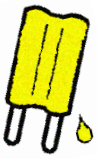
Fruit of the Month:
Apricot

Fun Facts *

Apricots originally came from China and are over 4,000 yrs. old.

* It takes about 6 pounds of fresh apricots to make 1 pound of dried apricots!
* Legend has it that the juice of apricots was the choice drink of Greek and Roman gods.



Frozen Apricot Pops for Kids!

In a blender, puree 1 (15-1/4 oz.) can apricot halves, undrained. Spoon puree into small paper cups or popsicle mold. Add popsicle sticks and freeze overnight. To unmold, run warm water around the outside of cups or mold.

ENJOY!

Purchasing Tips

Fresh apricots are available May to August. When selecting fresh apricots, look for plump, fairly firm fruit that is a golden orange color. Avoid those that are pale and yellow.

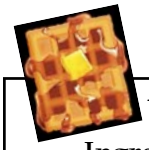
Nutrition Facts

Serving Size: 1 apricot (35g)

Amount Per Serving		
Calories 17	Calories from Fat 1	
		% Daily Value*
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	4 g	1%
Dietary Fiber	1 g	3%
Sugars	3 g	
Protein	0 g	

Vit. A	13%	Vit. C	6%
Calcium	0%	Iron	1%

* Percent Daily Values are based on a 2,000 calorie diet.



Apricot Pecan Waffles

Enjoy this easy, delicious and healthy breakfast this weekend!

Ingredients

- 1 pound fresh apricots*
- 1 cup low-fat vanilla yogurt
- 1 cup whole wheat flour
- 1 cup all purpose flour
- 2 teaspoon baking powder
- 2 teaspoon baking soda
- 1/2 teaspoon salt

- 3 tablespoon sugar
- 2 cups buttermilk
- 1 large egg yolk
- 1 tablespoon vanilla extract
- 1 tablespoon canola oil
- 1/4 cup finely chopped pecans
- 3 large egg whites

* 1 can (15 1/4 oz.) apricot halves may be substituted. Note: for an easy topping, mix 1/2 cup of juice or syrup w/ 1 cup vanilla low-fat yogurt.

Instructions

1. Heat waffle iron. Dice apricots. Combine both flours, baking soda, baking powder, and 1 Tbsp. sugar. Set aside.
2. Whisk together buttermilk, egg yolk, vanilla and oil. Stir into dry ingredients until just moistened. Fold in apricots and pecans.
3. Beat egg whites until soft peaks form; add remaining 2 Tbsp. sugar and continue beating until firm peaks form and egg whites are shiny.
4. Stir 1/4 of egg whites into waffle batter. Fold in remaining egg whites. Measure 2/3 cup batter for each waffle. Cook for 4 minutes.

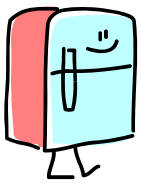
MAKES 8 servings.

Quick Serving Ideas

Apricots are delicious both raw and cooked:

- Raw: eat them out of your hand or add them to hot or cold cereal, a green salad, yogurt, cottage cheese, salsa or smoothies.
- If storing, squeeze a little lemon juice on them to prevent the flesh from darkening.
- Add chopped apricots to your whole grain pancake, waffle or muffin batter.
- Add dried, diced apricots to chicken or vegetable stews for a Middle Eastern flavor.
- Substitute apricots freely for peaches, mangos and nectarines.
- Use apricot puree as a substitute for oil in many high-calorie, high fat recipes.

Storage



Plan to use them as quickly as possible. Apricots taste better at room temperature and need to be refrigerated to prevent over ripening if not eaten immediately. Apricots are at their best when slightly soft.

Ripen: place firm fruit in a paper bag with an apple or banana.

To Freeze: halve the fruit, remove the pits, and arrange the halves in one layer on a baking sheet and freeze. Then, pack them in a plastic freezer bag. Defrost and serve.

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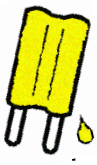
Fruta del Mes:
Albaricoque

Hechos Graciosos

* Albaricoques originalmente vinieron de china y son 4,000 años viejos.
* !Toma acerca de 6 libras de Albaricoques para hacer 1 libra de Albaricoques secos!
* La leyenda dice que el jugo de albaricoque fue la bebida favorita de los dioses griegos y romanos.

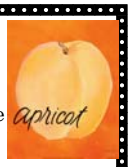


Paletas de hielo de Albaricoques para niños!

En una licuadora, puree 1 (15-1/4 oz.) mitades de albaricoque, sin escurrir. Vacie en vasos pequeños de papel o en moldes para paletas. Pongale palitos y congele toda la noche. Para sacar del molde, deje caer agua caliente afuera de los vasos o moldes.

Sugerencias de compra

Albaricoques frescos estan disponibles de Mayo a Agosto. Cuando los escoga, busque por rellenitos, duritos, que sean de color anaranjado dorado. Evite aquellos que sean palidos y amarillos.



Factores Nutricionales

Medida por porcion: 1 albaricoque (35g)

Cantidad por Porcion		
Calorias 17	Calorias de Grasa 1	
	% Valor Diario*	
Total en grasa	0 g	0%
grasa saturada	0 g	0%
Colesterol	0 mg	0%
Sodio	0 mg	0%
Total en Carbohidratos	4 g	1%
Fibra Dietetica	1 g	3%
Azucares	3 g	
Proteina	0 g	

Vit. A	13%	Vit. C	6%
Calcio	0%	Hierro	1%

* Valores de porcentajes diarios basados en una dieta de calorias de 2,000.

Waffles de Albaricoques con Nuez

!Disfrute este facil, delicioso y saludable desayuno esta semana!

Ingredientes

- 1 libra de Albaricoques frescos*
- 1 taza de yogur bajo en grasa d
- 1 taza de arina de trigo
- 1 taza de arina para todo propo
- 2 cucharaditas de arina para hornar
- 2 cucharaditas de bicarbonato
- 1/2 cucharadita de sal

- 3 cucharadas de azucar
- 2 tazas de "buttermilk"
- 1 yemas de huevo grandes
- 1 cucharada de extracto de vainilla
- 1 cucharada de aceite de canola
- 1/4 taza de nuez finamente picada
- 3 claras de huevo grandes

* 1 lata (15 1/4 oz.) de mitades de albaricoque puede ser substituida. Nota: Para una cobertura, mezclar 1/2 taza de jugo o syrup c/ 1 taza de yogur bajo en grasas de vainilla.

Instrucciones

1. Caliente la plancha para hacer waffles. Pique los albaricoques. Combine las dos arinas, bicarbonato, arina para hornear y 1 cucharada de azucar. Pongala a un lado.
2. Bata el "buttermilk", una yema de huevo, vainilla y aceite. Revuelva en lo ingredientes secos hasta que esten humedecidos. Doblados en albaricoques y nueces.
3. Bata las claras de los huevos hasta que se forme la capa; ponga las 2 cucharaditas de azucar que quedan y continue batiendo hasta que se vea brillosito.
4. Revuelva un 1/4 de las claras en la mezcla de los waffles. Ponga las claras que sobran. Mida 2/3 de taza de la mezcla por cada waffle. Cocine por 4 minutos. **HACE 8 porciones.**

Ideas rapidas para cocinar

Albaricoques son deliciosos crudos y cocinados:

- Crudos: comacelos de su mano o pongaselos al cereal frio o caliente, en una ensalada, yogur, queso cottage, salsa o licuados.
- Si los almacena, esprima un poco de jugo de limon para prevenir que se ponga negro.
- Ponga albaricoques picados a sus panqueques de grano entero, waffle o al batido para hacer panquecitos.
- Ponga albaricoques secos a estofados de vegetales o pollo para darle un sabor del medio oriente.
- Substituye albaricoques libremente por duraznos, mangos y nectarines.
- Use pure de albaricoque como substituto para aceite en mucho alta calorias, recetas altas en grasa.

Almacenamiento

Planee usarlos lo mas pronto posible. Albaricoques saben mejor a temperatura de ambiente y si necesitan refrigerarse para prevenir que se hechen a perder si no se comen inmediatamente. Alabaricoques estan mejor cuando estan ligeramente suaves.

Maduros: ponga fruta dura en una bolsa de papel con una manzana o platano.

Para congelar: Parta la fruta a la mitad, remueva las semillas y ponga las mitades en una charola de hornear. Despues, empaquelas en una bolsa. Descongele y sirva.

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Fruit of the Month:
Pink Lady Apple

Fun Facts About Apples

- The Pink Lady originated in Australia in 1973 as a cross between a Golden Delicious and a Lady Williams apple. It is crisp and crunchy with a tart yet sweet taste. It has a distinctive pink blush over a yellow background. It doesn't brown quickly after cutting, making it good for salads, baking and applesauce.
- 2500 varieties of apples are grown in the United States. 7500 varieties of apples are grown throughout the world.
- Why do apples float? 25% of an apple's volume is air!
- The largest apple picked weighed three pounds.
- Some apple trees will grow over 40 feet high and live over a hundred years.
- It takes the energy from 50 leaves to produce one apple.
- It takes about 36 apples to create one gallon of apple cider.

Apple Salad

- 3 medium apples (unpeeled), cut in chunks (try pink ladies)
- 1/2 cup crushed pineapple, drained
- 1/4 cup celery, diced
- 2 tablespoons raisins
- 3 tablespoons plain yogurt
- 2 teaspoons mayonnaise
- 1 tablespoon pineapple juice
- 1/8 teaspoon cinnamon

Combine apples, pineapple, celery, and raisins. Mix yogurt, mayonnaise, pineapple juice, and cinnamon together and blend into other ingredients. Makes: Four 1-cup servings.

Add an Apple to Your Day

- Apples can be eaten raw; added to salads; sautéed with cinnamon as a dessert topping; baked whole and stuffed; sautéed with pumpkin or other vegetables; or baked as a delicious apple pie, crisp, tart or crumble.
- Don't peel your apple. Two-thirds of the fiber and lots of antioxidants are found in the peel.

Activities for the Classroom!

1. Hands-on activities, go to:
http://www.urbanext.uiuc.edu/apples/education.html

2. Worksheets on apple counting, coloring, mazes, crosswords, connect the dots, matching, etc. go to:
http://www.waga.org/ed.html *(listed under "A Bushel Facts About Wisconsin Apples")*

3. Kids can play apple games online ***(TEACHERS:*** *some activities have printable versions for the classroom)*
http://www.applejuice.org/fungames.html

Apple Power Punch Smoothie

Makes 1 large super healthy smoothie!

- 1 Pink Lady, core removed, chopped
- 1 Kiwi, peeled, chopped
- 1 Banana, peeled, chopped
- 1/2 inch piece fresh ginger root, peeled, grated
- 2 tsp. honey (optional)
- 1 cup cranberry juice
- 1/2 cup plain yogurt
- 4 ice cubes

Place all ingredients in a blender and blitz for 30 seconds, or until smooth.

Nutrition Facts

Serving Size: 1 medium apple (138g)

Amount Per Serving		
Calories 72	Calories from Fat 2	
		% Daily Value*
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	1 mg	0%
Total Carbohydrate	19 g	6%
Dietary Fiber	3 g	13%
Sugars	14g	
Protein	0 g	

Vit. A	1%	Vit. C	11%
Calcium	1%	Iron	1%

* Percent Daily Values are based on a 2,000 calorie diet.

Just one apple provides as much dietary fiber as a serving of bran cereal. The antioxidants help fight the damaging effects of bad cholesterol.

Purchasing

Pink Ladies are available October through May. Look for apples that are firm, with shiny skin. Avoid those with soft spots, bruises, or discoloration.

Storage

Keep apples in a perforated plastic bag in the refrigerator. They should keep for six to eight months and become sweeter with time. Check fruit often for any signs of rotting and discard spoiled apples. Apples ripen six to ten times faster at room temperature than when refrigerated.

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Fruta del Mes:
Manzana Lady Apple

Información Divertida de las Manzanas

- La manzana Pink Lady se originó en Australia in 1973 como un cruce entre la Golden Delicious y la manzana Lady Williams. Es crujiente con un sabor fuerte pero dulce. Tiene un color distintivo rosado sobre una base amarilla. No se hace café tan rápido después de cortarla haciéndola buena para ensaladas, hornear y puré de manzana.
- Crecen 2500 variedades de manzanas en los Estados Unidos. 7500 variedades de manzanas crecen alrededor del mundo.
- ¿Porqué flotan las manzanas? ¡25% del volumen de la manzana es aire!
- La manzana más grande pesó tres libras.
- Algunos árboles de manzanas crecen más de 40 pies y viven mas de cien años.
- Toma la energía de 50 hojas producir una manzana
- Se lleva 36 manzanas para hacer un galón de jugo de manzana

¡Actividades para el Salón!

1. Para actividades ve a :
http://www.urbanext.uiuc.edu/apples/education.html

2. Hojas de trabajo para contar manzanas, colorear, laberintos, crucigramas, unir puntos, etc. ve a:
http://www.waga.org/ed.html *(enlistados como "A Bushel Facts About Wisconsin Apples")*

3. Los niños pueden jugar en línea ***(MAESTROS:*** *algunas actividades tiene versiones para imprimir para la clase)*

Información Nutricional

Tamaño de la Porción: 1 manzana mediana (138g)

Cantidad por porción		
Calorías 72	Calorías de Grasa 2	
		% Valor Diario
Total Grasa	0 g	0%
Grasa Saturada	0 g	0%
Colesterol	0 mg	0%
Sodio	1 mg	0%
Total Carbohidratos	19 g	6%
Fibra en la Dieta	3 g	13%
Azucares	14g	
Proteína	0 g	
Vit. A 1%	Vit. C	11%
Calcio 1%	Hierro	1%

* El porcentaje Diario de Valores es basado en una dieta calórica de 2,000 calorías.

Una sola manzana proporciona tanta fibra en la dieta como una porción de cereal de salvado. Los antioxidantes ayudan a pelear los efectos dañinos del colesterol malo.

Ensalada de Manzana

- 3 manzanas medianas (sin pelar), cortados en cuadritos (traten con las manzanas pink ladies)
- 1/2 taza de piña en trocitos, escurrida
- 1/4 taza de apio, en cuadritos
- 2 cucharadas de pasas
- 3 cucharadas de yogurt sin sabor
- 2 cucharadas de mayonesa
- 1 cucharada de jugo de piña
- 1/8 cucharadita de canela

Combine las manzanas, piña, apio y pasas. Mezcle el yogurt, mayonesa, jugo de piña y canela y mezcle con los otros ingredientes y bata. Hace cuatro porciones de 1 taza.

Agrega una Manzana a tu Día

- Las manzanas se pueden comer crudas; agregarse a las ensaladas, espolvoreadas con canela como postre; horneadas enteras y rellenas, sazonadas con calabaza u otros vegetales; u horneada como un delicioso pay de manzana, en empanada o tarta
- No peles la manzana. Dos tercios de la fibra que contienen muchos antioxidantes se encuentran en la cáscara.

Malteada con Poder de Manzana

¡Prepara una malteada grande y super saludable!

- 1 manzana Pink Lady, sin el centro, en trozos
- 1 Kiwi, pelado y picado
- 1 plátano pelado y picado
- 1/2 pulgada de raíz de jengibre fresca, pelada y rayada
- 2 cucharadas de miel (opcional)
- 1 taza de jugo de arándano
- 1/2 taza de yogurt sin sabor
- 4 cubos de hielo

Coloca todos los ingredientes en la licuadora por 30 segundos o hasta que se muela todo bien.

Compra

Las manzanas Pink Ladies están disponibles de octubre a mayo. Busca las manzanas que están firmes con la cáscara brillosa. Evita las que tienen áreas suaves, que se ven golpeadas o decoloradas

Almacenamiento

Guarda las manzanas en una bolsa de plástico perforada en el refrigerador. Ellas se conservan de seis a ocho meses y se hacen mas dulces con el tiempo. Revisa la fruta con frecuencia por señales de descomposición y tira las que no estén bien. Las manzanas maduran de 6 a 10 veces mas rápido a la temperatura ambiente que cuando están en refrigeración.

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Fruit of the Month: Grapefruit

Fun Facts

Grapefruit got it's name because it grows in clusters on the tree, just like grapes!

In 1962 a citrus company proposed changing grapefruit to a more appealing name to consumers, but there were so many protests from the public that the idea was abandoned.

No one knows for sure, but grapefruit is probably a natural mutation of the pomelo and another citrus fruit.

Grapefruit Sun

Fun for kids and adults!!

Ingredients

- Thick circular slices of grapefruit (peeling removed)
- The separated sections of an orange
- Two slices of kiwi
- Bing cherries or strawberries or kumquats

Directions:

- Wash all ingredients with care before cutting them.
- Use a thick circular slice of grapefruit as the base of the "sun."
- Use the separated orange sections for the sun's rays.
- Cut crosswise slices of kiwi for big, round eyes.
- Use a Bing cherry or kumquat or strawberry for the nose and a curve of cherry or kiwi or strawberry for the smile.

Purchasing Tips

- ✓ Grapefruit is a citrus fruit that is larger than most oranges. Grapefruit are available all year and come in several colors, including pink, red, white, and golden. The skins color is not a sign of ripeness; grapefruit are fully ripe when picked.
- ✓ Check out these popular varieties of Florida grapefruit:
  - * ***Marsh white***—white to amber colored flesh and almost seedless.
  - * ***Ruby Red***—pink to reddish colored flesh with few seeds.
  - * ***Flame***—red flesh and many seeds.
- ✓ Choose grapefruit that is glossy, round, smooth and heavy for its size. Avoid those with brown or soft spots.
- ✓ If you see grapefruit seed oil, it is much like olive oil in flavor and can be used in the same way.

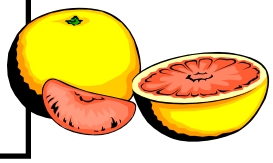
Make Grapefruit a Part of Your Meals!

- ✓ Any time of the day, eat grapefruit just like an orange by peeling it and dividing it into sections, or drink a glass of grapefruit juice.
- ✓ Put grapefruit segments on toothpicks as a fun snack for kids.
- ✓ Sweeten grapefruit with white or brown sugar or a bit of honey. You may add cinnamon, nutmeg or cloves.
- ✓ As an appetizer before dinner, grapefruit halves may be sweetened using the method above, then lightly broiled, and served hot, often topped with a maraschino cherry.
- ✓ Use the sections in fruit cups or fruit salads, in gelatins or puddings and tarts.
- ✓ Mix grapefruit juice with club soda for a refreshing drink.
- ✓ Try a refreshing vitamin C-packed shake or smoothie made with grapefruit juice.

Storage Tips

- ✓ Citrus can be stored at room temperature up to a week, but will last longer if stored in the refrigerator (~8 weeks). If desired, leave at room temperature for a few hours before eating.
- ✓ Freshly squeezed grapefruit juice stored covered in the refrigerator will retain 98% of its vitamin C for up to a week.

The pink or red varieties have more vitamins than the white.



Nutrition Facts

Serving Size: 1/2 medium (~4" diameter)

Amount Per Serving		
Calories 60	Calories from Fat 0	
		% Daily Value*
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	15 g	5%
Dietary Fiber	2 g	8%
Sugars	11 g	
Protein	1 g	

Vit. A	35%	Vit. C	100%
Calcium	4%	Iron	2%

* Percent Daily Values are based on a 2,000 calorie diet.

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Fruta del Mes:
Toronja

Datos Divertidos

¡ La toronja crece en racimos como las uvas!

En 1962 una compañía de cítricos propuso cambiar el nombre de toronja a otro nombre mas atrayente para los consumidores, pero hubo tantas protestas por el público que abandonaron la idea

Nadie sabe por cierto pero probablemente la toronja es una mutación natural del pomelo y otra fruta cítrica .

Sol de Toronja

¡Diversión para niños y adultos!

Ingredientes

- Rebanadas gruesas circulares de toronja (pelada)
- Gajos de naranja
- 2 rebanadas de kiwi
- Cerezas o fresas o naranjitas chinas

Instrucciones:

- Lava todos los ingredientes con cuidado antes de partirlos.
- Usa una rebanada circular gruesa de toronja para la figura del "sol."
- Usa los gajos de naranja para usarlos como los rayos.
- Corta rebanadas del kiwi para los ojos grandes.
- Usa una cereza, naranjita china o fresa para la nariz y la sonrisa.

Haz a la toronja parte de tus comidas

- ✓ A cualquier hora del día, come toronja como si fuera naranja, pélala y pártela en gajos o toma un vaso de jugo de toronja.
- ✓ Pon la toronja en gajos con palillos como un postre para los niños.
- ✓ Endulza la toronja con azúcar blanca o morena o un poco de miel. Algunos le agregan canela, nuez moscada o clavo.
- ✓ Como aperitivo antes de la cena, las mitades de la toronja pueden ser endulzadas usando el método de arriba y ligeramente asadas, se sirven calientes con una cereza encima.
- ✓ Usa gajos en tazas de frutas, ensaladas, gelatinas o budín y pastelillos.
- ✓ Mezcla el jugo de toronja con agua mineral para una bebida refrescante.
- ✓ Prueba una malteada con vitamina C-o un licuado hecho con jugo de toronja.

Consejos para almacenar

- ✓ Los cítricos pueden guardarse a la temperatura ambiente hasta por una semana, pero dura mas si lo pones en el refrigerador (8 semanas).
- ✓ El jugo fresco de toronja cubierto en el refrigerador mantiene 98% de su vitamina C hasta por una semana.

Consejos para comprar

- ✓ La toronja es una fruta cítrica que es mas grande que las naranjas. Hay toronjas todo el año y vienen en varios colores incluyendo, rosa, roja, amarilla y dorada. El color de la cáscara no es señal de madurez; la toronja está madura cuando la recogen.
- ✓ Checa estas variedades populares de toronjas de Florida:
  * ***Marsh blanca***— de pulpa blanca a ámbar y casi sin semillas.
  * ***Ruby Red***— pulpa rosa a rojiza y pocas semillas
  * ***Flama***— pulpa roja con varias semillas.
- ✓ Escoge toronjas que estén brillosas, redondas suaves y pesadas para su tamaño. Evita las que tienen color café o partes suaves.
- ✓ El aceite de semilla de toronja es como el de olivo en sabor y se usa de la misma forma.

Las variedades rosa o roja tienen mas vitaminas que la blanca

Información de Nutrición

Tamaño de la porción 1/2 mediana(4" diámetro)

Cantidad servida		
Calorías 60	Calorías de la grasa 0	
		% Valor Diario*
Total Grasa	0 g	0%
Grasa Saturada	0 g	0%
Colesterol	0 mg	0%
Sodio	0 mg	0%
Total Carbohidratos	15 g	5%
Fibra	2 g	8%
Azucares	11 g	
Proteína	1 g	
Vit. A 35%	Vit. C 100%	
Calcio 4%	Hierro 2%	

* Porcentaje de valores diario está basado en una dieta calórica de 2,000 calorías.

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Fruit of the Month:
Mandarin Orange

Description

"Mandarin oranges" actually applies to an entire group of citrus fruits , that can be sweet or tart, seedless or not, and can range in size from as small as an egg to as large as a medium grapefruit.

Q. Why did the guy get fired from the orange juice factory?
A. He couldn't concentrate!

Q. Why did the orange stop at the top of the hill?
A. Because it ran out of juice!

Purchasing Tips

Mandarin oranges are in season from Nov. to April . Select fruits that are unblemished and heavy for their size, which is a sign that it contains more juice.

Mandarins will feel soft and puffy compared to other oranges because of their loose skin. The skin will be deep orange, and slightly glossy. However, bright color is not always a sign of quality because some are dyed and some naturally have green patches even when fully ripe.

Substitutions

- When substituting *canned for fresh*, you will most likely need to drain them and may even wish to gently rinse them.
- When substituting *fresh for canned* , you may need to add water or simple syrup.
- One 11 oz. can equals 1-1/4 cups mandarin oranges.
- Mandarins can generally be substituted for oranges in most recipes. As with oranges, the juice and zest can also be used.

Healthy Mandarin Orange Cake!

INGREDIENTS– Serves 9

- 1/2 cup sugar
- 1 cup flour
- 1/4 cup egg substitute (equal to 1 egg, or 2 whites)
- 1 can mandarin oranges, drained
- 1 tsp. baking soda
- 1 tsp. Salt
- 2 Tbsp. oil (canola)
- 1 tsp. vanilla

TOPPING:

- 2 Tbsp. packed brown sugar
- 2 tsp. skim milk

Preheat oven to 350 degrees. Mix all ingredients, mashing the oranges, and pour into a 9-inch pan that has been sprayed with non-stick coating. Bake for 30-35 minutes.

Topping: Combine sugar and milk. In the microwave, heat on high until mixture starts to boil. Drizzle over hot cake.

Nutrition Facts

Serving Size: 1/2 cup canned

Amount Per Serving		
Calories 82	Calories from Fat 0	
		% Daily Value*
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	8 mg	0%
Total Carbohydrate	21 g	2%
Dietary Fiber	1.5 g	1%
Sugars	9 g	
Protein	1g	

Vit. A 3%	Vit. C 17%
Calcium 1%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

Storage

FRESH: Ideally they should be refrigerated to extend shelf life up to two weeks; however, they can be stored in a cool, dark spot for a few days.

CANNED: Store unopened cans on a shelf up to six months. Once opened, they should be refrigerated in a covered container and used within one week.

ORANGE JUICE & ZEST: Can be frozen and stored for a year in the freezer. The vitamin C will also be preserved.

Snacktime & Mealtime!

- Mandarin oranges of all kinds are primarily eaten out-of-hand, or use the sections in fruit salads, green salads, gelatins, puddings, on ice cream or cakes.
- Mandarins work well in sweet and sour sauces.

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Fruta del Mes:
Naranja Mandarina

Descripción

"Naranjas Mandarina" en realidad se aplica a todo un grupo de frutas cítricas, pueden ser dulces o ácidas, con o sin semillas, y varían en tamaño desde el tamaño de un huevo hasta el largo de una toronja mediana .

Q. ¿Por qué despidieron al muchacho de la fabrica de jugo de naranja?
¡Por que no pudo concentrarse!
Q. ¿Por qué la naranja se paró arriba de la colina?
A. ¡Porque se quedo sin jugo!

Consejos de Compra

Las Naranjas Mandarina están en temporada desde Nov. hasta Abril . Escoge frutas sin marcas y pesadas para su tamaño, señal que contienen mas jugo. Las Mandarinas se sienten suaves e hinchadas en comparación con otras naranjas por su cáscara suelta. La piel es muy anaranjada, y un poco brillosa. Aunque, el color brillante no siempre es un signo de calidad porque algunas son pintadas y otras tienen parches verdes aun cuando están completamente maduras..

Saludable Pastel de Mandarina

INGREDIENTES Porciones: 9

- 1/2 taza de azúcar
- 1 taza harina
- 1/4 taza sustituto de huevo (igual a 1 huevo o 2 claras)
- 1 lata mandarinas, escurridas
- 1 cdita. Bicarbonato de sodio
- 1 cdita. Sal
- 2 Cdas. aceite (canola)
- 1 cdita. vainilla

GLASE:

- 2 Cdas. Azúcar morena
- 2 cditas. Leche descremada

Pre-caliente el horno a 350 grados. Mezclar todos los ingredientes, machacando las mandarinas, y vacíe en un molde de 9-pulgadas que ha sido rociado con aceite. Hornear por 30-35 minutos.

Glasé: Combine la azúcar y la leche. En el microondas, caliente hasta que la mezcla comience a hervir. Rociar sobre el pastel caliente.

Sustituciones

- → Cuando sustituya *enlatada por fresca*, muy probablemente necesitara escurrirlas y quizás hasta enjuagarlas ligeramente.
- → Cuando sustituya *fresca por enlatada* , puede necesitar agregar agua o jarabe natural.
- → Una lata de 11 oz. equivale a 1-1/4 t de mandarinas.
- → Las Mandarinas pueden generalmente sustituirse por naranjas en la mayoría de las recetas. Como con las naranjas, el jugo y el zumo también se puede usar.

Contenido Nutricional

Tamaño de la porción: 1/2 taza enlatada

Cantidad por porción		
Calorías 82	Calorías de grasas 0	
	% Valor Diario*	
Total Grasa	0 g	0%
Grasa Saturada	0 g	0%
Colesterol	0 mg	0%
Sodio	8 mg	0%
Total Carbohidratos	21 g	2%
Fibra Dietética	1.5 g	1%
Azúcar	9 g	
Proteína	1g	

Vit. A	3%	Vit. C	17%
Calcio	1%	Hierro	2%

* Valores de Porcentaje Diario están basados en una dieta de 2,000 calorías.

Almacenaje

FRESCAS: Idealmente deben refrigerarse para extender su vida útil hasta dos semanas; aunque pueden almacenarse en un lugar fresco, oscuro por pocos días.

ENLATADAS: Almacenar latas sin abrir en una repisa hasta seis meses. Después de abiertas, deben refrigerarse en un contenedor cubierto y usarse en una semana.

JUGO Y ZUMO: Puede congelarse y almacenarse por un año. La vitamina C también se conservará.

¡Refrigerio y Hora de comer!

- → Las Mandarinas de todas clases se comen principalmente con las manos, o los gajos en ensaladas de frutas, gelatinas, pudines, helado o pasteles.
- → Mandarinas funcionan bien en salsas agridulces.

School Lunch — Quality Food, Quality Service

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Fruit of the Month:
Seckel Pear

What's a Seckel Pear?

- Seckels are tiny pears, with a chubby, round body, small neck, and short stem.
- They are believed by many to be the only truly American variety of pear in commercial production.
- They are thought to have originated as a wild seedling near Philadelphia. They were discovered in the early 1800's.

Pear Apricot Cobbler

4 cups peeled and sliced pears
1 cup cranberries
16 oz. can apricot halves, un-drained
1/2 cup sugar
1/2 tsp. cinnamon
1-1/4 cups flour
1/2 cup sugar
1 tsp. baking powder
1/4 tsp. salt
1/4 cup milk
1 Tbsp. butter, melted
2 eggs, beaten

Preheat oven to 350ºF. Grease a two-quart casserole and set aside. Combine pears, cranberries, un-drained apricots with sugar and cinnamon in a heavy saucepan. Cook over medium heat for 15 minutes until mixture is bubbling, stirring frequently. Meanwhile, in medium bowl combine flour, sugar, baking powder and salt and mix. In small bowl combine milk, melted butter and beaten eggs and beat. Stir into flour mixture until batter is smooth.

Pour the hot fruit mixture into the prepared casserole dish. Pour batter over fruit mixture. Bake at 350ºF for 20-25 minutes, until topping is golden brown and fruit is bubbling. Serves 8

Chicken Fruit Packets

- 1 lb. boneless, skinless chicken breasts, cut in 1" pieces
- 2 firm pears, cored and sliced
- 1 Granny Smith apple, cored and sliced
- 1/2 cup honey mustard salad dressing
- 2 Tbsp. chopped fresh thyme

Preheat grill.
Divide chicken, pears and apple among four 18x12 inch sheets of heavy duty aluminum foil.
Drizzle with dressing and sprinkle with thyme.
Fold foil over chicken and fruit. Fold edges over 1/2" and repeat. Make sure you allow space on sides of the packet for circulation and expansion during cooking. Place packets on grill and cover.
Grill over medium heat 10-15 minutes or until chicken is thoroughly cooked and no longer pink when cut in center.
Place packets on plates, cut large X across top, and fold back foil to serve.
Serves 4.

Storage Tips

- ✓ Ripen pears at room temperature in a sealed plastic bag with a couple of ripe bananas.
- ✓ When the pear is ripe, refrigerate until you are ready to eat it.

Purchasing Tips

Selection: Good-quality Seckel pears will be small or even bite-sized with no bruises and only a few minor scuff marks. The coloring will be green with dark-red blush or nearly all red. Pears are ripe when they take on a yellow hue and yield to gentle pressure at the stem end.
Avoid: Avoid product with soft spots or scars that are more than skin-deep. Product that is extremely hard will ripen best at room temperature.

Good source of Vitamin C and excellent source of fiber!

Nutrition Facts

Serving Size: 1 pear

Amount Per Serving		
Calories 100	Calories from Fat 7	
		% Daily Value*
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	25 g	10%
Dietary Fiber	6 g	24%
Protein	1 g	

Vit. A	0%	Vit. C	10%
Calcium	2%	Iron	2%

* Percent Daily Values are based on a 2,000 calorie diet

Snack Time & Mealtime!

Any way you slice a pear, you've got all the ingredients for a tasty, nutritious treat. Cubed, planked, poached or grilled, pears pack a potent punch of flavor, color and even fiber (6g or 24% of your daily recommendation in one medium pear)!

- Add pears on top of a lettuce salad for crunch instead of croutons!
- Replace recipes that call for apples with pears.
- Grilled pears are fast and an easy dessert.
- Pears are a great snack because they are very portable and can meet that craving for something sweet!

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Fruta del Mes:
Pera Seckel

¿Qué es una Pera Seckel?

- Las peras Seckel son pequeñas, de cuerpo carnoso, redondo, cuello chico y tallo corto.
- Muchos creen que es la única variedad de pera verdaderamente Americana en producción comercial.
- Se piensa que se originaron con una semilla Silvestre cerca de Filadelfia. Fueron descubiertas a principios de 1800's.

Paquetes de Pollo con Fruta

- 1 libra pollo sin hueso, sin piel. Pechugas, cortadas en pedazos de 2.5cm
- 2 peras firmes, sin centro y rebanadas
- 1 manzana verde, sin centro y rebanada.
- 1/2 taza aderezo para ensalada de mostaza con miel
- 2 Cda. Tomillo fresco picado.

Precaliente el asador.
Dividir pollo, peras y manzana entre cuatro hojas de aluminio de 45x30 cm.
Rociar con aderezo y esparcir tomillo.
Doble el aluminio sobre el pollo y fruta. Doble las puntas 1.5 cm. y repita.
Asegúrese de dejar espacio a los lados del paquete para circulación y expansión durante el cocimiento. Ponga los paquetes al asador y cierre.
Asador a temperatura media 10-15 minutos o hasta que el pollo este bien cocido y no rojo en el centro.
Coloque los paquetes en platos, corte una X grande en la parte superior y doble el aluminio para servir.
Sirve 4.

Postre Pera y Albaricoque al horno

4 tazas peras peladas y rebanadas
1 taza arandano
16 oz. mitades de albaricoque en lata, sin escurrir
1/2 taza azúcar
1/2 cdita. canela
1-1/4 tazas harina
1/2 taza azúcar
1 cdita. Polvo hornear
1/4 cdita. sal
1/4 taza leche
1 Cda. Mantequilla derretida
2 huevos, batidos

Precaliente horno a 350ºF. Engrase una cacerola de medio galón y deje a un lado. Combine peras, arandano, albaricoque sin escurrir con azúcar y canela en una olla. Cocine a temperatura media por 15 minutos hasta que burbujee, moviendo frecuente. Mientras tanto, en un tazón mediano combine harina, azúcar, polvo de hornear y sal. En un tazón pequeño combine leche, mantequilla derretida y huevos batidos y bata. Agregue la mezcla de harina hasta que este uniforme.
Vierta la mezcla de fruta caliente en la cacerola preparada. Vacíe el batido encima. Hornee a 350ºF por 20-25 minutos, hasta que este dorado y la fruta burbujeando. Sirve 8 porciones.

Consejos de Almacenaje

- ✓ Madure las peras a temperatura ambiente en una bolsa hermética de plástico con un par de plátanos maduros.
- ✓ Cuando la pera esta madura, refrigere hasta que la vaya a comer.

Consejos de Compra

Selección: Las peras Seckel de buena calidad son pequeñas o hasta tamaño-mordida sin marcas y solo con pocas raspaduras. De color verde con rubor rojo oscuro o casi toda roja. Están maduras cuando toman un tono amarillo y se cortan con una suave presión a la rama.
Evitar: Evite las que tienen pedazos suaves o marcas que mas profundas que la cáscara. Las que están muy duras se maduran mejor a temperatura ambiente.

¡Buena fuente de Vitamina C y excelente fuente de fibra!

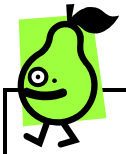
Información Nutricional

Tamaño de porción: 1 pera

Cantidad por Porción		
Calorías 100	Calorías de Grasa 7	
		% Valor Diario*
Total Grasa	1 g	2%
Grasa Saturada	0 g	0%
Colesterol	0 mg	0%
Sodio	0 mg	0%
Total Carbohidratos	25 g	10%
Fibra Dietética	6 g	24%
Proteína	1 g	

Vit. A	0%	Vit. C	10%
Calcio	2%	Hierro	2%

* Porcentaje de Valor Diario basado en una dieta de 2,000 calorías.



¡Refrigerio y a la hora de comer!

Como sea que corte una pera, usted tiene todos los ingredientes para un antojo sabroso y nutritivo. En cubos, placas, hervidas o asadas, las peras contienen un fuerte golpe de sabor, color y hasta fibra ¡(6g o 24% de la recomendación diaria en una pera mediana)!

- Ponga peras encima ensalada de lechuga para crujir en vez de crotones.
- Cambie las recetas que piden manzanas por peras.
- Las peras asadas son un postre rápido y fácil.
- Las peras son un gran bocadillo porque son portátiles y ¡satisfacen ese antojo de algo dulce!

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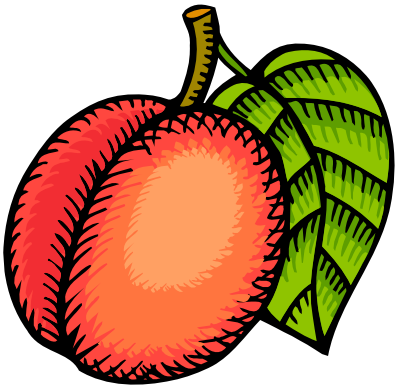

Fruit of the Month:
Nectarine

Fun Facts

- The nectarine got its start in China as a genetic variant of the common peach and is not a cross between the peach and the plum. One Chinese emperor was so enthralled with nectarines that he and his people referred to them as the "nectar of the gods".
- The nectarine came to America via Europe, and made its way to California over 130 years ago.

Purchasing

- California nectarines are available from late April to late August.
- Good quality nectarines will be fairly large, have smooth, unblemished skin and will be firm.
- Avoid too small, soft, pitted or bruised nectarines.

Preparation

1. Nectarines can be used and prepared in the same way as a peach, with no need to peel because they have no fuzz. Leave the skins on when making pies, cobblers and fresh fruit salads.
2. Ripen nectarines at home for 2-3 days at room temperature until they are slightly soft along the seam. Ripe fruit will have a sweet nectarine smell that is stronger when the fruit is at room temp.

Fruity Rainbow Salad

- 1 can unsweetened pineapple chunks
- 2 cups sliced fresh strawberries
- 1 can mandarin oranges, drained
- 1 cup fresh blueberries
- 1 cup sliced nectarines
- 1/4 cup lemon juice
- 1/4 cup honey
- 1/8 tsp. ground nutmeg

1. Drain pineapple, reserving 1/4 cup juice. In a bowl, combine pineapple, strawberries, grapes, oranges, blueberries and nectarines.
2. In another bowl, combine the lemon juice, honey, nutmeg and reserved pineapple juice. Pour over fruit. Mix gently. Cover and refrigerate for several hours or overnight.

Nectarine Salsa

- 3 ripe large nectarines, pitted and chopped
- 1/2 cup chopped white onion
- 2 Tbsp. fresh lime juice
- 2 tsp. finely chopped fresh Serrano chilies
- 1 tsp. finely chopped fresh cilantro
- 1 tsp. sugar
- 1/4 tsp. salt

Stir together all ingredients and let stand at room temperature, stirring occasionally. Let sit for one hour to allow flavors to develop.

Storage

- To speed up the ripening process, place nectarines in a paper bag and store loosely at room temperature. Once ripe, nectarines will keep in refrigerator for a week.
- Store ripe nectarines in refrigerator uncovered, and eat within three to five days.
- Keep them loosely packed to avoid mold growth. Handle them with care to avoid bruising.

Nutrition Facts

Serving Size: 1 medium (140 g)

Amount Per Serving		
Calories 70	Calories from Fat 0	
		% Daily Value*
Total Fat	.5 g	1%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	16 g	5%
Dietary Fiber	2 g	
Sugars	14g	
Protein	1 g	

Vit. A	4%	Vit. C	15%
Calcium	0%	Iron	2%

* Percent Daily Values are based on a 2,000 calorie diet.

Nectarines are low in fat, cholesterol-free, saturated fat-free and sodium free. They are a good source of fiber and Vitamin C.

Add Nectarines to Your Meals

- Keep washed nectarines out on counter for a few days. When needing a snack, just grab and go.
- Cut up fruit and add to any of your favorite salads to make a nice and tasty lunch.
- Add sliced nectarines to yogurts, cereal or ice-cream for a delicious treat.

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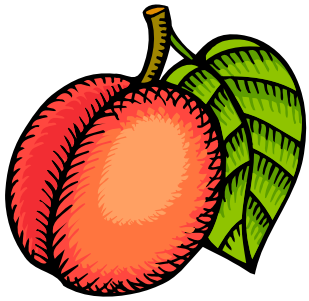

Fruta del mes:
Durazno

DATOS DIVERTIDOS

- El durazno empezó su existencia en China como una variante genética del melocotón común. El durazno no es un cruce entre el melocotón y la ciruela. Uno de los emperadores chinos estaba tan encantado con el durazno que el y su gente se referían al durazno como el "Néctar de los dioses".
- El durazno vino a América por Europa y llegó a California hace mas de 130 años.

COMPRA

- El durazno de California se consigue desde abril asta el final de agosto.
- Los duraznos buenos son grandecitos, tienen la cáscara suave sin manchas y es firme.
- Evite los duraznos pequeños, suaves y que estén lastimadas.

PREPARACIÓN

1. Los duraznos se pueden preparar de la misma manera que el melocotón sin necesidad de pelarlos porque no tienen pelusa. Deje las cáscaras cuando prepare tartas, y ensalada de fruta fresca
2. Madure los duraznos en la casa por 2 o 3 días a temperatura ambiente hasta que queden un poquito suavecitos. Los duraznos maduros tienen un olor mas fuerte cuando están a temperatura ambiente.

Ensalada de Fruta Arco iris

- 1 lata de piña en cuadritos
- 2 Tasas de fresas cortadas
- 1 taza de mandarinas pequeñas
- 1 taza de Arándanos (blueberries)
- 1 taza de duraznos cortados
- 1/4 taza de jugo de limón
- 1/4 Taza de miel
- 1/8 Cucharaditas de nueces

1. Escurra la piña y guarde 1/4 taza de jugo. En un Tazón, combine la piña, Fresas, uvas, duraznos, arándanos y mandarinas.
2. En otro Tazón, combine el jugo de limón, miel, nueces y el jugo de piña. Póngalo sobre la fruta. Mézclelos gentilmente. Cúbralo y póngalos en el refrigerador por varias horas o durante la noche.

Salsa De Durazno

- 3 Duraznos maduros grandes, cortados sin pepa.
- 1/2 Taza de cebolla cortada
- 2 Cucharaditas de jugo de limón
- 2 Cucharaditas de Chiles Serranos triturados
- 1 cucharadita de cilantro cortado en pedacitos.
- 1 Cucharadita de azúcar
- 1/4 cucharadita de sal

Mezcle todos los ingredientes y déjelos reposar a temperatura ambiente revolviéndolos ocasionalmente. Espere 1 hora mientras se producen los sabores.

Almacenamiento

- Para hacer que maduren mas rápido, guarde los duraznos en una bolsa de papel y déjelos en una habitación a temperatura ambiente. Cuando ya estén maduros, los duraznos se mantendrán maduros por 1 semana en el refrigerador.
- Guarde los duraznos maduros en el refrigerador descubiertos y consúmalos entre 3 a 5 días.
- No los apriete en la bolsa para que no salga moho.

Datos Nutricionales

Tamaño por porción: 1 mediano (140 g)

Cantidad Por Porción		
Calorías 70	Calories de grasa 0	
		% Valor Diario*
Grasa Total	.5 g	1%
Grasa Saturada	0 g	0%
Cholesterol	0 mg	0%
Sodio	0 mg	0%
Carbohidratos	16 g	5%
Fibra dietética	2 g	
Azúcar	14g	
Proteínas	1 g	
Vit. A 4%		Vit. C 15%
Calcio 0%		hierro 2%

* Porcentajes diarios están basados en una dieta de 2,000 calorías.

Los duraznos son bajos en grasa, sin colesterol y sin grasa saturada y sodio. Son una buena fuente de fibra y vitamina C.

Agrégale duraznos a tus Comidas

- Mantén los duraznos lavados sobre el mesón por algunos días. Puedes comerlos cuando quieras.
- Corta frutas y agrégala a cualquiera de tus ensaladas favoritas para hacer un almuerzo sabroso y agradable.
- Agrega duraznos cortados a yogures, cereal para hacer un delicioso bocadillo.

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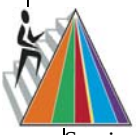
Fruit of the Month:
Yellow Watermelon

FUN FACTS:

- ✓ Watermelon, considered one of America's favorite fruits, is really a vegetable. They can range from seven to one hundred pounds.
- ✓ The world record for the largest watermelon grown is 255 pounds.
- ✓ Americans purchase and consume about three billion pounds of watermelon annually.
- ✓ Watermelons are more than ninety percent water. That is how it got its name.

Purchasing Tips

- ♦ Yellow watermelon will be firm, evenly shaped, heavy and have a deep-pitched tone when slapped with an open palm.
- ♦ You want to make sure the bottom part of the melon, the yellow part that has been sitting on the ground is nice and yellow.



Nutrition Facts

Serving Size: 1/2 cup

Amount Per Serving		
Calories 25	Calories from Fat 0	
		% Daily Value*
Total Fat 0 g		0%
Saturated Fat 0 g		0%
Cholesterol 0 mg		0%
Sodium 2 mg		0%
Total Carbohydrate 6 g		4 %
Dietary Fiber 1 g		
Sugars 6 g		
Protein 1 g		
Vit. A 6%	Vit. C 15%	
Calcium 0%	Iron 0%	

* Percent Daily Values are based on a 2,000 calorie diet.

Recipe

Watermelon & Tropical Fruit Salad

Ingredients:

1 cup low-fat sour cream
1/4 cup pineapple juice
1 tbsp. light brown sugar
1/2 tsp. vanilla extract
3 small pineapples
1/2 papaya cut into 1/2 in. chunks
1/2 mango cut into 1/2 in. chunks
1 cup yellow watermelon cut into 1/2 in. chunks
1/2 cup grapes (red and green)
1 nectarine pitted and cut into thin wedges
1/2 pint strawberries sliced
1/2 kiwi sliced thinly
1/2 starfruit sliced thinly
1/4 cup macadamia nuts toasted & chopped

Dressing:

In a small bowl, mix the sour cream, pineapple juice, brown sugar, and vanilla until well blended. Cover & refrigerate until ready to use.

Salad:

Cut the pineapples in half lengthwise. Remove fruit from the shell using a serrated knife, leaving 1/4 in. thick shells. Keep shells chilled until ready to use. Cut pineapple into 1/2 in. chunks. In large bowl, gently mix all fruit. To serve, place the pineapple shells on a serving platter. Spoon the fruit in shells. Sprinkle with macadamia nuts. Top with the sour cream mixture.

* Makes 6 servings.

I Want To Know Everything!

1. Yellow watermelon is sweeter than the red variety and also has a honeyed flavor. Yellow watermelon is typically smaller than red ones.
2. There is more vitamin C in yellow watermelons than in the red ones.
3. Yellow watermelons add a sweet flavor to fruit salads or when used in fruit drinks.
4. Yellow watermelon is available year round, but its peak time is from June to September.

Storage

* Simply store the whole yellow watermelon on the counter, but the melon portion you do not eat must be stored in the refrigerator.

Yellow watermelon is filled with antioxidants, which help prevent a variety of different diseases!

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Fruta del Mes:
Sandia Amarilla

HECHOS DIVERTIDOS:

- ✓ La sandia, considerada una de las fruta favoritas de América, es realmente un vegetal.
- ✓ Estos pueden pesar de siete a cien libras.
- ✓ La sandia mas grande con el record mundial peso 255 libras.
- ✓ Los americanos compran y consumen cerca de 3 billones de libras de sandia anualmente.
- ✓ Las sandias tienen mas de noventa porciento de agua. Así es como obtuvo su nombre.

Consejos para comprar

- ♦ La sandia amarilla tiene que estar firme, forma pareja, pesada y cuando le de una palmadita que suene hueco.
- ♦ Usted necesita asegurarse que la parte de amarilla de abajo donde se sienta en el piso este bien y amarilla.

Información Nutricional		
Tamaño de Porción: 1/2 taza		
Cantidad por porción		
Calorías 25	Calorías de grasa 0	
		% Valor Diario*
Grasa Total 0 g		0%
Grasa Saturada 0 g		0%
Colesterol 0 mg		0%
Sodio 2 mg		0%
Total de Carbohidratos 6 g		4%
Fibra Dietética 1 g		
Azucares 6 g		
Proteína 1 g		
Vit. A 6%	Vit. C 15%	
Calcio 0%	Hierro 0%	

* Porcentaje de Valor Diario basado en una dieta de 2,000 calorías. .

Receta

Ensalada de Sandia & Fruta Tropical

Ingredientes:

1 taza de crema baja en grasa
1/4 taza de jugo de piña
1 cuchda. de azúcar morena light
1/2 cuchda. extracto de vainilla
3 piñas pequeñas
1/2 papaya partida en pedazos de 1/2 in.
1/2 mango partido en pedazos de 1/2 in.
1 taza de sandia amarilla cortada en pedacitos de 1/2 in.
1/2 taza de uvas (rojas y verdes)
1 durazno sin semilla y partido en pequeñas rebanadas
1/2 pinta de fresas rebanadas
1/2 kiwi en rebanadas delgadas
1/2 "starfruit" en rebanadas delgadas
1/4 taza de nueces tostadas de macadamia y picadas

Aderezo:
En un tazón pequeño, mezcle la crema, jugo de piña, azúcar morena y vainilla hasta que estén bien mezclados. Cubra y refrigere hasta que este lista para usarse

Ensalada:
Corte las piñas a la mitad. Saque la fruta de la cascara usando un cuchillo serrado, dejando 1/4 in. de la cascara. Manténgala fría hasta que se valla a usar. Corte la piña en pedazos de 1/2 in. En un tazón grande, suavemente mezcle toda la fruta. Para servir, ponga la cascara de la piña en una charola. Ponga la fruta en la cascara. Rocié las nueces de macadamia. Vacié encima la mezcla de la crema.

* Sirve a 6 personas.

Necesito saber todo

1. La sandia amarilla es mas dulce que la roja y también tiene un sabor a miel. La sandia amarilla es típicamente mas pequeña que las rojas.
2. Hay mas vitamina C en la sandia amarilla que en las rojas.
3. Las sandias amarillas le dan un sabor dulce a las ensaladas de fruta o cuando se usa en bebidas.
4. La sandia amarilla esta disponible todo el año, pero la temporada es de junio a septiembre.

Almacenamiento

* Simplemente manténgalo en el mostrador, pero la porción que no coma tiene que refrigerarla.

¡La sandia amarilla esta llena de antioxidantes, el cual ayuda a prevenir una variedad de enfermedades!

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Fruit of the Month:
Pineapple

Pineapple History

- The Spanish called them "Pina" because they thought they looked like pinecones. The English then added "apple" to relate it to juicy, tasty fruits.
- The native tribes of Central America called it "nana", meaning flavor. It was even called "the nana of nanas": the flavor of flavors.
- Its spiky plant was used to create a protective hedge around villages. They were also used in the rites of passage from adolescence to adulthood, during which young men had to clear them with courage and stoicism.
- Caribbean Indians placed pineapples or pineapple crowns outside the entrances of their homes to symbolize friendship or kindness.

Easy Pineapple Salsa

This salsa is a delicious addition to a meal with fish, seafood, pork or chicken.

- 1 cup diced fresh pineapple
- 2 Tbsp. minced red onion
- 2 tsp. chopped cilantro
- 2 Tbsp. minced red bell pepper
- 1 Tbsp. lime juice
- Dash salt

Combine all ingredients. Cover and refrigerate. Makes about 1 cup of salsa.

PURCHASING TIPS

- Pineapples can weigh as much as 20 pounds, but most pineapples in the stores only weigh 3 to 9 pounds!
- Pineapple is available year-round, with a peak season from March to July. Choose one that feels heavy for it's size with bright, shiny green leaves. The rind can be dark green, yellow, or reddish yellow, and should be free of bruises or brown spots.
- If ripe, the leaves will pull out easily from the top and will have a fragrant scent.
- 1 medium pineapple of 2 lbs. makes about 3 cups cubed.

Storage Tips

- Whole fresh pineapple can be stored at room temperature for 1-2 days, but is very perishable so it should be consumed as soon as possible. It can be placed in a perforated plastic bag and stored in the refrigerator for 4-5 days.
- It can be peeled and sliced or cubed and stored in an airtight container in the refrigerator for 2-3 days.
- To FREEZE: Slice or cube pineapple and place in an airtight, freezer bag in its own juice. When frozen, it has a tendency to loose some of its flavor.

Add Pineapple to Your Meals!

- Pineapple is excellent on its own, in fruit salads, punches, ice cream, or other desserts. It's also a great addition to tuna or chicken salad.
- If you don't have time to cut a fresh pineapple, buy the fresh cored pineapple at the store. It's just as good.
- ***CAREFUL!*** Fresh pineapple contains an enzyme that breaks down protein in products like milk, gelatin, meat, and cottage cheese usually making them watery when fresh pineapple is added. ***SOLUTION!*** Canned or boiled fresh pineapple can be used with these products without a problem because the heat kills the enzyme.
- Sliced and sautéed in butter, it goes well with ham, pork, chicken, and seafood.
- Pineapple is an ingredient in most sweet and sour dishes.
- Try grilling slices of fresh pineapple! It only takes a few minutes, and you'll love it!
- ***CAREFUL!*** Pineapple chunks must be added to salad at the last minute since they will wilt greens quickly.

Just 2 fresh slices has 60 calories & 25% of your daily recommended Vitamin C!

Nutrition Facts

Serving Size: 2 slices pineapple

Amount Per Serving		
Calories 60	Calories from Fat 1	
		% Daily Value*
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	1 mg	0%
Total Carbohydrate	11 g	4%
Dietary Fiber	1 g	5%
Sugars	8 g	
Protein	0 g	

Vit. A	1%	Vit. C	25%
Calcium	1%	Iron	1%

* Percent Daily Values are based on a 2,000 calorie diet.

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Fruit of the month: Plantain

What's the Difference Between a Plantain & a Banana?

Plantains tend to be more firm, flat, and long and they are lower in sugar content. As it ripens, it becomes sweeter as its color changes from green to yellow to black, just like a banana. Unlike banana which are avoided when under or overripe, plantains are used at any stage depending on the dish you're making:

1. Green plantains are firm and starchy resembling potatoes in flavor.
2. Yellow plantains are softer and starchy, but sweet.
3. Extremely ripe plantains are black, which is much sweeter than the earlier stages and work well for sweet dishes.

If they're green or slightly yellow, plantains behave somewhat like potatoes, so you can do potato-ish things to them– boil, mash, bake, throw into stews, even deep fry and turn into plantain chips. They're easiest to cook before peeling—if you leave a slit in the peel, it'll usually fall off easily after cooking. Probably the easiest, although not the best tasting way to cook a plantain is to cut off both ends, slit the peel and stick it in the microwave for five minutes. It goes fairly well with common baked potato toppings that way.

Purchasing Tips

Careful: the juice from peeling the plant can stain clothing and hands, and be very difficult to remove.

This is the "vegetable" banana served with fish and poultry. Its flavor is slightly sour and is a bit like a sweet potato.

Plantains are never eaten raw, due to its high starch content that is indigestible, unless it is very ripe where the skin is completely black. Plantains can be used for cooking at any stage of ripeness, and very ripe plantain can be eaten raw. The thick skin ranges in color from green before ripening to yellow and then brownish-black as it fully ripens. Its flesh is light pink or light salmon in color and darkens as it ripens. As it ripens the starch turns to sugar, making it sweet enough to use in desserts.

Nutrition Facts

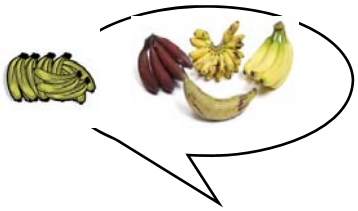
Serving Size: 1 cup plantain, sliced, cooked

Amount Per Serving		
Calories 179	Calories from Fat 2	
		% Daily Value*
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	8 mg	0%
Total Carbohydrate	48 g	16%
Dietary Fiber	4 g	14%
Sugars	22 g	
Protein	1 g	

Plantain Pancakes, Caribbean-Style

- 2 cup flour
- 3 firm, yellow plantains
- 1 Tbsp. baking powder
- 2 Tbsp. butter
- A pinch of salt and white pepper
- Oil for frying

1. Peel the plantains and cook in boiling water until tender; about 30 minutes; .
2. Chop the plantains coarsely; mash with the butter, either by hand or in a blender
3. Season with salt and pepper; add the flour and baking powder; cool;'
4. With your hands, form into little pancakes about 1" in diameter;
5. Fry in hot oil on both sides until nicely browned;
6. Drain on paper towels and serve hot.



Look for a non-uniform green skin which may have some lighter sections

Purchase when green or yellow w/ black spots if being used for cooking. Do not buy them

Rich in potassium, calcium, and vitamin A, B, & C.

In the oven: Wash it, but keep the skin on. Place as is in a 350 degree oven for 45-60 minutes. Remove the skin and season with a little butter and brown sugar.

Boiled: Cut off both ends and make a cut down the entire length without cutting into the pulp. Drop into boiling salted water for a few minutes. Then remove the skin (it will come off easily): this is an important step to take away all the plantain's bitterness. Return the peeled plantain to the boiling water. Check for doneness: it is cooked when the point of a knife will pierce it easily. (Cook it slightly less if you wish to pan fry it so it will retain its shape.)

Remove and drain. It can then be mashed or sautéed in butter or oil like a potato.

Storage

Keep at room temperature until ripe; refrigerate if the plantains become very soft.

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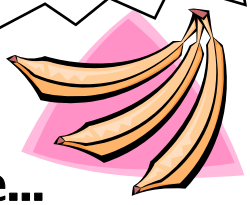
Fruit of the month:
Red Banana

Low-fat, sodium free, source of fiber and potassium, source of Vitamin B6 and cholesterol free!



FUN FACTS

1. Alexander the Great discovered bananas in his conquest of India in 327 B.C.
2. Bananas don't grow on trees. They grow on water-filled leaf stalks that grow up to 25 feet high.
3. The average person eats 33 lbs. of bananas a year.
4. The red banana is also known as the Jamaican banana.
5. In many Latin American and Asian countries, banana leaves are used in place of plates. The leaves work well as wrappers in place of aluminum foil for holding and steaming foods.

Tell me more...

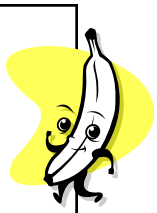
- Red bananas are smaller in size than a common banana.
- Red bananas have a creamy white-to-pink flesh, with a slight raspberry-banana flavor.
- The overall taste of a red banana is similar to a common yellow banana; just a little sweeter.
- Red bananas can be cooked by baking, frying, boiling, steaming, and sautéing.
- Bananas are the world's largest herb.
- You can freeze red bananas. Just peel and store in plastic bags for up to 6 months.
- As the red banana ripens, the starch in the fruit turns to sugar.

Recipe

Pink Banana Pancakes

Ingredients: Makes 12-16 pancakes.
1 1/2 cup prepared pancake batter (use pancake mix for 12-16 pancakes)
1 pkg. Jello any red flavor
1/2 cup chopped red bananas

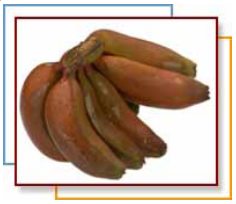
Directions:
Add gelatin to prepared pancake batter in bowl. Mix gelatin and pancake batter together with spoon until mixture is all the same color. Gently stir in bananas. Cook pancakes, following package directions.



Storage

Red bananas need to be stored at room temperature.

Purchasing and Cooking Tips



- Select firm bananas that are free from bruises or cracks in the peel and look for a deep purple color.
- The red bananas are available all year round.
- Red bananas will ripen in a couple of days at room temperature.
- Be sure to peel fruit prior to eating.
- Red bananas are most frequently used for cooking, but is also eaten whole raw or chopped and added to desserts, cereals, or fruit salads.
- Red bananas are used in savory dishes to add a sweet flavor and chewy texture.
- Drying bananas increases their sweetness and produces a nutritious but high calorie snack.

Nutrition Facts

Serving Size: 1 medium banana

Amount Per Serving		
Calories 110	Calories from Fat 0	
		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0 g		0%
Cholesterol 0 mg		0%
Sodium 0 mg		0%
Total Carbohydrate 29 g		10%
Dietary Fiber 4 g		16%
Sugars 21 g		
Protein 1 g		
Vit. A 0%	Vit. C 15%	
Calcium 0%	Iron 2%	

* Percent Daily Values are based on a 2,000 calorie diet.

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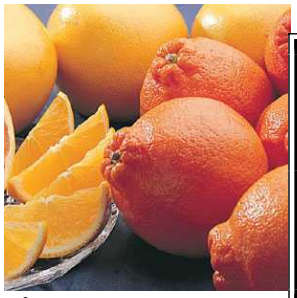

Fruit of the Month:
Tangelo

What is it?

* The tangelo is a citrus fruit that is a hybrid of a tangerine and a grapefruit. The fruit looks like a good sized orange and has a tangerine taste, but juicier.
* Tangelos generally have loose skin and are easier to peel than oranges.
* Tangelos are a great source of Vitamin C.

Purchasing Tips

- Tangelos are available from November to February.
- Tangelos should be soft, heavy for their size and have smooth skin. It should be orange, nearly red color. Avoid tangelos with dull colors or rough, bumpy skin.

Make Tangelos a Part of Your Meals!

- Add tangelo segments to coleslaw or tuna salad for an unexpected, delicious and colorful treat.
- Tangelos are best eaten raw. They are easy to peel and full of juice.
- They can be eaten as a snack or added to salads.

Custard apple, tangelo & banana sundaes

* 1 medium just-ripe custard apple
* 1 tsp. lemon juice
* 1/2 cup reduced fat thick natural yogurt
* 1 tsp. honey
* 2 medium ripe bananas, sliced
* 2 tangelos, peeled and chopped
* 1 Tbsp. of rainbow sprinkles

Directions:

1. Halve custard apple and scoop flesh into a medium bowl, discarding seeds. Add lemon juice and stir to combine. Stir in yogurt and honey.
2. To serve, layer custard apple mixture, bananas and tangelos in four serving glasses. Sprinkle with rainbow sprinkles and serve immediately.

storage

Tangelos can be stored at room temperature for a few days or stored in the refrigerator for longer periods. Tangelos do not freeze well.

Tangelo Pork Stir-Fry

◊ 2 tangelos
◊ 2 tsp. toasted sesame oil
◊ 1 lb. pork tenderloin
◊ 2 medium shallots
◊ 2 cloves garlic
◊ 2 Tbsp. minced fresh ginger
◊ 1/4 tsp. crush red pepper
◊ 2 red bell peppers
◊ 2 stalks celery
◊ 2 Tbsp. reduced-sodium soy sauce
◊ 1 Tbsp. rice vinegar
◊ 2 tsp. cornstarch

1. Using a vegetable peeler, remove zest from tangelos in long strips. Cut the strips into thin pieces lengthwise. Cut the tangelos in half and squeeze enough juice from them to get 1/2 cup.
2. Heat a very large wok or skillet over medium-high heat. Swirl in 2 tsp. oil, then add pork and cook, stirring, until just cooked, 2 to 3 minutes. Transfer to a plate.
3. Add the remaining 1 tsp. oil to the pan along with shallots, garlic, ginger, crushed red pepper and the zest. Cook, stirring for 1 minute. Add bell peppers and celery and cook, stirring constantly, until crisp-tender, about 2 minutes. Stir in the tangelo juice and soy sauce; bring to a simmer. Cook for 1 minute.
4. Whisk vinegar and cornstarch in a small bowl, then pour it into the pan along with the pork and its juices. Cook, stirring often, until thickened and bubbling and the pork is heated through, about 1 minute.

Nutrition Facts

Serving Size: 1 medium (131 g)

Amount Per Serving		
Calories 60	Calories from Fat 0	
		% Daily Value*
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	15 g	5%
Dietary Fiber	3 g	14%
Sugars	12 g	
Protein	1 g	

Vit. A	6%	Vit. C	120%
Calcium	6%	Iron	0%

* Percent Daily Values are based on a 2,000 calorie diet.

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Fruit of the Month:
Coconut

FUN FACTS: Before toilet paper, coconut shells were used in early Hawaii instead!

- A coconut is the largest known seed in the world. Once a coconut falls from a palm tree, it takes about 3 years for the seed to take root and sprout into a new tree.

- The tallest coconut tree stands in Hilo at 92 feet 5 inches tall!

- Early Spanish explorers called it coco, which means "monkey face" because the three indentations (eyes) on the stringy seed resembles the head and face of a monkey!

Purchasing Tips

- Coconuts are available year round and can be purchased fresh, dried, canned, or frozen.
- Coconuts are sold both in the husk (tan or green –colored thick outer shell); or they are removed from the husk, with a stringy dark brown shell. Either form of coconut should feel heavy and dry.
- Be sure you hear the liquid sloshing inside when you shake the fruit.

Nutrition Facts

Serving Size: 1 cup raw, shredded (80g)

Amount Per Serving		
Calories 283	Calories from Fat 224	
		% Daily Value*
Total Fat	27 g	41%
Saturated Fat	24 g	119%
Cholesterol	0 mg	0%
Sodium	16 mg	1%
Total Carbohydrate	12 g	4%
Dietary Fiber	7 g	29%
Sugars	5 g	
Protein	3 g	

Vit. A	0%	Vit. C	4%
Calcium	1%	Iron	11%

* Percent Daily Values are based on a 2,000 calorie diet.

Quick Coconut Bread

A Terrific Breakfast Treat Sliced and Toasted!

INGREDIENTS

- 3 c. flour
- 1 c. sugar
- 1 Tbsp. baking powder
- 1 egg
- 1/2 tsp. salt
- 1 tsp. vanilla
- 1 1/2 c. milk
- 1 c. toasted grated coconut**

PREPARATION

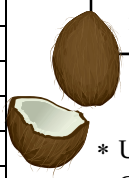
1. Preheat oven to 350 degrees. Butter & flour a loaf pan.
2. Sift flour, baking powder, and salt together. Stir in coconut.
3. Beat egg until foamy. Add milk and vanilla to egg. Stir into dry ingredients. Mix well without beating.
4. Pour into loaf pan and bake 1 hour.

** To toast in the oven: spread grated coconut out in an ungreased shallow baking pan and toast uncovered, stirring often, 30-40 minutes at 300 ℉ until golden.

** To toast in the microwave: Spread 1 cup flaked coconut in a glass pie pan. Microwave, uncovered, on HIGH for 2 minutes, stir and microwave 3 to 4 minutes longer, stirring every minute until golden.

Basic Preparation

1. Rinse the outer shell of the coconut with cool water only just before preparing.
2. To remove the white part of the coconut (meat), pierce one or more of the eyes. To keep the liquid, drain it through a fine-mesh strainer.
3. Place the coconut in a 350 ℉ oven for 15-20 minutes. Remove, & firmly tap the coconut with a hammer and ice pick to crack open the shell. Crack it in several places and remove as much of the shell as possible.
4. You may eat coconut directly from the shell, but to remove the meat insert a sharp knife between the meat and the shell or slash the flesh and lift from the edge.
5. Prior to grating, remove the brown tissue stuck to the meat to keep that snow white color. The easiest way to remove this is with a knife or vegetable peeler while still warm.
6. To grate or shred the meat, you can use a food processor, hand grater, or salad maker. (An average coconut will give you 3 to 4 cups of grated coconut.)



Storage

* Unopened coconuts last several weeks.
* Coconut meat keeps in an airtight container in the refrigerator for 10 days, freshly grated coconut keeps for 3-4 days.
* ***Freezing:*** Peel & wash whole pieces of coconut. If desired, sprinkle lightly w/ sugar (~1 Tbsp. per 4 cups). For every 2 cups grated, add 2 Tbsp. sugar. Mix well, and pack into freezer bags/containers. Frozen coconut lasts 8-12 months.

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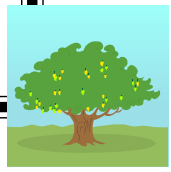
Fruit of the Month:
Mango



FUN FACTS:

- ✓ The mango is known as 'king of the fruit' throughout the world.
- ✓ Approximately 50% of all tropical fruits produced worldwide are mangos.
- ✓ Mango trees are evergreens that will grow to 60 ft. tall.
- ✓ The mango originated in Southeast Asia where it has grown for over 4000 years.

Recipe

Tropical Couscous (8 servings)

- ✓ 2 1/4 cups fresh orange juice
- ✓ 1 tsp. ground cumin
- ✓ 1 box (10 oz) couscous
- ✓ 2 Tbsp. olive oil
- ✓ 2 Tbsp. reduced-sodium soy sauce
- ✓ 2 Tbsp. fresh lime juice
- ✓ 1/4 cup chopped fresh cilantro
- ✓ 2 Tbsp. chopped fresh basil
- ✓ 2 Tbsp. chopped fresh chives
- ✓ 1 tsp. grated fresh ginger
- ✓ 1 mango, peeled, pitted and chopped
- ✓ 1/4 cup pine nuts, toasted

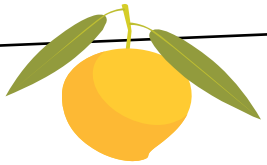
1. Bring orange juice and cumin to boiling in a medium-size sauce pan. Add couscous and cover. Remove from heat and let stand for 5 minutes. Remove to a large bowl; cool.
2. Mix olive oil, soy sauce and lime juice in a small bowl.
3. Stir into couscous. Stir in cilantro, basil, chives, ginger, mango and orange juice. Sprinkle with pine nuts.

Purchasing Tips

- ♦ Mangos can be considered ready-to-eat when slightly soft to the touch and yielding to gentle pressure. The best flavored fruit have a yellow tinge when ripe; however, color may be red, yellow, green or orange.
- ♦ Mangos are available in fresh, canned and dried forms.
- ♦ Mango season is May through September.
- ♦ Generally, once ripe, mangos have an orange-yellowish peel and are juicy for eating.

I Want To Know Everything!

1. The flavor of the mango is described as a delicate blend of peach, pineapple and apricot flavors.
2. A ripe mango will have a dull, fruity aroma emitting from the stem end.
3. Mangos are bursting with protective nutrients. The vitamin content depends on the variety and maturity of the fruit. When the mango is green, the amount of Vitamin C is higher and as it ripens, the amount of Vitamin A increases.
4. Mangos contain an enzyme with stomach soothing properties. These enzymes act as a digestive aid.
5. Mangos are rich in dietary fiber and carbohydrates.
6. The fruit flesh of a ripe mango is very sweet, with a unique taste.



Nutrition Facts

Serving Size: 1 cup, sliced (165 g)

Amount Per Serving	
Calories 107	Calories from Fat 4
	% Daily Value*
Total Fat 0 g	1%
Saturated Fat 0 g	1%
Cholesterol 0 mg	0%
Sodium 3 mg	0%
Total Carbohydrate 28 g	9%
Dietary Fiber 3 g	12%
Sugars 24 g	
Protein 1 g	

Vit. A 25%	Vit. C 76%
Calcium 2%	Iron 1%

* Percent Daily Values are based on a 2,000 calorie diet.

Storage

- * To ripen a mango, leave out at room temperature on the kitchen counter. Once ripened, the mango can be refrigerated for a few days.
- * Shelf life is 1-2 weeks in the refrigerator.

Deliciously rich in anti-oxidants, potassium and fiber—the mango is the perfect fruit!

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