



...a feast for the eyes to make healthy eating fun!

GREEN

Sunshine Spinach Salad

Preparation Time: 10 minutes **Serves:** 5

1 Cup of Fruits and Vegetables per Serving

Ingredients:

5 cups spinach leaves, washed
½ red onion, sliced thin
½ red pepper, sliced
1 cucumber, sliced
2 oranges, peeled and chopped into bite-size pieces
1/3 cup vinaigrette dressing, low-fat



Directions:

Slice all ingredients (besides spinach). Toss all ingredients together in large bowl. Add dressing and toss again. Serve.

Simple Guacamole

Preparation Time: 15 minutes **Serves:** 8

½ Cup of Fruits and Vegetables per Serving

Ingredients:

2 cups avocado (or about 2 California Avocados)
½ teaspoon salt
3 tablespoons fresh lemon or lime juice
2 tablespoons minced cilantro
½ cup diced tomatoes
3 tablespoons chopped onion
7 oz. can corn, drained
1 jalapeno pepper, minced (optional)
1 clove garlic, finely chopped



Directions:

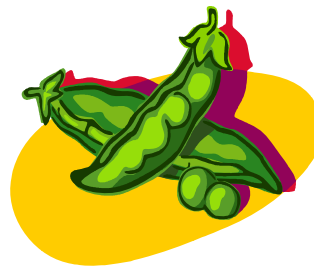
Cut the avocados in half and remove the seed. Scoop out the pulp and place in a bowl. Drizzle the pulp with lemon or lime juice and mash. Combine with the remaining ingredients, mix well and serve.

Credit: www.fruitsandveggiesmorematters.org



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Green Peas, Potatoes & Ham

Preparation time: 20- 30 minutes **Serves:** 4
Cups of Fruits and Vegetables per Serving: ½ cup

Ingredients:

1 teaspoon olive oil
2 cups potatoes, peeled and diced
1 slice lunchmeat ham, minced
1 cup green peas, fresh or frozen, thawed
Black pepper to taste

Directions:

Cook the potatoes in boiling salted water until almost tender, about 8 minutes. Add the peas and cook 2 minutes. Drain. Add the ham and olive oil to the vegetable mixture. Season with black pepper and serve.

Credit: Recipe courtesy of Produce for Better Health Foundation (PBH). This recipe meets PBH and Center for Disease Control and Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.

Sassy Green Beans

Preparation time: 20minutes **Serves:** 4
Cups of Fruits and Vegetables per Serving: ½ cup

Ingredients:

1 bag (10 ounces) frozen green beans
1 cup chunky salsa
Black pepper to taste

Directions:

Cook green beans per package directions (in microwave or steam). Stir in salsa, add pepper to taste, serve.

