

RECIPES

Recipes Courtesy of the Produce for Better Health Foundation

Grapefruit-Cranberry Punch

2 cups cranberry juice cocktail, chilled
3/4 cup frozen grapefruit juice concentrate, thawed
1 12-ounce can lemon-lime carbonated beverage, chilled
Ice cubes

In a pitcher combine the cranberry juice and thawed concentrate. Gently stir in the carbonated beverage. Serve at once over ice cubes. Makes 8 (4-oz.) servings.
Nutrition Facts Per Serving: 84 calories, 0 grams protein, 21 grams carbohydrate, 0 grams total fat (0 grams saturated fat), 0 mg cholesterol, 0 grams dietary fiber, 8 mg sodium.

Fruit 'N' Juice Breakfast Shake

1 very ripe banana, peeled
3/4 cup pineapple juice
1/2 cup lowfat vanilla yogurt
1/2 cup strawberries, stem, removed and rinsed

Break banana into small pieces and put in the blender with pineapple juice, yogurt and strawberries. Secure lid and blend until smooth. Divide shake between two glasses and serve immediately. Makes 2 servings.

Nutritional Analysis Per Serving: 168 calories, 4 gram protein, 1 gram fat (.59 gram saturated) 35 gram carbohydrate, 43 mg sodium, 3 mg cholesterol.

Make It Five Fruit Salad

1 cup seedless grapes
1/2 cup each peeled, sliced and quartered orange, cubed cantaloupe, sliced banana and pineapple chunks
1/4 cup orange juice concentrate
1 teaspoon lime juice
2 teaspoons chopped mint leaves
1/4 teaspoon lime zest

Mix all ingredients in medium bowl. Makes 4 (3/4 cup each) servings.

Nutrient analysis per serving: 101 calories, 1.4 grams protein, .5 grams fat, 3% calories from fat, 25.2 grams carbohydrates, 0 mg cholesterol, 1.7 grams fiber, 4 mg sodium

Grilled Portabello Potato Topping

4 baking potatoes
1 large (6 to 8 ounce) fresh portabello mushroom
5 teaspoon s olive oil, divided
1 tablespoon balsamic vinegar
Salt and pepper
1 cup each thinly sliced onion and green pepper
1 cup diced tomatoes
1/4 cup dry
1/2 teaspoon dried oregano, crushed

Wash potatoes thoroughly so skin may be eaten. Pierce several times with a fork and bake at 425 degrees F for 50 to 60 minutes until tender. Remove stem from mushroom; chop and reserve. Combine 1 tablespoon olive oil, vinegar and salt and pepper to taste; brush mushroom cap with mixture. Grill or broil, rounded side up, 4 inches from heat, about 2 minutes. Turn mushroom cap, brush with oil and vinegar mixture and broil 1 to 2 minutes or until mushroom is thoroughly heated; set aside. Sauté mushroom stem, onion and green pepper in remaining oil and vinegar mixture, and add oregano, and salt and pepper to taste. Sauté until wine is absorbed. Add tomato and heat thoroughly. Cut or pierce tops of potatoes lengthwise; squeeze ends and push toward center to open. Slice grilled mushroom and arrange on potato. Spoon 1/4 of vegetable mixture on mushroom. Makes 4 servings.

***Microwave Method.** Wash and pierce skins of potatoes as above and microwave at high about 14 minutes or until tender. Turn potatoes and rotate one-quarter turn halfway through cooking time. Let stand, covered, 5 minutes.

Nutrition Facts Per Serving: 289 calories, 7 grams protein, 7.2 grams of fat (22% calories from fat), 1.5 grams saturated fat, 49.5 grams carbohydrate, 3 mg cholesterol., 4.8 grams fiber, 77 mg sodium.

Chicken Salad Makeover

2 cups cooked, diced chicken breasts

1 1/2 cups California seedless grapes

1 medium apple, cored and sliced

1/2 cup each raisins and diced celery

1/2 teaspoon dried tarragon, crushed

Salt and pepper to taste

2 to 4 tablespoons each low-fat mayonnaise and yogurt

1/4 cup chopped parsley

Lettuce leaves

Sprigs of thyme, optional

Combine all ingredients except lettuce and thyme; mix well. Serve chicken salad on lettuce leaves. Garnish with thyme, if desired. Makes 4 to 6 servings.

Nutritional Analysis Per Serving: 180 calories, 15 grams protein, 6 grams fat (28% calories from fat), 19 grams carbohydrate, 45 mg cholesterol, 2 grams fiber and 57 mg sodium.

Zesty Steamed Carrots and Red Potatoes

1 pound unpeeled red potatoes (about 4)

3 to 4 medium (1/2 pound) carrots, peeled, cut into 1/4-inch diagonal slices

2 tablespoons chopped green onion

2 tablespoons chopped parsley

1 tablespoon margarine, melted

1 teaspoon Dijon mustard

Salt and pepper to taste

Place a steamer rack in a 4-quart saucepan over 1 inch water (water should not touch bottom of rack). Bring water to boil. Arrange potato slices in bottom of steamer. Cover and steam for 10 minutes. Add carrot slices; cover and steam until vegetables are just tender, about 7 to 10 minutes longer. Remove vegetables to serving bowl. Add remaining ingredients; toss gently to coat evenly.

Makes 4 servings (about 2 1/4 cups).

Nutritional Analysis Per Serving: 134 calories, 3 grams protein, 29 gram Carbohydrate, 1 gram fat, 55 mg sodium.

California Gold Tart

60 fat-free cinnamon graham crackers, crushed (to about 1 cup crumbs)
2 tablespoons margarine, melted
1 (9-ounce) package sugar-free instant vanilla pudding
1 1/2 cups non-fat milk
1/4 cup dried apricots, thinly sliced
2 fresh California Plums
2 fresh California nectarines
2 fresh California peaches
3 tablespoons all-fruit, no-sugar jam, melted

Mix crumbs with margarine and press into bottom and slightly up sides of removable-bottom 9-inch tart pan. Bake at 375 for 6 minutes or until crisp. Cool. Beat pudding mix with milk, whisking vigorously to blend. Turn filling into tart pan. Brush jam over cut surfaces of fruit, to glaze. Arrange fruit on top of tart and chill until ready to serve (best within 4 hours). When serving, take caution: This "lean" tart base is delicate, so after cutting wedges, slide each wedge onto dessert plate using wide metal pancake-turner style spatula.

Makes 6 servings.

Nutritional Analysis Per Serving: 124 calories, 5 gram protein, 8 gram fat 62 grams carbohydrate, 450 mg sodium, 4 mg cholesterol.

Slim Strawberry Chef's Salad

2/3 cup nonfat light sour cream substitute
1/4 cup red wine vinegar
2 green onions, sliced
2 to 3 teaspoons hot-sweet mustard
Salt and pepper, to taste
Butter lettuce leaves
2 pint baskets California strawberries, steamed
2 cups assorted fresh fruit pieces (such as grapefruit segments, pineapple chunks, orange and kiwi slices)
8 slices (1 ounce each) lean turkey and/or ham
1/2 cup alfalfa sprouts

To make salad dressing, in small bowl whisk sour cream substitute, vinegar, onions and mustard; season with salt and pepper. Set aside. To assemble salad, line four dinner plates with lettuce. Top with fruits, turkey and sprouts, dividing equally.

Serve with dressing on the side. Makes 4 servings

Nutritional Analysis Per serving: 190 calories, 3 grams fat, 40 mg cholesterol, 170 mg sodium, 23 gram carbohydrate, 5 gram fiber, 22 gram protein.

Fresh Mushroom Three Bean Salad

10 ounces fresh white mushrooms, quartered (about 3 cups)
1 (7 ounce) jar roasted red peppers, drained, cut in strips
1 (15 ounce) can cannellini (white kidney) beans, rinsed and drained
1 (15 ounce) can red kidney beans, rinsed and drained
1 (15 ounce) can black beans, rinsed and drained
2 ribs celery, sliced (1 cup)
½ cup coarsely shredded Parmesan cheese, divided
¾ cup homemade or prepared fat-free Italian salad dressing
¼ cup chopped fresh parsley

In a large bowl combine mushrooms, peppers, the three kinds of beans, celery and ¼ cup of the cheese. Add dressing and parsley; toss to coat well. Stir in parsley. Serve topped with remaining cheese. Makes 4 servings (6 cups).

Variations: To make this a main dish, add cooked chicken, sliced pepperoni, kielbasa or ham.

Nutritional Analysis Per Serving: 148 calories, 2 grams protein, 5 grams fat, 14 grams carbohydrate, 20 mg sodium.

California Kiwifruit Salsa

3 to 4 California kiwifruit, peeled and diced (1 ½ cup)
2 medium tangerines or 1 orange, peeled and diced
1 cup peeled and diced jicama
½ cup diced sweet red or yellow bell pepper
¼ cup chopped cilantro
1 tablespoon lime juice
1 tablespoon vegetable oil
½ to 1 small jalapeno pepper, minced, seeds and veins removed
¼ teaspoon salt

In a large bowl, combine all ingredients, mixing well. Chill briefly. Makes about 2 1/2 cups. Serving Suggestions: Serve as a dip with tortilla chips, toasted pita bread triangles or warm tortillas; as a sauce over grilled or baked halibut or swordfish steaks, chicken or roasted port tenderloin; or serve over warm flour tortilla filled with scrambled eggs.

Nutritional Analysis Per Serving: 138 calories, 1 gram protein, 3 grams fat, 15 grams carbohydrate, 4 gram fiber and 122 mg sodium.