



Tasty Nibbles

*A Collection of Recipes to Increase
Vegetables and Fruit Intake*



**Compiled by the
District 18 Health Advisory Committee
January 2008**



CONTENTS

Breakfast		4
	Strawberry Breakfast Sundae	5
	Banana and Yogurt Crêpes	6
	Mini Breakfast Quiche	7
	Banana in a Blanket	8
	Apple Danish Roll-Ups	9
	Breakfast Fruit Pizza	10
Lunches		11
	Turkey Tortilla Wrap	12
	Apple Tuna Sandwiches	13
	Tortilla Pinwheels	14
	Baseball Casserole with Fruit Salad	15
	Corn, Potato and Tuna Chowder	16
	Garden Frittata	17
	Sloppy Garden Joes	18
	How To Get Kids To Eat Their Veggies Spaghetti Sauce	19
	10 Minute Veggie Soup	20
	Cool Quesadilla	21
	Steak- Vegetable Pockets	22
	Cream of Sweet Potato Soup	23
	Oven Spinach Omelet	24
	Eat-the-Bowl Rainbow Chili	25
	Pizza Soup	26
	Crunchy Vegetable Burritos	27
	Amazing Broccoli Pie	28
	Chicken and Zucchini Fingers	29
	Four Season Pizza	30
	Spaghetti Squash Medley	31
	Cosmic Cucumber Wrap	32
Side Dishes		33
	Peanutty Fruit Salad	34
	Scalloped Corn	35
	Fruit and Vegetable Medley	36
	Vegetable Cornbread	37
	Stuffed Sweet Potatoes	38
	Fruity Couscous	39



	Vegetable Couscous	40
	Golden Glow Pineapple Salad	41
	Fruity Salsa	42
	Mixed Veggie Casserole	43
	Vegetable Stir-fry	44
	Broccoli & Cheddar-Stuffed Potatoes	45
	Broccoli and Walnut Noodles	46
	Baked Sweet Potatoes Fries with Creamy Apple Maple Dip	47
Snacks		48
	Frozen Vanilla Berry Pops	49
	Sweet'za	50
	Hummus (chickpea dip)	51
	Ole Guacamole	52
	Cottage Cheese Dip	53
	Roasted Carrot Dip	54
	Snack Kebobs	55
	Bug on a Log	56
	Half a Bagel-licious!	57
	Incredible Edible Veggie Bowls	58
	Peachy Freeze	59
Desserts		60
	Grilled Peaches	61
	Blueberry Coffee Cake	62
	24 Hour Fruit Salad	63
	Carrot Cake	64
	Easy Microwave Cinnamon Applesauce	65
	Dessert Nachos	66
	Yogurt Parfait	67
	Banana Pudding	68

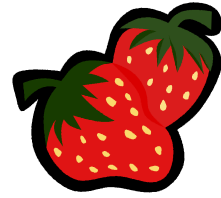


Breakfast

An illustration of a bright yellow sun with rays, partially obscured by two slices of toast. The front slice has a pat of butter on it.



Strawberry Breakfast Sundae



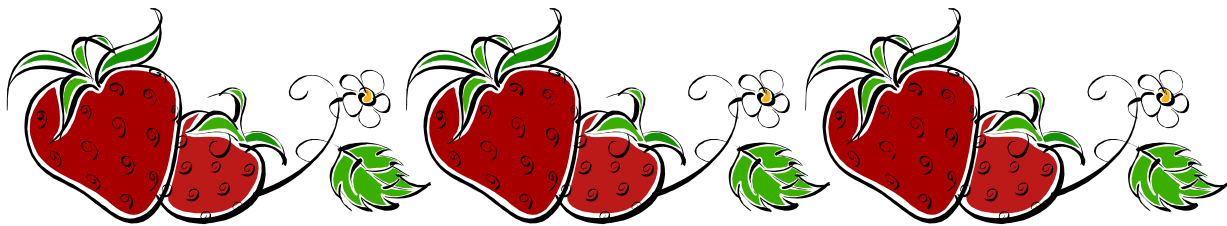
Servings: 1

Ingredients:

1/2 cup (125 mL)	Cheerios
1/2 cup (125 mL)	vanilla or strawberry flavoured yogurt
1 tbsp (15 mL)	strawberry jam
2	fresh strawberries, sliced
1	fresh strawberry, whole

Directions:

1. Place the tablespoon of strawberry jam in bottom of a parfait glass. Put 1/4 cup (65 mL) of the Cheerios on top of jam, and cover that with 1/2 of sliced strawberries.
2. Put 1/4 cup (65 mL) yogurt over strawberries. Cover that with remaining Cheerios followed by remaining sliced strawberry and topped with remaining yogurt. Garnish top with the whole strawberry.



Recipe from: www.mrbreakfast.com



Banana and Yogurt Crêpes

Servings: 4

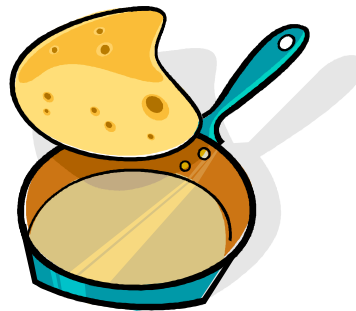
Ingredients:

1 ¾ cups (435 mL)	1% milk
¾ cup (185 mL)	Flour
1	Egg
1	egg white
2 tbsp (30 mL)	honey or maple syrup, divided
1 cup (250 mL)	low fat vanilla yogurt
1	diced banana
½ tsp (2 mL)	vanilla extract
	cooking spray



Directions:

1. Whisk together milk, flour, egg, egg white and 1 tablespoon (15 mL) of honey in a medium bowl. Allow batter to rest 5 minutes at room temperature. Heat a 10-inch non-stick skillet over medium heat and spray with cooking spray.
2. Pour ¼ cup (65 mL) batter into skillet; quickly tilt and swirl batter to coat bottom of skillet. When crêpe is lightly browned at edges, use a thin spatula to loosen and turn over. Cook turned crêpe about 20 seconds or until lightly browned; slide onto plate to cool. Continue making crêpes with remaining batter. To prevent sticking, place a piece of wax paper between each crêpe.
3. Purée yogurt, vanilla and remaining honey in a blender or food processor until smooth. Add diced banana. Spread each crêpe with about 2-1/2 tablespoons (40 mL) of the yogurt mixture. Roll crêpes into cylinders. Place 2 crêpes on each serving plate and garnish with powdered sugar, if desired.



Recipe from The Seattle and King County Public Health

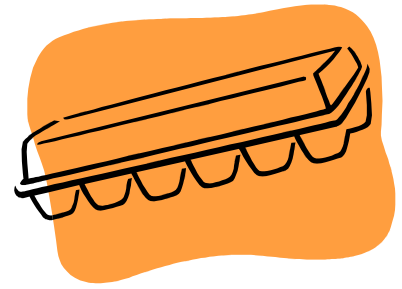


Mini Breakfast Quiche

Servings: 2

Ingredients:

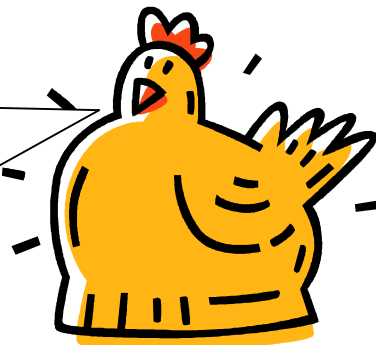
1	Egg
3	egg whites
1/4 cup (65 mL)	chopped onions
1/4 cup (65 mL)	frozen spinach, thawed and drained
2	medium chopped mushrooms
1/3 cup (85 mL)	shredded mozzarella cheese
1 tsp (5 mL)	Tabasco sauce
	salt and pepper to taste
	vegetable cooking spray



Directions:

1. Preheat oven to 350 °F.
2. In a bowl mix egg and egg whites together.
3. Add remaining ingredients and stir.
4. Spray a muffin pan with cooking spray. Divide egg mixture evenly among six muffin cups.
5. Bake until an inserted knife comes out clean and top of quiche are golden brown.

You can prep your
veggies the night before
and prepare for the next
morning!
An easy breakfast on the
run!!!



Recipe from The Seattle and King County Public Health



Banana in a Blanket

Servings: 1

Ingredients:

1 - 6" (15 cm)	Tortilla
1 tbsp (15 mL)	peanut butter
1	Banana
1 tbsp (15 mL)	granola cereal

Directions:

1. Lay tortilla on a plate. Spread peanut butter evenly on the tortilla. Sprinkle cereal over peanut butter.
2. Peel and place banana on the tortilla and roll the tortilla. Garnish with granola cereal.



Recipe from *Fruit and Veggies More Matters*:
www.fruitsandveggiesmorematters.org

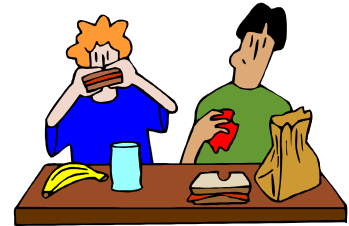


Apple Danish Roll-Ups

Servings: 9

Ingredients:

- 3 small flour tortillas
- 3 ham slices
- 3 slices mozzarella cheese
- 3 peeled, cored and thinly sliced apples
- pinch Cinnamon



Directions:

1. On each tortilla, place 1 ham slice, 1 cheese slice and several apple slices. Sprinkle each with dash of cinnamon.
2. Roll up carefully; place, folded side down, on microwaveable plate. Microwave each roll-up for 30 seconds. Cut each into 3 pieces.

Perfect breakfast idea!



Recipe from *Canadian Living, Smart Solutions for Everyday Living*,
www.canadianliving.com

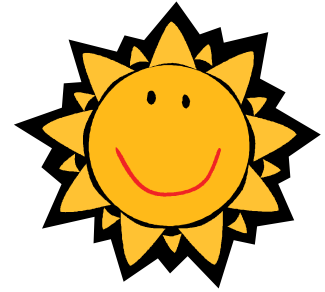


Breakfast Fruit Pizza

Servings: 1

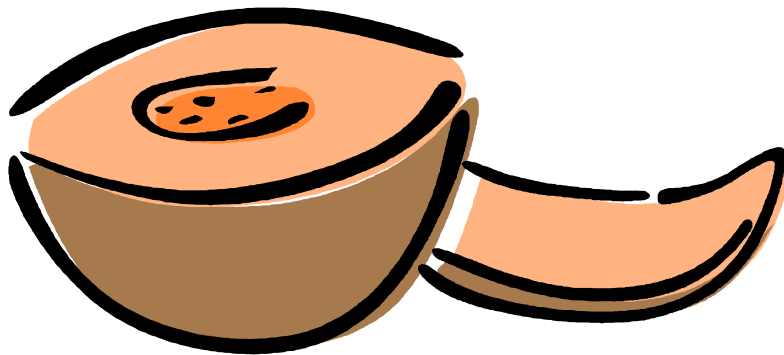
Ingredients:

1	small whole wheat pita
1 ½ tbsp (25 mL)	light cream cheese, plain or flavoured
¼ cup (65 mL)	chopped fresh fruit (blueberries, bananas, cantaloupe, apples, grapes)



Directions:

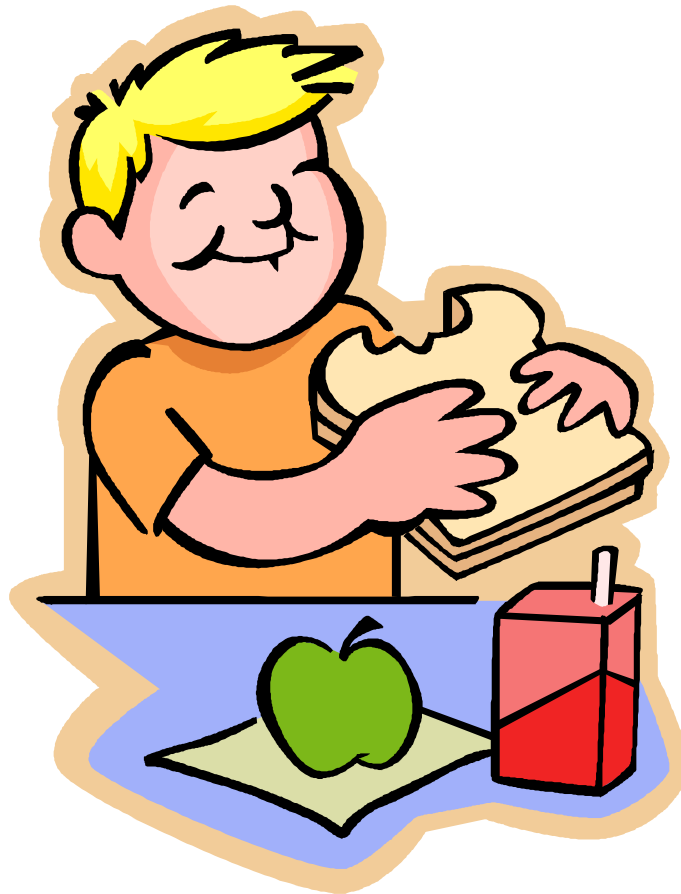
1. Toast pita on light setting.
2. Spread with cream cheese.
3. Top with fresh fruit. Cut in pieces and serve.



Recipe from the *Heart and Stroke Foundation* of Canada.



Lunches





Turkey Tortilla Wrap

Servings: 1

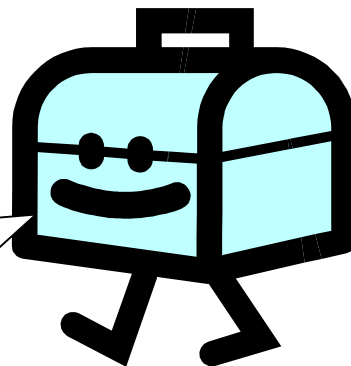
Ingredients:

1	soft whole-wheat tortilla (8-9" , 20 cm)
2 tsp (10 mL)	honey mustard
2 leaves	dark, leafy lettuce, shredded (ex: romaine, leaf lettuce)
1/2	red or yellow pepper, thinly sliced
1/4	small avocado, pit and skin removed, thinly sliced
1 oz (30 grams)	shaved turkey



Directions:

1. Place tortilla on a work surface and spread the honey mustard, leaving about one inch (2.5 cm) clear of the edges.
2. Arrange the ingredients evenly in rows down the centre of the tortilla: lettuce, pepper, avocado, turkey.
3. Fold the outer edges over the filling, and then roll up tightly from the bottom.
4. Cut in half on the diagonal.



Psssssst

This is easy to make the night before. Roll it up in a plastic wrap and refrigerate!

Recipe from the *Heart and Stroke Foundation* of Canada.

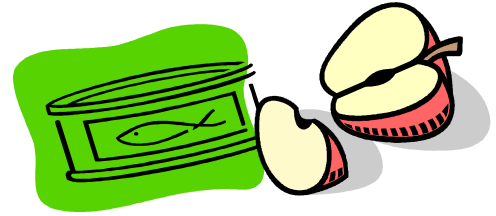


Apple Tuna Sandwiches

Servings: 3

Ingredients:

2	6oz can light tuna in water, drained
1	medium apple, chopped
1	medium celery stalk, peeled and chopped
1/4 cup (65 mL)	low fat vanilla yogurt
1 tsp (5 mL)	prepared mustard
1 tsp (5 mL)	honey
6	slices whole wheat bread
6	lettuce leaves
6	tomato slices



Directions:

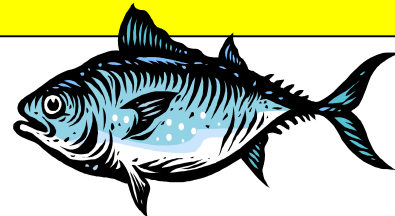
1. Combine and mix the tuna, apple, celery, yogurt, mustard and honey. Spread 1/2 cup of the mixture on three bread slices.
2. Top each slice of bread with lettuce, tomato and remaining bread. Cut sandwiches in half or as desired.

As for mercury concerns, it's better to buy light tuna: skipjack, yellowfin or tongol tuna because they contain less mercury. Light tuna is less expensive and may be eaten as often as desired.

You can still have canned albacore tuna (white tuna), but in moderation. Here are Health Canada's recommendations for albacore tuna:

- Children 1 to 4 years old: 1 Food Guide Serving per week (75 grams)
- Children 5 to 11 years old: up to 2 Food Guide Servings per week (150 grams)

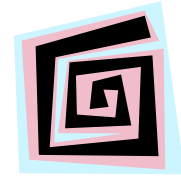
Visit Health Canada's website at www.healthcanada.gc.ca for more info.



Recipe from the *Centers for Diseases Control an Prevention*
www.fruitsandveggiesmatter.gov



Tortilla Pinwheels



Servings: 4

Ingredients:

- 4 8" (20 cm) whole wheat tortillas
- 1/4 cup (65 mL) low fat cream cheese
- 12 slices lean turkey
- 8-12 spinach leaves, washed and dried
- 1/2 cup (125 mL) grated carrot



Directions:

1. Warm the cream cheese to room temperature. Whip with a mixer, or by hand, to make it easier to spread.
2. Using a spatula or knife, spread about 1 tablespoon cream cheese on each tortilla, making sure to reach the edge.
3. Place 3 slices of meat on each tortilla. Put several spinach leaves in the center of the tortilla and sprinkle with 2 tablespoons of carrot. Roll tortilla tightly; secure with a toothpick.
4. Cut the tortilla into pinwheels by cutting it in half first, then making bite-sized slices along the tortilla. Lay each piece cut-side down on a serving plate.



You can choose colourful vegetables such as green or red peppers, broccoli or avocado in your pinwheel.

Make a fruit pinwheel using peanut butter as the spread, then top with thin banana slices and other soft fruit like peaches, plums, nectarines or strawberries.



Recipe from The Seattle and King County Public Health





Baseball Casserole with Fruit Salad

Servings: 4

Ingredients:

2	whole skinless, boneless chicken breasts
3 tbsp (45 mL)	non-hydrogenated margarine
4	garlic cloves
2 cups (500 mL)	long-grain rice
1 cup (250 mL)	corn (canned or frozen and thawed)
1 ¾ cup (435 mL)	diced canned tomatoes, with juice
3 cups (750 mL)	low-sodium chicken broth
2	bananas
1	apple
1	orange
1 cup (250 mL)	grapes

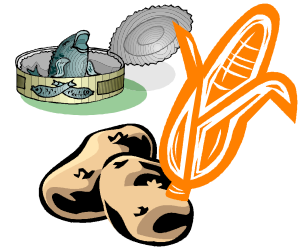


Directions:

1. Preheat oven to 375°F. Place chicken breasts in a glass baking dish. Bake for 10 minutes. Place margarine in a small microwaveable dish and add pressed garlic. Microwave on high for 40 seconds or until margarine is melted.
2. Rinse rice thoroughly and place in a large casserole. Add corn, tomatoes and their juice, margarine/garlic mixture and chicken stock.
3. Remove chicken from oven; it will still be slightly pink. Cut into bite-sized chunks and add to casserole dish. Bake, uncovered, for 45 minutes to an hour, or until rice is done. Prepare and slice fruits and serve as a side dish.
4. This recipe serves 4 people. Note: Due to the nature of this recipe, it adjusts the number of servings in multiples of 4 only.



Recipe from: <http://www.mealsforyou.com>



Corn, Potato and Tuna Chowder

Servings: 6

Ingredients:

2 tbsp (30 mL)	vegetable oil
¾ cup (185 mL)	chopped onions
¾ cup (185 mL)	sliced celery
3	large potatoes, scrubbed and diced
2 ½ cups (625 mL)	water
¼ tsp (1 mL)	black pepper
2 tbsp (30 mL)	all-purpose flour
3 cups (750 mL)	1% milk
1	6 oz can of tuna packed in water, drained
2 cups (500 mL)	frozen or fresh kernel corn

Directions:

1. Heat oil in a large saucepan over medium-high heat. Add onion and celery and cook until onion is softened.
2. Add potatoes, water and pepper. Raise heat until water boils then reduce to medium heat and cook for about 15 - 20 minutes.
3. In a medium bowl, mix flour and 2 tablespoons (30 mL) of the milk to make a smooth paste. Stir in the rest of the milk until combined then pour into potato mixture. Stir in corn, cover and simmer on medium heat for about 10 minutes then stir in tuna and serve.

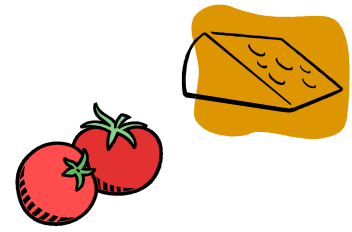


Recipe from The Seattle and King County Public Health



Garden Frittata

Servings: 4



Ingredients:

1	chopped medium onion
1	minced garlic clove
2	medium chopped tomatoes
1 tbsp (15 mL)	vegetable oil
1/2 tsp (2 mL)	Italian seasoning
1/4 tsp (1 mL)	black pepper
1/4 tsp (1 mL)	salt
6	eggs, lightly beaten
1 pkg	10 oz frozen spinach, thawed and squeezed dry
1/2 cup (125 mL)	shredded cheddar cheese

Directions:

1. In an open skillet, sauté onion, garlic, and tomatoes in oil until tender. Add Italian seasoning, pepper and salt to the beaten eggs and add to onion mixture.
2. Stir in spinach and cheese. Cover with a tight fitting lid and turn heat to low.
3. Cook for 15 minutes and check for firmness.
4. Cut into wedges and serve.



Recipe from The Seattle and King County Public Health

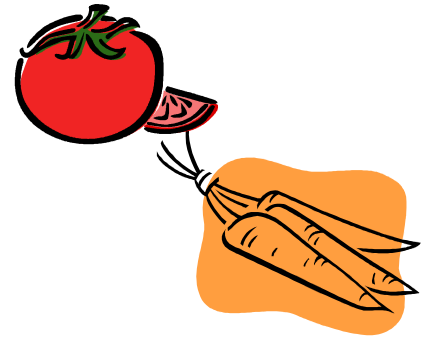


Sloppy Garden Joes

Servings: 8

Ingredients:

1	chopped onion
1	chopped carrot
1/2	green pepper
1 lb (454 grams)	ground turkey or chicken
1	8 oz can tomato sauce
1	15 oz can crushed tomatoes
1	8 oz can of mushrooms, drained
1/4 cup (65 mL)	BBQ sauce
	pepper to taste
8	whole grain buns



Directions:

1. Sauté onions, carrot, green pepper and ground turkey or chicken in a pan over medium-high heat for 5 minutes.
2. Add tomato sauce, crushed tomatoes, mushrooms, barbecue sauce and seasonings and bring to a boil.
3. Reduce heat and simmer for 10 minutes, stirring occasionally. Uncover and cook for an additional 3 minutes or until thick.
4. Serve on toasted or plain buns.



Recipe from The Seattle and King County Public Health

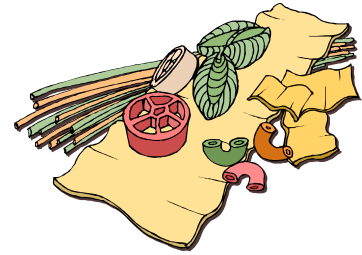


How To Get Kids To Eat Their Veggies Spaghetti Sauce

Servings: 6

Ingredients:

1	26 oz can spaghetti sauce
1	8 oz can of tomato sauce
2	medium zucchini, chopped fine
1/2 cup (125 mL)	kernel corn
1	green or red pepper, chopped fine
1	grated carrot
1	onion, chopped fine
2	celery stalks, chopped fine
2 tbsp (30 mL)	olive oil
3	garlic cloves, minced
1-2 tbsp (15-30 mL)	brown sugar
1 tsp (5 mL)	basil
1 tsp (5 mL)	oregano
1/2 lb (228 grams)	ground lean beef or chicken
	pepper to taste



Directions:

1. In a large saucepan, sauté vegetables (except corn) and garlic for 5-7 minutes in olive oil.
2. Add spaghetti sauce, tomato sauce, corn, sugar, basil, oregano and 1 cup (250 mL) water.
3. If using meat, brown and add. Bring to a boil, then turn down heat to low, cover and simmer for 1 to 1 1/2 hours.
4. Stir occasionally, adding water if it gets too thick.
5. Add pepper to taste.
6. Serve with a garden salad.



Recipe from *Recipe Zaar* : www.recipezaar.com



10 Minutes Veggie Soup

Servings: 6

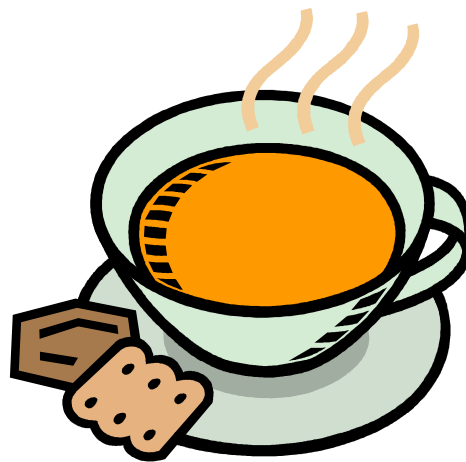
Ingredients:



- | | |
|-----------------------|---------------------------------------|
| 2 (14 oz/398 mL each) | cans of low sodium chicken broth |
| 1 (28 oz/796 mL) | can of diced tomatoes |
| 1 tsp (5 mL) | dried basil |
| 1/2 tsp (2 mL) | onion powder |
| 3/4 cup (185 mL) | dry macaroni (preferably whole grain) |
| 3 cups (750 mL) | frozen mixed vegetables |
| pinch | black pepper |

Directions:

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



Recipe from *Fruit and Veggies More Matters* :
www.fruitsandveggiesmorematters.org



Cool Quesadilla



Servings: 2

Ingredients:

2	whole wheat tortillas (6"– 15 cm)
1/4 cup (65 mL)	shredded cheddar cheese
1/3 cup (85 mL)	tomatoes, finely chopped
1/3 cup (85 mL)	onions, finely chopped
1/3 cup (85 mL)	mushrooms, sliced
1/3 cup (85 mL)	green peppers, chopped
	cooking spray

Directions:

1. Spray frying pan with cooking oil and heat for 1 minute on MEDIUM.
2. Set aside 2 tablespoons of cheese. Place 1 tortilla in frying pan and spread the remaining cheese on tortilla. Then sprinkle with tomatoes, onions, mushrooms, green peppers, and the remaining cheese.
3. Top with second tortilla. Press down with spatula to help cheese melt. Carefully turn over and allow cooking for 1 minute. Cut into 4 pieces.

Cool Tip: Add cooked chicken or beef to the veggie mixture and you get a complete lunch!



Recipe from *Fruit and Veggies More Matters* :
www.fruitsandveggiesmorematters.org



Steak-Vegetables Pockets

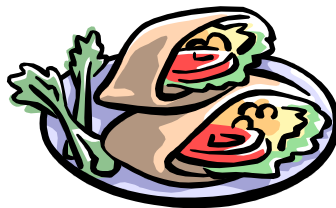
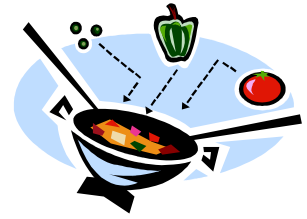
Servings: 4

Ingredients:

3/4 lb (340 grams)	top round beef steak
1 1/2 cup (375 mL)	fresh broccoli, finely chopped
1 small	carrot, thinly sliced
1 small	onion, thinly sliced
1/2	green pepper, chopped
1 tbsp (15 mL)	vegetable oil
8	pea pods, halved crosswise
6	fresh mushrooms, thinly sliced
1 small	tomato, chopped
3 tbsp (45 mL)	soy sauce (preferably low sodium)
1 1/2 tsp (7 mL)	cornstarch
4	whole wheat pita bread, halved

Directions:

1. Thinly slice beef into bite-size strips.
2. Spray a wok or large skillet with nonstick spray coating. Heat wok or skillet over high heat. Add broccoli, carrot, onion, green pepper; stir-fry for 7 minutes.
3. Add pea pods, mushrooms, and tomato; stir-fry for 2 minutes. Remove vegetables. Add cooking oil; heat over high heat.
4. Stir-fry beef in hot oil for 3 minutes. Combine 1/4 cup (65 mL) cold water and soy sauce; blend in cornstarch. Add to wok or skillet. Cook and stir until bubbly.
5. Return vegetables to wok; heat through.
6. Spoon mixture into halved pita bread rounds.



Recipe from: <http://www.ichef.com/recipe>



Cream of Sweet Potato Soup

Servings: 6

Ingredients:

3	medium sweet potatoes
2 cups (500 mL)	vegetable broth
1 1/2 cup (375 mL)	soy milk
1 pinch	nutmeg
1 pinch	ground cloves
	salt to taste



Directions:

1. Peel and slice sweet potatoes.
2. Place potatoes in a Dutch oven with broth. Bring to a boil, cover and reduce heat. Simmer until potatoes are tender, about 20 minutes.
3. Place half of potato slices and half of broth in a blender. Add nutmeg, cloves, soy milk and salt, and purée. Repeat with remaining potatoes and broth.
4. Return to Dutch oven, stir to blend and reheat over low heat. Serve hot, or chill and serve cold.
5. Sprinkle with nutmeg.



Recipe from: <http://www.ichef.com/recipe>



Oven Spinach Omelet

Servings: 4

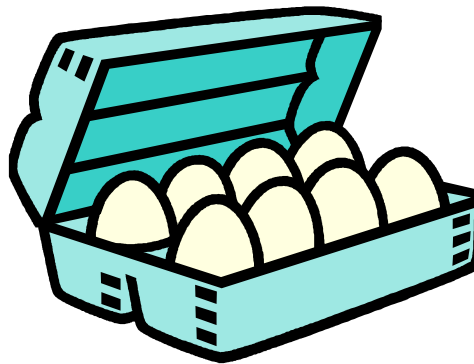
Ingredients:

1	10 oz pkg frozen chopped spinach
9	eggs
2 tbsp (30 mL)	minced onions
2 tbsp (30 mL)	skim milk
¼ tsp (1 mL)	salt
½ tsp (2 mL)	dried basil
¼ tsp (1 mL)	garlic powder
8	peeled tomato slices
½ cup (125 mL)	shredded mozzarella



Directions:

1. Preheat oven to 325 ° F. Grease rectangular baking pan 11" x 7" x 1 ½".
2. Cook spinach as directed on package; drain.
3. Beat eggs until light and fluffy. Stir in spinach, onion, milk, salt, basil, and garlic powder. Pour into baking pan. Arrange tomato slices on top; sprinkle with cheese.
4. Bake uncovered until set, 25-30 minutes.



Recipe from <http://www.cooks.com/>



Eat-the-Bowl Rainbow Chili

Servings: 4

Ingredients:

2 tbsp (30 mL)	olive oil
1/2 cup each (125 mL)	chopped red and green peppers
2	peeled carrots, thinly sliced
2	celery stalks, thinly sliced
1	chopped onion
2	garlic cloves, minced
1 lb (454 grams)	lean ground turkey or beef
1	28oz/796mL can diced tomatoes
3/4 cup (185 mL)	frozen or canned kernel corn
4 tsp (20 mL)	chili powder
1/2 tsp each (2 mL)	ground cumin, dried oregano and pepper
1	19oz/540mL can white or red kidney beans, drained and rinsed
4	large crusty whole grain rolls
1/2 cup (125 mL)	shredded cheddar or Monterey Jack cheese



Directions:

1. In saucepan, heat oil over medium-high heat; cook red and green peppers, carrots, celery, onion and garlic, stirring often, until softened, about 5 minutes.
2. Add turkey; cook until no longer pink. Stir in tomatoes, corn, chili powder, cumin, oregano and pepper; bring to boil. Reduce heat, cover and simmer for 30 minutes, stirring every 10 minutes. Stir in beans; cook, uncovered, for 15 minutes, stirring every 5 minutes.
3. Cut out wedge along top of each roll; pull out some of the inside to hollow out "bowl" with side at least 1/2 inch (1 cm) thick. Spoon in chili and sprinkle with cheese.



Recipe from *Canadian Living, Smart Solutions for Everyday Living*,
www.canadianliving.com



Pizza Soup

Servings: 4

Ingredients:

1 tbsp (15 mL)	vegetable oil
1	chopped onion
2	garlic cloves, minced
2 cups (500 mL)	sliced mushrooms
1 cup (250 mL)	diced ham or smoked turkey
1 tsp (5 mL)	dried oregano
1/4 tsp (1 mL)	pepper
1/2	chopped green pepper
1	28oz/796 mL can diced tomatoes
2 cups (500 mL)	low sodium chicken or vegetable stock
1/4 cup (65 mL)	tomato paste



Directions:

1. In large saucepan, heat oil over medium-high heat; sauté onion, garlic, mushrooms, ham or chicken, oregano and pepper until liquid is evaporated, about 6 minutes.
2. Add green pepper, tomatoes, stock and tomato paste; bring to boil.
3. Reduce heat, cover and simmer until flavours are blended, about 10 minutes.

Tip: Make ahead!! Let cool for 30 minutes. Refrigerate until cold. Transfer to airtight container and refrigerate for up to 2 days.



Recipe from *Canadian Living, Smart Solutions for Everyday Living*,
www.canadianliving.com



Crunchy Vegetable Burritos

Servings: 4



Ingredients:

1/2 cup (125 mL)	shredded carrots
1/2 cup (125 mL)	chopped broccoli
1/2 cup (125 mL)	chopped cauliflower
2	green onions, thinly sliced
1/2 cup (125 mL)	shredded cheddar cheese
1/4 cup (65 mL)	salad dressing or Honey Lime Dip (recipe below)
4	whole wheat flour tortillas (medium size)
1 cup (250 mL)	iceberg lettuce, chopped

Honey Lime Dip

1 cup (250 mL)	plain low-fat yogurt
2 tbsp (30 mL)	honey
2 tsp (10 mL)	lime juice

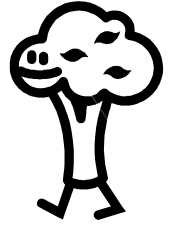
Mix all ingredients well.

Directions:

1. In a mixing bowl, combine carrots, broccoli, cauliflower and onions with cheese, dressing or Honey Lime Dip.
2. Lay tortillas flat on the counter and spoon about 1/2 cup (125 mL) vegetable mixture and 1/4 cup (65 mL) of lettuce down the center. Wrap each tortilla around the vegetable mixture.



Fun with fruit and vegetables. Kid's Cookbook. Dole Food Company Inc.
<http://www.dole5aday.com/CookBook/>



Amazing Broccoli Pie

Servings: 4

1/2 cup (125 mL)	chopped green onions
1	garlic clove, finely chopped
1 1/2 cups (375 mL)	broccoli, cooked and chopped
1/2 cup (125 mL)	low-fat cottage cheese
6	eggs
1/2 cup (125 mL)	milk
1/2 cup (125 mL)	variety baking mix (ex: Bisquick)
	salt and pepper to taste
1 tbsp (15 mL)	light cream cheese + Parmesan cheese

Directions:

1. Spray a 9-inch (23 cm) pie plate with cooking spray. Set aside.
2. Spray a non-stick skillet with cooking spray. Sauté green onions and garlic over medium heat for five minutes or until transparent. Stir in broccoli.
3. Layer broccoli mixture and cottage cheese in pie plate. Set aside.
4. Whisk eggs with milk and baking mix; season with salt and pepper. Pour over cottage cheese in pie plate.
5. Sprinkle with light cream cheese and Parmesan cheese.
6. Bake in 375 ° F oven for 45 minutes or until knife inserted in the centre comes out clean.



Recipe from the *Heart and Stroke Foundation* of Canada.

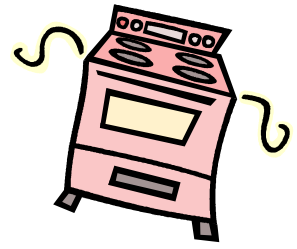


Chicken and Zucchini Fingers

Servings: 4

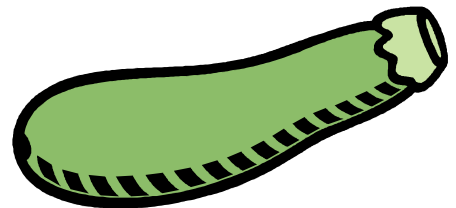
Ingredients:

2	medium chicken breasts, cut in strips, finger-like (20 pieces)
2	medium zucchini, cut in strips, finger-like (16 pieces)
2 cups (500 mL)	dry bread crumbs
1/4 cup (65 mL)	wheat germ
1 tsp (5 mL)	dried oregano
1/2 cup (125 mL)	grated parmesan cheese
1/4 tsp (1 mL)	ground pepper
1/2 tsp (2 mL)	paprika
2	eggs
1/4 cup (65 mL) optional	skim milk
	plum sauce for dipping



Directions:

1. Preheat oven to 400° F (200° C). Line 2 cookie sheets with parchment paper or tin foil. If using tin foil, grease with a non-stick cooking spray.
2. In a large bowl mix together bread crumbs, wheat germ, dried oregano, parmesan cheese, pepper and paprika.
3. In a second bowl whisk eggs and milk together.
4. Start with the zucchini first. This will prevent any cross contamination from the raw chicken. One at a time, dip the zucchini finger into the egg mixture. Let the excess drip off and then coat with the breadcrumb mixture. Place on the prepared cookie sheet. Repeat until all zucchini fingers are coated.
5. Do the same with the chicken fingers. Placing them on the second cookie sheet.
6. Bake for 10 minutes. Remove from oven and turn over. Bake for another 10 minutes.
7. Serve immediately with plum sauce to dip.



Recipe from the *Heart and Stroke Foundation* of Canada.



Four Season Pizza

Servings: 8 slices

Ingredients:



1	pre-made, 12 inch (30 cm) whole wheat pizza crust
1/2 cup (125 mL)	pizza sauce
2 cups (500 mL)	shredded part skim mozzarella cheese
	pineapple tidbits
	red pepper strips
	cherry tomatoes
	broccoli
	green pepper strips
	mushroom slices
1 slice	Cheddar cheese
1 slice	ham

Directions:

1. Preheat oven to 400°F (200 °C)
2. Chop the vegetables into various shapes and sizes.
3. Spread the pizza sauce on the crust. Sprinkle with the cheese.
4. To make a four season pizza, divide the pizza in four using red pepper strips. Make or let the kids do a simple symbol of each season out of the chopped vegetables. For example...

Spring: red pepper and cherry tomato flower with a green pepper stem;

Summer: pineapple and ham sun;

Fall: cheddar cheese leaf cut with a cookie cutter or a broccoli tree;

Winter: mushroom snowman.

5. Bake for 6 to 10 minutes.
6. Broil on high for 3 minutes to brown the top.

Recipe from the *Heart and Stroke Foundation* of Canada.



Spaghetti Squash Medley

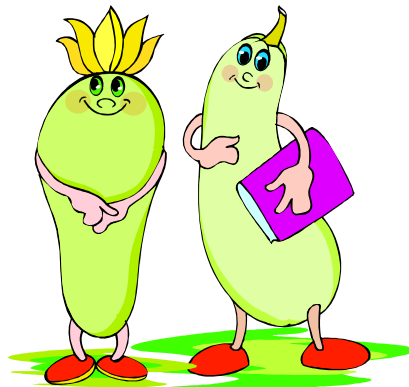
Servings: 4-6

Ingredients:

1	large spaghetti squash
½ cup (125 mL)	fresh or frozen peas
1 cup (250 mL)	sliced mushrooms
2	medium chopped tomatoes
1	small chopped green pepper
1 tbs (15 mL)	olive oil
¼ tsp (1 mL)	dried oregano
¼ tsp (1 mL)	dried basil
	pepper to taste

Directions:

1. Cut spaghetti squash in half lengthwise, and place cut-side down in baking dish filled with 1 inch of water. Bake uncovered in 350° F oven 45-60 minutes or until easily pierced with fork.
2. Sauté vegetables in large skillet with olive oil. Simmer about 15 minutes or until vegetables are tender but still firm.
3. Scoop strands of pulp from squash and place in warmed serving bowl. Toss with vegetable mixture and season to taste.



Recipe from <http://www.cooks.com/>

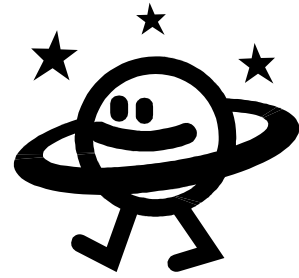


Cosmic Cucumber Wrap

Servings: 4

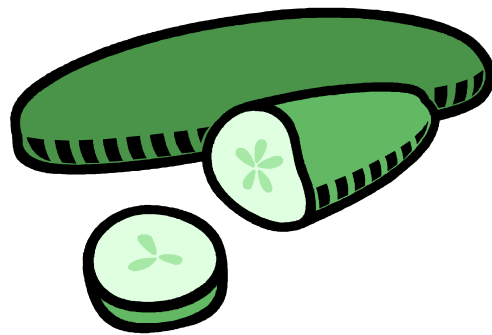
Ingredients:

4 oz (115 grams)	lean ground beef
4 tbsp (60 mL)	chopped onions
4 cups (1 litre)	shredded Romaine lettuce
1 cup (250 mL)	diced tomatoes
1 cup (250 mL)	diced cucumbers
4	whole wheat tortilla (8", 20cm)
4 tbsp (60 mL)	low fat ranch dressing



Directions:

1. Brown ground beef and onion in skillet over medium heat drain excess fat.
2. Mix lettuce and tomato together with ground beef mixture. Chop cucumber and mix with salad dressing.
3. Place tortilla on a plate and spread with beef mixture. Top with cucumber and salad dressing mixture and roll wrap.



Recipe from *Fruit and Veggies More Matters* :
www.fruitsandveggiesmorematters.org



Side dishes





Peanutty Fruit Salad

Servings: 4-6

Ingredients:

1	8oz can crushed pineapple
1 cup (250 mL)	shredded carrots
1 cup (250 mL)	chopped apples and/or pears
1/2 cup (125 mL)	peanuts
1/4 cup (65 mL)	raisins
1/3 cup (85 mL)	plain yogurt
2 tbsp (30 mL)	peanut butter



Directions:

1. In a medium bowl, stir together the first 5 ingredients.
2. In another bowl, blend together the yogurt and peanut butter.
3. Add the yogurt "dressing" to the salad and stir to coat.



Recipe from The Seattle and King County Public Health



Scalloped Corn

Servings: 4

Ingredients:

1 tbsp (15 mL)	non-hydrogenated margarine
1	large chopped onion
1	bell pepper (any color) seeded and chopped
3 tbsp (45 mL)	all-purpose flour
2 cups (500 mL)	1% milk
2	eggs, slightly beaten
2	16 oz frozen whole corn kernel, thawed
2 cups (500 mL)	bread crumbs
	vegetable cooking spray



Directions:

1. Preheat oven to 325°F.
2. Heat the margarine in a medium skillet over medium-high heat. Add onion and bell pepper and cook for 5 minutes or until tender. Sprinkle with flour then gently toss to coat the vegetables.
3. Stir in the milk. Raise heat and bring to a boil, stirring often. Remove from heat then set aside.
4. In a large bowl, combine the eggs, corn and 1 cup (250 mL) of the bread crumbs. Add the vegetable mixture and mix until combined.
5. Spray a 2 quart baking dish with cooking spray then pour in the corn mixture. Sprinkle remaining bread crumbs over the top of the mixture.
6. Bake for 45 minutes or until center appears set. Let stand for 10-15 minutes then serve.



It's a fun alternative to regular scalloped potatoes!

Recipe from The Seattle and King County Public Health



Fruit and Vegetable Medley

Servings: 6

Ingredients:

2 ¼ cups (565 mL)	peeled and thinly sliced carrots
2 ¼ cups (565 mL)	peeled and thinly sliced turnips
2	medium peeled and chopped ripe pears
¾ cup (185 mL)	orange juice
1/3 cup (85 mL)	dried dates
1 tsp (5 mL)	fresh grated ginger
2 tbsp (30 mL)	brown sugar
1 tbsp (15 mL)	non-hydrogenated margarine



Directions:

1. Spray a large skillet with cooking spray. Add carrots, turnips, pears, orange juice, dates and ginger. Stir to combine. Bring to boiling then reduce heat to simmer, uncovered, for about 7 minutes or until vegetables are crisp-tender.
2. Add sugar and margarine and stir to coat vegetable mixture. Cook for an additional 2-3 minutes then serve as a side dish.



Recipe from The Seattle and King County Public Health



Vegetable Cornbread

Servings: 16

Ingredients:

1 tbsp (15 mL)	non-hydrogenated margarine
1 1/2 cups (375 mL)	frozen broccoli, thawed and drained
1	8 oz package corn bread mix
3/4 cup (185 mL)	low fat cottage cheese
2	eggs
1	jar of diced pimento, drained
1/4 tsp (1 mL)	black pepper
	vegetable cooking spray



Directions:

1. Heat oven to 350°F.
2. Coat an 8" x 8" square pan with cooking spray. Add margarine then place in oven until melted. Remove pan from oven and rotate until melted margarine is spread on bottom. Raise heat of oven to 425°F.
3. Remove excess moisture from broccoli by pressing with a paper towel. In a medium sized bowl, combine broccoli, bread mix, cottage cheese, eggs, pimentos and black pepper and mix thoroughly.
4. Pour bread mixture into pan then bake for 25 minutes or until toothpick inserted in center of bread comes out clean.

**A nice way to have your veggies
and still eat cornbread!!
These go well with chicken or
your favourite chowder!**

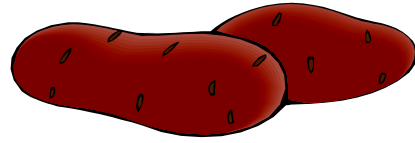


Recipe from The Seattle and King County Public Health



Stuffed Sweet Potatoes

Servings: 4



Ingredients:

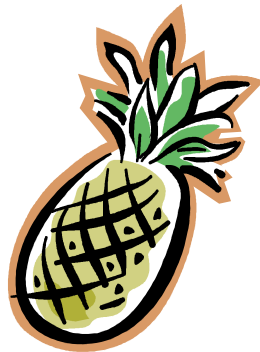
2	large sweet potatoes
1/2	can of crushed pineapple in 100% juice, drained
1/4 tsp (1 mL)	vanilla extract
dash	ground cinnamon
1 tsp (5 mL)	brown sugar

Topping

2 tsp (10 mL)	wheat germ
dash	ground cinnamon

Directions:

1. Preheat oven to 375 ° F. Prick sweet potatoes several times with a sharp knife and bake them 45 minutes, or until tender.
2. Cut potatoes in half lengthwise. Carefully scoop out the pulp with a spoon, leaving a 1/4" shell.
3. In a medium bowl, combine potato pulp with crushed pineapple, vanilla, cinnamon, and brown sugar. Mix with a fork until well blended.
4. Divide mixture evenly and fill the potato shells, smoothing the tops with the back of a spoon.
5. Combine wheat germ and cinnamon and sprinkle evenly over potatoes.
6. Place potatoes in a shallow baking pan.
7. Bake 15 minutes.



Recipe from Kewl Kids : www.KarateAngels.com

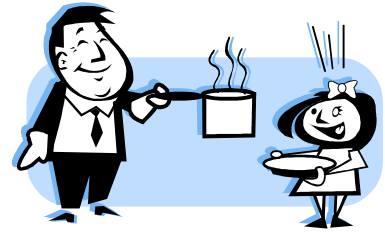


Fruity Couscous

Servings: 4

Ingredients:

1 1/2 cups (375 mL)	low sodium chicken broth
1/2 cup (125 mL)	diced dried fruit and/or raisins
1 tbsp (15 mL)	non-hydrogenated margarine
pinch	salt
1 cup (250 mL)	uncooked couscous



Directions:

1. Heat chicken broth, dried fruit, margarine and salt to boiling in 1.5 quart saucepan. Stir in couscous.
2. Cover; remove from heat. Let stand 5 minutes or until liquid is absorbed. Stir before serving.



You can serve this
couscous with chicken,
beef or fish!
What a creative side dish!

Recipe from: www.cookingcache.com



Vegetable Couscous

Servings: 4-6

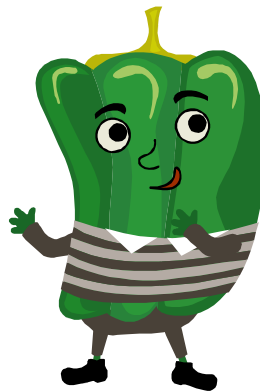
Ingredients:

1	small chopped onion
3	minced garlic cloves
2	medium peppers, chopped
1 tbsp (15 mL)	vegetable oil
1 cup (250 mL)	uncooked couscous
1 ½ cups (375 mL)	water
2	small tomatoes, cut in wedges



Directions:

1. Sauté onion, garlic and peppers in oil in a large skillet for about 2 minutes, then push to sides of pan.
2. In the center of the skillet, pour in the couscous. Add the water to the couscous, stirring gently. Top this mixture with tomato wedges and the cooked pepper mixture. Cover pan for 3 minutes.
3. Add a little water and cook longer, if needed. Couscous should be light and fluffy.



Recipe from The Seattle and King County Public Health



Golden Glow Pineapple Salad

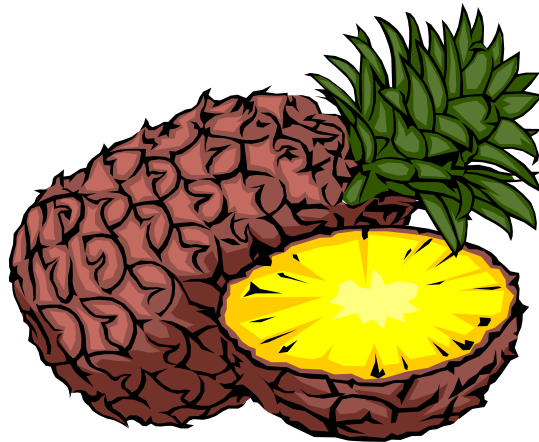
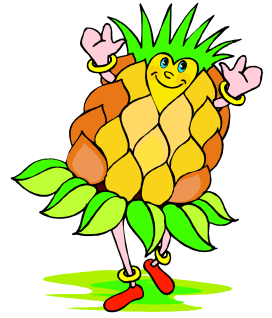
Servings: 4

Ingredients:

4 cups (1 litre)	shredded Romaine lettuce
1	20 oz can pineapple chunks in 100% juice, drained (reserve juice)
1 cup (250 mL)	shredded carrots
2/3 cup (165 mL)	raisins
1/3 cup (85 mL)	walnuts
1/3 cup (85 mL)	low fat mayonnaise
1/4 cup (65 mL)	pineapple juice from canned pineapple chunks
1/4 tsp (1 mL)	ground cinnamon

Directions:

1. Place one cup of Romaine salad mix on each of four salad plates.
2. Spoon 1/4 of the drained pineapple chunks and 1/4 cup (65 mL) of shredded carrots in the middle of each salad bed. Top with equal amounts of raisins and walnuts.
3. In a small bowl, make dressing by combining mayonnaise, pineapple juice and cinnamon. Using a spoon, drizzle 2 1/2 tablespoons (35 mL) of dressing over each salad and serve.



Recipe from *Fruit and Veggies More Matters* :
www.fruitsandveggiesmorematters.org



Fruity Salsa

Makes 4 cups



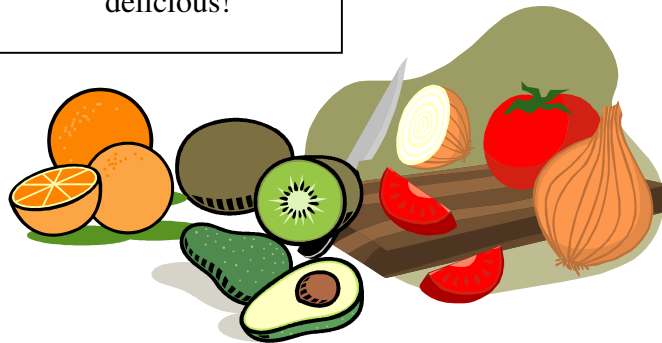
Ingredients:

- 1 tomato
- 1 orange, peeled and segmented
- 2 kiwi, peeled and sliced
- 1 red onion, coarsely chopped
- 1 avocado, peeled and pitted
- 1 bunch of coriander
- 2 jalapeño chili peppers
- garlic powder to taste

Directions:

1. In a food processor, place tomato, orange, kiwi, red onion, avocado, coriander and jalapeño chili peppers. Process using pulse setting until finely chopped but not quite smooth.
2. Transfer to a medium bowl, and garnish with desired amount of garlic powder.

Try this fruity salsa
with pita bread, baked
tortilla chips, chicken
or fish...
delicious!



Recipe from: www.allrecipes.com



Mixed Veggie Casserole

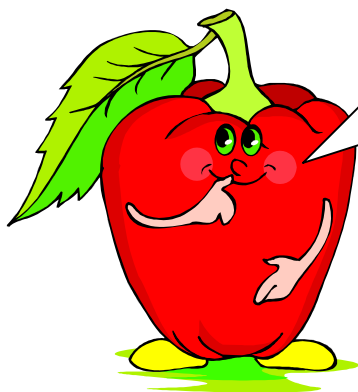
Servings: 6

Ingredients:

2 pkg (10 oz each)	frozen cut green beans, thawed
1 cup (250 mL)	frozen corn kernels, thawed
2	peppers, sliced (green or red)
1 can	low fat cream of mushroom soup
1 cup (250 mL)	fat free sour cream
2 tbsp (30 mL)	all purposed flour
1 cup (250 mL)	light cheddar cheese, grated
2 tsp each (10 mL)	parsley and/or tarragon

Directions:

1. Heat oven to 350 ° F.
2. In a 3 qt. casserole, toss together green beans, corn kernels, peppers, soup, sour cream and flour until all ingredients are well-coated.
3. Bake 20 minutes. Sprinkle with cheese and herbs, and bake 15 minutes more or until golden.



You can also add ingredients such as chicken, pork or seafood to make a complete meal!

Recipe from : <http://www.vegetable-recipes-by-cooking-method.com/>



Vegetable Stir-Fry

Servings: 8

Ingredients:

1	broccoli bunch
2	peppers (green, red, orange or yellow)
1 tbsp (15 mL)	vegetable oil
1	onion
1	garlic clove, minced
1 tsp (5 mL)	grated fresh ginger root
¼ cup (65 mL)	low sodium chicken stock
2 tsp (10 mL)	low sodium soy sauce



Directions:

1. Cut broccoli into 1 ½ inch (3.5 cm) pieces. Blanch in large pot of boiling water for 2 minutes until tender-crisp, drain and cool under cold running water.
2. Seed peppers and cut into thin strips. Chop onion.
3. In a large heavy skillet or wok, heat oil over medium heat. Add onion, garlic and ginger; stir-fry for 1 minute.
4. Add peppers and stir-fry for 2 minutes, adding chicken stock when necessary to prevent sticking.
5. Add broccoli; stir-fry until heated through; sprinkle with soy sauce.
6. Serve immediately.



From the cookbook: "Smart Cooking" by Anne Lindsay



Broccoli & Cheddar-Stuffed Potatoes

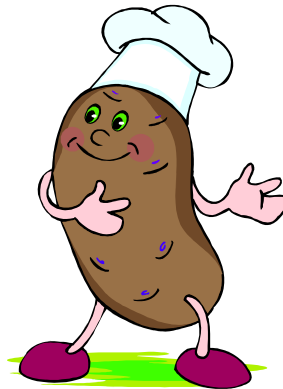
Serving: 4

Ingredients:

4	large Russet potatoes
1/2 cup (125 mL)	skim milk
2	chopped broccoli florets, steamed
1 cup (250 mL)	grated cheddar cheese (set aside 1/4 cup for top)
	pepper to taste
	garlic powder to taste
	onion powder to taste

Directions:

1. Bake or microwave the potatoes until done but still firm. When cool enough to handle, cut each in half lengthwise. Scoop out the inside of each potato half, leaving a sturdy shell, about 1/4 inch (0.5 cm) thick all around.
2. Transfer the scooped-out potato to a mixing bowl and mash it coarsely. Add the remaining ingredients and stir well to combine.
3. Stuff the mixture back into the potato shells. Heat as needed in the microwave or in a preheated 400°F oven.
4. Add extra cheese on top and let broil for 5-10 minutes.
5. Serve and enjoy.



Recipe from the *5 to 10 a Day Program*.



Broccoli and Walnut Noodles

Servings: 4

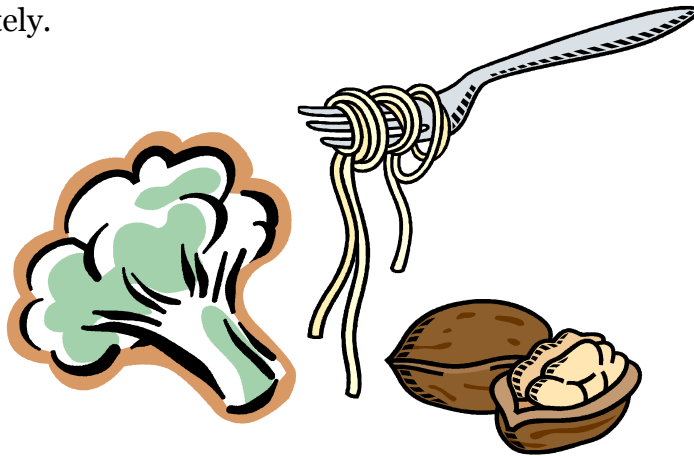
Ingredients:

1	bag (12 oz/340g) uncooked noodles
2 lbs (1 Kg)	steamed broccoli florets and peeled stems, cut into 1/2 inch (1 cm) slices
1 tbsp (15 mL)	olive oil
1/2 cup (125 mL)	chopped walnuts
1	lemon, zested and juiced
1/2	orange, juiced
1/2 tsp (2 mL)	pepper



Directions:

1. In a large pot of boiling salted water, cook noodles until al dente, approximately 5 minutes. Drain and reserve in a large warm bowl.
2. Meanwhile, steam broccoli until tender, about 3-5 minutes. Drain and add to bowl with cooked pasta.
3. Heat olive oil in a large skillet over medium high heat. Add walnuts and cook, stirring for 1 minute. Spoon into the bowl with pasta and broccoli.
4. Add lemon zest, lemon juice, orange juice and pepper. Toss to combine.
5. Serve immediately.

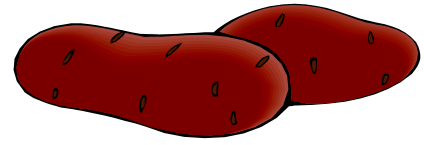


Recipe from the *Heart and Stroke Foundation* of Canada.



Baked Sweet Potato Fries with Creamy Apple Maple Dip

Servings: 4



Ingredients:

2	medium sweet potatoes, peeled & cut lengthwise into fry shape
1 tbsp (15 mL)	olive oil
pinch	salt

Dip:

½ cup (125 mL)	unsweetened applesauce
2 tbsp (30 mL)	plain non-fat yogurt
1 tbsp (15 mL)	maple syrup
dash	cinnamon

Directions:

1. Preheat oven to 425° F (220° C).
2. Line a cookie sheet with tin foil.
3. Place sweet potato fries into a bowl and toss with oil and salt.
4. Bake for 10 minutes. Remove from oven and turn over. Bake another 8 to 10 minutes.
5. Meanwhile, mix all dip ingredients together in a bowl.
6. Serve immediately with dip on the side.



Recipe from the *Heart and Stroke Foundation* of Canada.



Snacks



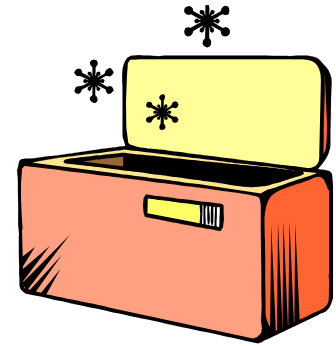


Frozen Vanilla Berry Pops

Servings: 8

Ingredients:

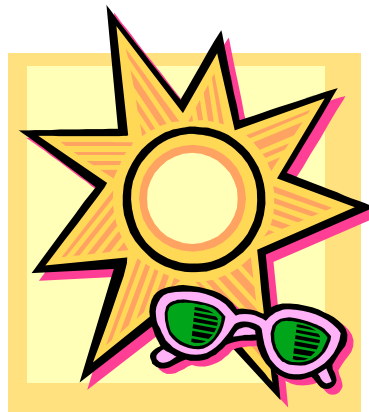
- 1 8oz container low fat vanilla yogurt
- 2 10 oz bags mixed frozen berries
- 8 6 oz paper cups
- aluminum foil
- 8 wooden popsicle sticks



Directions:

1. Pour yogurt and berries in a food processor or blender. Blend until berries are cut into smaller chunks.
2. Pour yogurt mixture into paper cups (or other type of ice mold if available.) Cover each with aluminum foil and insert a wooden stick through the foil into center of yogurt mixture.
3. Freeze for at least 3 hours or until solid. Peel off paper cup and serve.

**A COOL idea for a
HOT summer day!!!**



Recipe from The Seattle and King County Public Health



Sweet'za

Servings: 4

Ingredients:

1/3 cup (85 mL) unsweetened applesauce
2/3 cup (165 mL) low fat ricotta cheese
4 whole wheat English muffins

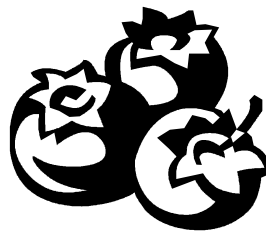


Toppings to choose from:

apples or pears, thinly sliced
pineapple chunks
peaches, nectarines or plums, sliced
frozen or fresh berries
banana slices
tangerine slices

Directions:

1. Stir together applesauce with the ricotta cheese. Spread about two tablespoons of sauce on each muffin half.
2. Arrange your favorite toppings on the 'crust' in a single layer. Try to use at least 3 colours.
3. Place pizzas on a baking sheet and bake at 400°F for 10 minutes, or until the pizzas are heated through and the cheese is melted.



Recipe from The Seattle and King County Public Health



Hummus (chickpea dip)

Servings: 4

Ingredients:

3	garlic cloves
1/4 cup (65 mL)	plain low fat yogurt
1 tbsp (15 mL)	lemon juice
1 tsp (5 mL)	olive oil
1/4 tsp (1 mL)	salt
1/4 tsp (1 mL)	paprika
pinch	pepper
1	19 oz can of chickpeas, drained and rinsed



Directions:

Put all ingredients into a food processor and blend until smooth. Serve with pita bread, crackers, carrots or other dipping vegetables.

Useful Tip:

You can make a vegetarian sandwich by spreading hummus on bread, adding sliced cucumbers, shredded carrots, lettuce and tomatoes.



Recipe from the *Centers for Diseases Control an Prevention*
www.fruitsandveggiesmatter.gov



Ole Guacamole

Makes about 2 cups (500mL) of dip.

Ingredients:

3 large	ripe avocados
1 tbsp (15 mL)	lemon juice
pinch	salt
1 tbsp (15 mL)	minced onion
1 large	diced tomato
1 tbsp (15 mL)	Tabasco sauce



Directions:

1. Cut avocados in half and remove pit. Scoop out pulp with a spoon.
2. In a bowl, mash avocados, onion and tomato. Add lemon juice, Tabasco sauce and salt, mix thoroughly.
3. Serve with baked tortilla chips, pita bread, carrot sticks or cucumber slices.



Recipe from: www.justfruitrecipes.com



Cottage Cheese Dip

Makes about 2 cups (500 mL) of dip.



Ingredients:

1/4 cup (65 mL)	diced cucumbers
1/4 cup (65 mL)	diced radish
1/2 cup (125 mL)	fat free sour cream
1/4 tsp (1 mL)	black pepper
1/4 cup (65 mL)	chopped green onion
1/2 cup (125 mL)	cottage cheese
1/2 tsp (2 mL)	celery salt

Directions:

1. Mix the cucumber, green onion, and radish together then blend in the cottage cheese and sour cream.
2. Add the celery salt and pepper blending all of the ingredients well. Cover and chill.
3. Serve with pita bread triangles, potato skins, seafood, raw turnip or any kind of veggie that you like!



Recipe from: <http://www.ichef.com/recipe>



Roasted Carrot Dip

Makes 2 cups (500 mL) of dip.



Ingredients:

10	peeled carrots
4	garlic cloves
2 tbsp (30 mL)	vegetable oil
1/2 cup (125 mL)	light mayonnaise
1/4 cup (65 mL)	water
1/4 cup (65 mL)	light sour cream
2 tsp (10 mL)	wine vinegar
pinch each	granulated sugar, salt and pepper

Directions:

1. Slice carrots lengthwise into 1/2-inch (1 cm) thick widths.
2. In large bowl, toss together carrots, garlic and oil. Spread on baking sheet; roast in bottom third of 425°F (220°C) oven for 20 minutes.
3. Remove garlic and set aside. Turn carrots; roast for 20 minutes longer or until tender.
4. In food processor, purée carrots with garlic until smooth. Add mayonnaise, water, sour cream, vinegar, sugar, salt and pepper; pulse to blend.
5. Transfer to serving dish; let cool to room temperature. Use as a dip for mini pitas or your favourite vegetables.



Helpful Tip: MAKE AHEAD!

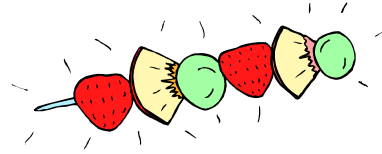
Cover and refrigerate for up to 24 hours!

Recipe from *Canadian Living, Smart Solutions for Everyday Living*,
www.canadianliving.com



Snack Kebobs

Servings: 4

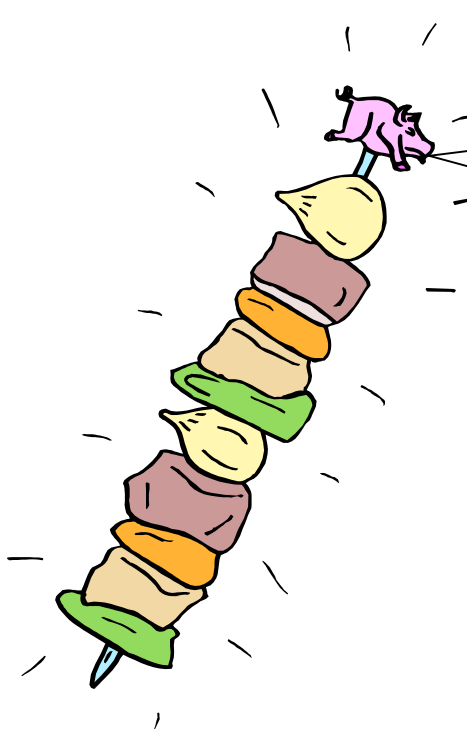


Ingredients:

- | | |
|-----------------|--|
| 2 cups (500 mL) | fresh pineapple, cut into chunks |
| 2 | pears, cored and cut into large chunks |
| 1 | lemon, squeezed for juice |
| 1 tsp (5 mL) | sugar |
| 1 cup (250 mL) | cooked ham, cut into cubes |
| 1 cup (250 mL) | cheddar cheese, cut into cubes |
| | green grapes to garnish |

Directions:

1. Toss pears with lemon juice and sugar immediately after cutting. Arrange fruit, ham, cheese and grapes on wooden skewers.
2. Refrigerate until serving



Any kind of fruit or vegetable could be put on skewers. Personalize your own fruit or veggie kebab!

Recipe from the *5 to 10 a Day Program*



Bug on a log

Ingredients:

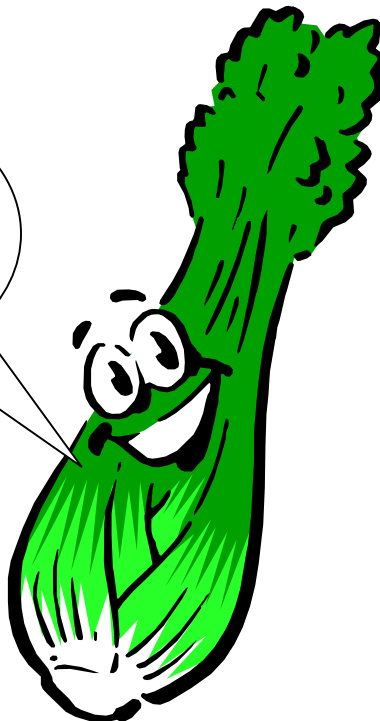
Celery sticks
Peanut butter
Raisins



Directions:

1. Wash the celery and dry.
2. Spread peanut butter over the entire length of the celery
3. Cut celery into pieces about 5 inches long.
4. Press raisins into peanut butter.

Get your kids
to make their
own bug on a
log!





Half a Bagel-licious!

Ingredients:

½ multigrain bagel or one of your choice

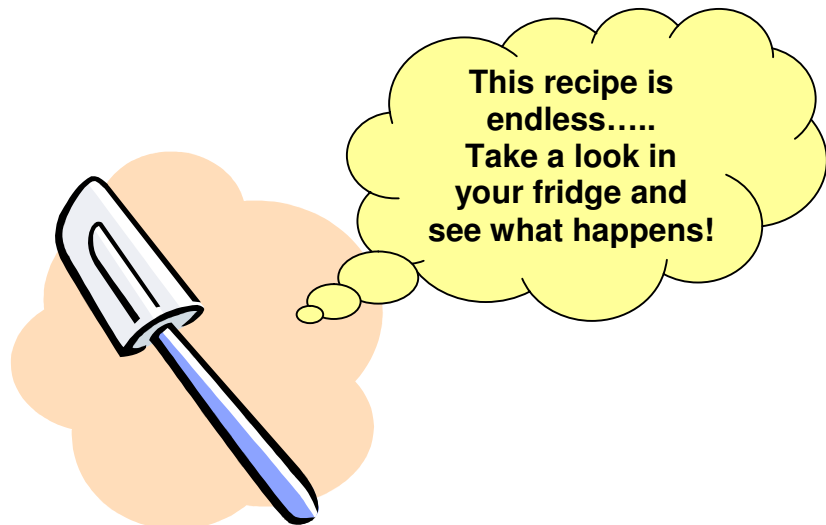
2 tbsp (30 mL) low fat cream cheese

Try one of the following:

- Crushed pineapple on the top
- Celery sticks and cherry tomatoes on the side
- Grapes and cucumber slices on the side
- Oranges or clementines on the side
- Peaches and baby carrots on the side
- Banana and raisins + peanut butter (instead of cream cheese)
- Grated carrots and raisins
- Slice of lean meat, lettuce and tomatoes
- Grated zucchini and carrots

Directions:

Spread the cream cheese on the bagel, add your favourite ingredients (or try something new) and enjoy!



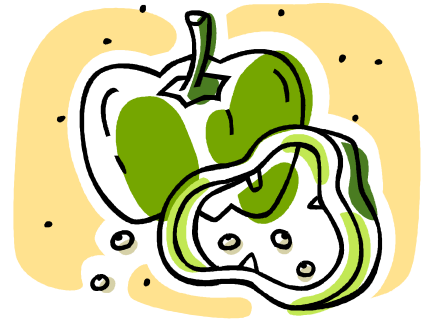


Incredible Edible Veggie Bowls

Servings: 1

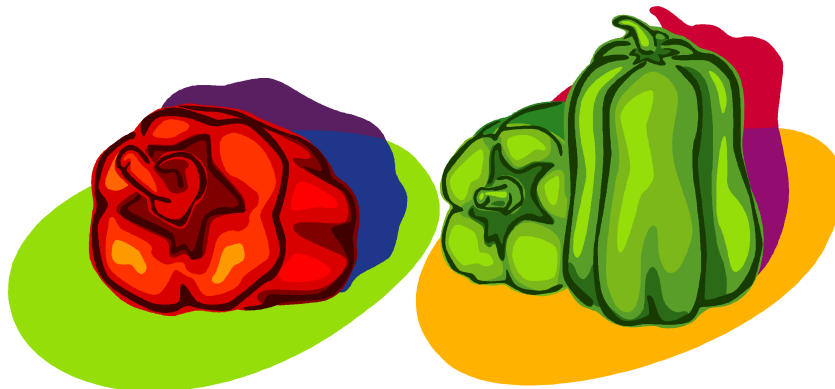
Ingredients:

- 1 green, yellow or red pepper
- 1 bunch of washed celery
- 1 carrot, washed and peeled
- your favourite light salad dressing



Directions:

1. Cut the pepper in half (from side to side). Clean out the seeds from the inside. Now you have two pieces. One will be your pepper-shaped bowl.
2. Cut the other half of the pepper into thin slices.
3. Cut the carrot into sticks about 4" (10 cm) long.
4. Cut celery into sticks so each one is about 4" (10 cm) long.
5. Put a little salad dressing in the bottom of your pepper bowl.
6. Put celery sticks, carrot sticks, and pepper slices into the pepper bowl.
7. You've got a portable veggie treat! Pull out the veggies and eat them with a little dressing. When you're finished with the veggies, it's time to eat the bowl!



Recipe from: <http://www.kidshealth.org/kid/recipe>

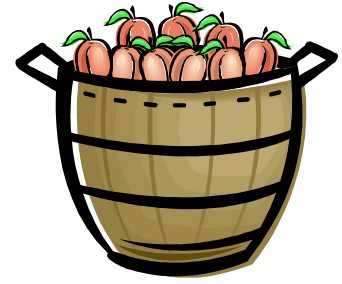


Peachy Freeze

Servings: 3

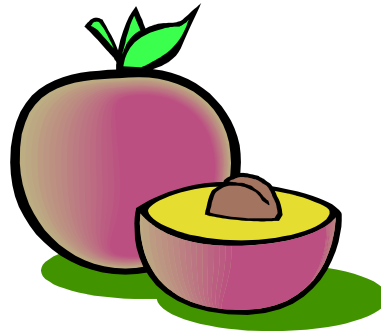
Ingredients:

½ cup (125 mL) milk, 1% or 2%
1 cup (250 mL) sliced peaches (canned in juice or fresh)
1 tsp (5 mL) sugar



Directions:

1. Pour the milk into an ice cube tray and freeze until solid.
2. Pop the "milk cubes" out of the tray and put them into the blender. Add the peaches and sugar to the blender.
3. Put the lid on the blender and blend on high speed until everything is mixed together and very smooth.
4. Pour your Peachy Freeze into serving dishes and serve right away.



Recipe from: <http://www.kidshealth.org/kid/recipe>



Desserts



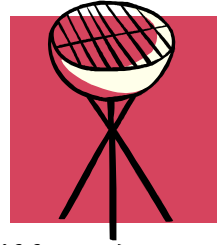


Grilled Peaches

Servings: 4

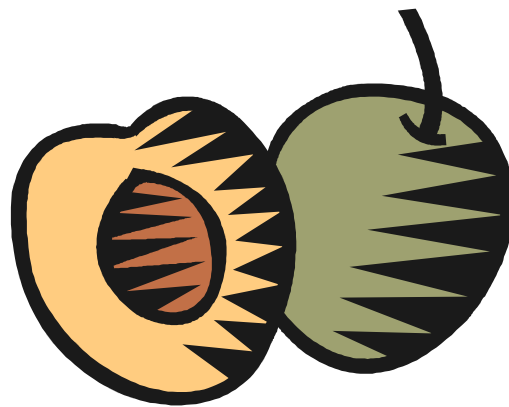
Ingredients:

4	ripe peaches
1 cup (250 mL)	fresh or frozen raspberries or blueberries (thawed if frozen)
2 tbsp (30 mL)	brown sugar
4 tbsp (60 mL)	lemon juice



Directions:

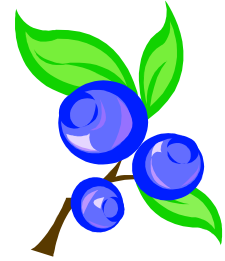
1. Prepare grill.
2. Wash and halve peaches. Remove pits and discard.
3. Place one halved peach; cut side up, on a square of aluminum foil. Fill cavity with berries.
4. Sprinkle berries with brown sugar then drizzle with lemon juice.
5. Bring sides of foil up and wrap over top and sides of the peach. Repeat process with other peach half.
6. Grill for 15-20 minutes before serving.



Recipe from The Seattle and King County Public Health



Blueberry Coffee Cake



Servings: 8

Ingredients:

1 cup (250 mL)	plain low fat yogurt
3 tbsp (45 mL)	vegetable oil
2	egg whites
1/2 cup (125 mL)	sugar
1 1/2 cup (375 mL)	flour
1 tbsp (15 mL)	grated lemon peel
2 tsp (10 mL)	baking powder
1/2 tsp (2 mL)	baking soda
1/4 tsp (1 mL)	salt
1 1/2 cup (375 mL)	fresh or frozen blueberries (thawed and drained if frozen)

Directions:

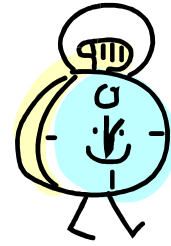
1. Heat oven to 375° F. Spray a 9" x 9" x 2" square pan with nonfat cooking spray.
2. Beat yogurt, oil, egg whites and sugar in a large bowl. Stir in remaining ingredients except blueberries.
3. Carefully stir in blueberries.
4. Spread all ingredients in pan.
5. Bake about 45 minutes or until cake springs back when touched lightly in center. Cool 10 minutes.



Recipe from The Seattle and King County Public Health



24 Hour Fruit Salad

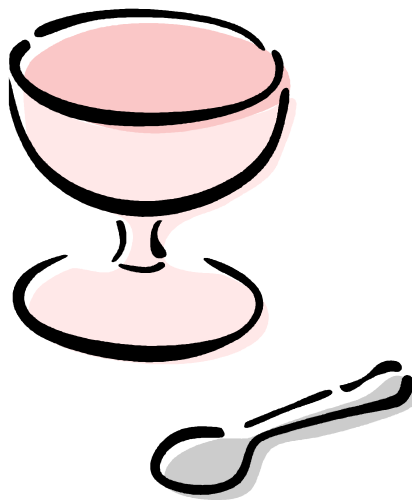


Ingredients:

2 cans	pineapple tidbits
1	6oz can frozen concentrate orange juice
1 pkg	instant lemon pudding
3	bananas, sliced
1 can	pears, in water or juice; cut in bite size pieces
1 can	peaches, in water or juice; cut in bite size pieces
1 can	mandarin oranges, drained

Directions:

1. Drain pineapple and dissolve orange juice in pineapple juice.
2. Add instant pudding, sliced bananas, pears and peaches to juice. Add drained oranges and pineapple.
3. Mix and let stand for 24 hours in refrigerator.



Recipe from: www.justfruitrecipes.com



Carrot Cake

Servings: 9

Ingredients:

1/2 cup (125 mL)	grated carrot
1 1/4 cups (315 mL)	chopped dates
1 cup (250 mL)	raisins
1 1/3 cups (335 mL)	water
1/4 cup (65 mL)	applesauce
1 tsp (5 mL)	cinnamon
1 tsp (5 mL)	nutmeg
1 tsp (5 mL)	ground cloves
2 cups (500 mL)	whole wheat flour
1 tsp (5 mL)	baking powder
1 tsp (5 mL)	baking soda



Directions:

1. Preheat oven to 350°F. Place the carrots, dates, raisins, water, applesauce, cinnamon, cloves and nutmeg in a saucepan, bring to boil, reduce the heat, and simmer for 5 minutes. Cool.
2. Stir the dry ingredients together.
3. Combine the wet and dry mixtures and stir until well blended. Spoon the batter into an 8" x 8" nonstick cake pan and bake for 45 to 50 minutes.

TIP: You may add 1/2 cup (125 mL) chopped nuts to the wet ingredients before combining with the dry.



Recipe from: <http://www.ichef.com/recipe>

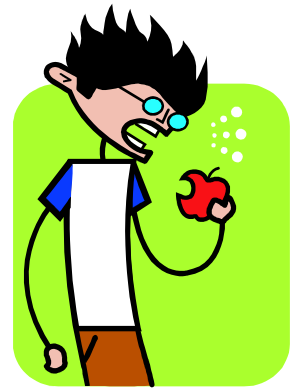


Easy Microwave Cinnamon Applesauce

Servings: 4

Ingredients:

6	apples, peeled, cored and sliced
¼ cup (65 mL)	packed brown sugar
½ tsp (2 mL)	ground cinnamon



Directions:

1. Place apples in 12-cup (3L) microwaveable casserole. Cover and microwave “on high”, stirring twice, until tender; about 15 minutes.
2. Stir in sugar and cinnamon; let cool. Mash until chunky, smooth, or purée if desired.



Recipe from *Canadian Living, Smart Solutions for Everyday Living*,
www.canadianliving.com



Dessert Nachos

Servings: 4-6

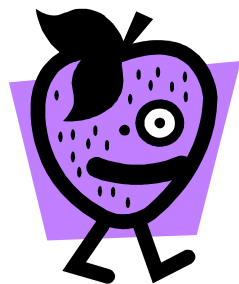
Ingredients:

3	6" (15 cm) flour tortillas
1 1/2 tbsp (20 mL)	sugar
1 1/2 cups (375 mL)	fresh strawberries (or any other fruit)
1 tbsp (15 mL)	orange juice
8 oz	low-fat vanilla yogurt
1 cup (250 mL)	chopped fresh strawberries
	cooking spray
1/2 cup (125 mL)	shredded coconut or white chocolate shavings (optional)



Directions:

1. To make the tortilla chips, heat the oven to 350° F. Cut the tortillas into triangles, lay them on a baking sheet, and spritz them with cooking spray.
2. Sprinkle 1 tablespoon of sugar over the tops of the tortillas and bake for 12 minutes or until crisp.
3. For homemade strawberry sauce, combine the strawberries, orange juice, and the remaining 1/2 tablespoon (7 mL) sugar in a blender. Purée the ingredients until smooth.
4. Once the chips have cooled, set them on a plate. To complete the buffet, set out separate bowls containing the strawberry sauce, yogurt, chopped strawberries, and coconut or chocolate shavings.



Feel free to substitute the strawberries, the orange juice and the yogurt for your favorite kind.
Talk about a yummy combination !!

Recipe from *FamilyFun* at www.familyfun.com



Yogurt Parfait

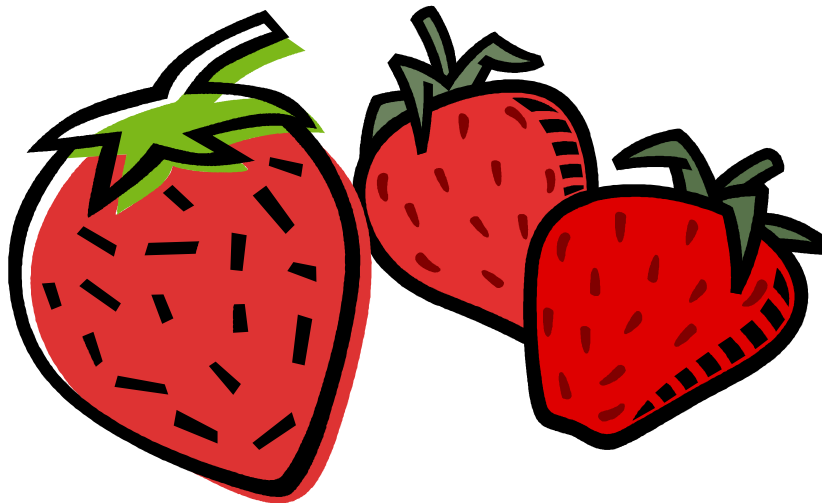
Servings: 2

Ingredients:

1 cup (250 mL)	low fat vanilla yogurt
1/2 cup (125 mL)	unsweetened applesauce
1 cup (250 mL)	fresh or frozen strawberries, mashed
2	strawberries cut in half, for garnish

Directions

1. Alternate layers of yogurt, applesauce and strawberry mash in individual clear serving dishes.
2. Top with strawberry halves.



Recipe from the *Heart and Stroke Foundation* of Canada.

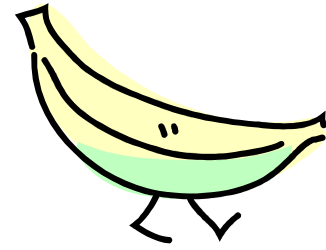


Banana Pudding

Serving: 4

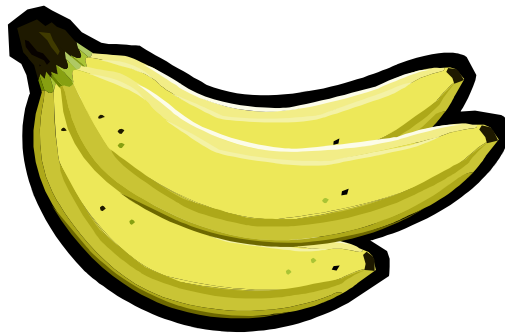
Ingredient:

2 cups (500 mL)	skim, 1% or 2% milk
1 pkg	(3oz/92g) instant vanilla pudding
2	medium bananas
7	graham crackers
2 tsp (10 mL)	brown sugar



Directions:

1. In a mixing bowl, combine pudding and milk. Set aside.
2. In a 1.5-litre (8-inch) square glass dessert dish, crumble graham crackers to line the bottom; or use small dessert bowls for individual servings.
3. Pour pudding mixture over crackers.
4. Arrange banana slices over top. Sprinkle with brown sugar.
5. For a special treat, pre-heat oven on broil, then place dish under the broiler for approximately one minute to melt sugar.
6. Serve warm or cold.



Recipe from the *Heart and Stroke Foundation* of Canada.