



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

## YELLOW/WHITE

### Simple Cauliflower Soup

**Preparation Time:** 30-40 minutes **Serve:** 6  
Cups of fruits and vegetables per serving: 1 ½

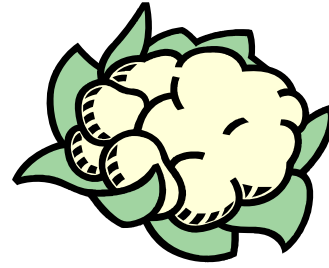
#### Ingredients:

2 tablespoons unsalted butter  
1 onion, chopped  
1 head cauliflower, broken into small florets  
1 potato, peeled and diced  
2 cups vegetable stock  
2 cups skim or fat free milk  
salt and pepper to taste

#### Directions:

Melt the butter in a large pot over medium heat. Sauté the onion in the butter for 5 minutes. Stir in the cauliflower and potato and sauté for 5 more minutes.

Pour in the stock, bring to a boil, reduce heat to low and simmer for 20 minutes, or until all vegetables are tender. Add the milk, stirring well to blend. Season with salt and pepper to taste.



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### Banana Berry Jumble

**Preparation Time:** 25 minutes **Serve:** 2  
Cups of fruits and vegetables per serving: ¾

#### Ingredients:

1 large banana, halved and cut into ½ inch pieces  
¾ cup fresh or frozen cranberries  
¼ cup oats  
½ teaspoon nutmeg

#### Directions:

Combine all ingredients in a large non-stick skillet. Cook on medium-high heat just until cranberries begin to soften, stirring occasionally. Remove from heat; cool slightly. Spoon into bowls and top with low-fat whipped topping, low fat yogurt, or low fat sour cream, if desired.



*Source: Produce for Better Health*



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### Jicama and Asian Pear Salad

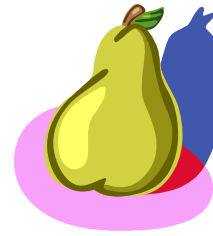
**Preparation Time:** 15 minutes

**Serves:** 6

1 Cup of Fruits and Vegetables per Serving

#### Ingredients:

- 2 cups romaine lettuce, shredded
- 2 cups jicama, julienne-sliced
- 2 Asian pears, cored and chopped
- ½ cup golden raisins
- ¼ cup white wine vinaigrette
- ¼ cup apple cider or 100% apple juice
- ¼ tsp Chinese five-spice powder or ground allspice



#### Directions:

In a bowl, toss the shredded lettuce, jicama, Asian pears and golden raisins until combined. For dressing, whisk together the vinaigrette, apple cider or juice and five-spice powder or allspice until well mixed. Drizzle over salad and toss well. Serve immediately.

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### Ambrosia

**Preparation Time:** 10 minutes

**Serves:** 8

5/8 Cup of Fruits and Vegetables per Serving

#### Ingredients:

- 2 ½ pineapple chunks, fresh or canned in light syrup
- 1 ½ cups mandarin oranges, canned in light syrup and drain
- 1 banana, peeled and sliced
- 1 ½ cups grapes, seedless
- ¾ cup marshmallows, miniature
- 1/3 cup coconut flakes, unsweetened
- 8 oz yogurt, plain

#### Directions:

Drain oranges and pineapple (if needed). Combine fruit with marshmallows and coconut. Fold in yogurt. Serve



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