1 cup	1 cup	2 cups
4-5	1 cup	1½ cups	2½ cups
6-8	1½ cups	1½ cups	3 cups
9-10	1½ cups	2 cups	3½ cups
11-12	1½ cups	2½ cups	4 cups
13-14	2 cups	2½ cups	4½ cups
15-18	2 cups	3 cups	5 cups
19-20	2 cups	3½ cups	5½ cups
21-60	2 cups	3 cups	5 cups
61+	2 cups	2½ cups	4½ cups

Grab and Go!

You do not need to carry measuring cups with you to eat your recommended amounts of fruits and vegetables. The key to a healthy life is in your hands!



Balanced Breakfasts



This recipe promises to be a family favorite. Try fresh, canned, or frozen fruits for different flavors.

Makes 4 servings:
2 pancakes per serving
Prep time:
10 minutes
Cook time:
10 minutes

Banana Berry Pancakes

Ingredients

1 large banana, peeled and sliced
1 cup complete pancake mix
½ cup water
nonstick cooking spray

Topping

1 cup unsweetened frozen strawberries, thawed and sliced
2 tablespoons orange juice

Preparation

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

Topping

1. To make the topping, spray a pan with nonstick cooking spray and heat over medium heat.
2. Cook berries and orange juice for 3 minutes or until the berries are soft.
3. Spoon topping over pancakes and serve.

Nutrition information per serving:

Calories 109, Carbohydrate 24 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 182 mg

Apple Oatmeal

Ingredients

- 1¾ cups 100% apple juice
- 1 cup quick cooking oats
- 1 large apple, cored and cut into bite-size chunks
- ½ teaspoon ground cinnamon
- ⅛ teaspoon salt (optional)

Preparation

1. Combine all ingredients in a medium-size, microwave-safe bowl.
2. Place in microwave uncovered and cook on high for about 2 minutes.
3. Stir and let cool for 1 minute before serving.



A tasty recipe packed with good foods.

Makes 4 servings:

¾ cup per serving

Prep time:
10 minutes

Cook time:
2 minutes

Nutrition information per serving:

Calories 157, Carbohydrate 34 g, Dietary Fiber 4 g, Protein 3 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 78 mg

Huevos Rancheros *with Fresh Salsa*

A healthy version of a classic breakfast dish!

Ingredients

- 4 (6-inch) corn tortillas
- ½ tablespoon vegetable oil
- nonstick cooking spray
- 1½ cups egg substitute
- 2 tablespoons shredded Cheddar or Monterey Jack cheese
- 2 cups fresh salsa (see page 30)
- ⅛ teaspoon ground black pepper

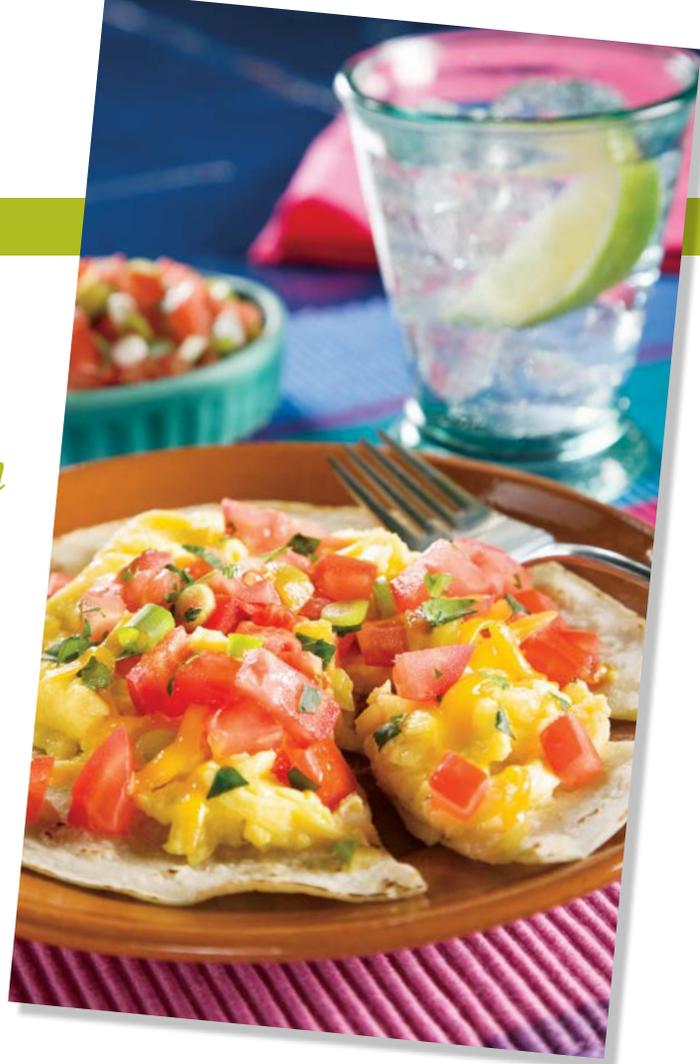
Preparation

1. Preheat oven to 450°F.
2. Lightly brush tortillas with oil on both sides and place on a baking sheet. Bake for 5 to 10 minutes or until tortillas are crisp on the edges and starting to brown. Remove from the oven and set aside.
3. Spray a large skillet with nonstick cooking spray.
4. Pour egg substitute into skillet. Cook over medium heat for 2 to 3 minutes until eggs are cooked through.
5. Place an equal amount of eggs on each tortilla and top each with ½ tablespoon of cheese.
6. Place under the broiler for about 2 minutes until cheese is melted. Spoon ½ cup fresh salsa on each tortilla and top with ground black pepper. Serve warm.

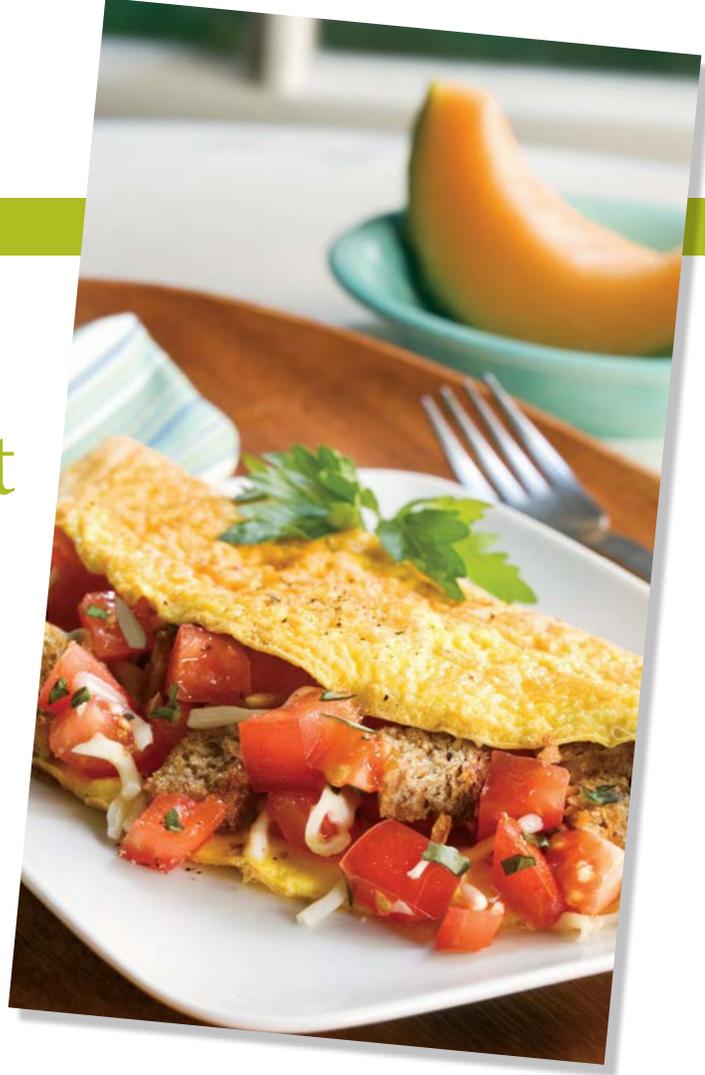
Makes 4 servings:
1 tortilla per serving
Prep time:
15 minutes
Cook time:
15 minutes

Nutrition information per serving:

Calories 146, Carbohydrate 16 g, Dietary Fiber 3 g, Protein 13 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 255 mg



Tomato *and* Garlic Omelet



This unique omelet includes vegetables and whole wheat bread for a balanced breakfast.

Ingredients

- ½ slice whole wheat bread
- ½ teaspoon olive oil
- 1 clove garlic, finely chopped
- nonstick cooking spray
- ¾ cup egg substitute
- 2 tablespoons grated part-skim Mozzarella cheese
- 1 large tomato, chopped
- 1 teaspoon dried basil

Preparation

1. Preheat oven to 300°F.
2. Cut the bread into cubes; toss with oil and garlic in a small bowl. Spread the cubes in a single layer on a baking sheet and toast in the oven for 15 to 25 minutes, or until golden brown, tossing once or twice. Transfer to a plate to cool.
3. Spray a medium pan with nonstick cooking spray and heat over medium-high heat. Pour in egg substitute.
4. When the egg begins to set, spread evenly across the bottom of the pan and reduce the heat to low.
5. Once the top layer of egg is almost cooked, sprinkle the cheese and basil on top and scatter the tomatoes and bread over half of the omelet; fold the unfilled omelet half over the filling. Slide the omelet on a plate and serve.

Nutrition information per serving:

Calories 235, Carbohydrate 18 g, Dietary Fiber 5 g, Protein 27 g, Total Fat 7 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 8 mg, Sodium 506 mg

Makes 1 serving:
1 omelet per serving
Prep time:
10 minutes
Cook time:
30 minutes

Lean Lunches



A protein-packed mixture of seasoned vegetables, black beans and cheese.

Makes 4 servings:
½ pita per serving
Prep time:
15 minutes

Black Bean *and* Corn Pitas

Ingredients

- 1 (15-ounce) can low-sodium black beans
- 1 cup frozen corn, thawed
- 1 cup fresh or no salt added canned tomatoes
- 1 avocado, chopped
- 1 clove garlic, finely chopped
- 1 teaspoon chopped fresh parsley
- ¼ teaspoon cayenne pepper or more to taste
- 2 teaspoons lemon juice
- ½ teaspoon chili powder
- 2 medium whole wheat pita pockets
- ⅓ cup shredded part-skim Mozzarella cheese

Preparation

1. Drain and rinse beans. In a medium bowl, combine beans, corn, tomatoes, avocado, and garlic. Add parsley, cayenne pepper, lemon juice, and chili powder.
2. Cut pita bread in half to form 4 pockets and spoon equal amounts of filling into each half. Top with cheese and serve.

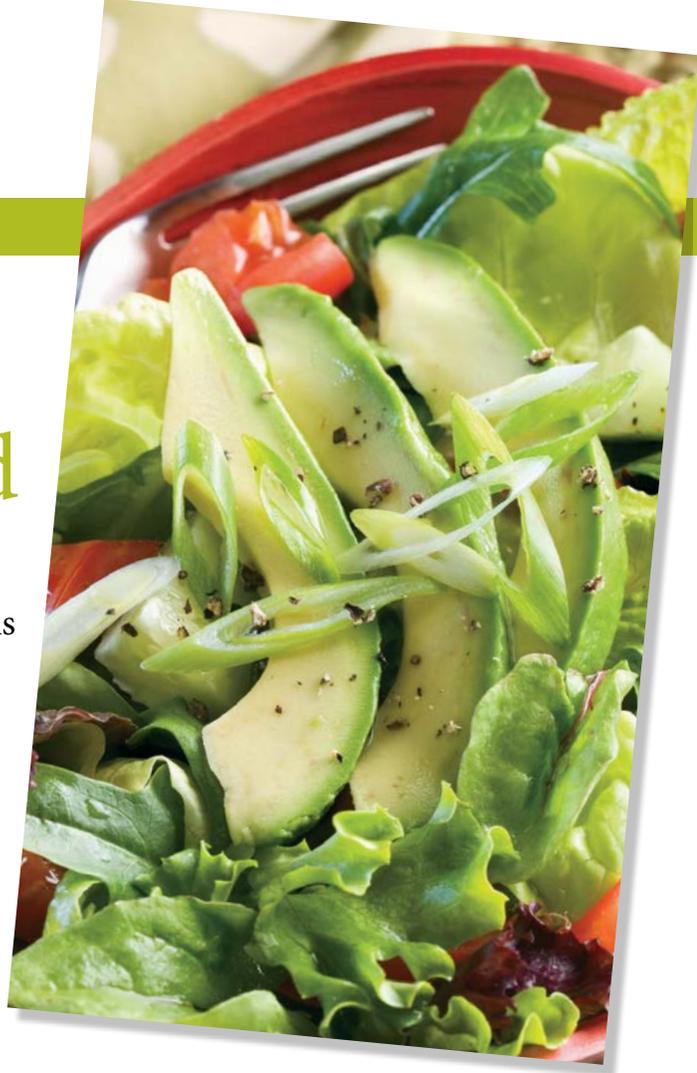
Nutrition information per serving:

Calories 352, Carbohydrate 54 g, Dietary Fiber 17 g, Protein 16 g, Total Fat 10 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 5 mg, Sodium 176 mg

Avocado Garden Salad

Ingredients

- 6 cups torn or cut mixed salad greens
- 3 medium tomatoes, chopped
- 5 green onions, chopped
- 1 small cucumber, peeled and chopped
- 2 tablespoons lemon juice
- $\frac{1}{3}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon ground black pepper
- $\frac{1}{2}$ teaspoon salt
- 1 large avocado, peeled



This salad is easy to fix, looks great on a plate and is delicious to eat.

Preparation

1. Mix salad greens, tomatoes, onions, and cucumber in a large serving bowl.
2. In a small bowl, mix lemon juice, garlic powder, ground black pepper, and salt. Pour over salad mixture and toss together.
3. Cut avocado in half lengthwise. Remove pit and peel avocado halves. Slice into thin wedges about $\frac{1}{8}$ -inch thick.
4. Arrange avocado slices on top of salad and serve immediately.

Makes 6 servings:

$1\frac{1}{2}$ cups per serving

Prep time:

20 minutes

Nutrition information per serving:

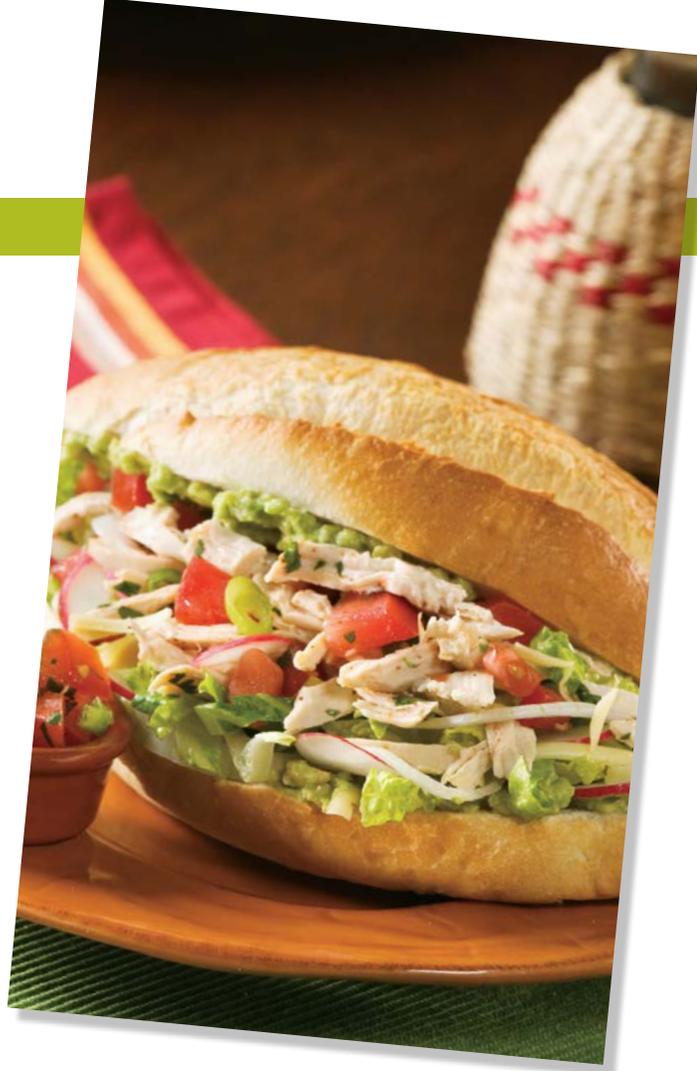
Calories 78, Carbohydrate 9 g, Dietary Fiber 4 g, Protein 2 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 222 mg

Recipe courtesy of the Produce for Better Health Foundation.

Chicken Tortas

Ingredients

- 2 cups cooked, shredded chicken
- 1 teaspoon chili powder
- 2 cups prepared fresh salsa (see page 30)
- 2 cups shredded romaine lettuce
- 4 thin slices white onion
- ½ cup shredded reduced fat Monterey Jack cheese
- 2 radishes, sliced
- 1 fresh avocado, mashed
- 4 bolillos or French bread rolls, cut in half lengthwise



Serve these sandwiches with sliced jalapeño peppers for a little added heat!

Makes 4 servings:

1 sandwich per serving

Prep time:

15 minutes

Preparation

1. In a medium bowl, combine chicken, chili powder and 1 cup fresh salsa.
2. In another medium bowl, combine lettuce, onion, cheese, and radishes.
3. Spread equal amounts of mashed avocado on each roll.
4. Place equal amounts of chicken and lettuce mixtures inside of each roll.
5. Spoon ¼ cup fresh salsa over lettuce and close sandwich. Serve immediately.

Nutrition information per serving:

Calories 379, Carbohydrate 32 g, Dietary Fiber 6 g, Protein 30 g, Total Fat 15 g, Saturated Fat 4 g, Trans Fat 0 g, Cholesterol 67 mg, Sodium 500 mg

Vegetable Quesadillas



Ingredients

- nonstick cooking spray
- ½ cup chopped green bell pepper
- ½ cup frozen corn, thawed
- ½ cup sliced green onion
- ½ cup chopped tomato
- 2 tablespoons chopped fresh cilantro
- 4 (6-inch) flour tortillas
- ½ cup shredded reduced fat Cheddar or Monterey Jack cheese

Preparation

1. Spray a medium skillet with nonstick cooking spray. Sauté bell pepper and corn until softened, about 5 minutes.
2. Add green onion and tomato; cook for several minutes more until heated through; stir in cilantro.
3. Heat tortillas in a large skillet over high heat. Place equal amounts of cheese and vegetables on each tortilla; fold in half and continue to cook until cheese is melted and tortilla is crisp and lightly browned. Serve while hot.

These quesadillas make a great meatless meal for a healthy lunch! Serve with red or green salsa and light sour cream.

Makes 4

servings:

1 tortilla
per serving

Prep time:

10 minutes

Cook time:

15 minutes

Nutrition information per serving:

Calories 134, Carbohydrate 20 g, Dietary Fiber 2 g, Protein 7 g, Total Fat 3 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 302 mg

Zesty Asian Chicken Salad

Ingredients

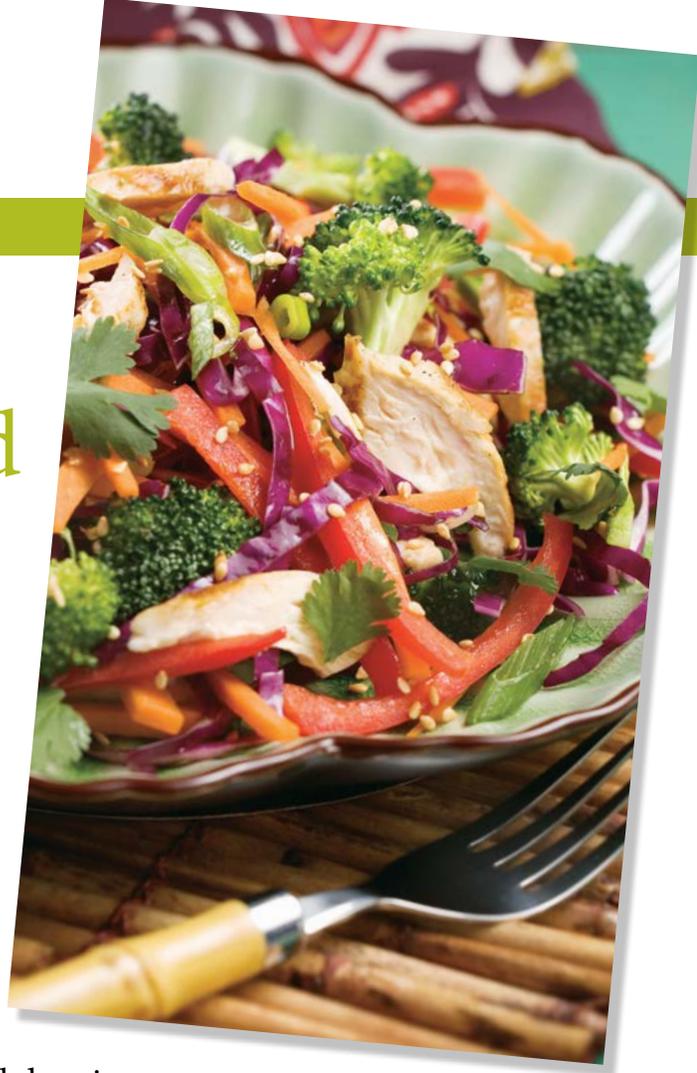
- 3 boneless, skinless chicken breasts, cooked and chilled
- 3 green onions, sliced
- 1½ cups small broccoli florets
- 2 medium carrots, peeled and cut into strips
- 1 red bell pepper, cut into strips
- 2 cups shredded cabbage
- ½ cup fat-free Asian or sesame salad dressing
- ¼ cup 100% orange juice
- ¼ cup chopped fresh cilantro

Preparation

1. Cut chicken breasts into small strips and place in a medium bowl with onions, broccoli, carrots, bell peppers, and cabbage.
2. In a small bowl, stir together dressing and juice. Pour over salad and toss well to coat. Stir in cilantro. Serve at room temperature.

A colorful salad packed with all kinds of healthy foods.

Makes 4 servings:
1 cup
per serving
Prep time:
20 minutes



Nutrition information per serving:

Calories 184, Carbohydrate 13 g, Dietary Fiber 4 g, Protein 22 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 55 mg, Sodium 456 mg

Tuna Apple Salad

Ingredients

- 2 (6-ounce) cans water packed tuna, drained
- 2 tablespoons finely chopped red onion
- 1 medium apple, cored and chopped
- ¼ cup chopped celery
- ¼ cup golden raisins
- 3 tablespoons fat-free Italian dressing
- 2 cups salad greens
- 2 medium whole wheat pitas

Preparation

1. In a small bowl, stir together tuna, onion, apple, celery, raisins, and 2 tablespoons of dressing.
2. In another medium bowl, toss together salad greens with remaining dressing.
3. Cut pitas in half to make 4 pita pockets.
4. Carefully fill pita pockets with equal amounts of salad greens and tuna salad. Serve.

Apples and raisins add a nice twist to tuna salad.

Makes 4 servings:
1 cup
per serving
Prep time:
15 minutes

Nutrition information per serving:

Calories 216, Carbohydrate 27 g, Dietary Fiber 4 g, Protein 25 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 26 mg, Sodium 544 mg



Dependable Dinners



This vegetable side dish tastes lively and is fast to fix.

Makes 5 servings:
1 cup per serving
Prep time:
10 minutes
Cook time:
5 minutes

Zucchini Sauté

Ingredients

1¼ pounds zucchini
(about 3 medium zucchini)
½ teaspoon olive oil
1 tablespoon dried oregano

2 cloves garlic, finely chopped
1 teaspoon grated lemon peel
1 tablespoon grated Parmesan cheese
¼ teaspoon ground black pepper

Preparation

1. Cut zucchini in half crosswise, then cut each half into 4 lengthwise sticks.
2. Heat oil in a heavy nonstick skillet over medium-high heat.
3. Add oregano and garlic, and sauté for about 2 minutes.
4. Add zucchini and lemon peel and sauté for about 3 minutes until zucchini is lightly browned.
5. Mix in Parmesan cheese and pepper. Serve warm.

Nutrition information per serving:

Calories 32, Carbohydrate 5 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 31 mg

BBQ Turkey in Pepper Shells



This dish is colorful and healthy. You can save money by using all green bell peppers.

Ingredients

- ¾ pound lean ground turkey
- 1 large onion, peeled and chopped
- 1 medium green bell pepper, seeded and chopped
- 1 (14½-ounce) can no salt added diced tomatoes
- 1 cup low-sodium canned black beans, drained and rinsed
- ½ cup prepared barbecue sauce
- 1 teaspoon garlic powder
- 1 teaspoon liquid smoke
- 3 bell peppers (any color)

Preparation

1. Brown ground turkey in a medium skillet over medium-high heat until no longer pink; drain excess fat.
2. Add onion and cook until tender, about 5 minutes.
3. Add all remaining ingredients except the whole bell peppers; simmer for 10 minutes over medium heat.
4. Meanwhile, cut the whole bell peppers in half lengthwise and remove the seeds. Place in a microwave safe dish with a small amount of water.
5. Cover and microwave bell peppers on high until crisp-tender, for about 5 minutes.
6. Remove peppers from the dish and place on a large plate. Spoon turkey mixture into bell pepper shells and serve.

Nutrition information per serving:

Calories 209, Carbohydrate 28 g, Dietary Fiber 7 g, Protein 17 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 38 mg, Sodium 404 mg

Makes 6 servings:

1 stuffed bell pepper shell half per serving

Prep time:

10 minutes

Cook time:

25 minutes

Vegetable Chicken Enchiladas



Full of fresh
vegetables
and loaded
with flavor.

Ingredients

- nonstick cooking spray
- 1 large onion, peeled and chopped
- 1 green bell pepper, seeded and chopped
- 1 large zucchini, chopped
- 1 cup cooked, chopped chicken breast
- $\frac{3}{4}$ cup red enchilada sauce
- 2 (8-ounce) cans no salt added tomato sauce
- 8 (6-inch) corn tortillas
- $\frac{2}{3}$ cup shredded reduced fat Monterey Jack cheese

Preparation

1. Preheat oven to 375°F.
2. Spray large skillet with nonstick cooking spray. Sauté onion for 5 minutes, stirring occasionally. Add bell pepper and zucchini; cook for 5 minutes more. Stir in chicken; set aside.
3. Meanwhile, combine enchilada sauce and tomato sauce in a small bowl; add $\frac{1}{2}$ cup to vegetable and chicken mixture.
4. Soften tortillas on the stovetop or in the microwave. Dip each tortilla in sauce and place equal amounts of vegetable and chicken mixture on one side. Roll up and place in a 13x9-inch baking pan. Pour remaining sauce over the top.
5. Cover loosely with foil and bake for 20 to 25 minutes. Remove cover and sprinkle cheese over top; bake for 5 minutes more. Serve while hot.

Makes 4 servings:

2 enchiladas
per serving

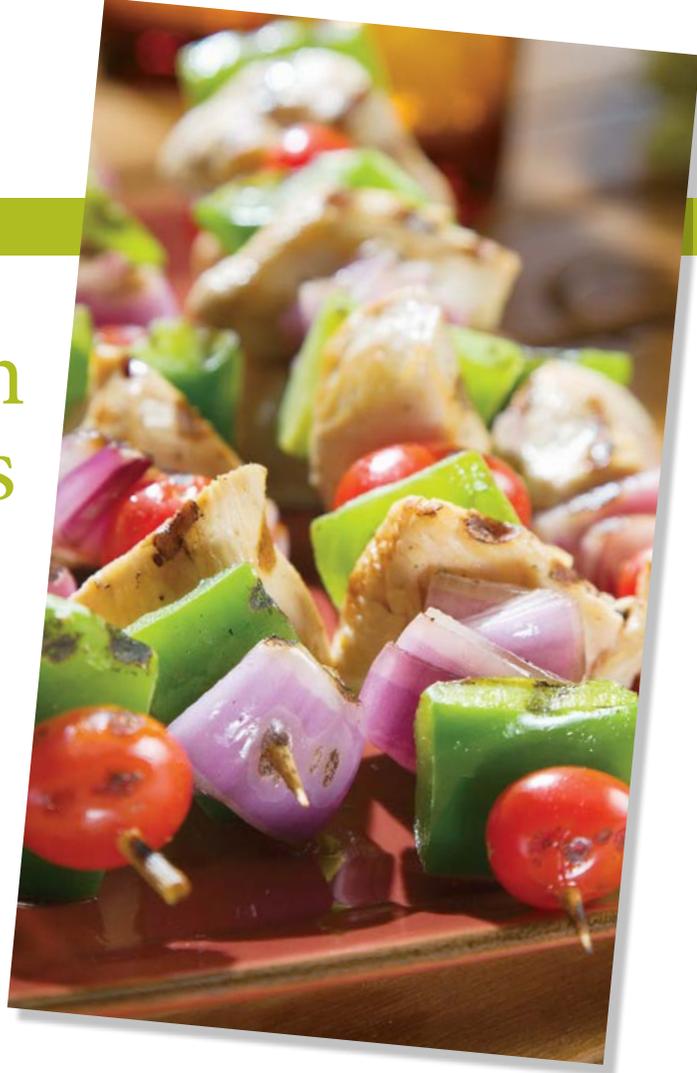
Prep time:
10 minutes

Cook time:
40 minutes

Nutrition information per serving:

Calories 311, Carbohydrate 41 g, Dietary Fiber 7 g, Protein 22 g, Total Fat 8 g, Saturated Fat 3 g, Trans Fat 0 g, Cholesterol 41 mg, Sodium 521 mg

Grilled Chicken Vegetable Kabobs



Ingredients

- 2 teaspoons olive oil
- 3 tablespoons fresh lemon juice
- ground black pepper to taste
- 1 pound boneless chicken breast without skin, cut into 2-inch cubes
- 4 wooden skewers
- 8 cherry tomatoes
- 12 whole bay leaves
- 1 medium onion, cut into 1-inch cubes
- 1 medium green bell pepper, cut into 1-inch cubes
- 2 cups cooked brown rice

Preparation

1. In a small bowl, mix olive oil, lemon juice and ground black pepper; pour over chicken and marinate one hour in the refrigerator.
2. To make skewers, thread tomato, chicken, bay leaf, onion, and bell pepper; repeat.
3. Grill over medium heat for 5 minutes on each side or until cooked through. Discard bay leaves before serving.
4. Serve each kabob over ½ cup of brown rice.

Try these kabobs at your next family barbecue.

Makes 4 servings:

1 skewer per serving

Prep time:

1 hour, 15 minutes

Cook time:

10 minutes

Nutrition information per serving:

Calories 297, Carbohydrate 29 g, Dietary Fiber 5 g, Protein 28 g, Total Fat 7 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 68 mg, Sodium 73 mg

Easy Turkey Skillet Dinner

Ingredients

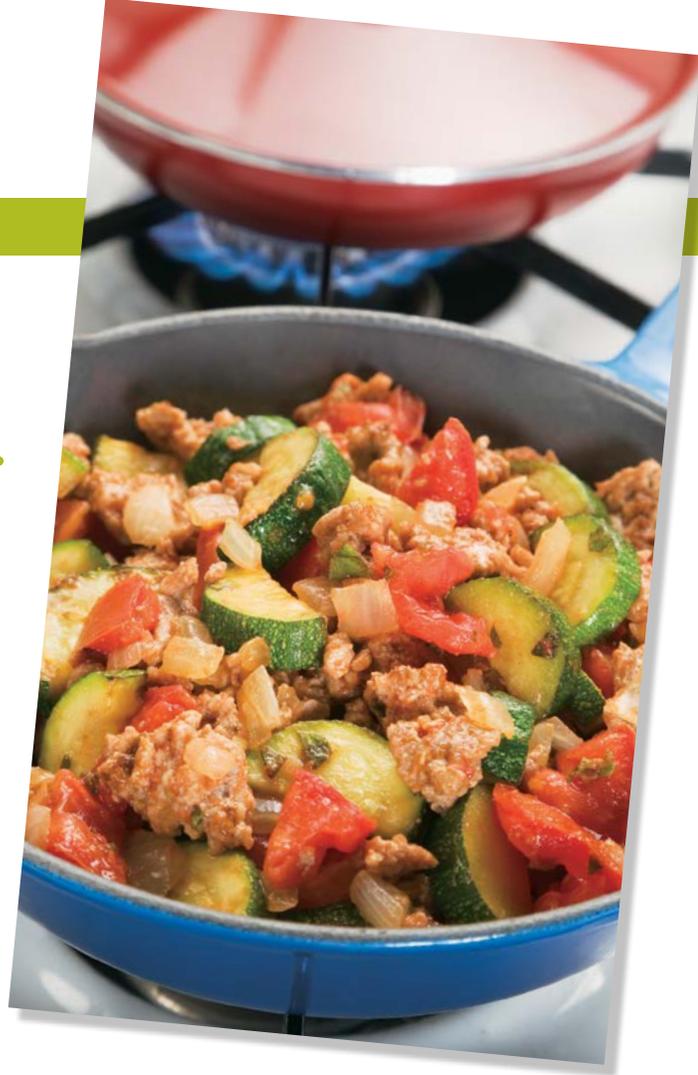
- nonstick cooking spray
- $\frac{3}{4}$ pound lean ground turkey
- 1 medium onion, peeled and chopped
- 3 tomatoes, chopped
- 3 tablespoons tomato paste
- 1 teaspoon each dried basil, oregano and garlic powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- 2 medium zucchini, sliced

Preparation

1. Spray nonstick cooking spray in a large skillet.
2. Brown turkey and onion over medium heat until turkey is cooked through and onion is soft, about 10 minutes.
3. Add tomatoes, tomato paste and seasonings. Simmer over medium heat for 10 minutes.
4. Add zucchini and cook for 5 minutes more. Serve while hot.

Serve this hearty meal with whole wheat bread and green salad.

Makes 4 servings:
1 cup per serving
Prep time:
5 minutes
Cook time:
25 minutes



Nutrition information per serving:

Calories 181, Carbohydrate 13 g, Dietary Fiber 4 g, Protein 21 g, Total Fat 6 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 57 mg, Sodium 462 mg

Rosemary Lemon Chicken *with* Vegetables

Ingredients

- ½ pound small red potatoes (about 3 potatoes), rinsed and cubed
- 1½ cups baby carrots
- 1 cup green beans, trimmed
- 2 boneless, skinless chicken breasts, halved (about 1 pound)
- 1 tablespoon olive oil
- ¼ cup lemon juice, divided
- 2 tablespoons honey¹
- 1 tablespoon chopped fresh rosemary or 1 teaspoon dried rosemary
- 1 teaspoon grated lemon peel
- ¼ teaspoon ground black pepper

Preparation

1. In a medium pot, bring 8 cups of water to a boil.
2. Add potatoes, carrots, and green beans and cook for 5 minutes; drain and set aside.
3. Cut chicken breasts in half. Place olive oil and chicken breasts in a medium skillet; cook over medium heat for 5 minutes on each side.
4. Add potatoes, carrots, green beans, and all remaining ingredients to skillet, except 2 tablespoons lemon juice.
5. Cook over low heat for 5 minutes more or until chicken is fully cooked. Add remaining lemon juice to taste and serve.

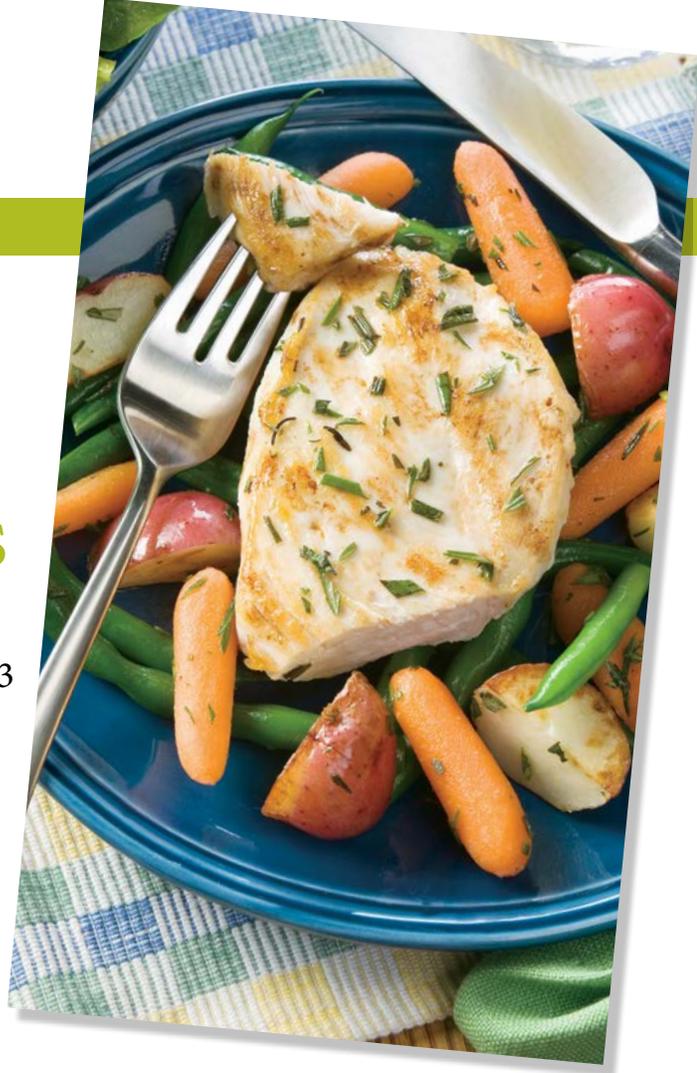
Nutrition information per serving:

Calories 276, Carbohydrate 26 g, Dietary Fiber 4 g, Protein 27 g, Total Fat 7 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 68 mg, Sodium 103 mg

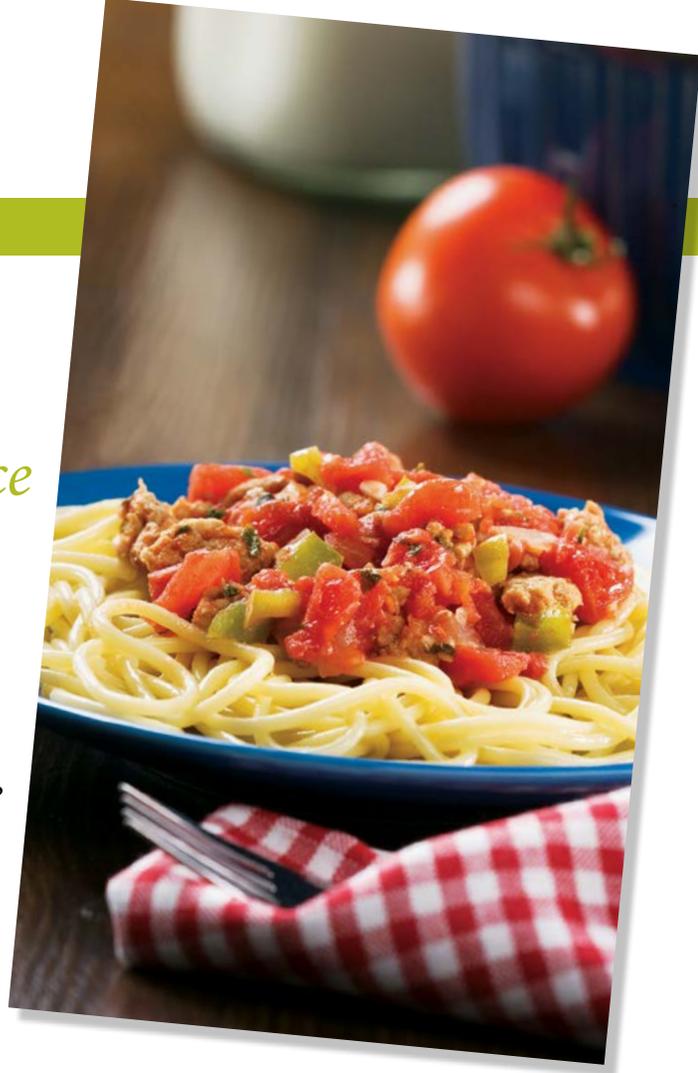
¹Do not give honey to children under the age of one.

This meal goes great with a crisp green salad.

Makes 4 servings:
½ chicken breast and 1 cup vegetables per serving
Prep time:
10 minutes
Cook time:
25 minutes



Spaghetti *with* Turkey *Meat Sauce*



Top your pasta with this healthy version of a classic Italian dish.

Ingredients

- nonstick cooking spray
- $\frac{3}{4}$ pound lean ground turkey
- 2 (14½-ounce) cans diced tomatoes, juice reserved
- 1 green bell pepper, finely chopped
- 1 cup finely chopped onion
- 2 cloves garlic, finely chopped
- 1 teaspoon crushed dried oregano
- 1 teaspoon ground black pepper
- 1 pound spaghetti noodles

Preparation

1. Spray a large skillet with nonstick cooking spray. Preheat skillet over medium heat.
2. Add turkey and cook, stirring occasionally for 5 to 10 minutes or until cooked through. Drain fat.
3. Stir in tomatoes with their juice, bell pepper, onion, garlic, oregano, and ground black pepper. Bring to a boil and reduce heat. Cover and simmer for 15 minutes, stirring occasionally.
4. Meanwhile, cook spaghetti according to package directions; drain well. Serve sauce over spaghetti.

Makes 8 servings:
1½ cups per serving
Prep time:
10 minutes
Cook time:
30 minutes

Nutrition information per serving:

Calories 346, Carbohydrate 57 g, Dietary Fiber 5 g, Protein 20 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 28 mg, Sodium 162 mg

Simple Fish Tacos



Ingredients

- 1 pound cod or white fish fillets, cut into 1-inch pieces
- 1 tablespoon olive oil
- 2 tablespoons lemon juice
- ½ package taco seasoning
- 12 (6-inch) warmed corn tortillas
- 1 cup shredded red cabbage
- 1 cup shredded green cabbage
- 2 cups chopped tomatoes
- ½ cup nonfat sour cream
- taco sauce to taste
- lime wedges for serving (optional)

Preparation

1. In a medium bowl, combine fish, olive oil, lemon juice, and seasoning mix; pour into a large skillet.
2. Cook, stirring constantly, over medium-high heat for 4 to 5 minutes or until fish flakes easily when tested with a fork.
3. Fill tortillas with fish mixture.
4. Top with cabbage, tomato, sour cream, and taco sauce. Serve with lime wedge, if desired.

Nutrition information per serving:

Calories 239, Carbohydrate 32 g, Dietary Fiber 4 g, Protein 19 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 42 mg, Sodium 247 mg

Recipe courtesy of the Produce for Better Health Foundation.

Make your own restaurant-style fish tacos at home for a light and healthy dinner.

Makes 6 servings:
2 tacos per serving
Prep time:
20 minutes
Cook time:
5 minutes

Savory Greens



You do not have to boil your greens for hours; in fact, doing this pulls nutrients out of them. Save time and nutrients by cooking greens for only one-half hour.

Ingredients

- 3 cups water
- ¼ pound skinless, smoked turkey breast
- ¼ cup chopped onion
- 1 tablespoon chopped and seeded jalapeño pepper (optional)
- 2 cloves garlic, crushed
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground cloves
- ½ teaspoon dried thyme
- 1 green onion, chopped
- 1 teaspoon ground ginger
- 2 pounds greens
(mixture of mustard greens, collard greens, kale, and turnip greens)

Makes 6 servings:

1 cup per serving

Prep time:
10 minutes

Cook time:
30 minutes

Preparation

1. Place all ingredients except greens into a large pot and bring to a boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Tear or slice greens into bite-size pieces.
4. Add greens to turkey stock. Cook 20 to 30 minutes until tender. Serve while hot.

Nutrition information per serving:

Calories 69, Carbohydrate 10 g, Dietary Fiber 4 g, Protein 7 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 9 mg, Sodium 267 mg

Adapted from a recipe courtesy of National Heart Lung and Blood Institute.

Desserts



Use fresh orange segments and kiwifruit slices when winter fruits are in season.

Makes 4 servings:
¼ recipe per serving
Prep time:
15 minutes

Fruit Dip

Ingredients

- 1 (8-ounce) container low fat vanilla yogurt
- 2 tablespoons 100% orange juice
- 1 tablespoon lime juice
- ½ tablespoon brown sugar
- 2 medium red apples, cored and sliced
- 1 medium pear, cored and sliced
- 1 medium plum, sliced
- 8 large strawberries

Preparation

1. In a small bowl, combine yogurt, orange juice, lime juice, and brown sugar; mix well.
2. Serve dip in a bowl on a large plate and surround with fruit.

Nutrition information per serving:

Calories 140, Carbohydrate 32 g, Dietary Fiber 4 g, Protein 4 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 40 mg

Paradise Freeze

Ingredients

- 1 large banana
- 2 cups strawberries
- 2 ripe mangos, chopped
- ½ cup of ice cubes

Preparation

1. Combine all ingredients in a blender or food processor container. Blend until mixture is smooth.
2. Pour into glasses and serve.



This dessert is simple to make, using just a few ingredients and a blender.

Makes 4 servings:
1 cup per serving
Prep time:
5 minutes

Nutrition information per serving:

Calories 121, Carbohydrate 31 g, Dietary Fiber 4 g, Protein 1 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 3 mg

Peach Crumble



A light and healthy dessert that takes just minutes to prepare.

Ingredients

- nonstick cooking spray
- 4 (15-ounce) cans juice packed peach slices, drained¹
- 2 tablespoons cornstarch
- 1 teaspoon vanilla
- 1¼ teaspoons ground cinnamon
- ⅔ cup old fashioned oats
- ¼ cup brown sugar
- ⅓ cup flour
- 2½ tablespoons butter

Preparation

1. Preheat oven to 400°F.
2. Spray a 9-inch deep dish pie pan with nonstick cooking spray and pour peaches in the pan.
3. In a small bowl, stir in cornstarch, vanilla and 1 teaspoon cinnamon; pour the mixture over peaches.
4. In a large bowl, mix the remaining cinnamon, oats, brown sugar, flour, and butter with a fork until crumbly; sprinkle over peaches.
5. Bake for 20 to 25 minutes or until juices are thickened and bubbly, and topping is lightly browned. Serve while hot.

Makes 12

servings:

½ cup
per serving

Prep time:

5 minutes

Cook time:

25 minutes

Nutrition information per serving:

Calories 139, Carbohydrate 28 g, Dietary Fiber 3 g, Protein 2 g, Total Fat 3 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 6 mg, Sodium 25 mg

¹Canned fruit packed in 100% fruit juice.

Simple Snacks and Drinks



Purée canned chickpeas, garlic and seasonings for a quick veggie dip.

Chickpea Dip *with Fresh Vegetables*

Ingredients

1 (15-ounce) can chickpeas (known as garbanzo beans), drained and rinsed
3 cloves garlic
¼ cup plain low fat yogurt
1 tablespoon lemon juice

1 teaspoon olive oil
¼ teaspoon salt
¼ teaspoon paprika
⅛ teaspoon ground black pepper
1 medium carrot, sliced
2 medium celery stalks, sliced
½ cup snap peas

Preparation

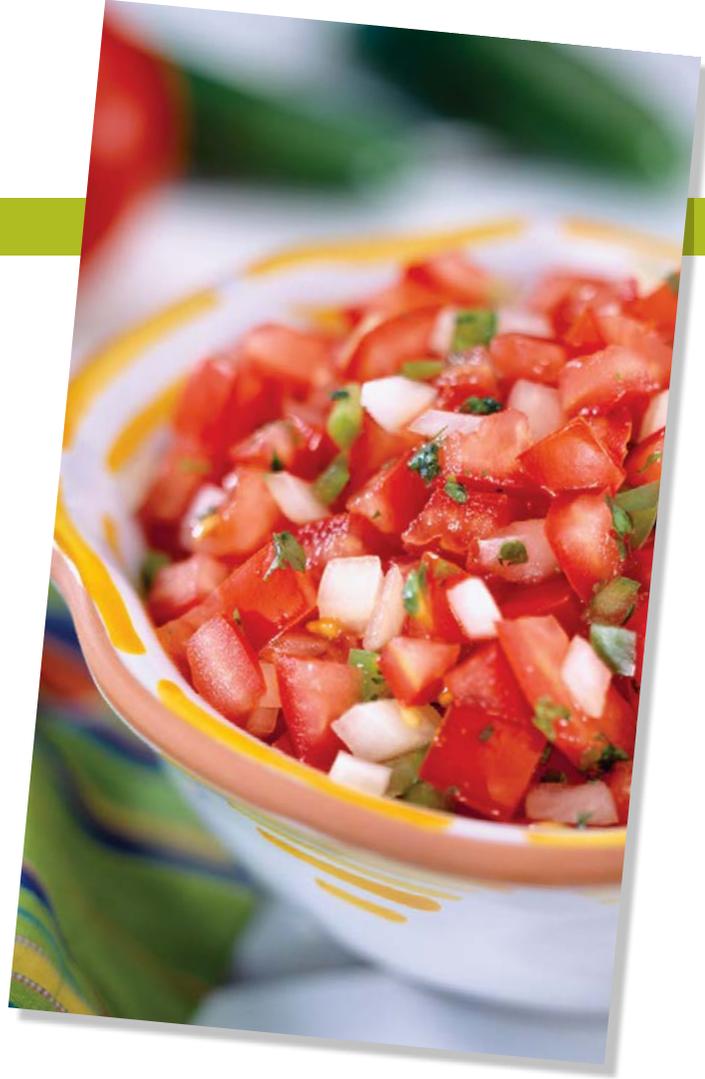
1. Put the first eight ingredients into a food processor and blend until smooth. Serve at room temperature with vegetable slices and snap peas.

Makes 4 servings:
2 tablespoons per serving
Prep time:
15 minutes

Nutrition information per serving:

Calories 211, Carbohydrate 34 g, Dietary Fiber 8 g, Protein 11 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 336 mg

Fresh Salsa



Fresh tasting
with just a bit
of heat.

Ingredients

- 1 pound ripe tomatoes (about 2 medium tomatoes), chopped
- 1½ cups chopped onion
- ⅓ cup chopped fresh cilantro
- 3 jalapeño peppers, seeds removed and chopped
- 2 tablespoons lime juice
- 2 cloves garlic, finely chopped
- ¼ teaspoon salt

Preparation

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

**Makes 6
servings:**

½ cup
per serving

Prep time:
20 minutes

Nutrition information per serving:

Calories 34, Carbohydrate 8 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 105 mg

Veggie *Tortilla* Roll-Ups

Enjoy fresh veggies and flavored cream cheese in an easy-to-eat wrap! Cut into thick slices and serve as a snack.

Makes 4 servings:
1 tortilla roll per serving
Prep time:
20 minutes

Ingredients

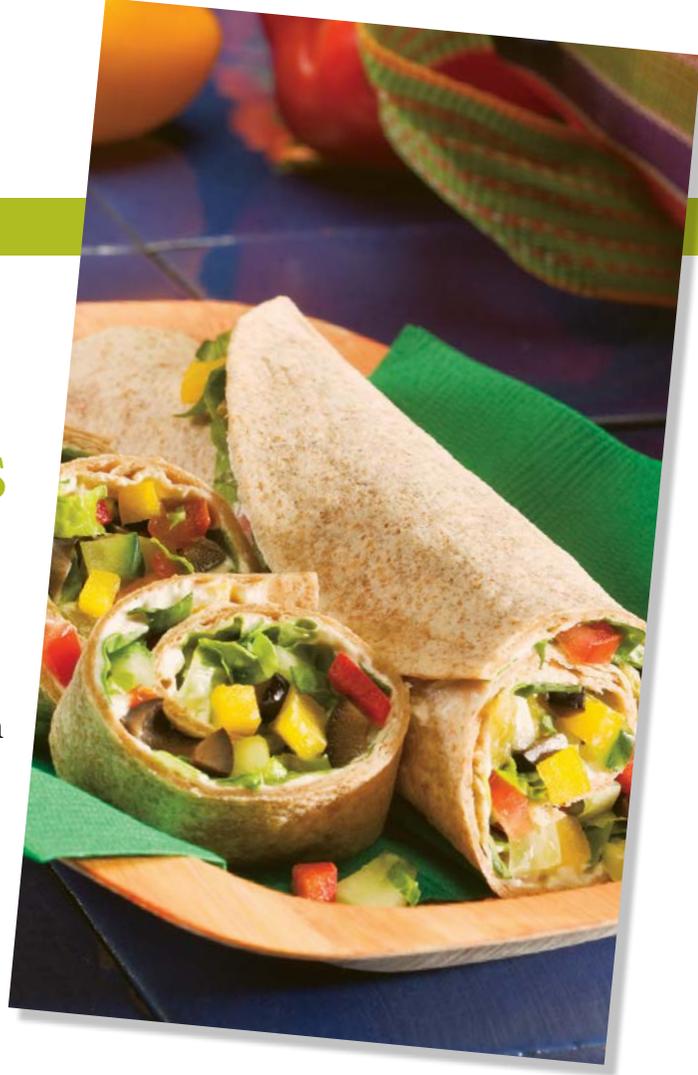
- 4 (7-inch) whole wheat tortillas
- 8 tablespoons ($\frac{1}{2}$ cup) nonfat cream cheese
- 2 cups shredded romaine lettuce or fresh chopped spinach
- 1 cup chopped tomato
- $\frac{1}{2}$ cup chopped bell pepper (red, green, orange, yellow, or a mixture)
- $\frac{1}{2}$ cup chopped cucumber
- $\frac{1}{4}$ cup diced canned green chiles
- $\frac{1}{4}$ cup sliced ripe olives, drained

Preparation

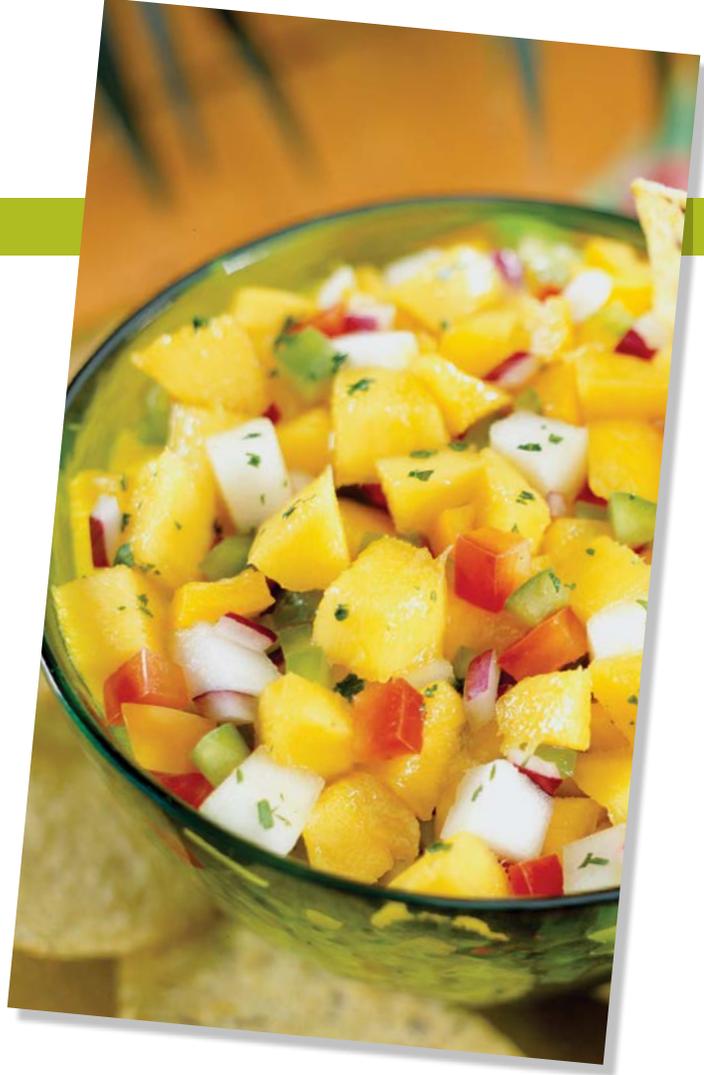
1. Spread each tortilla with 2 tablespoons of cream cheese.
2. Top with equal amounts of vegetables.
3. Roll up tightly to enclose filling and serve.

Nutrition information per serving:

Calories 128, Carbohydrate 20 g, Dietary Fiber 4 g, Protein 8 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 427 mg



Pear Mango Salsa



A tropical twist on a traditional favorite.

Ingredients

- 2 medium pears, peeled, cored, and cut into small chunks
- ½ mango, peeled, seeded, and cut into small chunks
- ⅓ cup finely chopped yellow bell pepper
- ⅓ cup finely chopped red bell pepper
- ¼ cup finely chopped red onion
- 1 small jalapeño pepper, seeded and finely chopped
- 3 tablespoons finely chopped fresh cilantro
- 2 teaspoons vegetable oil
- lime juice to taste
- salt to taste

Makes 6 servings:

¼ cup per serving

Prep time:
30 minutes

Preparation

1. Mix all ingredients in a bowl and refrigerate in a covered container for at least 30 minutes or up to 3 hours before serving.
2. Serve with tortilla chips, quesadillas, or grilled or roasted meats or fish.

Nutrition information per serving:

Calories 65, Carbohydrate 13 g, Dietary Fiber 3 g, Protein 1 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0g, Cholesterol 0 mg, Sodium 100 mg

Recipe courtesy of the California Pear Advisory Board.

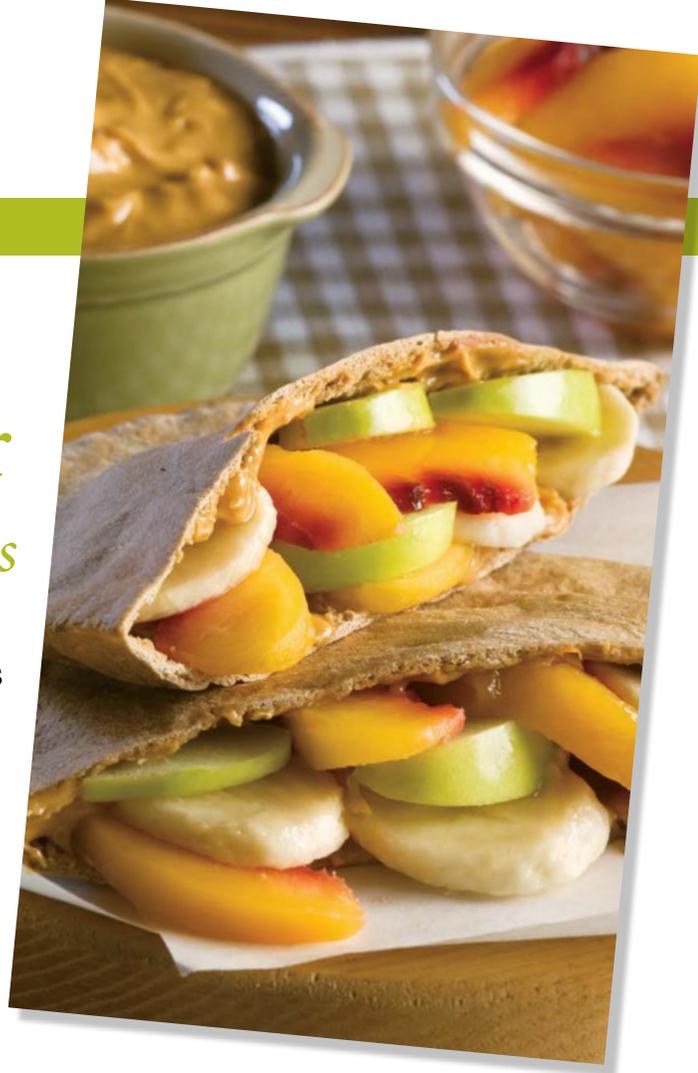
Peachy Peanut Butter Pita Pockets

Ingredients

- 2 medium whole wheat pita pockets
- ¼ cup reduced fat chunky peanut butter
- ½ apple, cored and thinly sliced
- ½ banana, thinly sliced
- ½ fresh peach, thinly sliced

Preparation

1. Cut pitas in half to make 4 pockets and warm in the microwave for about 10 seconds to make them more flexible.
2. Carefully open each pocket and spread a thin layer of peanut butter on the inside walls.
3. Fill with a combination of apple, banana and peach slices. Serve at room temperature.



Delicious,
nutritious,
and sure to be
a kid favorite!

Makes 4 servings:
½ pita pocket
per serving
Prep time:
10 minutes
Cook time:
10 seconds

Nutrition information per serving:

Calories 180, Carbohydrate 26 g, Dietary Fiber 4 g, Protein 7 g, Total Fat 7 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 217 mg

Acknowledgements



The recipes and resources in this cookbook were made available by the California Department of Public Health's Network for a Healthy California. For more tips on nutrition and how to be active, please visit www.cachampionsforchange.cdph.ca.gov. CalFresh (formerly Food Stamps) provides assistance to low-income households and can help buy nutritious foods for better health. For information about the CalFresh program, call **1-877-847-3663**. The Network for a Healthy California would like to thank those who helped develop this cookbook.

For more information about CalViva Health's weight control programs and services, please contact the Health Education Department at **1-800-804-6074** (TTY/TDD: **1-800-431-0964**).





This information is not intended as a substitute for professional medical care. Please always follow your health care provider's instructions. Programs and services are subject to change.

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