



# Summer Recipes

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## Family Fun With Fruits and Vegetables

### Bug-aboo Bonanza

#### *Creamy Tomato Dip*

Serves 8

**Suggested caption:** Perhaps adding some fun — a centipede made out of zucchini or a spider made from cherry tomatoes — will inspire your family to eat more fruits and vegetables.

#### **Dip:**

1 cup low-fat cottage cheese

½ cup prepared salsa

2 tablespoons chopped fresh cilantro, plus more for garnish

2 tablespoons grated Parmesan cheese

½ cup finely chopped red, yellow, and green bell pepper (any combination)

1 red bell pepper

#### **Vegetable Suggestions:\***

2 small zucchini, sliced into sticks

1 cup cherry tomatoes

3 carrots, peeled and sliced into sticks

1 cup broccoli flowerettes (may be lightly steamed and chilled to serve)

Place cottage cheese in bowl of food processor or blender. Process or blend until smooth. Add salsa and pulse until combined. Remove mixture to bowl and stir in cilantro, cheese, and peppers. Refrigerate for 1 hour. To serve, lay red pepper on its side and cut off top third. Remove seeds and fill pepper with dip. Sprinkle with chopped cilantro. Place in center of platter and surround with vegetables. Serve. This recipe provides each person with 1 ½ vegetable servings toward 5 A Day.

\* Slice vegetables at home, or buy them pre-sliced from your grocery store's salad bar.

#### **Tips for Kids:** Add some vegetable friends to your dip!

**Zucchini Frogs** – Cut a large zucchini in half crosswise; and carve out the mouth as pictured. Use zucchini peels from the remaining half as arms and legs.

**Zucchini Centipede** – Cut off the ends of a small zucchini. Add strips of zucchini for legs. Use shredded carrots for antennae.

**String Bean Mantis** – Attach jointed stems to string bean for legs and antenna.

**Tomato Ant** – Attach three small cherry tomatoes together by using grape stems. Use grape stems for legs and antenna.

#### **Nutritional Analysis Per Serving:**

Calories, 72; Fiber, 4 g; Fat, 1 g; Cholesterol, 2 mg; Sodium, 197 mg.

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## Bugged-Out Blast

### *Sparkling Grape Refresher*

Serves 4

Sit back and relax with a cool, refreshing fruit drink that will get you on your way to 5 A Day.

16 green grapes

12 red grapes

3 cups 100% white grape juice

2 cups sodium-free sparkling water

4 drink skewers

Wash grapes and put seven grapes on each skewer, alternating colors. Place a skewer in each of the four glasses. Fill glasses with  $\frac{3}{4}$  grape juice and  $\frac{1}{2}$  cup of sparkling water. Serve. This recipe provides each person with two fruit servings toward 5 A Day.

**Tips for Kids:** Add some fruit friends to your sparkling drink!

Grape Ants - Attach three grapes together by using grape stems. Use grape stems for legs and antenna.

Cherry Spiders - Pull stem out of cherry. Attach three cherry stems on each side for legs.

Nutritional Analysis

Per Serving: Calories, 141; Fiber, 1 g; Fat, 0 g; Cholesterol, 0 mg; Sodium, 7 mg.



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## Swamp-o-Licious Salad

### *Crunchy Chopped Spinach Salad with*

### *Creamy Buttermilk Herb Dressing*

Serves 4

Here's an easy-to-make salad that is packed with nutritious, dark, leafy greens. Try the Swamp-o-Licious Salad and you'll be on your way to getting 5 A Day.

**Dressing:**

$\frac{3}{4}$  cup nonfat buttermilk

$\frac{1}{4}$  cup non-fat mayonnaise

$\frac{1}{2}$  teaspoon salt

$\frac{1}{2}$  teaspoon freshly ground black pepper

2 teaspoons minced fresh basil

1 teaspoon minced fresh oregano

1 teaspoon minced fresh parsley

2 cloves garlic, crushed

Combine buttermilk and mayonnaise until smooth. Add remaining ingredients. If using dried herbs instead of fresh, halve the quantities listed.

**Chopped Salad:**

2 cups shredded carrots (about 1 pound)

2 cups chopped cucumber (sliced into  $\frac{1}{4}$ -inch rounds and then cut into quarters)

1 cup quartered cherry tomatoes

$\frac{1}{2}$  cup spinach leaves, chopped

Place carrots, cucumber, and tomato into a bowl. Add  $\frac{1}{4}$  cup dressing. Toss to thoroughly coat. (Reserve remaining dressing for another use.) Place chopped spinach onto chilled salad plates. Top with  $\frac{1}{4}$  of chopped vegetable mixture and serve. This recipe provides each person with 2  $\frac{1}{2}$  vegetable servings toward 5 A Day.

**Tips for Kids:** Alligators and spiders, oh my!



Cucumber Alligator – Cut a cucumber in half lengthwise, leaving room for 4 legs, as pictured. Use beans or seeds for eyes. Rest the alligator in a swamp of shredded carrots.

Cherry Tomato Spider – Use parsley stems to create arms and legs on a cherry tomato, as pictured.

Nutritional Analysis Per Serving:

Calories, 73; Fiber, 3 g; Fat, 1 g; Cholesterol, 2 mg; Sodium, 474 mg.

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## Octopus Platter

### *Fresh Fruit Platter With*

#### ***Banana Peanut Butter Dipping Sauce***

Serves 4

Add some zing to your yogurt. Try this easy-to-make, low-fat dipping recipe and make eating fruit a fun and tasty way to get your 5 A Day.

#### **Dipping Sauce:**

1 cup plain low-fat yogurt

1 banana

2 tablespoons creamy, low-fat peanut butter

2 teaspoons chopped peanuts, toasted (optional)

In a food processor or blender, combine first three ingredients and process or blend until smooth. Remove to bowl and chill. Sprinkle with chopped nuts before serving.

#### **Fruit Platter:**

1 cup fresh strawberries

4 kiwi fruit, peeled and sliced

1 cup cantaloupe, cut into chunks

1 cup fresh or canned pineapple, cut into cubes

Arrange fruit on platter as detailed below. Serve with dipping sauce. This recipe provides each person with more than 2 ½ fruit servings toward 5 A Day.

#### **Tip for Kids:**

Peel a banana in eight even slices. Use dark rice, seeds or pits for eyes. Place the banana in the center of the plate with the base up in the air as the octopus's head. Arrange fruit around the octopus.

Nutritional Analysis Per Serving:

Calories, 210; Fiber, 5 g; Fat, 6 g; Cholesterol, 4 mg; Sodium, 102 mg.

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## A Whale of a Good Time

### ***Fresh Fruit Centerpiece***

Serves 18

**Suggested caption: Make your July 4<sup>th</sup> or Labor Day picnic table burst with a rainbow of colors from this easy-to-make, fresh fruit centerpiece. It's a fun and creative way to get your 5 A Day.**

#### **Fruit Salad:**

1 large watermelon (between 15-20 pounds)

2 cantaloupe melons, halved and seeded

2 honeydew melons, halved and seeded

3 cups grapes (red or green seedless)

3 cups strawberries, halved

1 pineapple, cut into cubes

½ cup sugar

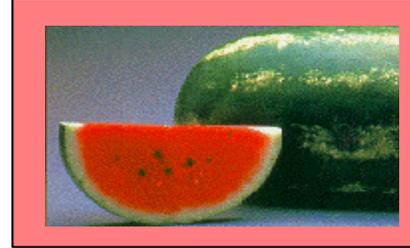
½ cup lime juice

½ cup lemon juice

1 sprig mint

**Carving the Whale:**

Lay a dampened cloth on a counter or a table and place the watermelon on top (with the cloth underneath, it won't roll). With a water-soluble marker, draw the outline of a whale on the watermelon as pictured. Carefully cut along the marker line. Cut a small hole in the top of the melon for the "water spout." With a melon baller or spoon, remove the excess watermelon and place it in a bowl. Set the watermelon aside. Using a vegetable peeler, even out the edges of the watermelon. Cover with clear plastic wrap and set aside.



**Making the Fruit Salad:**

In a large bowl, combine the sugar, lime juice, and lemon juice. Stir well. With a melon baller or spoon, scoop out the honeydew and cantaloupe. Add all melon balls, pineapple cubes, strawberries, and grapes; toss to combine. Allow the fruit to chill in the refrigerator for 45 minutes. Just before serving, transfer fruit into the whale. Make eyes out of the blueberries and eyelashes out of pineapple leaves. Fit the mint sprig in the water spout hole. Use cookie cutters to make a melon starfish garnish. Serve and enjoy. Just ½ cup of fruit counts as one 5 A Day serving.

Nutritional Analysis Per Serving:

Calories, 221; Fiber, 4 g; Fat, 2 g; Cholesterol, 0 mg; Sodium, 32 mg.