



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

ORANGE

Pumpkin Pudding

Preparation time: 10 minutes **Serves:** 4

Cups of Fruits and Vegetables per Serving: ¼ cup



Ingredients:

- 1 cup canned or cooked pumpkin
- 1 package sugar-free instant vanilla pudding mix
- 1 teaspoon pumpkin pie spice
- 1 cup evaporated skim milk
- 1 cup skim milk

Directions:

In a mixing bowl, combine all ingredients. Blend together until smooth; place in individual dishes and chill until set.

Roasted Sweet Potatoes and Chicken

Preparation time: 20 minutes, cook time 40-45 minutes **Serves:** 6

Cups of Fruits and Vegetables per Serving: 1 cup

Ingredients:

- 6 boneless, skinless chicken breasts
- 3 medium fresh sweet potatoes
- 1 pound baby carrots
- 1 medium onion
- 1/3 cup maple syrup
- 1/3 cup chicken broth

Directions:

Preheat oven to 450° F. Scrub sweet potatoes, peel if desired, cut into 2 inch chunks. Cut onion into wedges. Line 9"x13" roasting or sheet pan with aluminum foil or coat with cooking spray. Place sweet potatoes, carrots, onions in pan, top with chicken breasts. Stir together maple syrup and chicken broth, pour over chicken. Place in oven and roast for 20 minutes, stir vegetables and turn chicken breasts, cook for additional 20 minutes or until chicken is done when pierced with a fork and vegetables are tender.





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Sweet Potato Fries

Serves: 4

Ingredients:

3 sweet potatoes
1/2 teaspoon salt
1/4 teaspoon pepper
1 tablespoon vegetable oil

Directions:

Preheat oven to 400°F. Cut each potato in half lengthwise, and then cut each half into wedges. In a small bowl, combine salt and pepper. In a large bowl, combine the cut potatoes, salt and pepper mixture and oil. Toss until potatoes are evenly coated. Arrange potatoes in a single layer on a baking sheet. Bake until Edges are crisp and potatoes cooked through, about 30 minutes. Refrigerate leftovers.



Source: Just Say Yes to Fruits and Veggies is a USDA Supplemental Nutrition Education Program (SNAPed).

Glazed Carrots

Preparation Time: 25 minutes, cook time 15 minutes

1 ¼ Cup of Fruits and Vegetables per Serving

Serves: 6

Ingredients:

Medium carrots (2 lbs), peeled and ends removed
or baby carrots
1 tsp butter, unsalted
½ Tbsp olive oil
2 Tbsp 100% orange juice
½ tsp salt
¼ tsp cinnamon
¼ tsp cayenne pepper

Directions:

Slice carrots to create 'coin-like' pieces. Heat butter and olive oil in a skillet. Add carrots and sauté for 5 minutes. Add the rest of the ingredients to skillet. Cook until carrots are tender and liquid is absorbed, about 15 minutes. Slightly cool and serve.



Credit: www.fruitsandveggiesmorematters.org