

✂ (cut)

Healthy Recipes

Makes 6 servings.
½ cup per serving.

Prep time: 20 minutes

Nutrition information per serving:

Calories:	34
Carbohydrate:	8 g
Dietary Fiber:	2 g
Protein:	1 g
Total Fat:	0 g
Saturated Fat:	0 g
Trans Fat:	0 g
Cholesterol:	0 mg
Sodium:	105 mg

Pico de Gallo

INGREDIENTS

- 1 pound ripe tomatoes (about 2 medium tomatoes), chopped
- 1½ cups chopped onion
- ⅓ cup chopped fresh cilantro
- 3 jalapeño peppers, seeds removed and chopped
- 2 tablespoons lime juice
- 2 cloves garlic, finely chopped
- ¼ teaspoon salt

PREPARATION

1. Combine all ingredients in a medium bowl.
2. Serve or cover and refrigerate for up to 3 days.



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Healthy Recipes

Makes 4 servings.
½ cup per serving.

Prep time: 5 minutes

Nutrition information per serving:

Calories:	59
Carbohydrate:	15 g
Dietary Fiber:	1 g
Protein:	1 g
Total Fat:	0 g
Saturated Fat:	0 g
Trans Fat:	0 g
Cholesterol:	0 mg
Sodium:	1 mg

Fruit Salad

INGREDIENTS

- ½ cup sliced banana
- ½ cup chopped apple
- ½ cup chopped nectarines
- ½ cup grapes
- ½ cup orange juice

PREPARATION

1. In a medium bowl, mix all ingredients. Serve.



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Makes 4 servings.
½ cup per serving.

Prep time: 20 minutes

Nutrition information per serving:

Calories:	64
Carbohydrate:	13 g
Dietary Fiber:	4 g
Protein:	2 g
Total Fat:	2 g
Saturated Fat:	0 g
Trans Fat:	0 g
Cholesterol:	0 mg
Sodium:	152 mg

Tomatillo Salsa

INGREDIENTS

- 18 medium-size tomatillos (about 2 cups), husks removed, washed, and finely chopped
- ½ cup chopped onion
- ½ cup chopped fresh cilantro
- 1 tablespoon fresh lime juice
- ¼ teaspoon salt
- ¼ teaspoon sugar
- 2 serrano chilies, seeds removed and finely chopped

PREPARATION

1. Combine all ingredients in a medium bowl.
2. Serve or cover and refrigerate for up to 3 days.



Healthy Recipes

Makes 4 servings.
1 cup per serving.

Prep time: 10 minutes

Nutrition information per serving:

Calories:	139
Carbohydrate:	36 g
Dietary Fiber:	4 g
Protein:	2 g
Total Fat:	0 g
Saturated Fat:	0 g
Trans Fat:	0 g
Cholesterol:	0 mg
Sodium:	2 mg

Quick-N-Creamy Grape Shake

INGREDIENTS

- 2 cups green or red seedless grapes
- 2 bananas, peeled and sliced
- 2 oranges, peeled and quartered
- 12-16 ice cubes, crushed

PREPARATION

1. Place grapes, bananas, oranges, and ice in a blender container.
2. Blend until smooth. Pour into glasses and serve.



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Makes 4 servings.
1½ cups per serving.

Prep time: 15 minutes

Nutrition information per serving:

Calories:	48
Carbohydrate:	9 g
Dietary Fiber:	3 g
Protein:	2 g
Total Fat:	1 g
Saturated Fat:	0 g
Trans Fat:	0 g
Cholesterol:	0 mg
Sodium:	20 mg

Cactus Salad

INGREDIENTS

- 4 cups shredded green cabbage
- 2 fresh cactus leaves (about 1 cup), cleaned and finely chopped
- 4 thin slices white onion
- 4 radishes, thinly sliced
- 1 large tomato, chopped
- 1 Serrano chili, seeds removed and finely chopped
- 2 tablespoons cider vinegar
- 1 teaspoon oil
- 1 teaspoon sugar



PREPARATION

1. Mix cabbage, cactus, onion, radishes, tomato, and serrano chili in a medium bowl. Place salad on 4 separate plates.
2. Stir together vinegar, oil, and sugar; drizzle over salad.

Makes 6 servings.
1 cup per serving.

Prep time: 10 minutes

Nutrition information per serving:

Calories:	96
Carbohydrate:	16 g
Dietary Fiber:	5 g
Protein:	4 g
Total Fat:	3 g
Saturated Fat:	0 g
Trans Fat:	0 g
Cholesterol:	0 mg
Sodium:	224 mg

California Marinated Salad

INGREDIENTS

- 3 nectarines, chopped
- ½ pound fresh mushrooms, quartered
- 1 cup cherry tomatoes, halved
- ½ cup ripe olives, pitted (optional)
- ⅓ cup chopped green onions
- 1 (8-ounce) can artichoke hearts
- 2 teaspoons vegetable oil
- ¼ cup lemon juice
- ¼ teaspoon sugar
- 1 teaspoon tarragon, crumbled
- ½ teaspoon thyme



PREPARATION

1. In a large bowl, combine nectarines, mushrooms, cherry tomatoes, olives, and green onions.
2. Drain and save liquid from artichokes.
3. Add artichokes to salad.
4. Combine reserved liquid with remaining ingredients in a jar. Shake well and pour over salad.
5. Serve immediately or chill in the refrigerator for 2 hours for the best flavor.

Recipe courtesy of the California Tree Fruit Agreement.

Makes 6 servings.
1 cup per serving.

Prep time: 5 minutes

Nutrition information per serving:

Calories:	230
Carbohydrate:	37 g
Dietary Fiber:	6 g
Protein:	4 g
Total Fat:	8 g
Saturated Fat:	1 g
Trans Fat:	0 g
Cholesterol:	0 mg
Sodium:	338 mg

Pear Brown Rice

INGREDIENTS

- 3 tablespoons lemon juice
- 2 teaspoons finely chopped garlic
- ¼ teaspoon ground ginger
- ¼ teaspoon ground black pepper
- 2 pears, diced
- 3½ cups cooked brown rice
- ½ cup chopped green onions
- ½ cup grated carrots
- ½ cup diced celery
- 3 tablespoons vegetable oil



PREPARATION

1. In a small bowl, combine lemon juice, garlic, ground ginger, and ground black pepper. Add pears to the mixture and set aside.
2. In a large bowl, combine brown rice and remaining ingredients. Gently fold in pears.
3. Serve or chill in the refrigerator.

Recipe courtesy of the California Tree Fruit Agreement.

Makes 4 servings.
¾ cup per serving.

Prep time: 5 minutes

Nutrition information per serving:

Calories:	91
Carbohydrate:	19 g
Dietary Fiber:	2 g
Protein:	3 g
Total Fat:	1 g
Saturated Fat:	0 g
Trans Fat:	0 g
Cholesterol:	3 mg
Sodium:	40 mg

Strawberry Smoothie

INGREDIENTS

- 1 (8-ounce) carton lowfat vanilla yogurt
- ½ cup 100% orange juice
- 1 (12-ounce) package frozen strawberries, partially thawed

PREPARATION

1. Combine yogurt and orange juice in a blender container.
2. With the blender running, add a few berries at a time through the lid opening.
3. Serve once all berries are added, cover and blend until smooth.



Makes 4 servings.
¾ cup per serving.

Prep time: 10 minutes

Nutrition information per serving:

Calories:	27
Carbohydrate:	7 g
Dietary Fiber:	1 g
Protein:	1 g
Total Fat:	0 g
Saturated Fat:	0 g
Trans Fat:	0 g
Cholesterol:	0 mg
Sodium:	15 mg

Melon Cooler

INGREDIENTS

- 2 cups chopped melon (cantaloupe, honeydew, or watermelon)
- 2 cups cold water

PREPARATION

1. Place all ingredients in a blender container.
2. Blend until smooth. Pour into glasses and serve.



Makes 4 servings.

1 quesadilla per serving.

Prep time: 10 minutes

Cook time: 15 minutes

Nutrition information per serving:

Calories:	134
Carbohydrate:	20 g
Dietary Fiber:	2 g
Protein:	7 g
Total Fat:	3 g
Saturated Fat:	1 g
Trans Fat:	0 g
Cholesterol:	3 mg
Sodium:	302 mg

Vegetable Quesadillas

INGREDIENTS

- nonstick cooking spray
- 1/2 cup chopped green bell pepper
- 1/2 cup frozen corn, thawed
- 1/2 cup sliced green onion
- 1/2 cup chopped tomato
- 2 tablespoons chopped fresh cilantro
- 4 (6-inch) flour tortillas
- 1/2 cup shredded reduced fat Cheddar or Monterey Jack cheese



PREPARATION

1. Spray a medium skillet with nonstick cooking spray. Sauté bell pepper and corn until softened, about 5 minutes.
2. Add green onion and tomato; cook for several minutes more until heated through; stir in cilantro.
3. Heat tortillas in a large skillet over high heat. Place equal amounts of cheese and vegetables on each tortilla; fold in half and continue to cook until cheese is melted and tortilla is crisp and lightly browned. Serve while hot.

Makes 8 servings.

1 cup per serving.

Prep time: 10 minutes

Cook time: 15 minutes

Nutrition information per serving:

Calories:	35
Carbohydrate:	6 g
Dietary Fiber:	2 g
Protein:	1 g
Total Fat:	1 g
Saturated Fat:	0 g
Trans Fat:	0 g
Cholesterol:	0 mg
Sodium:	159 mg

Creole Green Beans

INGREDIENTS

- 2 teaspoons vegetable oil
- 2 small cloves garlic, chopped
- 1 (16-ounce) package of frozen cut green beans
- 1 cup chopped red bell pepper
- 1 cup chopped fresh tomatoes
- 1/2 cup chopped celery
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper



PREPARATION

1. Heat oil in a large skillet over low heat.
2. Sauté garlic in oil for 1 minute.
3. Add green beans and bell peppers; increase heat to medium and cook for 7 minutes.
4. Stir in tomatoes, celery, and seasonings; cook for 7 minutes more. Serve while hot.

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Makes 6 servings.
1 pizza per serving.

Prep time: 15 minutes

Cook time: 10 to 15 minutes

Nutrition information per serving:

Calories:	235
Carbohydrate:	39 g
Dietary Fiber:	8 g
Protein:	11 g
Total Fat:	5 g
Saturated Fat:	2 g
Trans Fat:	0 g
Cholesterol:	11 mg
Sodium:	402 mg

Tortilla Pizzas

INGREDIENTS

- 12 small corn or flour tortillas
- vegetable oil or margarine
- 1 (16-ounce) can refried beans
- ¼ cup chopped onion
- 2 ounces fresh or canned green chili peppers, diced
- 6 tablespoons red taco sauce
- 3 cups chopped vegetables, such as broccoli, mushrooms, spinach, and bell pepper
- ½ cup (2 ounces) shredded part-skim Mozzarella cheese
- ½ cup chopped fresh cilantro (optional)



PREPARATION

1. Brush one side of each of two tortillas with water. Press the wet sides of the tortillas together to form a thick crust for the pizza.
2. Brush the outside of the tortillas with a small amount of oil or margarine. Evenly brown both sides in a heated frying pan. Repeat with the rest of the tortillas. Set aside.
3. Heat refried beans, onion, and half of the chili peppers together in a medium saucepan over medium heat, stirring occasionally. Remove from heat.
4. Spread about ¼ cup of the bean mixture on each tortilla pizza. Sprinkle with 1 tablespoon of taco sauce, then top with ½ cup of the chopped vegetables, 1 teaspoon chili peppers, and 1 tablespoon of cheese for each pizza.
5. Return to frying pan and heat until cheese melts. Top with cilantro, if desired. Serve immediately.

Makes 4 servings.
1½ cups per serving.

Prep time: 15 minutes

Cook time: 15 minutes

Nutrition information per serving:

Calories:	387
Carbohydrate:	47 g
Dietary Fiber:	7 g
Protein:	31 g
Total Fat:	9 g
Saturated Fat:	2 g
Trans Fat:	0 g
Cholesterol:	68 mg
Sodium:	496 mg

Mango Chicken Stir-Fry

INGREDIENTS

- nonstick cooking spray
- 1 pound boneless, skinless chicken breasts, cut into bite-size chunks
- ¼ cup pineapple juice
- 3 tablespoons low-sodium soy sauce
- ¼ teaspoon ground ginger
- 1 red bell pepper, cut into bite-size strips
- 2 mangos, pitted and cut into bite-size strips
- ¼ cup toasted, slivered almonds
- ground black pepper to taste
- 2 cups cooked brown rice



PREPARATION

1. Spray a large wok or skillet with nonstick cooking spray.
2. Sauté chicken over medium-high heat until cooked through, about 10 minutes.
3. In a small bowl, stir together pineapple juice, soy sauce, and ginger. Add sauce and bell pepper to the skillet.
4. Cook and stir for about 5 minutes until peppers are crisp-tender.
5. Add the mango and almonds to the wok or skillet and cook until hot. Season with ground black pepper to taste.
6. Serve each cup of stir-fry over ½ cup of brown rice.

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Healthy Recipes

Makes 6 servings.

1 drumstick, 1 thigh, and ¾ cup of vegetables per serving.

Prep time: 15 minutes

Cook time: 45 to 55 minutes

Nutrition information per serving:

Calories:	239
Carbohydrate:	11 g
Dietary Fiber:	4 g
Protein:	31 g
Total Fat:	8 g
Saturated Fat:	2 g
Trans Fat:	0 g
Cholesterol:	92 mg
Sodium:	388 mg

Chicken and Vegetables with Mole Sauce

INGREDIENTS

- nonstick cooking spray
- 6 each skinless drumsticks and thighs
- 3 dried ancho chilies, seeds removed and torn into pieces
- 2¼ cups low-sodium chicken broth
- 1 medium onion, peeled and chopped
- 1½ cups fresh tomatillos (about 7 medium tomatillos), husks removed, washed, and diced
- 2 teaspoons ground cumin
- ¼ teaspoon salt



(fold)

INGREDIENTS continued...

- 2 fresh cactus leaves (about 1 cup), cleaned and chopped
- ¾ pound fresh trimmed green beans

PREPARATION

1. Place chicken in a large skillet sprayed with nonstick cooking spray. Cook over medium heat for about 10 to 15 minutes per side or until cooked through.
2. While chicken is cooking, prepare mole sauce. Toast ancho chilies in a large skillet over medium-high heat for 1 minute, stirring constantly. Add broth to skillet and set aside.
3. Spray a large saucepan with nonstick cooking spray. Add onion; cook and stir over medium-high heat for 5 minutes. Add chili and broth mixture, tomatillos, cumin, and salt; bring to a boil, then reduce heat and simmer for 10 minutes. Let cool slightly and transfer to a blender container.
4. Puree until smooth and pour over chicken; cook for 5 minutes more.
5. Cook cactus and green beans in boiling water for about 5 minutes; drain. Serve chicken and sauce over cooked vegetables.

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Healthy Recipes

Makes 8 servings.

2 cups per serving.

Prep time: 20 minutes (excludes soaking time)

Cook time: 3 hours

Nutrition information per serving:

Calories:	346
Carbohydrate:	50 g
Dietary Fiber:	16 g
Protein:	22 g
Total Fat:	9 g
Saturated Fat:	3 g
Trans Fat:	0 g
Cholesterol:	19 mg
Sodium:	455 mg

Hearty Bean and Vegetable Soup

INGREDIENTS

- ½ cup each dried pink beans, dried lentils, dried black beans, yellow split peas, dried kidney beans, and dried blackeye peas
- 8 cups water
- 1 smoked ham hock (about ½ pound)
- 1 teaspoon each dried basil, dried rosemary, dried marjoram, and crushed red chilies
- ½ teaspoon each salt and ground black pepper
- 1 bay leaf
- 1 cup chopped onion
- ½ cup chopped carrots



(fold)

INGREDIENTS continued...

- ½ cup chopped celery
- 2 (14½-ounce) cans no salt added diced tomatoes, undrained
- 1 (8-ounce) can tomato sauce

PREPARATION

1. Rinse dried pink beans, lentils, black beans, yellow split peas, kidney beans, and blackeye peas under cold running water. Place beans, lentils, and peas in a large bowl, then cover with water to 2 inches above the mixture. Cover and let stand 8 hours, then drain.
2. Combine drained bean, lentil and pea mixture, water, and ham hock in a large pot; bring to a boil. Add spices, onion, carrots, celery, tomatoes, and tomato sauce. Cover, reduce heat, and simmer 2 hours. Uncover and cook 1 hour.
3. Discard bay leaf. Remove ham hock from soup. Remove meat from bone; shred meat with 2 forks. Return meat to soup and serve.

SERVING SUGGESTIONS

Add chili peppers and/or bell peppers to the soup for more color, flavor, and vegetable servings.

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Healthy Recipes

Makes 4 servings.
1 1/2 cups per serving.

Prep time: 10 minutes

Cook time: 10 minutes

Nutrition information per serving:

Calories:	182
Carbohydrate:	34 g
Dietary Fiber:	7 g
Protein:	6 g
Total Fat:	4 g
Saturated Fat:	0 g
Trans Fat:	0 g
Cholesterol:	0 mg
Sodium:	144 mg

Sautéed Okra with Onions and Tomatoes



INGREDIENTS

- 2 teaspoons vegetable oil
- 1 small onion, chopped
- 1 pound okra, ends trimmed, rinsed, and cut into 1/2-inch thick slices or 1 (16-ounce) package frozen okra
- 1 (14 1/2-ounce) can diced tomatoes
- 1 teaspoon Soulful Seasoning
- 1/2 teaspoon hot sauce
- 1/4 teaspoon ground black pepper
- 4 cups cooked brown rice

PREPARATION

1. Heat oil in a large skillet over medium-high heat.
2. Sauté onion until tender, about 3 minutes.
3. Add remaining ingredients and cook, stirring frequently until okra is slightly tender, but not mushy, about 5 minutes.
4. Serve 1 cup okra over 1/2 cup of brown rice.

Healthy Recipes

Makes 2 servings.
1/2 potato per serving

Prep time: 10 minutes

Cook time: 25 minutes

Nutrition information per serving:

Calories:	109
Carbohydrate:	20 g
Dietary Fiber:	3 g
Protein:	5 g
Total Fat:	1 g
Saturated Fat:	0 g
Trans Fat:	0 g
Cholesterol:	0 mg
Sodium:	90 mg

Sweet Potato Fries



INGREDIENTS

- nonstick cooking spray
- 1 large sweet potato, peeled
- 1/4 cup egg substitute
- 1 teaspoon nutmeg

PREPARATION

1. Place an oven rack in the middle of the oven. Preheat oven to 425°F.
2. Spray a baking sheet with nonstick cooking spray and set aside.
3. Slice the sweet potato into 1/2-inch thick fries and place in a medium bowl.
4. Pour egg substitute over the sweet potato fries and sprinkle nutmeg on top; toss until well coated.

Soulful Seasoning

Makes 12 servings.
1 tablespoon per serving.

Prep time: 5 minutes

INGREDIENTS

- 3 tablespoons onion powder
- 4 tablespoons garlic powder
- 1 tablespoon ground red pepper
- 1 tablespoon chili powder
- 1 tablespoon paprika
- 1 teaspoon ground black pepper
- 2 teaspoon ground thyme

PREPARATION

1. Mix all ingredients together to make 3/4 cup of seasoning.
2. Store in an airtight container and use in place of seasoning salts.

Recipe courtesy of BOND of Color.

5. Place the fries on the baking sheet so that they do not touch.
6. Bake until the edges of the potatoes start to turn crispy and brown, about 25 minutes.
7. Remove fries from the oven and serve while hot.

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Makes 6 servings.
1 cup per serving.

Prep time: 10 minutes

Cook time: 20 minutes

Nutrition information per serving:

Calories:	143
Carbohydrate:	11 g
Dietary Fiber:	3 g
Protein:	19 g
Total Fat:	3 g
Saturated Fat:	1 g
Trans Fat:	0 g
Cholesterol:	46 mg
Sodium:	460 mg

Chicken Vegetable Creole



INGREDIENTS

- nonstick cooking spray
- 1 pound boneless, skinless chicken breasts, cut into large chunks
- 1 large onion, chopped
- 1 (14½-ounce) can diced tomatoes
- 1/3 cup tomato paste
- 2 stalks celery, chopped
- 1½ teaspoons garlic powder
- 1 teaspoon onion powder
- ½ teaspoon salt
- ¼ teaspoon red pepper flakes
- 1/8 teaspoon ground black pepper
- 1½ cups broccoli florets

PREPARATION

1. Spray a large skillet with nonstick cooking spray and heat over medium heat.
2. Add chicken and onion; cook, stirring frequently, for 10 minutes.
3. Stir in all remaining ingredients except broccoli and cook for 5 minutes, stirring occasionally.
4. Stir in broccoli, cook for 5 minutes more. Serve while hot.

Makes 6 servings.
½ cup per serving.

Prep time: 10 minutes

Cook time: 10 minutes

Nutrition information per serving:

Calories:	132
Carbohydrate:	24 g
Dietary Fiber:	4 g
Protein:	2 g
Total Fat:	4 g
Saturated Fat:	1 g
Trans Fat:	0 g
Cholesterol:	0 mg
Sodium:	441 mg

Herbed Potato Salad



INGREDIENTS

- 1½ pounds red potatoes (about 8 potatoes), cut into cubes
- ½ cup light Italian dressing
- ½ tablespoon spicy brown mustard
- 1 tablespoon chopped fresh parsley
- 1 teaspoon garlic salt
- ¼ teaspoon ground black pepper
- ½ cup chopped red bell pepper
- ½ cup chopped green bell pepper
- ½ cup chopped green onions

PREPARATION

1. In a large pot, cook potatoes in boiling water until tender, about 10 minutes (do not overcook).
2. Drain well and let cool.
3. Cut potatoes into bite-size pieces and place in a medium bowl.
4. In a small bowl, combine dressing, mustard, parsley, and seasonings; pour over potatoes and toss well.
5. Carefully stir in bell peppers and green onions. Cover and chill until ready to serve.

Makes 6 servings.
1 cup per serving.

Prep time: 10 minutes

Cook time: 30 minutes

**Nutrition
Information
Per Serving:**

Calories:	69
Carbohydrate:	10 g
Dietary Fiber:	4 g
Protein:	7 g
Total Fat:	1 g
Saturated Fat:	0 g
Trans Fat:	0 g
Cholesterol:	9 mg
Sodium:	267 mg

Savory Greens

INGREDIENTS

- 3 cups water
- ¼ pound skinless, smoked turkey breast
- ¼ cup chopped onion
- 1 tablespoon chopped and seeded jalapeño pepper (optional)
- 2 cloves garlic, crushed
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground cloves
- ½ teaspoon thyme
- 1 green onion, chopped
- 1 teaspoon ground ginger
- 2 pounds greens (mixture of mustard greens, collard greens, kale, and turnip greens)



PREPARATION

1. Place all ingredients except greens into a large pot and bring to a boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Tear or slice greens into bite-size pieces.
4. Add greens to turkey stock. Cook 20 to 30 minutes until tender. Serve while hot.

Adapted from recipe courtesy of National Heart Lung and Blood Institute.