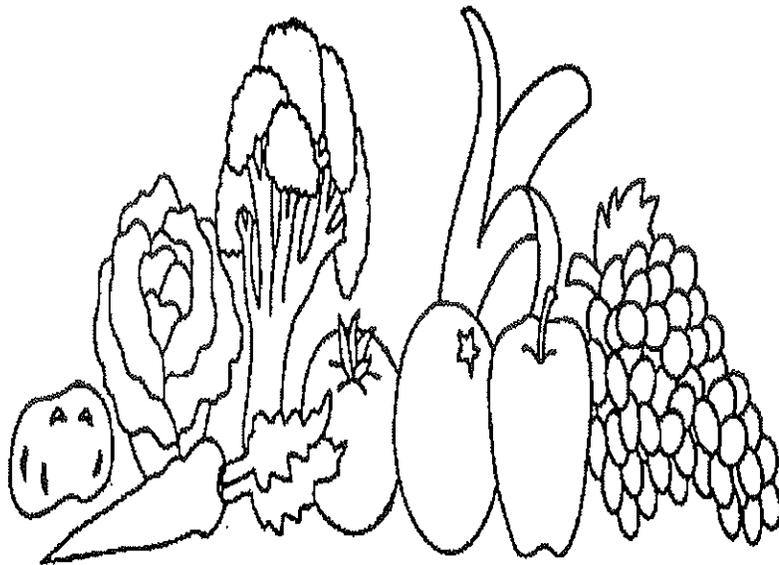


Fruits and Vegetables

Mrs. Blain serves a variety of fruits and vegetables. She often uses snack time as tasting time for new fruits or vegetables. Have you served sweet potatoes or yams lately? They are high in Vitamins A and C and other important nutrients.

Fruits/Vegetables

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Cheese Sauce for Vegetables

(Microwave)

A creamy cheese sauce that's good on potatoes, broccoli, asparagus or cauliflower.

Yield: 1 cup (16 servings)
Serving size: 1 tablespoon

16 Servings	Ingredients	Servings
1 cup	Lowfat milk, divided	
2 Tbsp.	Flour	
1/8 tsp.	Pepper	
1/2 cup (2 oz.)	Shredded sharp cheddar cheese	

1. Combine 1/2 cup milk with flour in covered container and shake well to avoid lumps.
2. Pour into a 4-cup glass measuring cup along with the rest of the milk and pepper.
3. Cook in the microwave on **high** for **3-4 minutes**, stirring with a wire whisk every **30 seconds** until thickened.
4. Add cheese and stir until melted.

Variation:

- Dill Cheese Sauce - add 1 1/2 tsp. of dried dill weed along with pepper.

Note: Read page 186 for microwave hints.

Mock Sour Cream

Use this on baked potatoes or as a dip for vegetables. This is a good snack choice.

Meal Component:
Meat/Meat Alternate (½ ounce)

Yield: 2 cups (16 servings)
Serving size: 2 tablespoons

16 Servings	Ingredients	Servings
2 cups	Lowfat cottage cheese	
2 Tbsp.	Lemon juice	
2 Tbsp.	Lowfat milk	

Place all ingredients in blender or food processor and mix on high speed until creamy smooth.

Variations:

- For a different texture, use 2 cups fine curd cottage cheese, 2 tablespoons lemon juice and 2 tablespoons plain yogurt and mix well with a wire whip. No blender or food processor needed.
- Dill Dip: to the mock sour cream recipe, add 2 teaspoons parsley flakes, ¼ teaspoon garlic powder and 1 teaspoon chopped dill weed.
- Onion Dip: to the mock sour cream recipe, add 2 tablespoons chopped green onion OR 1 tablespoon dried onion flakes, 2 teaspoons lite soy sauce and a dash of garlic powder.
- Ranch Dip: to the mock sour cream recipe, add ½ package of ranch-style salad dressing mix.

Try serving some of these raw vegetables with the dip:

- | | | |
|------------------------|----------------------|-------------------|
| • tomatoes | • cauliflower | • cabbage |
| • cucumbers | • asparagus (blanch) | • sprouts |
| • sugar-snap peas | • snow peas (blanch) | • summer squashes |
| • green or red peppers | • kohlrabi | • broccoli |
| • jicama | • turnips | • radishes |
| • mushrooms | • zucchini | |

Note: Some children prefer vegetables partially cooked. Vegetables should be cooked only until tender crisp.

Mary Ann Brennan - Lincoln

Cinnamon Apples

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 8 servings
Serving size: ¼ cup

8 Servings	Ingredients	Servings
6 medium 2 Tbsp. 2 Tbsp. ¼ tsp. As needed	Cooking apples Margarine Brown sugar Cinnamon Water	

1. Wash apples under running water.
2. Peel and slice apples. Set aside.
3. In non-stick fry pan, melt margarine over low heat.
4. Add apples; cook until slightly soft.
5. Add brown sugar and cinnamon; continue cooking until bubbly and has syrup-like consistency. May need to add several tablespoons water.
6. Cover and continue cooking until apples are soft.
7. Serve warm.

Menu Suggestion: Baked beans with weiners (1 serving) recipe on page 6, cinnamon apples (¼ cup), rye bread (½ slice), lowfat milk (¾ cup)

Broccoli and Corn Bake

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 9 servings
Serving size: ⅓ cup

9 Servings	Ingredients	Servings
1 (10 oz.) pkg.	Frozen chopped broccoli	
1 (15 oz.) can	Creamed corn	
1 large	Egg	
⅓ cup	Cracker crumbs	
½ tsp.	Onion powder	
½ tsp.	Salt	
¼ tsp.	Pepper	
1 Tbsp.	Margarine, melted (optional)	
⅓ cup	Bread crumbs (optional)	

1. Partially cook broccoli in microwave. Broccoli should still be crisp.
2. In a 2-quart casserole dish, combine broccoli, corn, egg, crackers, onion powder, salt and pepper. Mix well.
3. Optional: mix melted margarine with the bread crumbs; sprinkle on top of casserole.
4. Bake at **350°** for **35 minutes**.

Menu Suggestion: Herbed meat loaves (1 serving) recipe on page 32, broccoli and corn bake (⅓ cup), strawberry applesauce (¼ cup), enriched bread (½ slice), lowfat milk (¾ cup)

Katie Olney - Nebraska City

Broccoli and Squash Medley

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 8 servings
Serving size: ¼ cup

8 Servings	Ingredients	Servings
½ cup 1 Tbsp. 2 cups 2 cups ½ tsp. ¼ tsp.	Water Onion powder Broccoli flowerets and stems Summer squash (yellow and zucchini) Salt Pepper	

1. Wash fresh broccoli and squash under running water.
2. Separate flowerets into bite-size pieces; thinly slice broccoli stems.
3. Thinly slice squash.
4. Bring water mixed with onion powder to a boil.
5. Add all vegetables and steam for **5 minutes** or until tender crisp.
6. Add salt and pepper.

Note: This recipe can be prepared in the microwave.

Menu Suggestion: Turkey meatballs (1 serving) recipe on page 78, broccoli and squash medley (¼ cup), mashed potatoes (¼ cup), Italian bread (½ slice), lowfat milk (¼ cup)

Harriet Kohn - Lincoln

Fruity Coleslaw

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 8 servings
Serving size: ¼ cup

8 Servings	Ingredients	Servings
2 cups (½ small head) ½ cup ½ cup 1 Tbsp. ¼ cup	Cabbage, shredded Carrots, peeled and shredded Crushed pineapple, canned Raisins Lowfat mayonnaise	

1. Drain pineapple.
2. Combine cabbage, carrots, pineapple and raisins.
3. Add mayonnaise, mix well, and serve.

Menu Suggestion: Beef and rice casserole (1 serving) recipe on page 14,
fruity coleslaw (¼ cup), green lima beans (¼ cup), lowfat milk (¼ cup)

Cindy Loechler - Lincoln

Confetti Coleslaw

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 10 servings
Serving size: ¼ cup

10 Servings	Ingredients	Servings
2 cups (½ small head) 1 cup (¼ small head) ½ cup ½ cup ⅛ tsp.	Green cabbage, shredded Red cabbage, shredded Carrots, peeled and shredded Green pepper, diced Salt Dressings - see choices below	

1. In a mixing bowl, combine cabbage, carrots and green pepper.
2. Toss with either oil and vinegar dressing or lemon or orange yogurt.

Dressings:

- Oil and Vinegar dressing: 4 tsp. olive oil mixed with 4 tsp. vinegar
- Orange or Lemon yogurt: one (6 oz.) container

Menu Suggestion: Scalloped ham and potatoes (1 serving) recipe on page 50,
confetti coleslaw (¼ cup), whole wheat bread (½ slice),
lowfat milk (¾ cup)

Corn Chowder

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 8 servings
Serving size: ½ cup

8 Servings	Ingredients	Servings
⅔ cup	Chicken broth	
⅔ cup	Lowfat milk	
2 medium	Potatoes, peeled and cubed	
2	Green onions, chopped	
1 (10 oz.) pkg.	Frozen corn	
4 tsp.	Instant nonfat dry milk	
⅛ tsp.	Dry mustard	
⅛ tsp.	Salt	
Dash	Pepper	

1. Combine broth, milk, potatoes, and green onions. Bring to a boil in a large saucepan.
2. Lower heat and simmer until potatoes are tender (about **12 minutes**).
3. Add corn and cook **1 more minute**.
4. Add nonfat dry milk, dry mustard, salt and pepper; blend.
5. Remove 2 cups of chowder and puree in a food processor or blender. This will make the chowder thicker.
6. Return pureed mixture to the large saucepan and reheat until hot.

Menu Suggestion: Turkey divine (1 serving) recipe on page 77, corn chowder (½ cup), lowfat milk (¾ cup)

Karen Jones - Omaha

Fruit Sauce

This is a tasty way to use leftover fruit.

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 16 servings
Serving size: ¼ cup

16 Servings	Ingredients	Servings
4 cups 1 (3 oz.) box	Canned fruit, no juice Fruit flavored gelatin (any flavor)	

1. Freeze a variety of canned fruits until you have 4 cups.
2. Thaw fruit.
3. Put fruit in blender. Blend*.
4. Add gelatin to the fruit.
5. DO NOT ADD ANY WATER.
6. Chill thoroughly before serving.

* Blend until desired consistency; a smooth puree or a chunky sauce.

Menu Suggestion: New England beef dinner (1 serving) recipe on page 54,
fruit sauce (¼ cup), corn meal muffin (1 small) recipe on page 127,
lowfat milk (¾ cup)

Fruit Soup

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 12 servings
Serving size: ⅓ cup

12 Servings	Ingredients	Servings
¼ cup	Minute tapioca	
1 Tbsp.	Sugar	
⅛ tsp.	Salt	
½ cup	Pineapple juice (from canned pineapple)	
1 cup	Water	
1 (6 oz.) can	Orange juice concentrate	
1 (11 oz.) can	Mandarin oranges, drained	
1 (20 oz.) can	Pineapple tidbits (juice pack), drained	
2 medium	Bananas, sliced	

1. Combine tapioca, sugar, salt, pineapple juice and water in saucepan.
2. Place over medium heat and cook until mixture comes to a full boil, stirring constantly.
3. Remove from heat.
4. Add orange juice concentrate. Cool.
5. Add mandarin oranges, pineapple tidbits and sliced bananas.
6. Divide "soup" into individual serving dishes.
7. Keep refrigerated.

Variation:

- Other fruits can be substituted for those listed; use same quantity.

Menu Suggestion: Ham and cheese tortilla (1 serving) recipe on page 47, fruit soup (⅓ cup), green beans (¼ cup), lowfat milk (¾ cup)

Karen Veal - Norfolk

Cheese Topped Potatoes

(Microwave)

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 9 servings
Serving size: ⅓ cup

9 Servings	Ingredients	Servings
4 medium ⅓ tsp. 2-4 Tbsp. 4 (¼ oz.) slices	Potatoes Salt Lowfat milk American cheese	

1. Scrub potatoes under running water; peel and quarter potatoes.
2. In a microwave-safe dish, microwave potatoes in 2 tablespoons water on **high** for **10-12 minutes**, stirring once.
3. Drain off liquid.
4. Mash potatoes with a potato masher or use electric mixer on low speed.
5. Gradually beat in enough milk to make light and fluffy.
6. Spread mashed potatoes into 8" x 8" microwave-safe dish.
7. Place cheese slices on top of potatoes.
8. Microwave on **medium-high** for **3 minutes** until cheese is melted.

Note: Read page 186 for microwave hints.

Menu Suggestion: Salmon pattie (1½ ounces), cheese topped potatoes (⅓ cup), purple plums (¼ cup), enriched bread (½ slice), lowfat milk (¾ cup)

Oven Fried Parmesan Potatoes

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 9 servings
Serving size: ¼ cup

9 Servings	Ingredients	Servings
4 medium 1 Tbsp. 1 Tbsp. ½ tsp. ½ tsp. ⅛ tsp. ⅛ tsp.	Potatoes Vegetable oil Grated Parmesan cheese Garlic powder Paprika Pepper Salt	

1. Scrub potatoes under running water. Peel. *
2. Cut potatoes into ½-inch wedges.
3. Place potato wedges in a plastic bag with the oil and shake well to coat potatoes evenly.
4. In a second plastic bag, mix Parmesan cheese, garlic powder, paprika, pepper and salt. Add potatoes and shake to coat.
5. Arrange potatoes, in a single layer, on a foil-covered baking sheet that has been sprayed with non-stick cooking spray.
6. Bake at **450°** for **30-35 minutes** or until golden brown.

* Potatoes may be served with skin on.

Menu Suggestion: Hamburger (1½ ounces) on bun (½), oven fried Parmesan potatoes (¼ cup), orange slices (¼ cup), lowfat milk (¼ cup)

Oven Fried Potato Sticks

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 9 servings
Serving size: ¼ cup
or 8 strips

9 Servings	Ingredients	Servings
4 medium 2 tsp. ¼ tsp. ⅛ tsp.	Russet baking potatoes, washed Vegetable oil Salt Pepper	

1. Line baking sheet with foil. Spray with non-stick cooking spray.
2. Cut each potato in half crosswise. Cut each potato half into 9 uniform strips (approximately 2½" x ½" x ½"). There should be 18 strips per potato.
3. Place potato strips in a plastic bag with vegetable oil, salt and pepper. Shake well to coat potatoes evenly.
4. Arrange strips on cookie sheet.
5. Bake at **450°** for **20-25 minutes** until golden and crisp. Turn potatoes after **12-14 minutes**.

Menu Suggestion: Beef and cabbage (1 serving) recipe on page 9, oven fried potato sticks (¼ cup), spiced apple slice (1), sour dough bread (½ slice), lowfat milk (¾ cup)

Potato Pancake Wedges

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 8 servings
Serving size: 1 wedge

8 Servings	Ingredients	Servings
2½ cups	Fresh potatoes, shredded	
¼ cup	Lowfat milk	
2 Tbsp.	Flour	
½ tsp.	Onion powder	
½ tsp.	Salt	
⅛ tsp.	Pepper	
2 large	Beaten eggs	
2 Tbsp.	Margarine	

1. In a mixing bowl, combine potatoes, milk, flour, onion powder, salt, pepper and eggs. Mix well.
2. Heat margarine in a 10-inch skillet until melted.
3. Spread potato mixture evenly in skillet.
4. Cook over **medium heat** about **5 minutes** or until bottom is brown.
5. Place large plate over skillet and carefully invert "pancake" onto plate.
6. Slide "pancake" back into skillet.
7. Cook about **5 minutes** longer or until brown and set.
8. Cut into 8 wedges.

Menu Suggestion: Scrambled eggs (1½ ounces), potato pancake (1 wedge), orange quarters (¼ cup), blueberry muffin (½), lowfat milk (¾ cup)

Sandra Holmes - Grand Island

Oven Fried Sweet Potatoes

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 9 servings
Serving size: ¼ cup
or 8 strips

9 Servings	Ingredients	Servings
4 medium 2 tsp. ½ tsp. 1 tsp.	Sweet potatoes or yams, washed Vegetable oil Salt, optional Lemon juice, optional	

1. Peel sweet potatoes or yams.
2. Cut each potato in half crosswise. Cut each potato half into 9 uniform strips (approximately 2½" x ½" x ½"). There should be 18 strips per potato.
3. Place potato strips in a plastic bag with the oil and shake well to coat potatoes evenly.
4. Spread in single layer on baking sheet, lined with foil and sprayed with non-stick cooking spray.
5. Bake at **375°F** for **30 minutes** or until browned and tender. Turn potatoes about every **10 minutes**.
6. Sprinkle with salt and lemon juice, if desired.

Variations:

- Sweet Potato Slices - Slice potatoes about ¼-inch thick; a food processor will make this easier. Spread in single layer on a foil-lined baking sheet that has been brushed with 1 teaspoon vegetable oil. Bake at **400°F** for **15-20 minutes**. Remove when baked to a crisp, golden brown.
Serving size: 10 slices = ¼ cup.
- Russet baking potatoes may be substituted for sweet potatoes.

Menu Suggestion:	Quick chicken and rice (1 serving) recipe on page 42, oven fried sweet potatoes (¼ cup), canned bing cherries (¼ cup), lowfat milk (¾ cup)
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Glazed Sweet Potatoes

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 9 servings
Serving size: ¼ cup

9 Servings	Ingredients	Servings
4 medium 1 tsp. 2 Tbsp. ¼ tsp. ⅔ cup 2½ tsp.	Fresh sweet potatoes or yams Cornstarch Brown sugar Cinnamon Orange juice Lemon juice	

1. Wash potatoes under running water.
2. Peel potatoes and cut into ½-inch cubes.
3. Place potatoes in an 8"x 8" casserole dish coated with vegetable cooking spray.
4. Combine cornstarch, brown sugar and cinnamon in a small bowl and slowly add juices, mixing well.
5. Pour mixture over potatoes.
6. Cover with foil.
7. Bake at **400°F** for **40 minutes** or until potatoes are just tender and glaze is thickened.
8. Divide potatoes into 9 servings and top with glaze.

Menu Suggestion: Ham slice (1½ ounces), glazed sweet potatoes (¼ cup), snow peas (¼ cup), raisin bread (½ slice), lowfat milk (¾ cup)

Pat Kern - Omaha

Mashed Sweet Potatoes

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 9 servings
Serving size: ¼ cup

9 Servings	Ingredients	Servings
5 medium ¼ cup 4 tsp.	Fresh sweet potatoes or yams Lowfat milk Soft margarine	

1. Wash potatoes under running water.
2. Peel and cut potatoes into quarters or medium-size chunks.
3. Boil potatoes until tender, about **25 minutes**. Drain.
4. Mash potatoes in mixer on low speed until smooth.
5. Warm milk in microwave. Gradually add enough milk to moisten potatoes.
6. Add margarine while mixing on low speed.
7. Mix on high speed until blended and potatoes are light and fluffy.

Note: A #16 scoop may be used to measure the ¼ cup serving.

Menu Suggestion:	Chicken broccoli pie (1 serving) recipe on page 37, mashed sweet potatoes (¼ cup), dinner roll (1 small), lowfat milk (¾ cup)
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Sweet Potato Pie

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 8 servings
Serving size: 1 piece

8 Servings	Ingredients	Servings
1/3 cup	Butter or margarine	
3/4 cup	Sugar	
2 large	Beaten eggs	
2 cups	Mashed sweet potatoes*	
3/4 cup	Evaporated skim milk	
1 tsp.	Vanilla extract	
1/4 tsp.	Salt	
1 (9-inch)	Unbaked pie shell	

1. Preheat oven to **375°F**.
2. Cream butter and sugar together.
3. Add eggs and stir.
4. Add sweet potatoes and mix well.
5. Stir in milk, vanilla and salt making sure all ingredients are thoroughly mixed.
6. Pour into pie shell and bake **40 minutes**. When using a commercially frozen pie shell, use a 9-inch deep dish shell.

Variations:

- For extra flavor you may want to add ½ teaspoon each of cinnamon and nutmeg, OR 1 tablespoon of grated lemon rind and 2 tablespoons of lemon juice.
- This pie can also be made without using a crust. Pour ingredients into a greased 9-inch pie plate and bake **40 minutes** at **375°F** or until knife inserted in center comes out clean.

Note: Butter lends an authentic flavor to sweet potato pie.

* If using canned sweet potatoes, do not use those packed in syrup.

Menu Suggestion: Chicken vegetable soup (1 serving) recipe on page 85, sweet potato pie (1 serving), saltines (4), lowfat milk (¾ cup)
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Deanna Bartlett - Lincoln

Cinnamon-Glazed Acorn Squash

(Microwave)

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 8 servings
Serving size: ¼ cup

8 Servings	Ingredients	Servings
2 lbs.	Acorn squash	
3 Tbsp.	Brown sugar	
3 Tbsp.	Dark corn syrup	
4 tsp.	Margarine	
½ tsp.	Cinnamon	

1. Wash squash under running water.
2. Cut acorn squash lengthwise into 4 pieces. Remove seeds.
3. Arrange in an 8" x 8" microwave-safe dish.
4. Cover with microwave-safe plastic wrap.
5. Microwave on **high** for **6-9 minutes**, turning the dish once, until squash is tender. Remove from oven and cool slightly.
6. Remove squash from the shell.
7. Mash with potato masher.
8. Add brown sugar, corn syrup, margarine and cinnamon. Mix well.
9. May need to be reheated before serving.

Notes: A #16 scoop may be used to measure the ¼ cup serving.
Read page 186 for microwave hints.

Menu Suggestion: Meat balls (1 serving) recipe on page 29,
cinnamon-glazed acorn squash (¼ cup), fresh fruit cup (¼ cup),
buttermilk bun (1) recipe on page 121, lowfat milk (¼ cup)

Jennifer Cook - Scottsbluff

Spaghetti Squash with Marinara Sauce

Meal Component:
Fruit/Vegetable (½ cup)

Yield: 8 servings
Serving size: squash - ¼ cup
marinara sauce - ¼ cup

8 Servings	Ingredients	Servings
1 (2-2½ lbs.) ¼ cup 2 cloves 1 Tbsp. 1 (15 oz.) can 1 tsp. ¼ tsp. ¼ tsp.	Spaghetti squash Chopped onion Garlic, minced Vegetable oil Tomatoes, cut up Dried Italian seasoning Salt Pepper Grated Parmesan cheese (optional)	

1. Wash squash under running water.
2. Halve squash lengthwise; scoop out seeds.
3. Place squash, cut side down, in a baking dish. With a fork, prick the skin all over.
4. Bake in a **350°F** oven for **30-40 minutes** or until tender.
5. After cooking, scrape the squash from the shells to form spaghetti-like strands. Using a fork, shred the squash pulp into strands.
6. While squash is cooking, prepare marinara sauce.
7. Cook onion and garlic in hot oil until onion is tender but not brown.
8. Stir in undrained tomatoes, Italian seasoning, salt and pepper.
9. Bring to boiling; reduce heat. **Simmer** over medium heat **10-15 minutes** or to desired consistency, stirring often.
10. Serve marinara sauce over squash. If desired, sprinkle with grated Parmesan cheese.

Menu Suggestion: Choose a meatloaf (1 serving) recipe on page 31, spaghetti squash with marinara sauce (1 serving), couscous (¼ cup), lowfat milk (¾ cup)

Yvonne Nickels - Miller

Squash and Apple Bake

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 8 servings
Serving size: ¼ cup

8 Servings	Ingredients	Servings
1 pound	Acorn squash	
2 medium	Baking apples	
2 Tbsp.	Brown sugar	
¼ tsp.	Cinnamon	
1 Tbsp.	Margarine	

1. Wash squash and apples under running water.
2. Cut squash in half and remove seeds. Peel and dice squash.
3. Peel, core and dice apples.
4. Transfer squash and apples to an 8" x 8" baking dish.
5. Sprinkle with brown sugar and cinnamon; add margarine.
6. Cover with aluminum foil.
7. Bake at **350°F** for **45 minutes**.

Menu Suggestion: Hot turkey salad (1 serving) recipe on page 80,
squash and apple bake (¼ cup), baked potato (¼ cup),
biscuit (1 small), lowfat milk (¾ cup)

Linda Johnson - Waterloo

Spinach with Bacon Dressing

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 8 servings
Serving size: ¼ cup

8 Servings	Ingredients	Servings
5½ cups	Fresh spinach	
4 Tbsp.	Vegetable oil	
2 Tbsp.	Lemon juice	
¼ tsp.	Garlic powder	
2 tsp.	Sugar	
2 large	Chopped hard cooked eggs	
4 slices	Cooked and chopped bacon	

1. Wash and drain spinach, pinch off stems, tear into bite-size pieces and place in a salad bowl.
2. To make dressing, combine vegetable oil, lemon juice, garlic powder and sugar in a screw top jar. Cover and shake well.
3. Pour dressing over spinach; toss lightly to coat spinach.
4. Sprinkle bacon and egg on top.

Menu Suggestion: Cheesy beef and macaroni (1 serving) recipe on page 16, spinach with bacon dressing (¼ cup), peaches (¼ cup), lowfat milk (¾ cup)

Robin Timmerman - Geneva

Strawberry Salad

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 9 servings
Serving size: 1 piece (3" x 3")

9 Servings	Ingredients	Servings
1 (3 oz.) box	Strawberry gelatin	
1 cup	Boiling water	
1 cup	Frozen strawberry halves, unsweetened	
1 cup	Applesauce	
1 large	Banana, diced	

1. Dissolve gelatin in hot water. Stir until gelatin is dissolved.
2. While gelatin is still hot, add strawberry halves, applesauce and diced banana.
3. Pour mixture into an 8" x 8" pan.
4. Refrigerate until set.

Variation:

- For individual salads: combine fruit together in a bowl and divide evenly into 9 muffin cups. Add liquid gelatin to each cup and stir to mix. Refrigerate until set.

Note: To remove salads from the muffin pan, place in a pan of warm water just until the edges are loosened from the mold. After edges are loosened, invert muffin pan to remove molds.

Menu Suggestion:	Chicken and homemade noodles (1 serving) recipe on page 39, strawberry salad (1 piece), steamed potato cubes (¼ cup), lowfat milk (¾ cup)
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Crumb-Topped Fresh Tomatoes

(Microwave)

Use this recipe in the summer when you have garden fresh tomatoes.

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 8 servings
Serving size: ¼ cup

8 Servings	Ingredients	Servings
4 medium	Fresh tomatoes	
2 Tbsp.	Fine dry bread crumbs	
2 Tbsp.	Grated Parmesan cheese	
1 Tbsp.	Margarine, melted	
½ tsp.	Italian seasoning	
⅛ tsp.	Pepper	
Dash	Garlic or onion salt	

1. Wash tomatoes under running water. Drain.
2. Remove peels, stems and cores from tomatoes; cube tomatoes.
3. Put tomato cubes into a microwave-safe 8" x 8" baking dish.
4. Combine bread crumbs, Parmesan cheese, margarine, Italian seasoning, pepper and garlic salt. Sprinkle over tomatoes.
5. Microwave, uncovered, on **high** for **2-3 minutes** or until heated through, turning the dish once.

Note: Read page 186 for microwave hints.

Menu Suggestion: Chicken roll-ups (1 serving) recipe on page 43, crumb-topped fresh tomatoes (¼ cup), pear slices (¼ cup), lowfat milk (¾ cup)

Pat Goodrich - Omaha

Scalloped Tomatoes

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 7 servings
Serving size: ¼ cup

7 Servings	Ingredients	Servings
3 slices 1 Tbsp. ⅓ cup ⅓ cup 2 Tbsp. 1 (15 oz.) can 1 Tbsp. 1 tsp. ½ tsp. 2 Tbsp. ⅓ tsp. 1 Tbsp.	Toasted bread Margarine Chopped celery Chopped onion Water Tomatoes, cut up* All-purpose flour Sugar Crushed dried marjoram or basil Water Pepper Parmesan cheese (optional)	

1. Spread toast with margarine. Cut into cubes. Set aside.
2. Cook celery and onion in 2 tablespoons water until tender-crisp. Drain off water.
3. Add undrained, canned tomatoes. Bring to boiling; reduce heat. Cover; simmer **8 minutes**.
4. Combine flour, sugar, marjoram, water and pepper. Stir into tomatoes.
5. Cook and stir until bubbly.
6. Stir two-thirds of the toast cubes into tomato mixture.
7. Pour into a 1 ½-quart casserole dish.
8. Top tomato mixture with remaining toast cubes.
9. If desired, sprinkle with grated Parmesan cheese.
10. Bake in a **350°F** oven for **20 minutes** or until bubbly.

* Substitute 1 (15 oz.) can seasoned stewed tomatoes for plain tomatoes. Omit celery and onions.

Menu Suggestion: Pork loin and rice casserole (1 serving) recipe on page 63, scalloped tomatoes (¼ cup), cinnamon applesauce (¼ cup), lowfat milk (¾ cup)

Lemon Turnips

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 8 servings
Serving size: ¼ cup

8 Servings	Ingredients	Servings
3 medium 2 Tbsp. 1 2 tsp.	Turnips Margarine Sliced green onion OR 2 Tbsp. snipped parsley Lemon juice	

1. Wash turnips under running water.
2. Peel turnips and cut into ½-inch cubes or 2" x ½" x ½" sticks.
3. Steam in a small amount of boiling water for **9 -10 minutes** or until tender crisp. Drain.
4. Stir in margarine, sliced green onion and lemon juice.

Variations:

- Substitute 1 lb. of any of the following vegetables for turnips: green beans, asparagus, Brussel sprouts, parsnips or rutabagas.

Menu Suggestion: Meatloaf patties (1 serving) recipe on page 30, lemon turnips (¼ cup), mashed potatoes (¼ cup), cinnamon roll (1 serving) recipe on page 122, lowfat milk (¼ cup)

Alice Hennemann - Lincoln

Vegetable Seven Layer Salad

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 12 servings
Serving size: ½ cup

12 Servings	Ingredients	Servings
3 cups	Torn lettuce (iceberg, leaf, bibb or spinach)	
1 cup	Frozen peas, thawed	
1 cup	Shredded carrots	
½ cup	Cubed green peppers	
6 slices	Bacon, cooked, drained and crumbled	
½ cup (2 oz.)	Shredded cheddar or mozzarella cheese	
½ cup	Lowfat mayonnaise	
1 ½ tsp.	Lemon juice	

1. Place lettuce in the bottom of a large bowl.
2. Layer peas on lettuce.
3. Layer carrots on peas.
4. Layer green pepper on carrots.
5. Arrange bacon over vegetables.
6. Top with cheese.
7. For dressing, combine mayonnaise and lemon juice.
8. Spread mayonnaise dressing over top of salad, sealing to the edge of bowl.
9. Cover and chill for **2-24 hours**.
10. Before serving, toss to coat vegetables.

Menu Suggestion: Chicken potato combo (1 serving) recipe on page 40, vegetable seven layer salad (½ cup), cornbread (1 piece) recipe on page 127, lowfat milk (¾ cup)

Faye Callis - Omaha

Zucchini Medley

Meal Component:
Fruit/Vegetable (¼ cup)

Yield: 8 servings
Serving size: ¼ cup

8 Servings	Ingredients	Servings
3 small	Zucchini	
1 small	Onion	
1 small	Red or green pepper	
⅛ tsp.	Onion powder	
⅛ tsp.	Garlic powder	
⅛ tsp.	Paprika	
Dash	Pepper	
⅛ tsp.	Salt (optional)	

1. Wash vegetables under running water.
2. Cut zucchini, onion and pepper into bite-size pieces.
3. Mix onion powder, garlic powder, paprika, pepper and salt together.
4. Sprinkle seasoning mix on vegetables and toss to coat evenly.
5. Spray a large skillet with non-stick cooking spray.
6. Place vegetables in hot skillet.
7. Stir-fry about **8-10 minutes** or until vegetables are tender crisp.

Menu Suggestion: Barbecue beef cup (1 serving) recipe on page 8,
zucchini medley (¼ cup), orange slices (¼ cup), lowfat milk (¾ cup)

Darlene Martin