



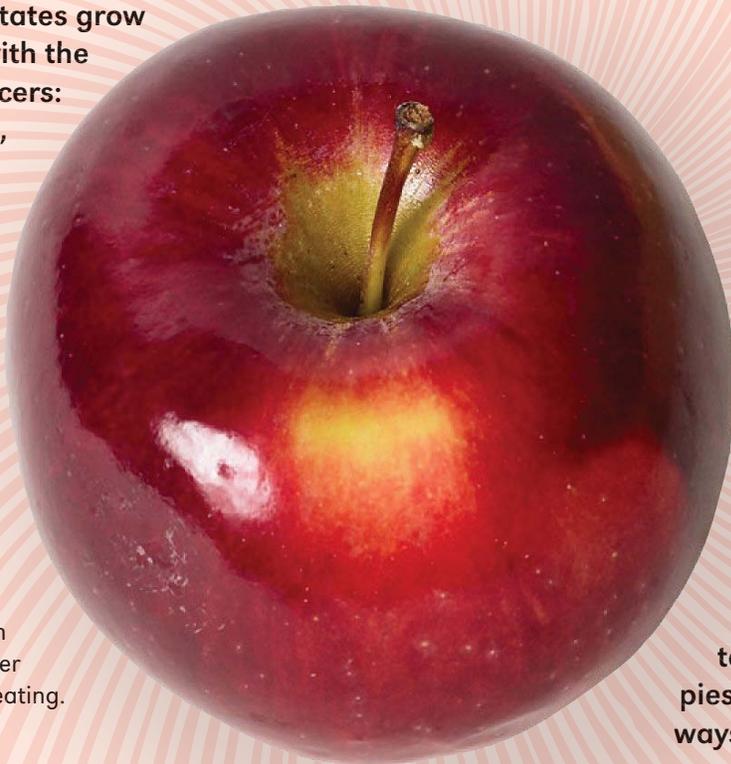
Apple

Apples come in all shades of red, green and yellow. Apple varieties range in size from a little bigger than a cherry, to as large as a grapefruit. The peel is good to eat and has many nutrients. Apples have five seed pockets. Do not eat the seeds.

Apples are fruit which grow on trees.

The apple can be traced back to the Romans and Egyptians who introduced them to Britain. The pilgrims planted the first apple trees in North America in the Massachusetts Bay Colony. Americans eat about 120 apples apiece each year.

Apples are the most popular fruit in the United States. 36 states grow apples commercially with the following as top producers: Washington, New York, Michigan, California, Pennsylvania and Virginia.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of fiber
- Good source of vitamin C

VARIETIES

There are about 2,500 varieties grown in the United States. Golden Delicious, Red Delicious, Fuji and Granny Smith are available year round.

Choose apples which are firm with no soft spots. Wash under clean, running water before eating.

USES

Apples can be eaten raw or cooked. They are great to eat as a quick snack. Chop and add to fruit salads. Bake in cakes, pies and cookies. Other popular ways to enjoy are as applesauce or 100% juice.

Many apples are grown in Nebraska.



Funded in part by USDA's Food and Nutrition Service, EFNEP, and Nebraska Department of Health and Human Services 2008. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.

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Golden Apple Oatmeal

Preparation time: 15 minutes

Number of servings: 1

Cups of fruits or vegetables per serving: 0.5



- 1 apple, diced
- $\frac{1}{3}$ c. apple juice
- $\frac{1}{3}$ c. water
- dash of cinnamon
- dash of nutmeg
- $\frac{1}{3}$ c. oatmeal, uncooked

1. In a medium saucepan, combine apples, juice, water, cinnamon, and nutmeg; bring to a boil.
2. Stir in oatmeal; cook on medium for 1 minute.
3. Cover and let stand 3 to 4 minutes before serving.

Nutrition Information per Serving: Calories 200, Total Fat 2 g (3% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 300 mg (13% DV), Total Carbohydrate 45 g (15% DV), Dietary Fiber 6 g (24% DV), Sugars 23 g, Protein 4 g, Vitamin A 2%, Vitamin C 10%, Calcium 2%, Iron 8%.

Apple Carrot Salad

Preparation time: 10 minutes

Number of servings: 6

Cups of fruits or vegetables per serving: 0.5



- 1 c. carrots, shredded
- 3 apples, diced
- 1 T. lemon juice
- $\frac{1}{2}$ c. raisins
- $\frac{1}{3}$ c. low-fat mayonnaise
- lettuce (optional)

1. In a large bowl, combine all ingredients.
2. Chill thoroughly.
3. Serve on lettuce, if desired.

Nutrition Information per Serving: Calories 110, Total Fat 1 g (2% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 140 mg (6% DV), Total Carbohydrate 25 g (8% DV), Dietary Fiber 3 g (12% DV), Sugars 20 g, Protein 1 g, Vitamin A 45%, Vitamin C 10%, Calcium 2%, Iron 2%.

Apricot

A relative of the peach, the apricot is smaller and has a smooth, oval pit that falls out easily when the fruit is halved. The skin and flesh are a golden orange color.

Apricots are fruit which grow on trees.

Apricots originated in China over 4,000 years ago.

Spanish explorers introduced apricots to the New World and they were planted at missions all over California. The first major production of apricots in America was in 1792 south of San Francisco, California.

In the United States 95% of apricots grow in the San Joaquin Valley and other parts of northern California.

VARIETIES

There are many varieties of apricots raised in the United States. Some of the most common varieties are Patterson, Blenheim, Tiltons and Castlebrites. Apricot season is from late May through June.



NUTRITION FACTS

- Fat free
- Sodium free
- Cholesterol free
- High in vitamin C
- High in vitamin A
- Good source of potassium

USES

Apricots are great to eat raw or dried, and are also terrific cooked. The nutrients are more concentrated in dried than fresh apricots — dried apricots also have a higher sugar content, which makes them more likely to stick to your teeth.

Some apricots are grown in Nebraska.



Apricot Bars
Preparation time: 15 minutes
Number of servings: 16
Cups of fruits or vegetables per serving: 0.25



1 c. oatmeal, uncooked	¼ tsp. baking soda
1 c. all-purpose flour	⅓ c. canola oil
⅓ c. brown sugar	5 T. apple juice, divided
½ tsp. cinnamon	½ c. apricot jam
¼ tsp. salt	1 (7 oz.) pkg. dried apricots, diced

1. Preheat oven to 350° F. Spray a 9x9-inch baking dish with non-stick cooking spray. Set aside.
2. In a large bowl, mix together oatmeal, flour, brown sugar, cinnamon, salt, and baking soda.
3. In a small bowl, whisk oil and 3 tablespoons juice together and pour over oat mixture. Mix well.
4. Reserve ¾ cup crumb mixture for topping.
5. Press the remaining crumb mixture evenly into prepared baking pan.
6. In a small bowl, blend jam with remaining 2 tablespoons of juice. Stir in dried apricots.
7. Spread apricot mixture evenly over crust. Sprinkle reserved crumb mixture over apricots.
8. Bake for 35 minutes or until golden brown. Cool in pan on wire rack. Cut into bars.

Nutrition Information per Serving: Calories 160, Total Fat 5 g (8% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 65 mg (3% DV), Total Carbohydrate 28 g (9% DV), Dietary Fiber 1 g (4% DV), Sugars 9 g, Protein 2 g, Vitamin A 15%, Vitamin C 2%, Calcium 2%, Iron 8%.

Winter Fruit Salad
Preparation time: 20 minutes
Number of servings: 5
Cups of fruits or vegetables per serving: 1.5



1 (16 oz.) can pear halves, drained	1¼ c. lemon or vanilla low-fat yogurt
1 (16 oz.) can sliced peaches, drained	1 c. granola
1 (16 oz.) can apricot halves, drained	cinnamon, optional
1 (20 oz.) can pineapple chunks, drained	

1. Cut the pear halves in several pieces.
2. Cut the peaches and apricots in half once.
3. In a medium bowl, mix all fruit together.
4. Pour the yogurt over the fruit and mix gently.
5. Spoon mixture into 5 different bowls and sprinkle granola on top.

* Sprinkle cinnamon on top, if desired.

Nutrition Information per Serving: Calories 320, Total Fat 4 g (6% DV), Saturated Fat 1 g (3% DV), Cholesterol 5 mg (2% DV), Sodium 70 mg (3% DV), Total Carbohydrate 70 g (23% DV), Dietary Fiber 9 g (36% DV), Sugars 51 g, Protein 8 g, Vitamin A 40%, Vitamin C 40%, Calcium 15%, Iron 10%.

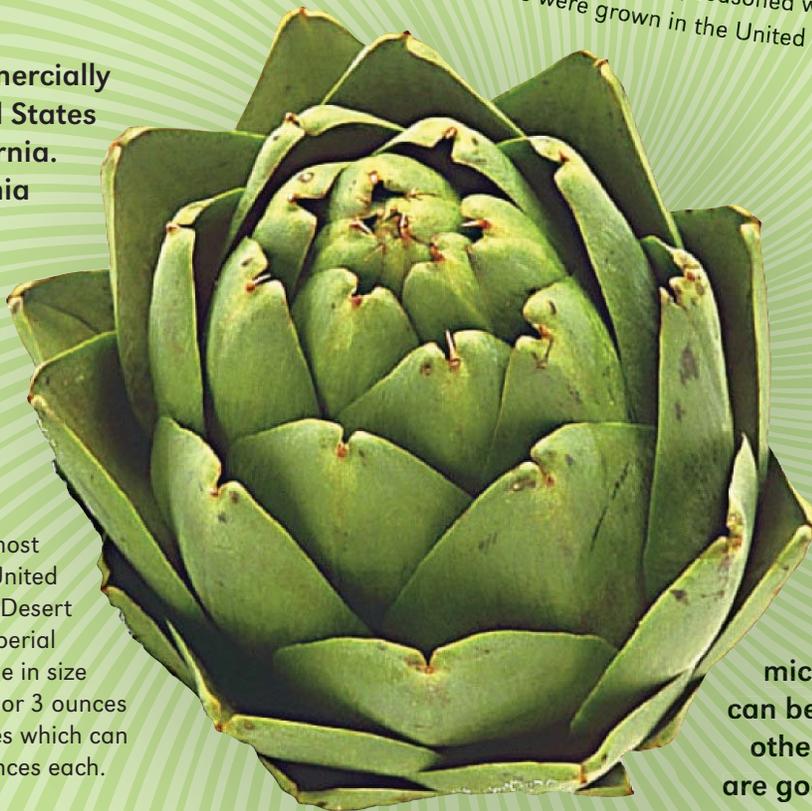
Artichoke

Artichokes should be firm, compact, heavy for their size and have an even green color. Artichokes are actually a flower bud – if allowed to flower, blossoms measure up to seven inches in diameter and are a violet-blue color.

Artichokes are vegetables which grow as flower buds on plants.

The artichoke was known to both the Greeks and the Romans.
Wealthy Romans enjoyed artichokes prepared in honey and vinegar, seasoned with cumin. It was not until the early 20th century artichokes were grown in the United States.

All artichokes commercially grown in the United States are grown in California. Castroville, California claims to be the “Artichoke Capital of the World.”



NUTRITION FACTS

- Fat free
- Cholesterol free
- High in sodium
- High in fiber
- High in vitamin C

VARIETIES

There are more than 140 artichoke varieties. The most popular varieties in the United States are: Green Globe, Desert Globe, Big Heart and Imperial Star. Artichokes can range in size from small artichokes—2 or 3 ounces each—to jumbo artichokes which can weigh as much as 20 ounces each.

USES

Artichokes can be boiled, steamed, microwaved or sautéed. They can be eaten whole or added to other dishes. Small artichokes are good for pickling, stews and casseroles; medium size are good for salads; and large size are good for stuffing.

Some artichokes are grown in Nebraska.



Black Bean, Pasta, and Artichoke Heart Medley

Preparation time: 30 minutes

Number of servings: 12

Cups of fruits or vegetables per serving: 1



- | | |
|---------------------------|---|
| 1 T. olive oil | 2 (14.5 oz.) cans whole tomatoes, undrained and chopped |
| 1 c. green onions, sliced | 1 (15 oz.) can black beans, drained and rinsed |
| ½ tsp. dried oregano | 4 c. cooked pasta (any shape) |
| ½ tsp. dried basil | 1 (14 oz.) can artichoke hearts, drained and quartered |
| ⅛ tsp. black pepper | |
| ⅛ tsp. cayenne pepper | |
| 1 garlic clove, minced | |

1. In a large skillet, heat oil over medium heat. Add green onions and sauté 5 minutes.
2. Add oregano, basil, black pepper, cayenne pepper, garlic, and tomatoes.
3. Cover and simmer 10 minutes.
4. Add beans; cover and simmer an additional 5 minutes.
5. Combine bean mixture, cooked pasta, and artichoke hearts in a large bowl. Mix well.
6. Serve warm.

Nutrition Information per Serving: Calories 120, Total Fat 2 g (3% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 330 mg (14% DV), Total Carbohydrate 21 g (7% DV), Dietary Fiber 3 g (12% DV), Sugars 2 g, Protein 5 g, Vitamin A 4%, Vitamin C 15%, Calcium 4%, Iron 15%.

Bean Salad

Preparation time: 2 hours, 10 minutes

Number of servings: 8

Cups of fruits or vegetables per serving: 1



- 1 (16 oz.) can garbanzo beans, rinsed and drained
- 1 (16 oz.) can French style green beans, drained
- 1 (14 oz.) can artichoke hearts, rinsed, drained, and quartered
- ½ c. fat-free Italian salad dressing

1. In a large bowl, combine first 3 ingredients. Stir gently.
2. Pour dressing over vegetables. Stir gently. Chill for at least 2 hours before serving.

Nutrition Information per Serving: Calories 90, Total Fat 1 g (2% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 290 mg (12% DV), Total Carbohydrate 14 g (5% DV), Dietary Fiber 3 g (12% DV), Sugars 2 g, Protein 5 g, Vitamin A 4%, Vitamin C 6%, Calcium 4%, Iron 10%.

Asparagus

Choose green stalks with dark green to purplish tips which are closed and compact. Thinner stalks are more tender than thicker stalks.

Asparagus are vegetables which grow as plant stalks (stems).

Many Greeks and Romans not only enjoyed the taste of asparagus but also believed the myth it possessed medicinal properties (from healing toothaches to preventing bee stings). Asparagus gained popularity in France and England in the 16th Century and was then introduced to North America.

In the United States 80% of asparagus are grown in California. Asparagus season is early spring.

VARIETIES

Asparagus can be found in two varieties. Green asparagus is the most common in the United States, while white asparagus is more popular in Europe. White asparagus is grown under the soil.

Many asparagus are grown in Nebraska.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of fiber
- Good source of vitamin C
- Good source of iron

USES

Asparagus is good steamed, stir-fried or cooked in the microwave. It can be used in salads, pasta dishes, stir fries or eaten cold with your favorite dip.



Asparagus with Lemon
Preparation time: 15 minutes
Number of servings: 4
Cups of fruits or vegetables per serving: 1



2 lbs. asparagus, tough ends trimmed
2 tsp. olive oil
3 T. lemon juice
salt and black pepper, to taste

1. In a large saucepan, place asparagus in 1 inch boiling water.
2. Cover and steam for 5 minutes or until asparagus is bright green and tender.
3. Rinse asparagus under cold water and drain.
4. In a small bowl, combine oil and lemon juice. Pour over asparagus.
5. Season with salt and pepper, to taste.

Nutrition Information per Serving: Calories 70, Total Fat 3 g (4% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 0 mg (0% DV), Total Carbohydrate 9 g (3% DV), Dietary Fiber 5 g (20% DV), Sugars 4 g, Protein 5 g, Vitamin A 35%, Vitamin C 25%, Calcium 6%, Iron 25%.

Asparagus with Sole
Preparation time: 1 hour
Number of servings: 4
Cups of fruits or vegetables per serving: 0.5



1 lb. asparagus, tough ends trimmed	4 T. lemon or lime juice, freshly squeezed
1 lb. Sole fillets (4 pieces approximately the same size)	1/8 tsp. black pepper
1/4 tsp. salt	1 T. chives, finely chopped
1/2 tsp. grated lemon or lime peel	1 tsp. mustard

1. Preheat oven to 400° F. Spray a 9x13-inch baking dish with non-stick cooking spray. Set aside.
2. Wash and cut asparagus into 3-inch pieces. Place in a large saucepan in lightly salted water.
3. Cook over medium heat for 5 minutes, drain. Set aside.
4. Season the skin side of the sole fillets with salt and lemon or lime peel.
5. Place asparagus spears at one end of each fillet.
6. Roll up fillets with asparagus spears inside and secure with plain round toothpicks.
7. Place fillets in the prepared baking dish.
8. In a small bowl, combine remaining ingredients and pour over fish.
9. Bake 15 to 20 minutes or until fish is white in color and flakes easily with a fork.

Nutrition Information per Serving: Calories 130, Total Fat 2 g (2% DV), Saturated Fat 0 g (0% DV), Cholesterol 55 mg (18% DV), Sodium 270 mg (11% DV), Total Carbohydrate 6 g (2% DV), Dietary Fiber 2 g (20% DV), Sugars 2 g, Protein 24 g, Vitamin A 25%, Vitamin C 30%, Calcium 4%, Iron 8%.

Avocado

Avocados skin range in color from yellowish green to dark purplish black depending on the variety – most have a yellow to a pale green flesh. The skin and large seed need to be removed before eating.

Avocados are fruit which grow on trees.

Avocados were first cultivated in South America with later migration to Mexico.
It was believed a Mayan princess ate the first avocado and it held mystical and magical power. European sailors traveling to the New World used avocados as their form of "butter."

One tree can produce up to 400 avocados a year. California is currently the largest producer of avocados in the United States. Avocados are available year round in stores.

VARIETIES

There are several varieties of avocados, and each have a unique flavor and texture. The most common varieties found in the United States are: Fuerte, Gwen, Hass, Pinkerton, Reed, and Zutano. Most avocados are pear shaped.



NUTRITION FACTS

- Cholesterol free
- Sodium free
- High in vitamin B6
- A good source of vitamin C
- High in vitamin E
- A good source of potassium, magnesium, folate and fiber

USES

Avocados can be used to make guacamole, added to salads, put on sandwiches, used as butter on your toast, or in place of sour cream.

Avocados are not grown in Nebraska.



Chicken and Avocado Wraps
Preparation time: 10 minutes
Number of servings: 3
Cups of fruits or vegetables per serving: 1



3 (10-inch) flour tortillas	1 avocado, chopped
1½ c. lettuce, shredded	2 T. onion, diced
1½ c. chicken breast, cooked and cubed	2 T. barbecue sauce
1 tomato, diced	2 T. ranch dressing

1. Place tortilla on a plate. Top tortilla with lettuce, chicken, tomato, avocado, and onion.
2. In a small bowl, combine barbecue sauce and ranch dressing. Mix well. Drizzle about 1 tablespoon over tortilla.
3. Roll-up tortilla and serve.

Nutrition Information per Serving: Calories 360, Total Fat 21 g (32% DV), Saturated Fat 3 g (15% DV), Cholesterol 50 mg (17% DV), Sodium 810 mg (34% DV), Total Carbohydrate 28 g (9% DV), Dietary Fiber 3 g (12% DV), Sugars 6 g, Protein 21 g, Vitamin A 15%, Vitamin C 25%, Calcium 6%, Iron 8%.

Taquitos
Preparation time: 30 minutes
Number of servings: 4
Cups of fruits or vegetables per serving: 1



2 c. frozen vegetables, thawed (peas, carrots, corn)
⅓ c. Monterey Jack cheese, shredded
12 corn tortillas, warmed
2 tsp. vegetable oil
2 c. salsa
½ avocado, chopped

1. Preheat oven to 450° F. In a medium bowl, mix vegetables and cheese.
2. Spoon ¼ c. vegetables and cheese mixture into the center of each tortilla.
3. Roll each tortilla up tightly and place taquitos on a baking sheet.
4. Brush each taquito lightly with oil. Bake until crispy, about 7 to 10 minutes.
5. While taquitos are baking, mix salsa with avocado.
6. Spoon salsa mixture over taquito and serve.

Nutrition Information per Serving: Calories 360, Total Fat 12 g (18% DV), Saturated Fat 3 g (13% DV), Cholesterol 10 mg (3% DV), Sodium 230 mg (10% DV), Total Carbohydrate 56 g (19% DV), Dietary Fiber 8 g (32% DV), Sugars 3 g, Protein 8 g, Vitamin A 80%, Vitamin C 20%, Calcium 10%, Iron 10%.

Banana

Bananas are a long, thick-skinned fruit. They have a peel which comes off easily. Bananas ripen after they have been picked. They are ripe when the skin is yellow. Avoid bananas with brown spots that seem very soft.

Bananas are fruit which grow in hanging clusters on plants which look like — but are not — trees.

Bananas originally came from the Malaysian area in Southeast Asia.

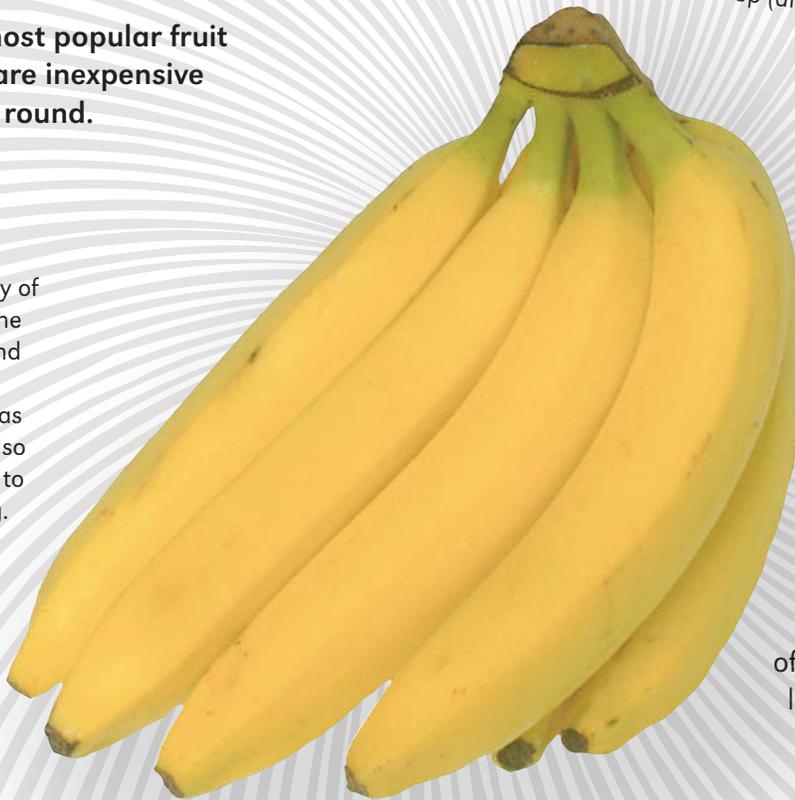
Grown in many tropical regions, bananas are the fourth most important food crop (after rice, wheat and corn).

Bananas are the most popular fruit in the world. They are inexpensive and available year round.

VARIETIES

The most popular variety of banana, Cavendish, is the familiar yellow type found in most grocery stores. Plantains, Finger Bananas and Red Bananas are also popular. Plantains need to be cooked before eating.

Although some wild varieties have hard seeds, almost all bananas people eat are seedless.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- High in potassium
- High in vitamin C
- High in vitamin A

USES

Bananas are delicious eaten after peeling off the skin. Enjoy a banana for lunch or as a snack. Eat sliced bananas in cereal, yogurt or on a peanut butter sandwich. Banana bread and muffins are very popular.

Bananas are not grown in Nebraska.



Chocolate Banana Smoothie
Preparation time: 5 minutes
Number of servings: 4
Cups of fruits or vegetables per serving: 0.25



2 c. skim milk
2 bananas, peeled
1 (3.9 oz.) pkg. instant chocolate pudding mix
2 c. ice cubes

1. In a blender, combine all ingredients and blend until smooth.

Nutrition Information per Serving: Calories 190, Total Fat 0.5 g (1% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 420 mg (18% DV), Total Carbohydrate 42 g (14% DV), Dietary Fiber 2 g (8% DV), Sugars 26 g, Protein 6 g, Vitamin A 6%, Vitamin C 10%, Calcium 15%, Iron 2%.

Perfect Parfaits
Preparation time: 45 minutes
Number of servings: 6
Cups of fruits or vegetables per serving: 0.5



2 c. strawberries, sliced	1 c. pineapple, fresh or canned, cubed
1 banana, sliced	¼ c. orange juice
1 orange, peeled and sliced or 1 (11 oz.) can mandarin oranges	1 c. non-fat vanilla or lemon yogurt
	¼ c. crunchy nugget cereal

1. In a medium bowl, mix strawberries, banana, orange, and pineapple.
2. Pour orange juice over the fruit and stir gently.
3. Refrigerate until chilled, 15-30 minutes.
4. Divide one half of the fruit mixture into 6 glasses.
5. Top fruit mixture with a heaping tablespoon of yogurt.
6. Add remaining fruit mixture to each glass. Top fruit mixture with remaining yogurt.
7. Sprinkle each parfait with crunchy nugget cereal.

Nutrition Information per Serving: Calories 130, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 60 mg (3% DV), Total Carbohydrate 29 g (10% DV), Dietary Fiber 3 g (12% DV), Sugars 21 g, Protein 4 g, Vitamin A 4%, Vitamin C 100%, Calcium 10%, Iron 10%.

Bell Pepper

Bell peppers come in a variety of colors, sizes and shapes. Their skin should be firm and the stem should be fresh and green. Take out the seeds on the inside before eating.

Bell peppers are vegetables which grow on plants.

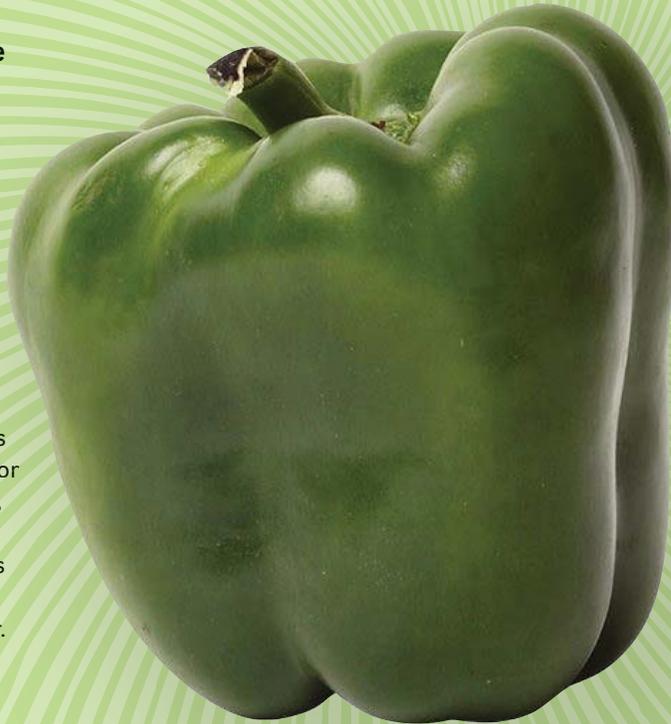
Peppers were originally grown in Central and South America.

Peppers can be grouped into two broad categories—sweet peppers (which are mild) and chile peppers (which are hot). Bell peppers are the most common sweet pepper.

California and Florida grow about 78% of the bell peppers grown in the United States.

VARIETIES

Bell peppers can be found in a rainbow of colors and can vary in flavor. The variety of the pepper plant and the stage of the ripeness determine the flavor and color of each pepper. For example, a red bell pepper is simply a mature green bell pepper. As a bell pepper ages, its flavor becomes sweeter and milder.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Very high in vitamin C
- Good source of vitamin A
- Good source of beta-carotene

USES

Peppers are good to eat raw or with vegetable dip. Use a variety of colored peppers in your salads. Add peppers to your pasta, Chinese, or Mexican dishes.

Many bell peppers are grown in Nebraska.



Zesty Corn Salad
Preparation time: 2 hours, 15 minutes
Number of servings: 6
Cups of fruits or vegetables per serving: 1



- 2 (15.25 oz.) cans corn, drained
- 1 green bell pepper, diced
- 1 onion, diced
- 6 jalapeno peppers, seeded and minced
- 1 c. cilantro, chopped
- $\frac{3}{4}$ c. fat-free Italian salad dressing

1. In a large bowl, mix all ingredients.
2. Cover and refrigerate at least 2 hours or until chilled.

Nutrition Information per Serving: Calories 110, Total Fat 2 g (3% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 450 mg (19% DV), Total Carbohydrate 21 g (7% DV), Dietary Fiber 5 g (20% DV), Sugars 13 g, Protein 4 g, Vitamin A 8%, Vitamin C 50%, Calcium 2%, Iron 4%.

Potato Sauté
Preparation time: 30 minutes
Number of servings: 4
Cups of fruits or vegetables per serving: 1



- | | |
|----------------------------------|---|
| 4 c. water | 1 tomato, chopped |
| 2 potatoes, scrubbed and chopped | $\frac{1}{2}$ tsp. dried oregano |
| 2 tsp. vegetable oil | salt and black pepper, to taste |
| 1 green bell pepper, chopped | $\frac{1}{4}$ c. Monterey Jack cheese, shredded |
| 1 (15.25 oz.) can corn, drained | |

1. In a large pan, bring water to a boil over high heat. Add potatoes. Cook about 5 minutes.
2. Drain potatoes in a colander and pat dry with paper towels. Set aside.
3. In the same pan, add vegetable oil. Heat over high heat until hot.
4. Add potatoes and bell pepper. Cook for 2 minutes. Stir in corn, tomato, and oregano.
5. Cook until vegetables are tender.
6. Season with salt and black pepper, if desired.
7. Sprinkle each serving with 1 tablespoon cheese.

Nutrition Information per Serving: Calories 110, Total Fat 1 g (1% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 290 mg (12% DV), Total Carbohydrate 23 g (8% DV), Dietary Fiber 3 g (12% DV), Sugars 4 g, Protein 5 g, Vitamin A 15%, Vitamin C 40%, Calcium 2%, Iron 6%.

Bell Pepper

Bell peppers come in a variety of colors, sizes and shapes. Their skin should be firm and the stem should be fresh and green. Take out the seeds on the inside before eating.

Bell peppers are vegetables which grow on plants.

Peppers were originally grown in Central and South America.

Peppers can be grouped into two broad categories—sweet peppers (which are mild) and chile peppers (which are hot). Bell peppers are the most common sweet pepper.

California and Florida grow about 78% of the bell peppers grown in the United States.

VARIETIES

Bell peppers can be found in a rainbow of colors and can vary in flavor. The variety of the pepper plant and the stage of the ripeness determine the flavor and color of each pepper. For example, a red bell pepper is simply a mature green bell pepper. As a bell pepper ages, its flavor becomes sweeter and milder.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Very high in vitamin C
- Good source of vitamin A
- Good source of beta-carotene

USES

Peppers are good to eat raw or with vegetable dip. Use a variety of colored peppers in your salads. Add peppers to your pasta, Chinese, or Mexican dishes.

Many bell peppers are grown in Nebraska.



BBQ Lentils

Preparation time: 2 hours, 15 minutes

Number of servings: 8

Cups of fruits or vegetables per serving: 1



12 oz. barbeque sauce
3½ c. water
1 lb. dry lentils
2 green bell peppers, diced
2 red bell peppers, diced
2 onions, diced
1 garlic clove, minced

1. Combine all ingredients in a slow cooker.
2. Cover and cook on low for 2 hours.

Nutrition Information per Serving: Calories 270, Total Fat 1 g (2% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 480 mg (20% DV), Total Carbohydrate 53 g (18% DV), Dietary Fiber 15 g (60% DV), Sugars 17 g, Protein 16 g, Vitamin A 25%, Vitamin C 110%, Calcium 4%, Iron 30%.

Chicken Fajitas

Preparation time: 30 minutes

Number of servings: 4

Cups of fruits or vegetables per serving: 0.5



⅓ c. fat-free Italian salad dressing
3 chicken breasts, boneless, skinless, cut into strips
1 red or green bell pepper, thinly sliced
1 onion, thinly sliced
1 tomato, diced
8 flour tortillas

Toppings (optional)
Cheddar cheese, shredded
lettuce, shredded
sour cream
salsa

1. Pour dressing over chicken, red or green bell pepper, and onion in a large bowl. Mix gently.
2. Let sit for 10 minutes. Drain and throw away the dressing.
3. Add chicken mixture to large skillet.
4. Cook and stir for 10 minutes or until chicken is cooked through. Stir in tomatoes.
5. Top tortillas with chicken mixture and toppings, if desired; roll up.

Nutrition Information per Serving: Calories 340, Total Fat 7 g (11% DV), Saturated Fat 1.5 g (8% DV), Cholesterol 35mg (12% DV), Sodium 1050 mg (44% DV), Total Carbohydrate 47 g (16% DV), Dietary Fiber 4 g (16% DV), Sugars 7 g, Protein 22 g, Vitamin A 8%, Vitamin C 70%, Calcium 10%, Iron 20%.

Broccoli

Choose bunches with tight florets that are dark green, purplish or bluish green. Stalks should be very firm. Florets are richer in beta-carotene than the stalks.

Broccoli are vegetables which grow as florets (clusters of flower buds) on stalks (stems).

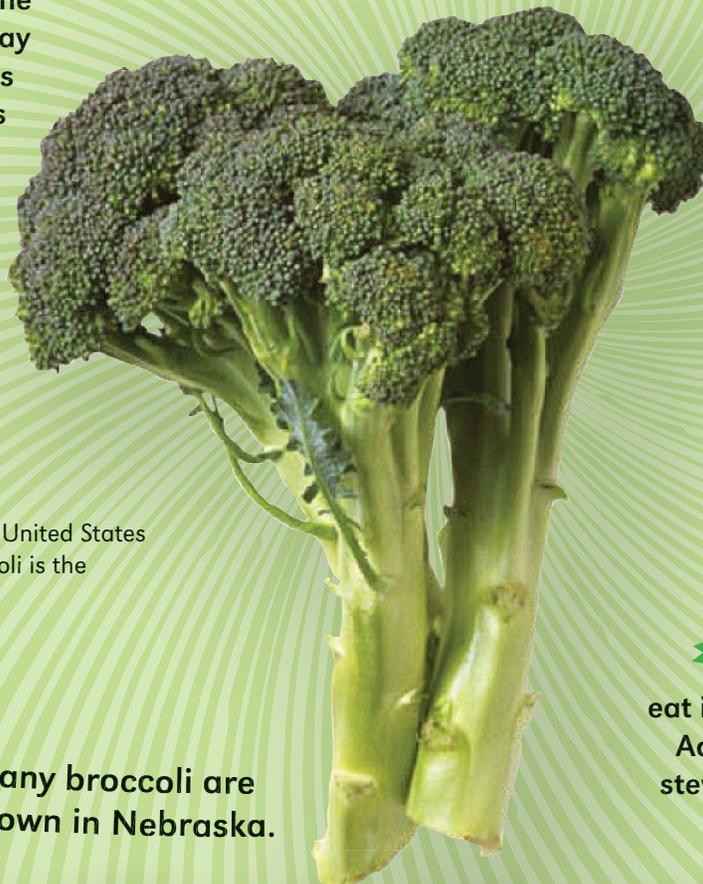
Broccoli has been around for more than 2,000 years and was first grown in Italy.
The name broccoli comes from the Latin word *brachium*, which means "branch" or "arm."
Americans have grown broccoli for over 200 years.

Broccoli is a member of the cabbage family, which may help prevent certain types of cancer. Broccoli has as much calcium per ounce as milk.

Fresh broccoli contains more nutrients than frozen broccoli.

VARIETIES

There are many varieties. In the United States the most common type of broccoli is the Italian Green Sprouting variety.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin A
- Good source of folate, iron, calcium and fiber

USES

Steam broccoli or eat it raw with your favorite dip. Add broccoli to salads, soups, stews, casseroles and stir-fries.

Many broccoli are grown in Nebraska.



Broccoli Soup
Preparation time: 30 minutes
Number of servings: 4
Cups of fruits or vegetables per serving: 1



3 c. broccoli, chopped	2 T. cornstarch
½ c. celery, diced	¼ tsp. salt
½ c. onion, chopped	Dash black pepper
1 c. low sodium chicken broth	Dash ground thyme
2 c. skim milk	¼ c. Swiss cheese, grated

1. In a medium saucepan, place vegetables and broth. Bring to boil.
2. Reduce heat, cover, and cook until vegetables are tender (about 8 minutes).
3. In a small bowl, mix milk, cornstarch, salt, black pepper, and thyme; add to cooked vegetables.
4. Cook, stirring constantly, until soup is lightly thickened and mixture begins to boil.
5. Remove from heat. Add cheese and stir until melted.

Nutrition Information per Serving: Calories 140, Total Fat 3 g (5% DV), Saturated Fat 2 g (8% DV), Cholesterol 10 mg (3% DV), Sodium 270 mg (11% DV), Total Carbohydrate 20 g (7% DV), Dietary Fiber 5 g (20% DV), Sugars 9 g, Protein 11 g, Vitamin A 35%, Vitamin C 140%, Calcium 30%, Iron 8%.

Pasta Primavera
Preparation time: 30 minutes
Number of servings: 2
Cups of fruits or vegetables per serving: 3



1 c. broccoli florets	Sauce:
1 c. carrots, sliced	1 T. margarine
1 c. zucchini, sliced	1 T. all-purpose flour
1 c. macaroni or rotini pasta	1 c. skim milk
	¼ tsp. dried basil
	⅛ tsp. black pepper
	2 T. Parmesan cheese, grated

1. In a medium saucepan, place vegetables and about 1 inch of water. Bring to a boil.
2. Reduce heat, cover, and cook until vegetables are crisp-tender. Drain.
3. In another saucepan, cook macaroni according to package directions.
4. In a small saucepan, melt margarine and sprinkle in flour. Gradually stir in milk and seasonings.
5. Cook over medium heat, stirring constantly, until sauce thickens.
6. Remove from heat and stir in cheese. Pour over hot vegetables. Add macaroni and mix together.

Nutrition Information per Serving: Calories 360, Total Fat 8 g (12% DV), Saturated Fat 2 g (10% DV), Cholesterol 5 mg (2% DV), Sodium 200 mg (8% DV), Total Carbohydrate 56 g (19% DV), Dietary Fiber 5 g (20% DV), Sugars 11 g, Protein 15 g, Vitamin A 180%, Vitamin C 80%, Calcium 25%, Iron 15%.

Brussels Sprouts

Brussels sprouts look like little heads of cabbage. They are similar in taste to cabbage, but are slightly milder in flavor and denser in texture.

Brussels sprouts are vegetables which grow as small leafy heads on plant stems.

Brussels sprouts were named after the capital of Belgium where it is thought they were first grown. They are one of the few vegetables that originated in northern Europe. French settlers in Louisiana introduced Brussels sprouts to America.

Most Brussels sprouts are grown in California. They are available all year long, but their peak growing season is fall to early spring.

Brussels sprouts are a member of the cabbage family, which may help prevent certain types of cancer.

NUTRITION FACTS

- Fat free
- High in potassium
- Good source of vitamin C
- Good source of vitamin A
- Good source of vegetable protein

VARIETIES

Most Brussels sprouts are alike.

USES

Brussels sprouts can be steamed, boiled, or microwaved. They make a tasty addition to soups, stews and casseroles.

Many Brussels sprouts are grown in Nebraska.



Sweet Brussels Sprouts
Preparation time: 20 minutes
Number of servings: 4
Cups of fruits or vegetables per serving: 0.75



3 c. Brussels sprouts
2 tsp. vegetable oil
2 T. onion, finely chopped
½ c. chicken or vegetable broth
⅛ tsp. balsamic vinegar
salt, to taste

1. Place Brussels sprouts in a medium sauce pan with a small amount of water.
2. Cover pan and steam for about 10 minutes or until sprouts are crisp-tender.
3. While sprouts are steaming, heat oil in a medium skillet. Add onion and sauté about 2 minutes.
4. Add steamed sprouts, broth, and balsamic vinegar to onions.
5. Cover and cook over medium heat for 2 minutes.
6. Remove lid and cook 2 more minutes, or until broth is absorbed.
7. Add salt to taste.

Nutrition Information per Serving: Calories 50, Total Fat 3 g (5% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 140 mg (6% DV), Total Carbohydrate 7 g (2% DV), Dietary Fiber 3 g (12% DV), Sugars 2 g, Protein 3 g, Vitamin A 10%, Vitamin C 90%, Calcium 2%, Iron 6%.

Brussels Sprouts with Pecans and Dried Cranberries
Preparation time: 15 minutes
Number of servings: 4
Cups of fruits or vegetables per serving: 0.5



1 (16 oz.) pkg. frozen Brussels sprouts
1 T. vegetable oil
2 tsp. balsamic vinegar
2 T. pecans, finely chopped
¼ c. dried cranberries
salt and black pepper, to taste

1. Cook Brussels sprouts according to package directions.
2. While sprouts are cooking, in a small bowl, stir oil, vinegar, pecans, and cranberries together.
3. Once cooked, put sprouts in a medium bowl. Add cranberry mixture and stir gently.
4. Add salt and black pepper to taste.

Nutrition Information per Serving: Calories 130, Total Fat 7 g (11% DV), Saturated Fat 1 g (5% DV), Cholesterol 0 mg (0% DV), Sodium 20 mg (1% DV), Total Carbohydrate 16 g (5% DV), Dietary Fiber 5 g (20% DV), Sugars 8 g, Protein 4 g, Vitamin A 20%, Vitamin C 90%, Calcium 4%, Iron 4%.

Cabbage

Cabbage heads are solid, glossy and light green in color. The stem end should look healthy, trimmed and not dry or split.

Cabbage are vegetables which grow as leafy heads.

Cabbage originated nearly 2,000 years ago in the Mediterranean region.
Cabbage was introduced to America in 1541-42 by French explorer Jacques Cartier, who planted it in Canada.

Cabbage is enjoyed raw or cooked in many places throughout the world. It may help reduce the risk of certain cancers. Cabbage needs to be kept cold so it retains its vitamin C.

VARIETIES

There are at least 100 types of cabbage grown in the world. The most common varieties in the United States are Green, Red and Savoy. Chinese varieties are also available. The two most common Chinese varieties are Bok Choy and Napa.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Rich in vitamin C

USES

Cabbage is delicious in salads or as coleslaw. It can be steamed, boiled, microwaved or stir-fried. It can also be added to pasta, soups or stews. Sauerkraut is made from cabbage.

Many cabbage are grown in Nebraska.



Garden Vegetable Soup
Preparation time: 4 hours
Number of servings: 6
Cups of fruits or vegetables per serving: 1



1½ c. cabbage, finely shredded	3 c. chicken, beef, or vegetable broth
4 carrots, sliced	1 T. tomato paste
½ c. onion, chopped	½ tsp. dried basil
½ c. green beans	¼ tsp. dried oregano
½ c. zucchini, diced	¼ tsp. salt
2 garlic cloves, minced	

1. In a large saucepan, combine all ingredients.
2. Cover and cook on medium heat for 30 minutes or until vegetables are tender.

Nutrition Information per Serving: Calories 60, Total Fat 1 g (2% DV), Saturated Fat 0 g (0% DV), Cholesterol 5 mg (2% DV), Sodium 700 mg (29% DV), Total Carbohydrate 10 g (3% DV), Dietary Fiber 3 g (12% DV), Sugars 5 g, Protein 3 g, Vitamin A 180%, Vitamin C 30%, Calcium 4%, Iron 2%.

Confetti Appleslaw
Preparation time: 15 minutes
Number of servings: 8
Cups of fruits or vegetables per serving: 0.50



2 T. orange juice concentrate, thawed	1 T. low-fat mayonnaise
1 apple, diced	½ c. plain low-fat yogurt
4 c. cabbage, shredded	½ tsp. dry mustard
1 red or green bell pepper, thinly sliced	⅛ tsp. paprika
3 T. raisins	⅛ tsp. black pepper

1. In a large bowl, stir together juice concentrate and apple.
2. Add cabbage, bell pepper, and raisins. Stir gently.
3. In a small bowl, stir together mayonnaise, yogurt, dry mustard, paprika, and black pepper.
4. Add to vegetable mixture. Mix well. Cover and refrigerate until ready to serve.

Nutrition Information per Serving: Calories 50, Total Fat 1 g (2% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 40 mg (2% DV), Total Carbohydrate 11 g (4% DV), Dietary Fiber 2 g (8% DV), Sugars 7 g, Protein 1 g, Vitamin A 4%, Vitamin C 60%, Calcium 4%, Iron 2%.

Cantaloupe

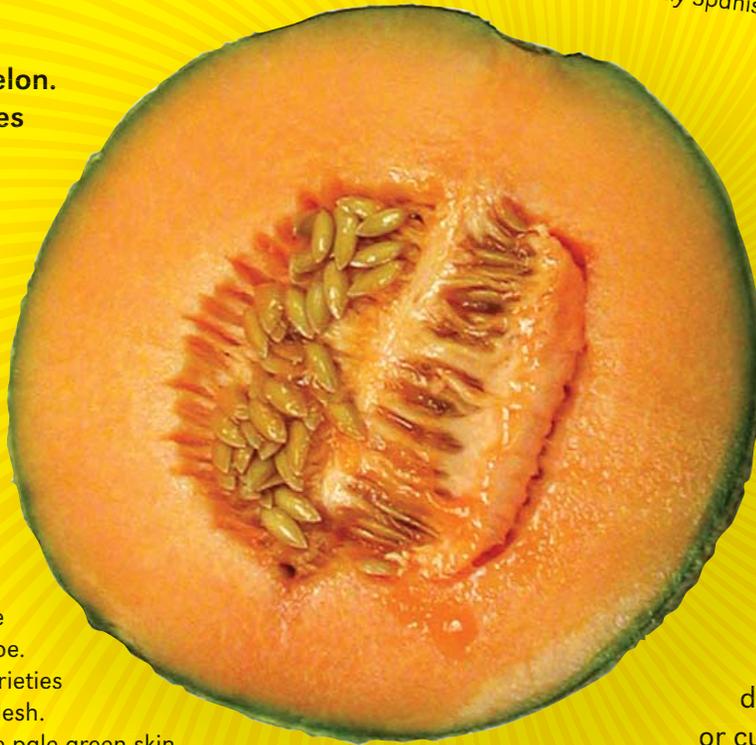
In the United States, cantaloupe are commonly called muskmelon.

Muskmelon are round with a light-brown rind (thick skin) and orange flesh. The rind is not eaten. The center has seeds which need to be scooped out before eating.

Cantaloupe are fruit which grow on vines.

Many melons originated in the Middle East. Ancient Egyptians and Romans enjoyed cantaloupe. Melon seeds were transported to North America by Christopher Columbus and eventually Spanish explorers grew them in California.

Cantaloupe are a melon. Other melons includes honeydew and watermelon. Melons are in the same gourd family as squash and cucumbers.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin C
- Good source of potassium
- High in vitamin A

VARIETIES

In the United States, the most popular variety is the North American cantaloupe. There are less common varieties which have red or yellow flesh. European cantaloupe have pale green skin.

USES

Cantaloupe is delicious raw. It is usually sliced or cut into chunks. Add cantaloupe to fruit salads, fruit soups or salsa. Serve as a dessert with some ice cream and chocolate sauce.

Many cantaloupe are grown in Nebraska.



Cantaloupe Fruit Salad
Preparation time: 15 minutes
Number of servings: 8
Cups of fruits or vegetables per serving: 2



- 2 cantaloupe, rind and seeds removed
- 1 pineapple, cored, peeled, cut in small chunks
- 1 c. walnuts, finely chopped
- 1 apple, diced
- 4 c. vanilla low-fat yogurt

1. Cut cantaloupe into small chunks. Place in a large bowl.
2. Add pineapple, walnuts, and apple to cantaloupe. Mix well.
3. Spoon $\frac{1}{2}$ cup yogurt into a bowl. Top with fruit. Stir to coat fruit.

Nutrition Information per Serving: Calories 250, Total Fat 12 g (18% DV), Saturated Fat 2 g (10% DV), Cholesterol 10 mg (3% DV), Sodium 105 mg (4% DV), Total Carbohydrate 30 g (10% DV), Dietary Fiber 3 g (12% DV), Sugars 24 g, Protein 9 g, Vitamin A 100%, Vitamin C 100%, Calcium 20%, Iron 4%.

Southwestern Cantaloupe Salad
Preparation time: 10 minutes
Number of servings: 4
Cups of fruits or vegetables per serving: 0.5



- $\frac{1}{2}$ c. cantaloupe, thinly sliced
- $\frac{1}{2}$ c. jicama, peeled and thinly sliced
- $\frac{1}{4}$ c. red bell pepper, roasted, sliced
- $\frac{1}{4}$ c. yellow bell pepper, roasted, sliced
- 1 T. fresh basil, chopped
- 2 T. fat-free Italian salad dressing

1. In a medium bowl, combine cantaloupe, jicama, red and yellow bell peppers, and basil.
2. Add salad dressing. Mix well.

Nutrition Information per Serving: Calories 45, Total Fat 3 g (4% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 10 mg (0% DV), Total Carbohydrate 5 g (2% DV), Dietary Fiber 1 g (4% DV), Sugars 1 g, Protein 1 g, Vitamin A 25%, Vitamin C 110%, Calcium 0%, Iron 2%.

Carrots

Pick carrots which are a dark orange in color. More beta-carotene is present in carrots which have a dark orange color.

Carrots are vegetables which grow in the ground as taproots (main roots of a plant).

The carrot originated about 5,000 years ago in Middle Asia around Afghanistan.
In Roman times, carrots were purple or white.
In the 16th century, Dutch growers bred the vegetable to grow in the colors of the House of Orange.

Over half of the carrots grown in the United States are grown in California. Carrots are available all year long.

VARIETIES

The variety of carrots usually found in supermarkets is 7 to 9 inches long and $\frac{3}{4}$ to $1\frac{1}{2}$ inches in diameter. Baby carrots were once longer carrots that have been peeled, cut into smaller pieces, and packaged. There are many other varieties of carrots with colors including white, yellow, red, and purple.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Good source of fiber
- High in beta-carotene
- High in vitamin A

USES

Raw carrots make a perfect snack. They can also be cooked (steamed or microwaved). Add carrots to salads, soups and stews, or shred and bake them into cakes or breads.

Many carrots are grown in Nebraska.



Honey Glazed Carrots
Preparation time: 30 minutes
Number of servings: 6
Cups of fruits or vegetables per serving: 0.5



1 (2 lb.) bag baby carrots
½ c. water
2 T. margarine or butter
1 T. brown sugar
2 T. honey
1 tsp. salt
black pepper (optional)

1. In a medium saucepan, combine carrots and water. Cover and bring to a boil.
2. Reduce heat and cook 15 minutes or until carrots are tender. Drain.
3. Melt butter in a large skillet. Stir in brown sugar, honey, and salt.
4. Add carrots. Cook, stirring constantly, about 5 minutes or until carrots are glazed.
5. Add black pepper, if desired.

Nutrition Information per Serving: Calories 130, Total Fat 3.5 g (5% DV), Saturated Fat 0.5 g (3% DV), Cholesterol 0 mg (0% DV), Sodium 500 mg (21% DV), Total Carbohydrate 24 g (8% DV), Dietary Fiber 4 g (16% DV), Sugars 16 g, Protein 2 g, Vitamin A 450%, Vitamin C 20%, Calcium 4%, Iron 0%.

Power Gold Smoothie
Preparation time: 10 minutes
Number of servings: 4
Cups of fruits or vegetables per serving: 1



2 c. carrots, chopped or grated*
1½ c. pineapple juice
3 T. honey
3-4 ice cubes
½ c. vanilla non-fat yogurt

1. In a blender, combine all ingredients and blend until smooth.

* Using raw carrots in this smoothie will produce a chunky texture. If smoother consistency is desired, microwave the grated carrot with 1 tablespoon water in a covered microwave-safe dish on high for 2 to 3 minutes. Drain water and proceed as above.

Nutrition Information per Serving: Calories 140, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 55 mg (2% DV), Total Carbohydrate 34 g (11% DV), Dietary Fiber 2 g (8% DV), Sugars 30 g, Protein 2 g, Vitamin A 130%, Vitamin C 45%, Calcium 6%, Iron 2%.

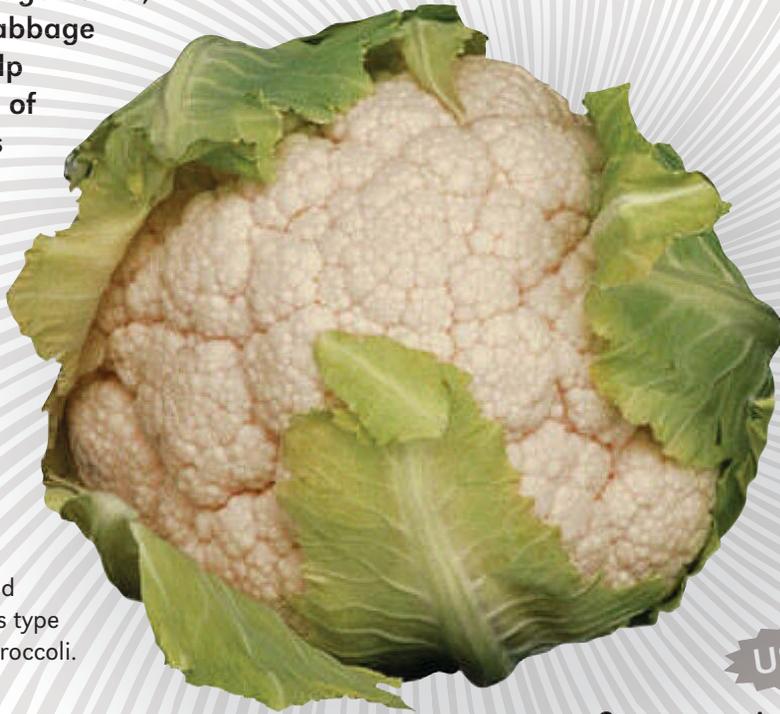
Cauliflower

In its early stages, cauliflower looks like broccoli, which is its closest relative. While broccoli opens outward to sprout bunches of green florets, cauliflower forms a compact head of undeveloped white flower buds.

Cauliflower are vegetables which grow as flowers on plants.

The cauliflower originated over 2,000 years ago in the Mediterranean and Asia Minor region. Almost all cauliflower grown in the United States comes from California.

Cauliflower, or “cabbage flower,” is a member of the cabbage family, which may help prevent certain types of cancer. Cauliflower is available year round but is more plentiful in the fall.



NUTRITION FACTS

- Fat free
- Cholesterol free
- High in vitamin C
- High in folate
- High in fiber
- Good source of complex carbohydrates

VARIETIES

There are two types of cauliflower:

- creamy white — more popular in the United States
- cauliflower-broccoli hybrid — recently developed, this type of cauliflower looks like broccoli.

USES

Cauliflower can be eaten raw or cooked.

Steam or microwave, instead of boiling, to better preserve its vitamin content.

Many cauliflower are grown in Nebraska.



Veggie Pasta Salad
Preparation time: 4 hours, 30 minutes
Number of servings: 8
Cups of fruits or vegetables per serving: 1



10 oz. rotini pasta
1 head cauliflower
1 head broccoli
2 bunches green onions, diced
1 c. fat-free Italian salad dressing, divided
8 oz. fresh mushrooms, sliced
4 tomatoes, diced

1. Cook pasta according to package directions. Drain and cool pasta.
2. Clean cauliflower and broccoli. Cut into florets.
3. In a large bowl, combine cauliflower, broccoli, and green onions.
4. Add $\frac{2}{3}$ cup dressing to vegetables and stir gently.
5. Place vegetable mixture in the refrigerator for at least 4 hours.
6. Just before serving, add mushrooms, tomatoes, and remaining dressing. Mix well and serve.

Nutrition Information per Serving: Calories 110, Total Fat 1 g (1% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 450 mg (19% DV), Total Carbohydrate 21 g (7% DV), Dietary Fiber 4 g (16% DV), Sugars 6 g, Protein 6 g, Vitamin A 15%, Vitamin C 120%, Calcium 4%, Iron 4%.

Cauliflower with Paprika-Garlic Sauce
Preparation time: 10 minutes
Number of servings: 4
Cups of fruits or vegetables per serving: 1



4 c. cauliflower florets	1 T. fresh parsley, chopped
1 tsp. olive oil	1 T. vinegar
2 garlic cloves, minced	1½ tsp. paprika
2 T. apple juice	⅓ tsp. salt

1. In a large saucepan, steam cauliflower for about 8 minutes or until crisp-tender.
2. Place cauliflower in large bowl. Cover bowl to keep cauliflower warm.
3. In a small saucepan, heat oil. Add garlic and cook for 30 seconds.
4. Remove from heat; stir in apple juice, parsley, vinegar, paprika, and salt.
5. Return to heat and cook until heated through.
6. Pour sauce over cauliflower. Stir gently and serve.

Nutrition Information per Serving: Calories 45, Total Fat 2 g (2% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 105 mg (4% DV), Total Carbohydrate 7 g (2% DV), Dietary Fiber 3 g (12% DV), Sugars 3 g, Protein 2 g, Vitamin A 10%, Vitamin C 180%, Calcium 2%, Iron 4%.

Grapes

Grapes come in many colors; black, blue, blue-black, golden, red, green, and purple. When buying grapes look for firm, plump, well colored clusters that are securely attached to their green stems.

Grapes are fruit which grow in clusters on vines.

Grapes are one of the oldest fruits to be grown. Grapes can be traced back as far as biblical times.
Spanish explorers introduced grapes to America about 300 years ago.
Most grapes eaten in the United States are grown in California.

Grapes are about 80% water, making them a delicious low-calorie snack or dessert.

Raisins are dried grapes and contain only about 15% water. For this reason nutrients and calories are more concentrated in raisins.

VARIETIES

Grapes come in more than 50 varieties. The two main types are American and European, which are available as seeded or seedless. Common varieties include Thompson, Flame, Ruby, Perlette and Tokay.



NUTRITION FACTS

- Good source of fiber
- Sodium free
- Fat free
- Cholesterol free
- High in vitamin C
- High in potassium

USES

Some of the most popular ways in which grapes are used are eaten fresh, dried into raisins, or made into jam, jelly or 100% juice.

Many grapes are grown in Nebraska.



Chicken Pita Sandwiches
Preparation time: 15 minutes
Number of servings: 6
Cups of fruits or vegetables per serving: 0.3



2 c. cooked chicken, chopped
½ c. celery, diced
½ c. apple, diced
½ c. grapes, halved
⅓ c. dried cranberries OR raisins

⅓ c. plain low-fat yogurt
pepper, to taste
6 small green leafy lettuce leaves
3 (6-inch) whole wheat pita breads, halved

1. In a medium bowl, combine chicken, celery, apple, grapes, dried cranberries, and yogurt. Mix gently.
2. Season with pepper.
3. Place 1 lettuce leaf in each pita half. Fill pita with chicken mixture, dividing evenly.

Nutrition Information per Serving: Calories 170, Total Fat 2.5 g (4% DV), Saturated Fat .5 g (3% DV), Cholesterol 35 mg (12% DV), Sodium 170 mg (7% DV), Total Carbohydrate 22 g (7% DV), Dietary Fiber 3 g (12% DV), Sugars 8 g, Protein 17 g, Vitamin A 6%, Vitamin C 6%, Calcium 4%, Iron 6%.

Brown Bag Fruit Mix
Preparation time: 10 minutes
Number of servings: 2
Cups of fruits or vegetables per serving: 1



½ c. apple, diced
½ c. banana, sliced
½ c. grapefruit sections, diced
2 T. grapefruit or pineapple juice
⅓ c. grapes, halved
⅓ c. pineapple tidbits, drained

1. In a large bowl, mix apple, banana, and grapefruit sections with grapefruit or pineapple juice.
2. Add grapes and pineapple. Stir gently. Chill.

Nutrition Information per Serving: Calories 120, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 5 mg (0% DV), Total Carbohydrate 31 g (10% DV), Dietary Fiber 3 g (12% DV), Sugars 23 g, Protein 1 g, Vitamin A 15%, Vitamin C 60%, Calcium 2%, Iron 2%.



Grapefruit

The outer peel is usually glossy yellow, sometimes blushed with pink. The fruit within is segmented, ranging in color from white to ruby red (usually 11–14 segments). Do not eat the peel or seeds.

Grapefruits are fruit which grow in clusters (like grapes) on trees.

A relatively new fruit, grapefruit originated in the West Indies in the early 1700's. Grapefruit was first introduced to Florida in the 1820's.

Grapefruits are a member of the citrus family. In the United States, about 80% of grapefruits are grown in Florida. Texas, California and Arizona also grow grapefruit.

VARIETIES

There are three major varieties of grapefruit:

- white
- pink/red
- star ruby/rio red

All grapefruits have a similar tangy-sweet flavor and are very juicy. The pink and red varieties contain more vitamins than the white grapefruit varieties. Some grapefruits have seeds and some are seedless.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin C
- High in potassium

USES

Grapefruit can be eaten raw or cooked. Eat raw for breakfast or add segments to a salad. It can also be grilled or baked. Drink grapefruit juice plain or enjoy in a slushie.

Grapefruits are not grown in Nebraska.

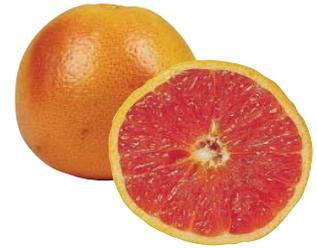


Funded in part by USDA's Food and Nutrition Service, EFNEP, and Nebraska Department of Health and Human Services 2008. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.

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Chicken and Fruit Salad
Preparation time: 20 minutes
Number of servings: 4
Cups of fruits or vegetables per serving: 2



1 lb. roasted chicken breast
1 bunch of spinach, divided
2 grapefruit
2 apples, diced
 $\frac{1}{3}$ c. fat-free Dijon salad dressing

1. Remove and discard skin from chicken and tear chicken into bite-sized pieces.
2. Chop 1 cup spinach leaves into small pieces. Set remaining leaves aside.
3. Remove peel from grapefruit, tear into sections, and cut into small pieces.
4. In a large bowl, combine chicken, chopped spinach, fruit, and salad dressing. Stir gently.
5. To serve, place remaining spinach leaves on a large plate; top with chicken mixture.

Nutrition Information per Serving: Calories 380, Total Fat 5 g (8% DV), Saturated Fat 2 g (8% DV), Cholesterol 95 mg (32% DV), Sodium 380 mg (16% DV), Total Carbohydrate 45 g (15% DV), Dietary Fiber 6 g (24% DV), Sugars 32 g, Protein 40 g, Vitamin A 190%, Vitamin C 130%, Calcium 15%, Iron 20%.

Citrus Salad with Avocado
Preparation time: 30 minutes
Number of servings: 6
Cups of fruits or vegetables per serving: 1



3 corn tortillas
4 oranges
4 grapefruit
2 T. honey
2 T. vinegar
1 avocado, peeled and sliced

1. Preheat oven to 225° F.
2. Slice corn tortillas into thin strips. Place strips on a baking sheet and bake for 15 minutes.
3. Grate orange peel into 4 tablespoons of orange rind.
4. Peel oranges and grapefruit and tear into sections.
5. In a large bowl, mix honey, raspberry vinegar, and orange and grapefruit sections.
6. Add grated orange rind and tortilla strips.
7. Mix all ingredients together gently.
8. Top with avocado slices.

Nutrition Information per Serving: Calories 200, Total Fat 6 g (9% DV), Saturated Fat 1 g (5% DV), Cholesterol 0 mg (0% DV), Sodium 10 mg (0% DV), Total Carbohydrate 38 g (13% DV), Dietary Fiber 7 g (28% DV), Sugars 26 g, Protein 3 g, Vitamin A 35%, Vitamin C 180%, Calcium 8%, Iron 4%.

Greens

Greens should have fresh, green leaves. Before cleaning, remove any wilted or yellow leaves. Wash under clean, running water.

Greens are vegetables which grow as plant leaves.

Greens date back to ancient times.
Many greens descended from wild cabbage which originated in the Mediterranean region and Asia Minor.

Greens are vegetables that include any type of cabbage where the green leaves do not form a compact head. In the United States, cooking greens are a southern tradition. Most greens are available all year long.

VARIETIES

There are many varieties of greens. The ones most often found in the supermarkets are: collard, mustard, kale, swiss chard and broccoli rabe. Some greens come in bunches (such as collards and kale) and some have stems or stalks (such as mustard, swiss chard and broccoli rabe).



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin A
- Good source of vitamin C

USES

Greens can be served raw in salads. They are often cooked (boiled, steamed or microwaved). Add to stir-fries, soups or stews.

Many greens are grown in Nebraska.



Lentil One Dish
Preparation time: 30 minutes
Number of servings: 6
Cups of fruits or vegetables per serving: 2



1 c. lentils, uncooked and rinsed
1/2 c. brown rice, uncooked
3 c. carrots, sliced
1 lb. Swiss chard, cleaned and chopped
1 lb. kale, cleaned and chopped

3 c. water
1 packet reduced sodium onion soup mix
1 tsp. dried basil
1 T. olive oil

1. Place all ingredients in a large pot. Bring to a boil.
2. Reduce heat, cover, and cook 20-30 minutes or until rice is tender.

Nutrition Information per Serving: Calories 290, Total Fat 4 g (6% DV), Saturated Fat 1 g (3% DV), Cholesterol 0 mg (0% DV), Sodium 540 mg (23% DV), Total Carbohydrate 52 g (17% DV), Dietary Fiber 13 g (52% DV), Sugars 7 g, Protein 15 g, Vitamin A 530%, Vitamin C 200%, Calcium 20%, Iron 35%.

Collard Greens
Preparation time: 30 minutes
Number of servings: 6
Cups of fruits or vegetables per serving: 0.5



1 smoked turkey wing drummette
2 bunches collard greens
1/2 tsp. salt, divided
1/2 tsp. seasoning salt, divided
1/4 tsp. cayenne pepper, divided

1. In a small saucepan, cook turkey wing in a small amount of water.
2. Remove meat from the bone and chop into small pieces.
3. In a large pot, combine greens and meat. Cook on low to medium heat until greens are wilted.
4. Add half the seasonings. Stir. Cook a few more minutes.
5. Add remaining seasonings.

Nutrition Information per Serving: Calories 40, Total Fat 0.5 g (1% DV), Saturated Fat 0 g (0% DV), Cholesterol 10 mg (3% DV), Sodium 310 mg (13% DV), Total Carbohydrate 5 g (2% DV), Dietary Fiber 3 g (12% DV), Sugars 2 g, Protein 6 g, Vitamin A 200%, Vitamin C 110%, Calcium 10%, Iron 8%.

Kiwifruit

Kiwifruits are small and round shaped. They are fuzzy brown on the outside and bright green with tiny black seeds on the inside. The skin can be eaten or it can be peeled.

Kiwifruits are fruit which grow on vines (similar to grapes).

The kiwifruit originated in China over 700 years ago where it was called "Yangtao."

In 1906, seeds were sent to New Zealand and renamed the "Chinese Gooseberry."
In 1962, it was first shipped to the United States and renamed "Kiwifruit" after New Zealand's national bird, the "kiwi."
In North America, South America and Europe, the "fruit" part of the name is usually dropped, and simply called "kiwi."

California produces around 98% of the kiwifruits grown in the United States.

Other countries which grow kiwifruits are Italy, New Zealand and Chile.

NUTRITION FACTS

- Fat free
- Cholesterol free
- Good source of fiber
- Good source of vitamin C
- Rich in vitamin E
- High in potassium



VARIETIES

There are over 400 varieties of kiwifruits. The Hayward is the most popular in the United States. Kiwifruits are available year round.

USES

Kiwifruits are usually eaten raw. They can be eaten whole like an apple or cut into quarters like an orange. Another way to eat them is to cut them in half and scoop out the flesh with a spoon. Add slices to fruit salads, salsa or cereal.

Some kiwifruits are grown in Nebraska.



Grape Kebabs

Preparation time: 10 minutes

Number of servings: 4

Cups of fruits or vegetables per serving: 1



Dip:

1 (8 oz.) can crushed pineapple

¼ c. apple juice

¼ c. non-fat vanilla yogurt

Fruit for Kebabs:

2 bananas, cut into 1/2 inch slices

1 T. orange juice

2 kiwifruits, peeled and cut into 1/2 inch slices

1 c. grapes

1 c. strawberries, melon balls*, and/or blackberries

1. Combine the pineapple and apple juice in a blender. Add yogurt, and blend until smooth.
2. Pour into small bowl. If desired, cover and refrigerate before serving.
3. In a small bowl, place the banana slices, drizzle with orange juice. Stir gently.
4. Cut the kiwifruit slices into quarters.
5. For the kebabs, thread the fruit onto 4-inch skewers. Serve with the dip.

* Use a melon baller to make melon balls or simply cut melon into 1-inch pieces.

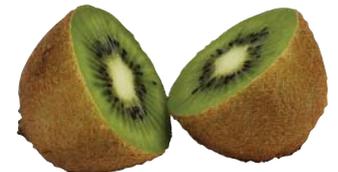
Nutrition Information per Serving: Calories 140, Total Fat .5 g (1% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 20 mg (1% DV), Total Carbohydrate 36 g (12% DV), Dietary Fiber 4 g (16% DV), Sugars 26 g, Protein 2 g, Vitamin A 2%, Vitamin C 120%, Calcium 6%, Iron 4%.

Fat-Free Kiwi Mango Salsa

Preparation time: 15 minutes

Number of servings: 1

Cups of fruits or vegetables per serving: 1



1 kiwifruit, peeled and diced

¼ c. mango*, diced

1 T. cilantro, chopped

2 tsp. lime juice

½ tsp. chilies, minced

pinch of salt

1. Place all ingredients in a bowl and mix gently.
2. Serve with chips.

*As an alternative, substitute ¼ cup dried figs for the mango.

Nutrition Information per Serving: Calories 80, Total Fat 1 g (1% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 290 mg (12% DV), Total Carbohydrate 19 g (6% DV), Dietary Fiber 3 g (12% DV), Sugars 13 g, Protein 1 g, Vitamin A 10%, Vitamin C 150%, Calcium 4%, Iron 2%.

Lettuce

The general rule of thumb is, the darker the leaves, the more nutritious it is. Lettuce should have fresh, green leaves which are not wilted, brown or slimy. Wash under clean, running water.

Lettuce is a vegetable which grows as plant leaves.

Lettuce actually started out as a weed around the Mediterranean Sea.
This vegetable has been eaten for over 4,500 years, and was known to the Egyptians, Greeks and Romans. Christopher Columbus introduced lettuce to North America and it has been grown here since.

California raises more lettuce than any other state; followed by Arizona, Florida and Texas.

VARIETIES

There are four main types of lettuce and each type has different varieties:

- Butterhead — forms a loose head and has a buttery texture.
- Crisphead — pale green with leaves packed in a tight head.
- Looseleaf — doesn't form a head, but instead the leaves are joined at the stem.
- Romaine — has a loaf-like shape with darker green leaves.



NUTRITION FACTS

- Good source of vitamin C
- Good source of beta-carotene
- Good source of iron
- Good source of folate
- Good source of fiber

USES

Lettuce is usually eaten raw. Lettuce is often used in salads — a mixture of lettuces can be used. Add lettuce to all types of sandwiches (including hamburgers) and tacos.

Some lettuce is grown in Nebraska.



Sweet and Sour Leafy Green Salad
Preparation time: 10 minutes
Number of servings: 4
Cups of fruits or vegetables per serving: 3



5 c. romaine lettuce leaves, torn
3 c. spinach leaves
2 c. mushrooms, sliced
2 oranges, peeled and sliced

1 c. prunes, halved and pitted
½ c. red onion, sliced
½ c. non-fat honey mustard salad dressing
¼ tsp. black pepper

1. Combine all ingredients in a large bowl. Enjoy!

Nutrition Information per Serving: Calories 190, Total Fat 1 g (1% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 310 mg (13% DV), Total Carbohydrate 47 g (16% DV), Dietary Fiber 7 g (28% DV), Sugars 29 g, Protein 4 g, Vitamin A 130%, Vitamin C 110%, Calcium 10%, Iron 10%.

Black-eyed Chicken
Preparation time: 4 hours, 30 minutes
Number of servings: 6
Cups of fruits or vegetables per serving: 1



1 (16 oz.) can black-eyed peas, drained and rinsed
2 c. chicken breast, cooked
1 c. celery, diced
1 c. red bell pepper, diced
1 c. green bell pepper, diced

½ c. green onions, sliced
½ c. cilantro, chopped
3 T. fat-free Italian salad dressing
2 T. Dijon mustard
6 cups lettuce leaves

1. In a large bowl, combine all ingredients except lettuce leaves. Mix gently.
2. Cover and chill for 4 hours.
3. Serve on lettuce leaves.

Nutrition Information per Serving: Calories 170, Total Fat 3 g (4% DV), Saturated Fat 1 g (3% DV), Cholesterol 40 mg (13% DV), Sodium 430 mg (18% DV), Total Carbohydrate 17 g (6% DV), Dietary Fiber 5 g (20% DV), Sugars 3 g, Protein 20 g, Vitamin A 90%, Vitamin C 140%, Calcium 6%, Iron 10%.

Orange

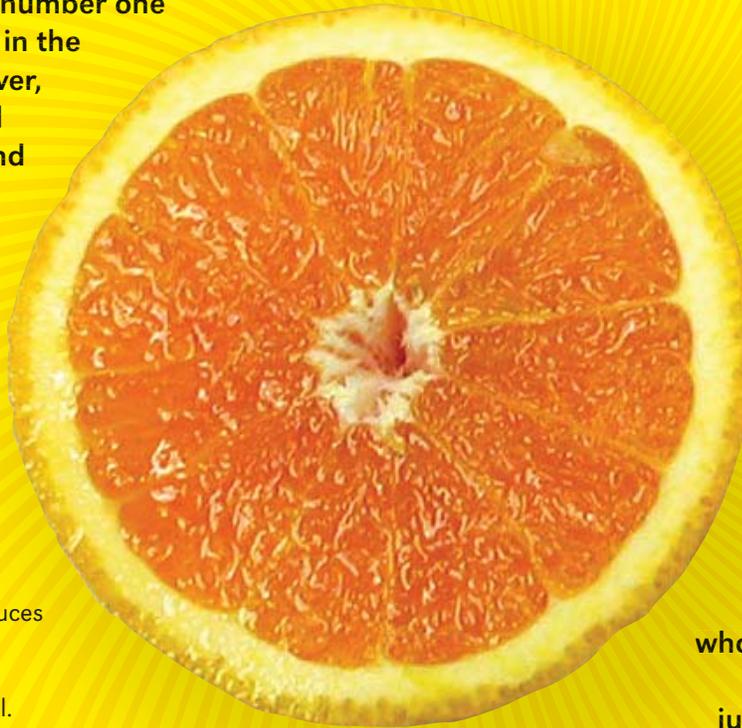
The outer peel is usually a yellow orange color. Oranges range in size from small to large. The fruit inside is orange and made of several easily separated segments (usually about 10 segments). Do not eat the peel or seeds.

Oranges are fruit which grow on trees.

It is believed oranges originated in Southeast Asia.

Christopher Columbus and other explorers brought orange seeds and seedlings with them to North America. By the 1820's, there were orange groves growing in St. Augustine, Florida.

Oranges are a member of the citrus family. Florida is the number one producer of oranges in the United States. However, California, Texas and Arizona also grow and sell oranges. 90% of Florida's oranges go into juice.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin
- High in folate, calcium, potassium, thiamin, niacin and magnesium

VARIETIES

Varieties include the sweet orange, the sour orange and the mandarin orange (or tangerine). The United States mostly produces sweet orange varieties, including: Hamlin, Parson Brown, Valencia and Navel. Some oranges have seeds and some are seedless.

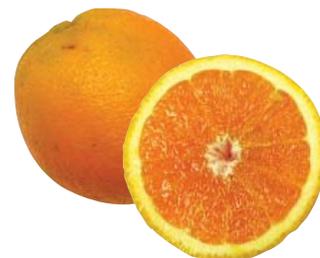
USES

Peel and eat as a whole fruit or add to fruit salads. Drink 100% juice or use the juice in dips, sauces, smoothies and baked goods.

Oranges are not grown in Nebraska.



Fresh Fruit Crunch
Preparation time: 15 minutes
Number of servings: 6
Cups of fruits or vegetables per serving: 0.5

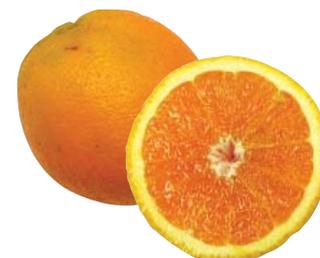


2 oranges, peeled and torn into sections
1 apple or pear, diced
½ c. grapes, halved
1 banana, peeled, thinly sliced
2 T. orange juice
½ c. low-fat granola cereal

1. In a medium bowl, combine orange sections, apple or pear, grapes, banana, and orange juice.
2. Sprinkle granola over fruit and stir gently.
3. Serve immediately as dessert, or for breakfast topped with low-fat yogurt.

Nutrition Information per Serving: Calories 100, Total Fat 1 g (1% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 25 mg (1% DV), Total Carbohydrate 24 g (8% DV), Dietary Fiber 3 g (12% DV), Sugars 14 g, Protein 2 g, Vitamin A 6%, Vitamin C 60%, Calcium 2%, Iron 2%.

Breakfast Fruit Cup
Preparation time: 10 minutes
Number of servings: 4
Cups of fruits or vegetables per serving: 0.5



2 oranges, peeled and sliced into bite-sized pieces
1 banana, peeled and sliced
1 T. raisins
½ c. low-fat yogurt
⅛ tsp. cinnamon

1. In a small bowl, combine fruit. Divide fruit equally into 4 bowls.
2. Put a rounded tablespoon of yogurt over fruit in each bowl and sprinkle with a dash of cinnamon.

Nutrition Information per Serving: Calories 90, Total Fat 1 g (1% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 25 mg (1% DV), Total Carbohydrate 20 g (7% DV), Dietary Fiber 2 g (8% DV), Sugars 13 g, Protein 3 g, Vitamin A 4%, Vitamin C 70%, Calcium 8%, Iron 2%.

Papaya

Papayas are similar to melons, but they are not in the melon family. The thin skin varies from green to orange to rose. The skin is not eaten. The flesh inside is yellow-orange. The center has seeds which are scooped out before eating.

Papayas are fruit which grow on plants which look like trees, but are not.

It is believed papayas originated in southern Mexico and Central America.

Most of the papayas grown in the United States are grown in Hawaii. Some are also grown in Florida and California. Papayas are available year round.

VARIETIES

There are two types of papayas:

- Hawaiian – the Hawaiian varieties are found most often in grocery stores. They are pear shaped, weigh about 1 pound and have a yellow skin when ripe. The flesh is bright orange or pink depending on the variety.
- Mexican – the Mexican varieties are much larger. They can be more than 15 inches long and weigh up to 20 pounds.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin A
- Very high in vitamin C
- Good source of folate, potassium and fiber

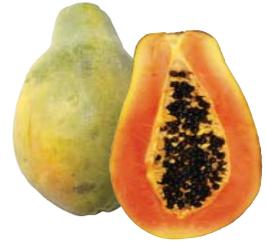
USES

Papayas are usually eaten raw. They can be eaten plain or added to smoothies, salsa and fruit salads.

Papayas are not grown in Nebraska.



Papaya Boats
Preparation time: 10 minutes
Number of servings: 4
Cups of fruits or vegetables per serving: 1

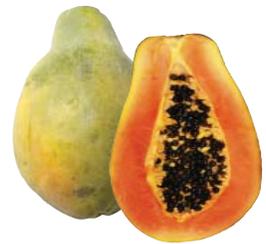


- 2 papayas
- 1 (11 oz.) can mandarin oranges, drained
- 1 banana, peeled and sliced
- 1 kiwi, peeled and sliced
- ½ c. blueberries
- ½ c. strawberries
- ¾ c. non-fat vanilla yogurt

1. Cut papayas in half lengthwise; scoop out seeds.
2. Place mandarin oranges, banana, kiwi, and berries in each papaya half.
3. Top fruit with yogurt.

Nutrition Information per Serving: Calories 170, Total Fat 1 g (1% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 40 mg (2% DV), Total Carbohydrate 40 g (13% DV), Dietary Fiber 5 g (20% DV), Sugars 28 g, Protein 4 g, Vitamin A 45%, Vitamin C 240%, Calcium 15%, Iron 4%.

Papaya Black Beans and Rice
Preparation time: 30 minutes
Number of servings: 6
Cups of fruits or vegetables per serving: 3



- | | |
|-------------------------------------|---|
| 2 tsp. olive oil | 1 c. red bell pepper, finely chopped |
| 1 c. red onion, chopped | 1 c. green bell pepper, finely chopped |
| ½ c. orange juice | 2 garlic cloves, minced |
| 2 T. cilantro, chopped | ¼ c. lemon juice |
| ½ tsp. cayenne pepper | 2 (15 oz.) cans black beans, drained and rinsed |
| 1 papaya, peeled, seeded, and diced | 6 c. cooked brown rice |

1. In a large skillet, heat oil over medium heat.
2. Add all ingredients except beans and rice.
3. Cook for 5 minutes, stirring occasionally until bell peppers are crisp-tender.
4. Stir in beans. Cook about 5 minutes or until heated through. Serve over rice.

Nutrition Information per Serving: Calories 410, Total Fat 5 g (7% DV), Saturated Fat 1 g (3% DV), Cholesterol 0 mg (0% DV), Sodium 440 mg (18% DV), Total Carbohydrate 78 g (26% DV), Dietary Fiber 14 g (56% DV), Sugars 8 g, Protein 13 g, Vitamin A 30%, Vitamin C 170%, Calcium 10%, Iron 25%.

Peach

Peaches are about the size of a baseball. Their skin color is yellow or cream, sometimes blushed with red depending on the variety. The skin is slightly fuzzy. The flesh inside is usually yellow, but depending on the variety may also be white. An oval pit in the center needs to be removed before eating.

Peaches are fruit which grow on trees.

Peaches originally came from China and have been grown for thousands of years.
In the early 1600's, Spanish explorers brought the peach to the new world.

In the United States, most peaches are grown in California and the southern states. Georgia is known as the "Peach State." Peaches are available almost all year.

VARIETIES

There are two main types of varieties:

- Freestone — the flesh does not stick to the pit, so it is easy to remove the pit by hand. These varieties are usually sold fresh.
- Clingstone — the flesh "clings" or sticks to the pit. These varieties are usually used for canning.

Nectarines are a type of peach which have smooth skin without fuzz.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin A
- Good source of vitamin C

USES

You can buy peaches fresh, canned or frozen. Peaches are usually enjoyed raw. Fresh peaches are a great snack. Add peaches to cereal, smoothies and fruit salads. Peaches can also be baked or grilled.

Some peaches are grown in Nebraska.



Hawaiian Delight
Preparation time: 1 hour, 10 minutes
Number of servings: 8
Cups of fruits or vegetables per serving: 0.50



- | | |
|--|---|
| 1 (20 oz.) can pineapple chunks, drained | 1 c. plain non-fat yogurt or sour cream |
| 1 (17 oz.) can fruit cocktail, drained | 1 c. miniature marshmallows |
| 1 (11 oz.) can mandarin oranges, drained | ½ c. raisins |
| ½ c. shredded coconut | ¼ c. pecans |

1. In a large bowl, mix pineapple, fruit cocktail, and mandarin oranges.
2. Add coconut, yogurt or sour cream, marshmallows, raisins, and pecans. Mix well.
3. Refrigerate for at least one hour before serving.

Nutrition Information per Serving: Calories 200, Total Fat 5 g (7% DV), Saturated Fat 2 g (10% DV), Cholesterol 0 mg (0% DV), Sodium 45 mg (2% DV), Total Carbohydrate 40 g (13% DV), Dietary Fiber 3 g (12% DV), Sugars 33 g, Protein 3 g, Vitamin A 15%, Vitamin C 40%, Calcium 6%, Iron 4%.

Winter Fruit Salad
Preparation time: 20 minutes
Number of servings: 5
Cups of fruits or vegetables per serving: 1.5



- 1 (16 oz.) can pear halves, drained
- 1 (16 oz.) can sliced peaches, drained
- 1 (16 oz.) can apricot halves, drained
- 1 (20 oz.) can pineapple chunks, drained
- 1¼ c. lemon or vanilla low-fat yogurt
- 1 c. granola

1. Cut the pear halves in several pieces.
2. Cut the peaches and apricots in half once.
3. In a medium bowl, mix fruit together.
4. Pour the yogurt over the fruit and mix gently.
5. Spoon into 5 different bowls and sprinkle granola on top.

* Sprinkle cinnamon on top, if desired.

Nutrition Information per Serving: Calories 320, Total Fat 4 g (6% DV), Saturated Fat 1 g (3% DV), Cholesterol 5 mg (2% DV), Sodium 70 mg (3% DV), Total Carbohydrate 70 g (23% DV), Dietary Fiber 9 g (36% DV), Sugars 51 g, Protein 8 g, Vitamin A 40%, Vitamin C 40%, Calcium 15%, Iron 10%.



Pear

Pears come in a variety of shapes, sizes and colors. Skin colors include green, golden yellow and red. The peel is good to eat and has many nutrients. Do not eat the seeds.

Pears are fruit which grow on trees.

One of the world's oldest fruits, pears were known to both the Greeks and the Romans. Early colonists brought pears to the United States in the 1700's.

Pears are a relative of the apple. Washington, Oregon and California produce 97 percent of the pears in the United States.

NUTRITION FACTS

- Cholesterol free
- Sodium free
- High in fiber
- High in potassium
- Good source of vitamin C
- Good source of fiber

VARIETIES

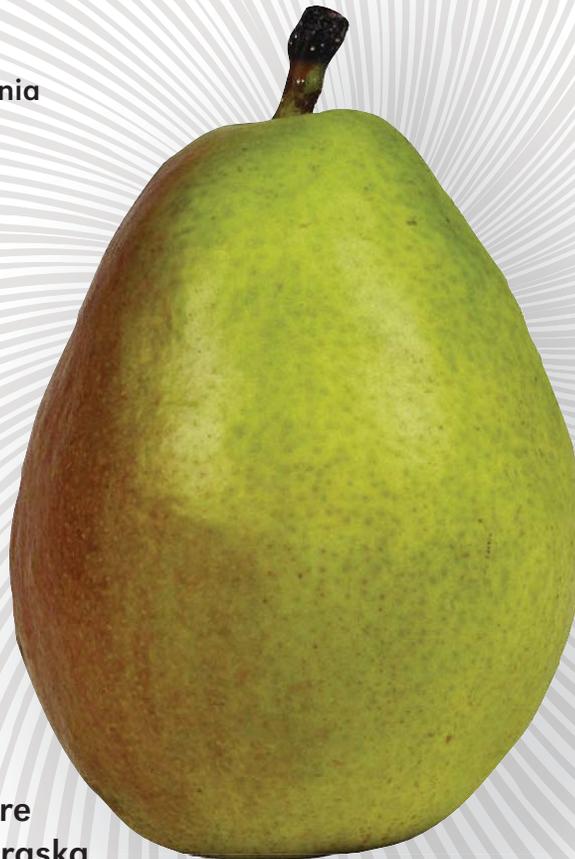
There are several varieties of pears including, Anjoe, Bartlett, Bosc, Comice, Forelly and Seckel. Among these varieties there are only small differences in flavor and texture. Pears are available most of the year.

Choose pears with no bruises or dark brown spots. Wash under clean, running water before eating.

USES

Pears can be eaten raw or cooked. They are great to eat as a quick snack. Chop and add to fruit salads. They can also be baked, broiled or grilled. Use pears where you would use apples.

Many pears are grown in Nebraska.



Funded in part by USDA's Food and Nutrition Service, EFNEP, and Nebraska Department of Health and Human Services 2008. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.

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Pear Sauce
Preparation time: 25 minutes
Number of servings: 4
Cups of fruits or vegetables per serving: 1



6 c. pears, peeled and diced
¼ c. water
2 T. sugar
1 tsp. lemon juice
dash of nutmeg

Microwave Directions:

1. In a microwave-safe bowl, combine all ingredients. Cover and microwave on high for 6 minutes.
2. Stir pear mixture. Cover and microwave on high an additional 6 minutes or until tender.
3. Puree mixture in a blender or food processor until smooth.

Stove-top Directions:

1. Increase water to ½ cup and combine with all ingredients in a medium saucepan. Bring to a boil.
2. Cook over medium heat 10-15 minutes or until pears are tender.
3. Puree mixture in a blender or food processor until smooth.

Nutrition Information per Serving: Calories 160, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 0 mg (0% DV), Total Carbohydrate 44 g (15% DV), Dietary Fiber 8 g (32% DV), Sugars 30 g, Protein 1 g, Vitamin A 2%, Vitamin C 20%, Calcium 2%, Iron 2%.

Pear Crisp
Preparation time: 1 hour 30 minutes
Number of servings: 12
Cups of fruits or vegetables per serving: 1



Crisp:

⅓ c. brown sugar
2 T. cornstarch
2 T. lemon juice
2 tsp. cinnamon
¼ tsp. salt
12 pears, cored and sliced

Topping:

½ c. flour
1 c. oatmeal
⅓ c. brown sugar
½ tsp. cinnamon
6 T. chilled margarine, cut into small pieces

1. Preheat oven to 350° F. Spray a 9x13-inch baking dish with non-stick cooking spray. Set aside.
2. In a large bowl, combine the first 6 ingredients. Mix well. Spoon into prepared baking dish.
3. In another large bowl, combine flour, oatmeal, brown sugar, and cinnamon.
4. Add margarine and mix well with a fork until mixture is crumbly.
5. Sprinkle flour mixture over the pear mixture.
6. Bake for 1 hour or until topping is golden brown and fruit is tender.

Nutrition Information per Serving: Calories 240, Total Fat 6 g (9% DV), Saturated Fat 1 g (5% DV), Cholesterol 0 mg (0% DV), Sodium 110 mg (5% DV), Total Carbohydrate 47 g (16% DV), Dietary Fiber 6 g (24% DV), Sugars 28 g, Protein 2 g, Vitamin A 6%, Vitamin C 15%, Calcium 4%, Iron 6%.

Pineapple

Pineapples are oval shaped and up to 12 inches long. They weigh 1 to 10 pounds or more.

The tough rind (thick skin) may be dark green, yellow, orange-yellow or red. The flesh ranges from nearly white to yellow. The leafy top, rind – and usually the core – are cut off before eating.

The pineapple originated in southern Brazil and Paraguay. Christopher Columbus may have carried it back to Spain.

The name pineapple in English (or piña in Spanish) comes from the similarity of the fruit to a pine cone. In the United States, most pineapples are grown in Hawaii.

VARIETIES

There are four varieties of pineapple found in grocery stores today. These include, the Gold, Smooth Cayenne, Red Spanish and Sugar-loaf. They are sold fresh or canned and all have a sweet flavor.

Pineapples are not grown in Nebraska.

Pineapples are fruit which grow on short-stemmed plants.

NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin C

USES Pineapple can be eaten raw or cooked. Add pineapple to fruit salad, salsa, pizza or stir-fries. It can also be grilled or broiled with meat.



Pineapple Slaw
Preparation time: 10 minutes
Number of servings: 6
Cups of fruits or vegetables per serving: 0.75



2½ c. cabbage, shredded
1 c. carrots, shredded
1 c. pineapple chunks
¼ c. raisins
2½ T. pineapple juice

1. In a large bowl, combine all ingredients. Mix gently.
2. Serve immediately or cover and put in the refrigerator.

Nutrition Information per Serving: Calories 60, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 20 mg (1% DV), Total Carbohydrate 14 g (5% DV), Dietary Fiber 2 g (8% DV), Sugars 11 g, Protein 1 g, Vitamin A 60%, Vitamin C 25%, Calcium 2%, Iron 2%.

Sweet Onion Pineapple Salsa
Preparation time: 15 minutes
Number of servings: 5
Cups of fruits or vegetables per serving: 0.5



½ c. sweet onion, chopped
2 c. pineapple, chopped
½ c. red bell pepper, diced
1 T. cilantro, chopped
1 T. jalapeno pepper, chopped
1 T. lime juice

1. In medium bowl, combine all ingredients. Mix gently.
2. Serve with chips.

Nutrition Information per Serving: Calories 40, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 0 mg (0% DV), Total Carbohydrate 11 g (4% DV), Dietary Fiber 1 g (4% DV), Sugars 6 g, Protein 1 g, Vitamin A 10%, Vitamin C 90%, Calcium 2%, Iron 2%.

Potato

Most potatoes have a light brown or red skin with white flesh. Some of the new varieties have purple/blue skin with yellow flesh. The peel is good to eat and has many nutrients. Scrub under running water and cut off any green spots or sprouts before preparing.

Potatoes are vegetables which grow in the ground as tubers (fleshy, underground stems).

Potatoes were first grown in the Andes Mountain of South America over 7,000 years ago.
Spaniards brought potatoes to Spain in the 1500's, which then gradually spread to the rest of Europe.
Irish immigrants introduced potatoes to North America in the 18th century.

Potatoes are the second most popular vegetable in the world (after corn). They are inexpensive and available year round. Idaho grows 30% of the potatoes grown in the United States.

The potato has only a very distant relationship with the sweet potato, but because both vegetables grow in the ground, they have been often confused.

NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of fiber
- High in potassium
- High in vitamin C

VARIETIES

There are thousands of varieties of potatoes. Common North American potato varieties include:

- Russet Burbank
- Yellow Finn
- Red Gold
- German Butterball
- Yukon Gold

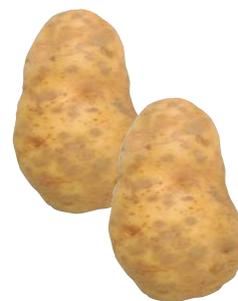
Many potatoes are grown in Nebraska.

USES

Potatoes can be eaten raw, but are usually cooked (boiled, baked, microwaved, mashed, fried or grilled). Potatoes can be added to soups, stews or casseroles. Other popular ways to eat potatoes are: potato salad, hashbrowns, potato chips and French fries. *Potatoes prepared with little or no added fat are more nutritious.*



Broccoli Baked Potatoes
Preparation time: 1 hour, 30 minutes
Number of servings: 6
Cups of fruits or vegetables per serving: 1

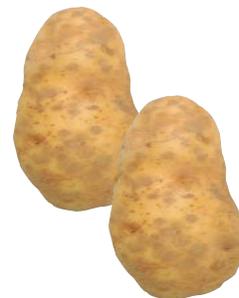


6 potatoes
3 broccoli stalks
¼ c. skim milk
1 c. light Cheddar cheese, shredded, divided
⅛ tsp. black pepper

1. Preheat oven to 350 ° F. Scrub and make shallow slits around the middle of the potato.
2. Bake potatoes for 30-60 minutes or until done.
3. Peel broccoli stems. Steam whole stalks until tender and chop finely. Put in a bowl and set aside.
4. Slice the potatoes in half and scoop out the insides into the bowl with the broccoli.
5. Set the potato skins aside.
6. Add milk, ¾ cup cheese and black pepper to potato and broccoli mixture. Mash ingredients together.
7. Heap the mixture into the potato jackets and sprinkle with the remaining cheese.
8. Bake for 15 minutes or until heated through.

Nutrition Information per Serving: Calories 210, Total Fat 2 g (2% DV), Saturated Fat 1 g (5% DV), Cholesterol 5 mg (2% DV), Sodium 140 mg (6% DV), Total Carbohydrate 39 g (13% DV), Dietary Fiber 5 g (20% DV), Sugars 3 g, Protein 10 g, Vitamin A 4%, Vitamin C 90%, Calcium 10%, Iron 10%.

Potato Salad
Preparation time: 1 hour, 30 minutes
Number of servings: 6
Cups of fruits or vegetables per serving: 0.5



2 c. potatoes, cubed	1 T. mustard
½ c. celery, chopped	2 T. pickle relish
¼ c. onion, chopped	½ tsp. salt
¼ c. green bell pepper, chopped	½ tsp. pepper
¼ c. low-fat salad dressing	1 tsp. dill weed

1. In a large saucepan, place potatoes and cover with water. Cover and bring to a boil.
2. Simmer until potatoes are tender. Remove from heat, drain potatoes, and cool completely.
3. In a large bowl, combine potatoes, celery, onion, and bell pepper.
4. In a small bowl, combine salad dressing, mustard, pickle relish, salt, pepper, and dill weed.
5. Add salad dressing mixture to vegetables and stir gently until coated evenly.
6. Refrigerate at least 1 hour before serving.

Nutrition Information per Serving: Calories 80, Total Fat 2 g (3% DV), Saturated Fat 0 g (0% DV), Cholesterol 5 mg (2% DV), Sodium 390 mg (16% DV), Total Carbohydrate 13 g (4% DV), Dietary Fiber 2 g (8% DV), Sugars 4 g, Protein 1 g, Vitamin A 2%, Vitamin C 25%, Calcium 2%, Iron 4%.

Spinach

Spinach should have fresh, green leaves that are not limp, damaged or spotted. Leaves should be dull green on top and bright green on the underside. Wash under clean, running water.

Spinach is a vegetable which grows as plant leaves.

Spinach is believed to be of Persian origin and was introduced into Europe in the 15th century. Spinach was not commonly eaten in the United States until the early 19th century.

Most spinach is grown in Texas and California. Fresh spinach is available year round.

VARIETIES

There are three basic types of spinach:

- Flat or smooth leaf – has unwrinkled, spade-shaped leaves (usually used for canned and frozen spinach or in other processed foods)
- Savoy – has crinkly, dark green curly leaves (usually sold fresh)
- Semi-Savoy – has slightly curly leaves (usually sold fresh)



NUTRITION FACTS

- Fat free
- Cholesterol free
- Low sodium
- High in potassium
- High in vitamin C
- * Good source of vitamin A
- Good source of iron, fiber and vegetable protein

USES

Spinach tastes good raw or cooked. Serve raw in salads or on sandwiches. It can be steamed, boiled, microwaved, sautéed or stir-fried. It can also be added to soups, lasagna or other vegetable dishes.

Many spinach are grown in Nebraska.



Spinach Pesto Pasta
Preparation time: 25 minutes
Number of servings: 4
Cups of fruits or vegetables per serving: 1



8 oz. fettucine	½ c. low-fat, low-sodium chicken broth
1 T. olive oil	¼ c. Parmesan cheese, grated
1 garlic clove, minced	1 tsp. black pepper
3 c. fresh spinach, stems removed	1 (15 oz.) can white beans, drained and rinsed
1 c. fresh basil leaves, stems removed	1 c. red bell pepper, chopped

1. Cook pasta as directed on package. Drain and place in a large mixing bowl.
2. In a blender, add oil, garlic, spinach, basil, chicken broth, Parmesan cheese, and black pepper.
3. Blend until leaves are well blended.
4. Pour sauce over pasta. Mix until pasta is well coated.
5. Add beans and red bell pepper. Stir gently and serve.

Nutrition Information per Serving: Calories 360, Total Fat 6 g (9% DV), Saturated Fat 2 g (8% DV), Cholesterol 5 mg (2% DV), Sodium 330 mg (14% DV), Total Carbohydrate 62 g (21% DV), Dietary Fiber 8 g (32% DV), Sugars 4 g, Protein 16 g, Vitamin A 80%, Vitamin C 90%, Calcium 15%, Iron 25%.

Creamy Parmesan Spinach
Preparation time: 30 minutes
Number of servings: 4
Cups of fruits or vegetables per serving: 1



2 (3 oz.) pkg. reduced fat cream cheese
½ c. onion, finely chopped
⅔ c. Parmesan cheese, grated
1 tsp. black pepper
3 (10 oz.) pkg. frozen spinach, thawed, rinsed and drained

1. In a medium saucepan, combine cream cheese and onion.
2. Cook, stirring often, over low heat until cream cheese is melted.
3. Once cream cheese has melted, add Parmesan cheese and black pepper. Mix well.
4. Add spinach to cheese mixture. Mix well.
5. Heat for another 10 minutes, stirring occasionally.

Nutrition Information per Serving: Calories 230, Total Fat 12 g (18% DV), Saturated Fat 8 g (40% DV), Cholesterol 30 mg (10% DV), Sodium 560 mg (23% DV), Total Carbohydrate 15 g (5% DV), Dietary Fiber 5 g (28% DV), Sugars 5 g, Protein 18 g, Vitamin A 510%, Vitamin C 90%, Calcium 50%, Iron 25%.

Squash

Squash come in many different colors, sizes and shapes. They have a rind (thick skin) which protects the fleshy part of the vegetable. The center has seeds which are usually scooped out before eating.

Squash are vegetables. Depending on the variety, they either grow on vines or bushes.

Squash originated in North America over 5,000 years ago.

It was one of the "three sisters" planted by Native Americans, along with maize (corn) and beans. Squash was grown and eaten by early Americans, along with maize (corn) and beans. Squash was grown and eaten by early Europeans that settled in America.

Squash are in the same gourd family as melons and cucumbers.

VARIETIES

Squash are commonly divided into two groups:

- Summer squash – the rinds are rich in beta-carotene and can be eaten. Zucchini is the most popular variety in the United States.
- Winter squash – usually have a hard rind which is not eaten. Some popular varieties are pumpkin, butternut, acorn and spaghetti squash.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- High in vitamin C

USES Squash is often cooked, but some summer squash may be eaten raw (try with vegetable dip or add to salads). You may steam, sauté, grill or bake squash. Add to stir-fries, soups and casseroles. Bake in breads, cakes and pies. Sometimes the seeds are eaten.

Many squash are grown in Nebraska.



Glazed Butternut Squash
Preparation time: 45 minutes
Number of servings: 4
Cups of fruits or vegetables per serving: 0.75



2 butternut squash (about 3 lbs.)
½ c. apple juice
¼ c. water
2 T. margarine
1 T. sugar
1 tsp. salt
½ tsp. black pepper
¼ c. chopped pecans, toasted
1 tsp. dried sage

1. Peel and cut squash in half and remove seeds. Cut into 2-inch pieces.
2. In a large skillet, stir together squash, juice, water, margarine, sugar, salt, and black pepper.
3. Bring to a boil. Reduce heat, cover, and simmer for 25 minutes. Stir occasionally.
4. Remove lid and cook 5 minutes or until liquid thickens and squash is tender.
5. Gently stir in pecans and sage.

Nutrition Information per Serving: Calories 280, Total Fat 11 g (17% DV), Saturated Fat 1.5 g (8% DV), Cholesterol 0 mg (0% DV), Sodium 650 mg (27% DV), Total Carbohydrate 48 g (16% DV), Dietary Fiber 8 g (32% DV), Sugars 14 g, Protein 4 g, Vitamin A 730%, Vitamin C 120%, Calcium 15%, Iron 15%.

Skillet Zucchini with Chopped Tomatoes
Preparation time: 10 minutes
Number of servings: 4
Cups of fruits or vegetables per serving: 1



1 tsp. margarine
1 c. onion, chopped
4 small zucchini, thinly sliced
2 tomatoes, chopped
black pepper, to taste

1. In a large skillet, melt margarine over medium heat.
2. Add onion and cook, stirring until softened.
3. Add zucchini and cook for 2 minutes.
4. Add tomatoes and cook for 3 to 5 minutes or until zucchini is crisp-tender.
5. Season to taste with pepper.

Nutrition Information per Serving: Calories 50, Total Fat 1 g (1% DV), Saturated Fat 1 g (3% DV), Cholesterol 0 mg (0% DV), Sodium 20 mg (1% DV), Total Carbohydrate 11 g (4% DV), Dietary Fiber 3 g (12% DV), Sugars 5 g, Protein 2 g, Vitamin A 15%, Vitamin C 60%, Calcium 4%, Iron 4%.

Strawberry

Strawberries should be bright red. The average strawberry has 200 tiny seeds on the outside. The leaf “cap” is removed before eating.

Strawberries are fruit which grow on plants.

Wild strawberries have been known since the times of the Greeks and Romans. The strawberries native to the Americas were bigger than European strawberries.

Strawberries are the most popular of all berries. However, strawberries are not a “true” berry.

California grows 83% of the strawberries grown in the United States.

VARIETIES

There are more than 70 varieties of strawberries. Strawberries are usually available almost year round, with peak season from April to July.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin C
- Good source of potassium and fiber

USES

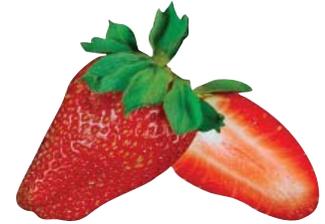
Strawberries are usually eaten raw. Eat whole as a great snack. Add to fruit salads, smoothies and cereal.

Use as a topping for ice cream, pancakes or waffles. Strawberry shortcake is very popular.

Many strawberries are grown in Nebraska.



Paradise Freeze
Preparation time: 10 minutes
Number of servings: 4
Cups of fruits or vegetables per serving: 1.5

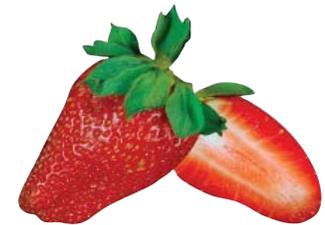


2 bananas, peeled
2 c. strawberries
1 mango, cubed
2 c. cranberry juice
12 ice cubes

1. In a blender, combine all ingredients and blend until smooth.

Nutrition Information per Serving: Calories 180, Total Fat 1 g (1% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 5 mg (0% DV), Total Carbohydrate 45 g (15% DV), Dietary Fiber 4 g (16% DV), Sugars 35 g, Protein 2 g, Vitamin A 10%, Vitamin C 120%, Calcium 4%, Iron 4%.

Strawberry Fruit Punch Gelatin
Preparation time: 2 hours 20 minutes
Number of servings: 6
Cups of fruits or vegetables per serving: 0.5



1 (3 oz.) box cherry gelatin
1 (3 oz.) box strawberry gelatin
1½ c. boiling water
ice cubes

1 c. orange juice
2 c. strawberries, sliced
1 c. grapes, halved
1½ c. whipped topping (optional)

1. In a large bowl, combine cherry and strawberry gelatin. Add boiling water. Stir about 2 minutes or until gelatin is dissolved.
2. Add enough ice cubes to orange juice to measure 2¼ cups. Add orange juice and ice to gelatin. Stir until thickened.
3. Remove any unmelted ice.
4. Add strawberries and grapes to gelatin and juice mixture. Mix gently.
5. Refrigerate 2 hours or until firm.
6. Top with whipped topping, if desired.

Nutrition Information per Serving: Calories 110, Total Fat 2 g (2% DV), Saturated Fat 1.5 g (7% DV), Cholesterol 0 mg (0% DV), Sodium 65 mg (3% DV), Total Carbohydrate 22 g (8% DV), Dietary Fiber 1 g (4% DV), Sugars 20 g, Protein 2 g, Vitamin A 0%, Vitamin C 45%, Calcium 0%, Iron 0%.

Sweet Potato

Sweet potatoes are usually the size of regular white potatoes. They are long and tapered. Sweet potatoes have smooth, thin skins which can be eaten.

Sweet potatoes are vegetables which grow in the ground as tuberous roots (fleshy, side roots).

Sweet potatoes originated in the tropical Americas at least 5,000 years ago. Christopher Columbus introduced sweet potatoes to Europe, and later explorers introduced them to Asia. China is now the world's largest grower of sweet potatoes.

In the United States, sweet potatoes are commonly called yams. True yams are usually grown in Africa and Asia – they have a pinkish white center and can grow up to 6 feet long and 100 pounds!

The sweet potato has only a very distant relationship with the potato, but because both vegetables grow in the ground, they have been often confused.

VARIETIES

There are two varieties of sweet potatoes

- Pale yellow – with a dry, yellow flesh
- Dark orange – with a moist flesh. The dark orange is plumper in shape and somewhat sweeter than the pale yellow variety.



NUTRITION FACTS

- Fat free
- High in vitamin C
- High in vitamin A
- Good source of calcium and potassium
- Excellent source of fiber

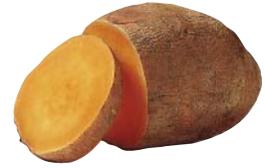
USES

Sweet potatoes can be eaten raw, but are usually cooked (boiled, baked microwaved, mashed or fried). Add to stir-fries, soups and casseroles. Sweet potatoes are popular at Thanksgiving and Christmas meals.

Some sweet potatoes are grown in Nebraska.



Glazed Sweet Potatoes
Preparation time: 50 minutes
Number of servings: 4
Cups of fruits or vegetables per serving: 1

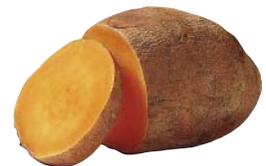


- 1 lb. sweet potatoes, peeled and cut into ½-inch thick slices
- 1 T. cornstarch
- 1 T. brown sugar
- ½ c. orange juice
- ½ c. water

1. Preheat oven to 425° F.
2. Spray a 1-quart baking dish with non-stick cooking spray. Place potato slices in the prepared baking dish.
3. In a small bowl, combine cornstarch, brown sugar, orange juice, and water. Stir well.
4. Pour mixture over potato slices.
5. Cover and bake for 40 minutes or until potato slices are tender and glaze is thickened.

Nutrition Information per Serving: Calories 140, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 45 mg (2% DV), Total Carbohydrate 34 g (11% DV), Dietary Fiber 4 g (15% DV), Sugars 17 g, Protein 3 g, Vitamin A 440%, Vitamin C 70%, Calcium 6%, Iron 6%.

Grilled Vegetables
Preparation time: 20 minutes
Number of servings: 6
Cups of fruits or vegetables per serving: 1



- 3 sweet potatoes, sliced
- 2 T. vegetable oil
- 2 garlic cloves, finely chopped
- 3 cobs corn, cut into 2-inch sections
- 1 eggplant, sliced
- 12 green onions, trimmed

1. Place sweet potatoes in a microwave-safe dish. Microwave on high for 3 minutes.
2. In a large bowl, mix oil and garlic. Add sweet potatoes, corn, eggplant, and onions. Stir well.
3. Place vegetables on broiler pan or grill.
4. Cook 10 minutes, turning twice, until vegetables are tender.

Nutrition Information per Serving: Calories 190, Total Fat 6 g (9% DV), Saturated Fat 1 g (3% DV), Cholesterol 0 mg (0% DV), Sodium 55 mg (2% DV), Total Carbohydrate 34 g (11% DV), Dietary Fiber 8 g (32% DV), Sugars 8 g, Protein 5 g, Vitamin A 190%, Vitamin C 25%, Calcium 6%, Iron 8%.

Tomato

When ripe, the skin and flesh of most tomatoes are red or reddish-orange. They are usually round or oval shaped. Tomatoes range in size from 1 to 6 inches. Small seeds on the inside can be eaten.

Tomatoes are vegetables which grow on plants.

The tomato originated in the Andes Mountains in South America.

Maya and Aztec people grew tomatoes. Its name is derived from the Aztec word "tomatl". Spanish explorers introduced the tomato to Europe in the 1600's where it was embraced by Spaniards and Italians.

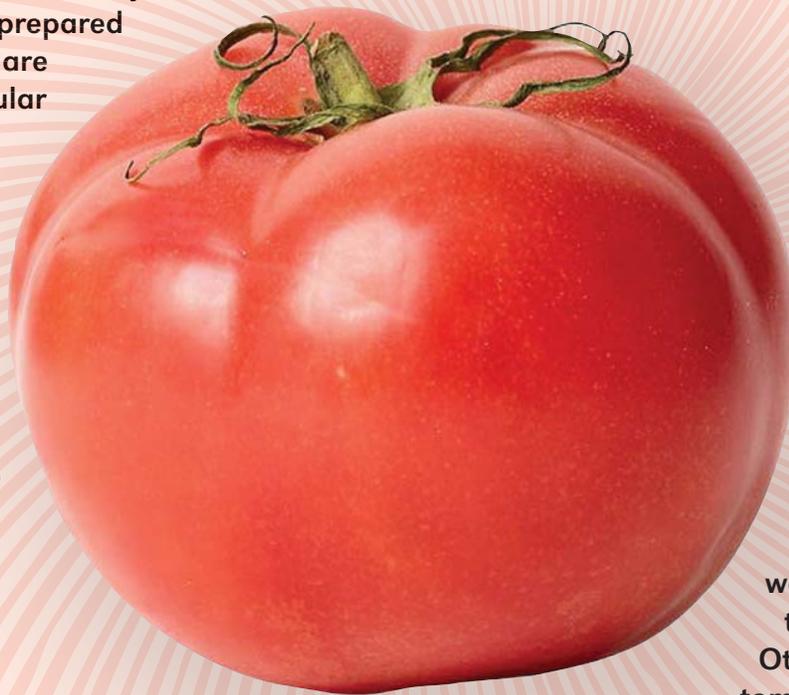
Tomatoes are in the fruit family, but they are served and prepared as a vegetable. They are one of the most popular vegetables eaten by Americans.

NUTRITION FACTS

- Fat free
- Cholesterol free
- Very low Sodium
- Good source of vitamin A
- High in vitamin C

VARIETIES

There are thousands of tomato varieties. The most widely available varieties are classified into three groups: cherry, plum and slicing tomatoes.



USES

Tomatoes can be eaten raw or cooked (baked, stewed, grilled or stir-fried). They are wonderful to eat alone. Add to salads and sandwiches. Other popular ways to enjoy tomatoes are in soups, salsas and sauces. Tomato sauce is used in many pasta dishes such as spaghetti and on pizza. Ketchup is made from tomatoes.

Many tomatoes are grown in Nebraska.



Black Beans with Corn and Tomatoes
Preparation time: 10 minutes
Number of servings: 4
Cups of fruits or vegetables per serving: 0.75



- 1 (15 oz.) can black beans, drained and rinsed
- 1 c. tomatoes, fresh or canned, diced
- 1 c. corn
- 1 garlic clove, pureed
- 1 tsp. parsley, chopped
- ½ tsp. chili powder
- ⅛ tsp. cayenne pepper or more to taste

1. In a medium bowl, combine beans, tomatoes, corn, and garlic.
2. Add parsley, chili powder, and cayenne pepper. Mix well.

Nutrition Information per Serving: Calories 110, Total Fat 1 g (1% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 220 mg (9% DV), Total Carbohydrate 25 g (8% DV), Dietary Fiber 7 g (28% DV), Sugars 3 g, Protein 6 g, Vitamin A 10%, Vitamin C 20%, Calcium 4%, Iron 10%.

Grilled Tomatoes
Preparation time: 10 minutes
Number of servings: 4
Cups of fruits or vegetables per serving: 0.5



- 4 tomatoes
- ½ c. fat-free Italian salad dressing
- 1 tsp. dried oregano
- 1 tsp. lemon pepper

1. Slice tomatoes in half, lengthwise. Cover grill grid with foil. Heat the grill.
2. Place tomatoes on foil. Top each half of tomato with 1 tablespoon Italian salad dressing.
3. Sprinkle tomatoes with oregano and lemon pepper.
4. Grill tomatoes with cut side down, for 4–5 minutes.

Nutrition Information per Serving: Calories 30, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 40 mg (2% DV), Total Carbohydrate 6 g (2% DV), Dietary Fiber 2 g (8% DV), Sugars 4 g, Protein 1 g, Vitamin A 25%, Vitamin C 30%, Calcium 2%, Iron 4%.



Watermelon

Watermelons are usually round or oblong and weigh 5 to 30 pounds. They have a smooth, green rind (thick skin) which is not eaten. Most watermelons have red flesh but there are orange and yellow-fleshed varieties. Some have seeds and some are seedless.

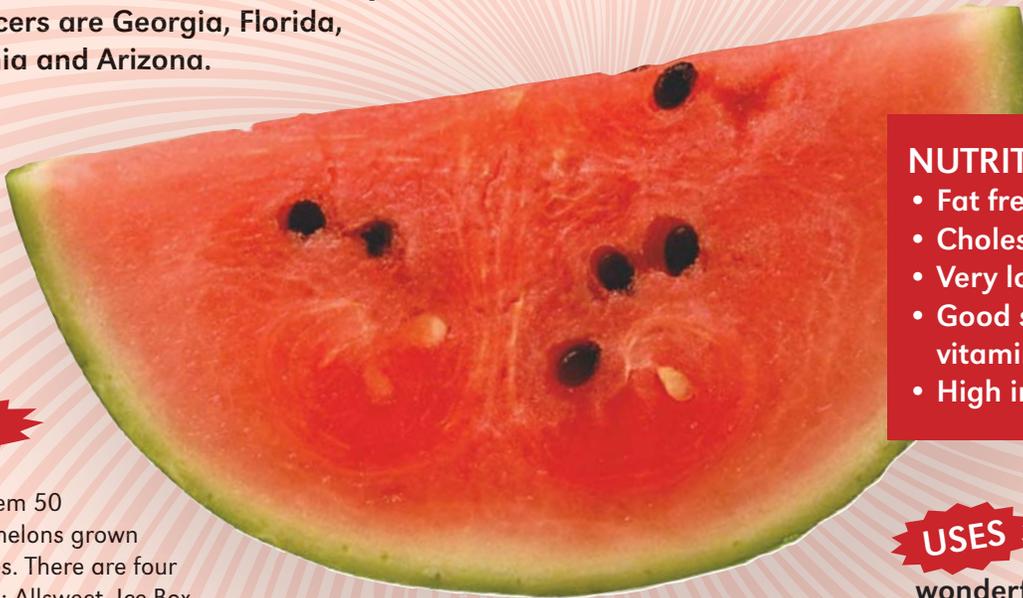
Watermelons are fruit which grow on vines.

Watermelon originated in Africa over 5,000 years ago.

By the 10th century, watermelons were being grown in China, which is today the world's largest watermelon producer. Americans eat about 17 pounds of watermelon a year.

44 states grow watermelons commercially. The top producers are Georgia, Florida, Texas, California and Arizona.

Watermelons are a melon. Melons are in the same gourd family as squash and cucumbers.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Very low sodium
- Good source of vitamin A
- High in vitamin C

VARIETIES

There are more than 50 varieties of watermelons grown in the United States. There are four general categories: Allsweet, Ice-Box, Seedless and Yellow Flesh.

USES Watermelon is wonderful eaten alone. Add to fruit salads, salsa, cool drinks or desserts.

Many watermelons are grown in Nebraska.



Funded in part by USDA's Food and Nutrition Service, EFNEP, and Nebraska Department of Health and Human Services 2008. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.

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Watermelon Blueberry Banana Split
Preparation time: 15 minutes
Number of servings: 4
Cups of fruits or vegetables per serving: 3



- 2 bananas
- 8 watermelon “scoops”, a watermelon ball created with an ice cream scoop
- 2 c. blueberries
- ½ c. low-fat vanilla yogurt
- ¼ c. low-fat granola

1. Peel bananas and cut in half crosswise. Cut each piece in half lengthwise.
2. Lay 2 banana pieces against the sides of a shallow dish.
3. Place a watermelon “scoop” at each end of the dish.
4. Fill the center space with blueberries.
5. Spoon yogurt over watermelon “scoops” and sprinkle with granola.

Nutrition Information per Serving: Calories 160, Total Fat 1 g (2% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 40 mg (2% DV), Total Carbohydrate 38 g (13% DV), Dietary Fiber 4 g (16% DV), Sugars 23 g, Protein 4 g, Vitamin A 6%, Vitamin C 25%, Calcium 6%, Iron 4%.

South-of-the-Border Watermelon Salsa
Preparation time: 1 hour, 15 minutes
Number of servings: 4
Cups of fruits or vegetables per serving: 0.75



- | | |
|--|--------------------------------|
| 2 c. seedless watermelon, chopped | ¼ c. cilantro, chopped |
| ¾ c. sweet onion, chopped | 1 garlic clove, finely chopped |
| ¾ c. black beans, drained and rinsed | 1 T. brown sugar |
| ¼ c. jalapeno pepper, chopped and seeded | pinch of salt |

1. In a large bowl, stir together all ingredients.
2. Cover and refrigerate at least 1 hour to blend flavors.
3. Stir before serving.
4. Serve with chips.

Nutrition Information per Serving: Calories 90, Total Fat 1 g (1% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 440 mg (18% DV), Total Carbohydrate 19 g (6% DV), Dietary Fiber 4 g (16% DV), Sugars 10 g, Protein 4 g, Vitamin A 15%, Vitamin C 15%, Calcium 4%, Iron 8%.