



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

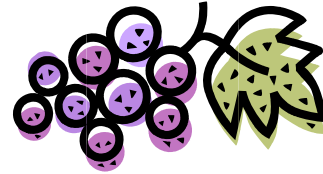
## BLUE

### Broiled Grapes

**Preparation time:** 25 minutes    **Serves:** 4-6  
Cups of Fruits and Vegetables per Serving: ½

#### Ingredients:

6 medium clusters grapes, seedless  
Cooking spray  
6 rosemary sprigs  
6 thyme sprigs



#### Directions:

Preheat broiler to medium. Wash and thoroughly pat the grapes dry with paper towels. Spray with cooking spray. Tuck a rosemary and thyme sprig into each grape cluster.  
Broil, turning every 5 minutes, for 15 to 20 minutes, or until the grapes develop dark spots or a few start to split.

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### Beans and Butternut

**Preparation time:** 20 minutes    **Serves:** 8  
Cups of Fruits and Vegetables per Serving: ½

#### Ingredients:

3 cups 1 inch cubes butternut squash\*  
1 tablespoon canola oil  
½ medium onion, chopped  
½ teaspoon ground cumin  
¼ teaspoon cinnamon  
½ teaspoon salt  
1 15 ½ ounce can black beans, rinsed and drained

#### Directions:

Place squash in microwave safe dish. Add ¼ cup water and microwave on high until soft – about 7 minutes. Heat oil in large skillet over medium heat. Saute onions for 5 minutes. Add remaining ingredients and stir to combine. Heat through.  
\*For easy preparation, wash a whole butternut squash. With a heavy knife, cut off stem, then slice “neck” into 2” thick pieces. Peel each piece and the “bowl” using a vegetable peeler, then cut into cubes.

*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.*

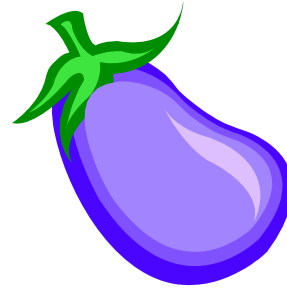


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### Galloping Good Eggplant

**Preparation time:** 25 Minutes      **Serves:** 1  
Cups of Fruits and Vegetables per Serving: 1



#### Ingredients:

½ cup eggplant, diced  
½ cup fresh mushrooms, diced  
¾ cup fresh tomatoes, chopped  
3 seconds butter-flavored cooking oil spray  
¾ oz. fat-free mozzarella cheese (use a string cheese stick)

#### Directions:

Spray skillet with cooking oil. Sauté eggplant, mushrooms, and tomatoes in skillet until tender but cooked. Drain off extra juice and top with shredded or 'peeled' cheese. Let it melt.

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### Creamy Blueberry Shake

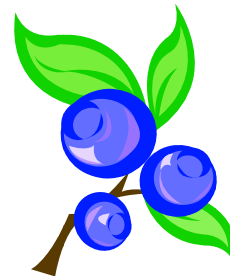
Serves: 4

#### Ingredients:

2 cups blueberries, fresh or frozen (washed and sorted if fresh)  
2 small bananas, ripe  
1/3 cup honey  
2 Tbs. lemon juice  
1 ½ cups vanilla yogurt, low-fat  
1 cup vanilla ice cream, low-fat  
4 sprigs mint

#### Directions:

Combine blueberries, bananas, honey and lemon juice and purée on HIGH speed in blender. Add yogurt and ice cream and blend until thick and smooth. Serve immediately in cold glasses decorated with sprigs of mint.



Credit: [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

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