

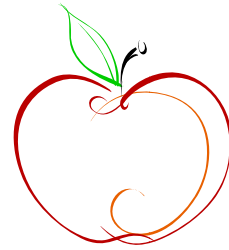


...a feast for the eyes to make healthy eating fun!

RED

Apple and Bow Tie Salad

Preparation time: 20 minutes **Serves:** 4
Cups of Fruits and Vegetables per Serving: 1 ½



Ingredients:

- 1 cup bowtie pasta, dry
- 1 large apple
- 2 tablespoons orange juice
- ¼ cup shredded cheddar cheese, reduced fat
- 12 cherry tomatoes cut in half
- 4 cups romaine lettuce
- 1/3 cup light ranch salad dressing

Directions:

Bring medium size pot of water to boil and add bowtie pasta. Simmer 11 minutes until pasta is tender. Drain pasta and cool.

Cut apple in quarters. Remove core and slice into 1/4 inch pieces. Place sliced apples into small bowl, add orange juice and stir so juice covers all apple slices.

Shred cheese.

Cut tomatoes into halves. In large salad bowl, add romaine lettuce, tomatoes, apples with juice, cheese and pasta.

Add dressing and toss, coating all ingredients. Serve.

Credit: Recipe was developed for the Produce for Better Health Foundation by Chef Mark Goodwin, CEC, CNC. This recipe meets PBH and Center for Disease Control and Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.

Quick Red Bean and Corn Tacos

Preparation time: minutes **Makes:** 6-8 tacos
Cups of Fruits and Vegetables per Serving: ¾



Ingredients:

- 1 can red beans (kidney, pinto, etc), rinsed and drained
- 1 ½ cups frozen corn, thawed
- 12 ounces chunky salsa
- Fresh cilantro, chopped
- 1 teaspoon cumin
- Juice of ½ lime
- 8-10 slices fat free American cheese or 8-10 ounces shredded cheddar cheese
- 8-10 small tortillas (preferable whole wheat)

Directions:

Mix together all ingredients except cheese and tortillas. Refrigerate for 2 hours or more, if desired, to develop flavor. Place 1 slice or 1 ounce of cheese on each tortilla. Top with ¾ cup bean and corn mixture. Fold or roll tacos, place on microwave safe dish. Heat in microwave until warm and cheese melts, about 1 to 2 minutes per taco.



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RED

Fresh Fruit Salsa

Preparation Time: 10 minutes

Serves: 4

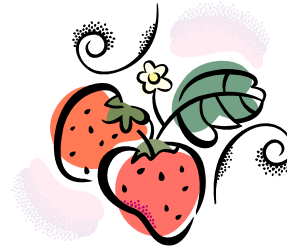
1 Cup of Fruits and Vegetables per Serving

Ingredients:

- 1 cup strawberries, diced
- 1 banana, diced
- 1 kiwi, peeled and diced
- 1 apple, cored and diced
- 2 Tbsp lemon juice
- ¼ tsp nutmeg
- ¼ tsp cinnamon
- ¼ tsp sugar

Directions:

Combine fruits in medium mixing bowl and add lemon juice. Stir in sugar, nutmeg and cinnamon. Mix well. Refrigerate until serving time.



10 Minute Veggie Soup

Preparation time: 10 minutes; allow to rest for 5 minutes before serving

Cups of Fruits and Vegetables per Serving: ½

Serves: 6

Ingredients:

- 2 29-oz.cans low-sodium chicken broth
- 1 14.5-oz. can diced tomatoes – no salt added
- 1 teaspoon dried basil
- ½ teaspoon onion powder
- ¾ cup macaroni, dry
- 3 cups frozen mixed vegetables
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

Directions:

Combine chicken broth, diced tomatoes, basil, and onion powder. Bring to a simmer and add pasta and frozen vegetable mix (broccoli, cauliflower, and carrot mix is great in this recipe). Cook for 6 minutes and remove from heat.

Note: Pasta will not be cooked all the way through. Let soup sit for 5 minutes, and pasta will become soft. Soup will then be ready to serve.



Credit: www.fruitsandveggiesmorematters.org