

Veggin' Out

FARM FRESH RECIPE IDEAS



DELICIOUS AND EASY-TO-PREPARE RECIPES FOR THE WHOLE FAMILY!

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Bruschetta

Yield: 10 servings

Ingredients

- 1 loaf bread (day old bread works best)
- 1/4 cup olive oil
- 3 whole tomatoes, diced
- 1/4 pound shredded Mozzarella cheese (optional)
- 1 bunch basil
- 1 clove garlic, minced
- Salt and pepper, to taste

Method of Preparation

1. Slice bread into 1/2-inch thick slices.
2. Brush oil on the slices.
3. Grill slices of bread on both sides for 1 minute per side.
4. Remove from grill.
5. Mix tomatoes, basil, salt, pepper and garlic in a large bowl.
6. Top each slice of grilled bread with tomato mixture; serve.

Optional:

Top mixture with shredded cheese. Place back on grill until cheese is melted.

Nutrition Facts

Serving Size 2 ounces (57g)
Servings Per Container

Amount Per Serving

Calories 100 Calories from Fat 40

% Daily Value*

Total Fat 4.5g 7%

Saturated Fat 2g 10%

Cholesterol 5mg 2%

Sodium 310mg 13%

Total Carbohydrate 12g 4%

Dietary Fiber 1g 4%

Sugars 1g

Protein 5g

Vitamin A 4% • Vitamin C 4%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Five-Color Salsa

Yield: 6 servings

Ingredients

- 1/2 cup green pepper, cut into small pieces (about one pepper)
- 1/2 cup yellow, orange or red bell pepper, cut into small pieces (about one pepper)
- 1/2 cup tomato, cut into small pieces (about 1 medium tomato)
- 1/2 cup corn
- 1/2 cup black beans
- 4 teaspoons minced jalapeño pepper, seeds removed
- 1/4 cup finely chopped fresh cilantro
- 2 tablespoons chopped red onion
- Juice of 1 lime
- 1/4 teaspoon salt

Method of Preparation

1. Combine all ingredients in large bowl.
2. Serve with grilled chicken, fish or with tortilla chips.

Nutrition Facts

Serving Size 4 OZ (113g)
Servings Per Container

Amount Per Serving	
Calories 50	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 2g	
Vitamin A 6%	Vitamin C 70%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Fruit Salsa with Sweet Chips

Yield: 8 servings

Ingredients

1 pint strawberries, diced
6 peaches, diced
1/4 cup cilantro, chopped
Juice of 1 lime
1 teaspoon salt
1 tablespoon jalapeño pepper, diced

1 package flat bread
(lavash, pita or tortilla)
1/2 cup sugar plus 2 teaspoons cinnamon
Cooking spray

Method of Preparation

1. Mix all ingredients for the salsa in a bowl and chill.
2. Preheat oven to 250°F.
3. Lightly spray each chip with cooking spray and sprinkle with cinnamon and sugar.
4. Bake until chips are crisp.

Nutrition Facts

Serving Size 3 ounces (90g)
Servings Per Container

Amount Per Serving

Calories 70 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 240mg **10%**

Total Carbohydrate 16g **5%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 2g

Vitamin A 2% • Vitamin C 35%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Grilled Corn-on-the-Cob

Yield: 4 servings

Ingredients

4 ears corn (still in husks)
Water as needed for soaking
Salt and pepper, to taste
Butter, to taste

Method of Preparation

1. Place corn in the husks in a bowl of water, covering the corn entirely, for 10–15 minutes.
2. Place corn on the grill; grill until soft.
3. Peel back the husks, leaving some for a “handle” to eat with.
4. Add salt, pepper and butter to taste.

Nutrition Facts

Serving Size 3 ounces (82g)
Servings Per Container

Amount Per Serving

Calories 120 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 3g **15%**

Cholesterol 10mg **3%**

Sodium 190mg **8%**

Total Carbohydrate 19g **6%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 3g

Vitamin A 6% • Vitamin C 8%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories	2,000	2,500
Total Fat	Less Than 65g	80g
Saturated Fat	Less Than 20g	25g
Cholesterol	Less Than 300mg	300 mg
Sodium	Less Than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Harvest Vegetable Rice

Yield: 8 servings

Ingredients

- 2 cups orange juice
- 2 cups cooked rice
- 1/4 cup apples, diced
- 1/4 cup dried raisins
- 1 cup of your favorite vegetables, such as
 - 1/4 cup onions, diced
 - 1/4 cup butternut squash, diced
 - 1/4 cup peas
 - 1/4 cup bell pepper, diced
- 1 teaspoon garlic, minced
- 1 teaspoon olive oil
- Salt and pepper, to taste

Method of Preparation

1. Heat oil in a stock pot.
2. Sauté fruits, vegetables and garlic.
3. Add orange juice and bring to simmer.
4. Lower heat and add cooked rice.
5. Stir for 5 minutes.
6. Serve hot.

Nutrition Facts

Serving Size 4.5 ounces (131g)
Servings Per Container

Amount Per Serving	
Calories 110	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 11g	

Protein 2g

Vitamin A 20% • Vitamin C 10%
Calcium 0% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Vegetable and Potato Skillet

Yield: 8 servings

Ingredients

- 2 cups potatoes, diced
- 2 tablespoons oil
- Salt and pepper, to taste
- 1 cup water
- 1 cup diced vegetables (zucchini, yellow squash, green, red or yellow peppers, onions and mushrooms work well)
- 1/2 cup shredded cheese (optional)

Method of Preparation

1. Heat sauté pan.
2. In a bowl, toss potatoes with 1 tablespoon oil, salt and pepper.
3. Place potatoes in the hot sauté pan; add 1 cup water.
4. Using same bowl, toss remaining vegetables with 1 tablespoon oil, salt and pepper.
5. When water is evaporated and potatoes are almost cooked, add vegetables.
6. Cook until all vegetables are tender.
7. Sprinkle with cheese (optional).

Nutrition Facts

Serving Size 3 OZ (85g)
Servings Per Container

Amount Per Serving	
Calories 110	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 2g	
Vitamin A 4%	• Vitamin C 35%
Calcium 6%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

Chopped Salad with Garden Vegetables and a Tangy Vinaigrette

Yield: 4 servings

Ingredients

Salad Dressing

- 1/4 cup balsamic or red wine vinegar
- 1 tablespoon chopped fresh basil leaves (or 1 teaspoon dried)
- 1/4 cup olive oil
- 1/2 teaspoon sugar
- 1 clove garlic, chopped fine
- Salt and pepper, to taste

Salad

- 3 cups lettuce or salad greens, chopped
- 2 cups of your favorite mixed garden vegetables, chopped into small pieces (cucumbers, mushrooms, onions, peppers, tomatoes and zucchini work well)

Method of Preparation

1. Mix vinegar, basil, olive oil, sugar, garlic, salt and pepper in a small bowl.
2. Mix lettuce and vegetables together.
3. Pour dressing over salad and toss.
4. Eat and enjoy!

Nutrition Facts

Serving Size 4 OZ (113g)			
Servings Per Container			
Amount Per Serving			
Calories 60	Calories from Fat 30		
% Daily Value*			
Total Fat 3.5g	5%		
Saturated Fat 0g	0%		
Cholesterol 0mg	0%		
Sodium 10mg	0%		
Total Carbohydrate 6g	2%		
Dietary Fiber 1g	4%		
Sugars 4g			
Protein 1g			
Vitamin A 20%	Vitamin C 30%		
Calcium 2%	Iron 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
Total Fat	Less Than 65g	80g	
Saturated Fat	Less Than 20g	25g	
Cholesterol	Less Than 300mg	300 mg	
Sodium	Less Than 2,400mg	2,400mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	
Calories per gram:			
Fat	9	Carbohydrate 4	Protein 4

Salad with Fruit and Nuts

Yield: 4–6 servings

Ingredients

Salad Dressing

- 4 oz. plain or flavored yogurt
- 2 tablespoons maple-flavored pancake syrup or 100% fruit juice
- 1/4 cup vinegar
- 1/2 cup olive oil

Salad

- 3 cups lettuce or salad greens torn into bite-sized pieces
- 3 cups chopped fruit (apples, peaches, oranges and grapes work well)
- 1/2 cup shelled nuts (almonds or walnuts work well)
- 1/4 cup raisins

Method of Preparation

1. Mix yogurt, syrup, vinegar and oil in a small bowl. Set aside.
2. Arrange lettuce on plates.
3. Top with fruit, nuts and raisins.
4. Pour dressing over salad.

Nutrition Facts

Serving Size 4 OZ (113g)
Servings Per Container

Amount Per Serving			
Calories 130	Calories from Fat 60		
% Daily Value*			
Total Fat 7g	11%		
Saturated Fat 0.5g	3%		
Cholesterol 0mg	0%		
Sodium 15mg	1%		
Total Carbohydrate 16g	5%		
Dietary Fiber 3g	12%		
Sugars 12g			
Protein 2g			
Vitamin A 15%	• Vitamin C 15%		
Calcium 4%	• Iron 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
Total Fat	Less Than 65g	2,000	2,500
Saturated Fat	Less Than 20g	25g	
Cholesterol	Less Than 300mg	300 mg	
Sodium	Less Than 2,400mg	2,400mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

30-Minute Vegetable Chili

Yield: 8–10 servings

Ingredients

2 tablespoons vegetable oil
1 tablespoon garlic
2 cups chopped or crushed tomatoes,
canned or fresh
1 cup cooked beans (you can mix different kinds,
like black and red beans)
1 jalapeño (optional), seeds removed, chopped
1/2 bunch cilantro, chopped
2 cups chopped vegetables (onions, peppers, corn,
peas, carrots, zucchini, and squash work well)
2 tablespoons chili powder
1/4 cup paprika
2 tablespoons ground cumin
1 teaspoon sugar
Salt and pepper, to taste
Cooked rice

Method of Preparation

1. Heat oil in large skillet over medium heat.
2. Add garlic and cook, stirring, for 2–3 minutes.
3. Add tomatoes, beans, jalapeño, cilantro and vegetables.
4. Add chili powder, paprika, cumin, sugar, salt and pepper.
5. Simmer 20 minutes.
6. Taste a sample and re-season to taste. Simmer 5 minutes.
7. Serve over rice. Top with cheese (optional).

Hint: This is a great recipe because you can use almost anything! Don't be afraid to experiment — that's what will make it your signature dish!

Nutrition Facts

Serving Size 6 OZ (113g)
Servings Per Container

Amount Per Serving	
Calories 100	Calories from Fat 35
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 14g	5%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 4g	
Vitamin A 50%	Vitamin C 30%
Calcium 6%	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Broccoli Soup

Yield: 6 servings

Ingredients

- 6 cups small broccoli florets
- 2 cups fat-free, low-sodium chicken broth
- 1/4 cup chopped onion
- 2 cups 2% reduced-fat milk
- 2 tablespoons all-purpose flour
- 2 teaspoons butter
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper

Method of Preparation

1. Combine first three ingredients in a large saucepan; bring to a boil.
2. Cover, reduce heat and simmer for 10 minutes.
3. Combine milk and flour, stirring with a whisk until well blended; add to broccoli mixture.
4. Cook over medium heat for 3 minutes or until mixture begins to thicken, stirring frequently.
5. Add butter, salt and pepper, stirring until butter melts.

Hint: Puréeing the mixture in between steps 2 and 3 is optional. This will give you a creamier soup.

Nutrition Facts

Serving Size 7 ounces (204g)
Servings Per Container

Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 2g	10%
Cholesterol 10mg	3%
Sodium 420mg	18%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 5g	
Vitamin A 15%	Vitamin C 110%
Calcium 15%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Not-Too-Creamy Creamy Vegetable Soup

Yield: 16 servings

Ingredients

- 4 small, thin-skinned potatoes (white or red)
- 12 cups chicken or vegetable stock
- 4 cups of your favorite vegetables, such as
broccoli, cut into small pieces
green beans, cut into small pieces
butternut squash, peeled and diced
peas
corn
carrots, diced small
zucchini, diced small
yellow squash, diced small
- 4 ounces shredded cheese (optional)
- 1 bunch scallions or chives, fresh, snipped

Method of Preparation

1. Cut potatoes into quarters.
2. In large saucepan, cook potatoes in chicken stock until soft.
3. Using a potato masher, mash potatoes until puréed.
4. Add remaining vegetables.
5. Simmer for 15 minutes.
6. Season with salt and pepper.
7. Garnish soup with cheese and chives (optional).

Nutrition Facts

Serving Size 8 oz. (241g)
Servings Per Container

Amount Per Serving

Calories 100 Calories from Fat 20

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 1.5g **8%**

Cholesterol 5mg **2%**

Sodium 500mg **21%**

Total Carbohydrate 17g **6%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 4g

Vitamin A 45% • Vitamin C 10%

Calcium 6% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000 2,500

Total Fat Less Than 65g 80g

Saturated Fat Less Than 20g 25g

Cholesterol Less Than 300mg 300 mg

Sodium Less Than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Onion Soup

Yield: 10 servings

Ingredients

3 pounds onions, peeled and sliced
(yellow, white, red, leeks)
1/4 cup canola oil
1/4 cup flour
4 cups beef broth
Salt and pepper, to taste

Method of Preparation

1. Peel and slice onions.
2. Heat oil in large saucepan over medium heat; add onions, then cover.
3. Cook onions until translucent (about 15 minutes).
4. Season with salt and pepper.
5. Stir in flour.
6. Add beef broth.
7. Simmer for 30 minutes.

Chef's Note: Use leftover bread to make croutons. Simply toast or grill the bread and dice into cubes. To make French onion soup, top the hot soup with croutons and cheese.

Nutrition Facts

Serving Size 8 oz. (241g)
Servings Per Container

Amount Per Serving

Calories 130 Calories from Fat 60

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 0.5g **3%**

Cholesterol 0mg **0%**

Sodium 35mg **1%**

Total Carbohydrate 17g **6%**

Dietary Fiber 2g **8%**

Sugars 6g

Protein 3g

Vitamin A 0% • Vitamin C 15%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Tomato Basil Vegetable Soup

Yield: 14 servings

Ingredients

- 2 tablespoons oil
- 1/2 cup yellow onion, chopped
- 1 tablespoon minced garlic
- 4 cups broth
- 1 28-ounce can crushed tomatoes
- 2 cups diced tomatoes
- 1 tablespoon white sugar
- 6 cups vegetables, diced
- 1 bunch chopped fresh basil
- 1 teaspoon salt
- 1/2 cup sherry cooking wine (optional)
- 3/4 teaspoon freshly ground black pepper
- 3 tablespoons grated Parmesan cheese

Method of Preparation

1. Heat oil in a large saucepan over medium heat.
2. Sauté onion and garlic for 3 minutes.
3. Stir in broth and cook for 2 minutes.
4. Stir in crushed tomatoes, diced tomatoes and sugar.
5. Mix well, cover and bring to a boil over high heat.
6. Add vegetables, basil and spices; reduce heat and simmer, uncovered, for 20 minutes, stirring occasionally.
7. Sprinkle with Parmesan cheese, if desired.
8. Add leftover rice or pasta (optional).

Nutrition Facts

Serving Size 8 oz. (226g)
Servings Per Container

Amount Per Serving	
Calories 110	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 550mg	23%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 4g	
Vitamin A 80%	• Vitamin C 15%
Calcium 6%	• Iron 6%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

French Toast Topped with Fruit

Yield: 4 servings

Ingredients

Topping

- 1 cup mixed fruit, cut into small pieces (strawberries, blueberries, raspberries, peaches, apples or bananas work well)
- 1 cup of your favorite 100% fruit juice

French Toast

- 4 eggs
- 1/4 cup milk
- 1/2 teaspoon cinnamon
- Nonstick cooking spray or 1/2 stick margarine or butter
- 8 slices of bread (French, Italian or Portuguese bread works well)

Method of Preparation

1. Pour fruit juice over fruit in medium bowl and set aside.
2. Mix eggs, milk and cinnamon together in second bowl.
3. Heat skillet on low/medium heat.
4. Spray skillet with nonstick cooking spray or melt a small amount of margarine/butter in skillet.
5. Dip bread slices in egg mixture and place flat in skillet.
6. Brown bread in skillet. Turn over. Brown other side.
7. Place browned bread on plate and repeat steps 5 and 6 with remaining bread.
8. Top with fruit and juice mixture (mixture may also be heated in microwave or on stove before pouring over French toast).

Nutrition Facts	
Serving Size 4 OZ (113g)	
Servings Per Container	
Amount Per Serving	
Calories 230	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2.5g	13%
Cholesterol 150mg	50%
Sodium 400mg	17%
Total Carbohydrate 35g	12%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 10g	
Vitamin A 4%	Vitamin C 2%
Calcium 10%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

Easy Grilled Pizza

Yield: 8 servings

Ingredients

- 1 loaf of your favorite hearty bread, cut into thick slices (Italian, French or Portuguese bread works well)
 - 1/2 cup olive oil
 - 1 cup chopped tomatoes (about 2 medium tomatoes)
 - 1 cup cooked, chopped vegetables (spinach, zucchini, onions, pepper and mushrooms work well)
- Note:* to cook vegetables quickly, simply wrap them in aluminum foil and place on grill for 15 minutes (or use precooked leftovers)
- 1 cup shredded cheese

Method of Preparation

1. Brush bread slices with oil.
2. Place bread on grill over low flame for a minute or two. Be careful not to let the bread burn.
3. Using spatula or tongs, turn slices over.
4. Top with tomatoes, chopped vegetables and cheese.
5. Continue to cook until cheese is melted.

Hint: As demonstrated by Johnson & Wales Veggin' Out chefs, pizza dough rolled out in oil grills well and makes an excellent crust for your favorite pizza recipes.

Nutrition Facts

Serving Size 4 OZ (113g)
Servings Per Container

Amount Per Serving		Calories from Fat 190	
		% Daily Value*	
Calories 260			
Total Fat 22g			34%
Saturated Fat 3.5g			18%
Cholesterol 0mg			0%
Sodium 200mg			8%
Total Carbohydrate 13g			4%
Dietary Fiber 1g			4%
Sugars 7g			
Protein 4g			
Vitamin A 15%		Vitamin C 15%	
Calcium 15%		Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

Grilled Mexican Pizza

Yield: 4 servings

Ingredients

- 2 cups mixed tomatoes, scallions, and green or red peppers, cut into small pieces
- 1/2 cup cooked pinto, black or kidney beans
- 1/2 teaspoon chili powder
- 4 flour tortillas (fajita size)
- 8 ounces shredded cheese (Cheddar, Colby, Monterey Jack, etc.)
- 1/2 cup sour cream (optional)
- 1/2 cup salsa (optional)

Method of Preparation

1. Combine tomato mixture, beans and chili powder in large bowl.
2. Place tortillas on heated grill. Cook for 1 minute.
3. Turn tortillas over with spatula or tongs.
4. Top with 1/2 cup of vegetable mixture. Spread toppings over each tortilla, leaving 1/4 inch border.
5. Sprinkle cheese on top of vegetables.
6. Heat until crisp (about 2 minutes).
7. Serve hot with sour cream and salsa.

Hint: This is a great way to use up leftover vegetable chili! Simply heat the leftovers in the microwave and substitute for the vegetable mixture.

Nutrition Facts

Serving Size 4 OZ (113g)	
Servings Per Container	
Amount Per Serving	
Calories 180	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 3g	15%
Cholesterol 10mg	3%
Sodium 380mg	16%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 8g	
Protein 6g	
Vitamin A 15%	Vitamin C 10%
Calcium 20%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 25g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	30g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Grilled Vegetable Quesadillas

Yield: 10 servings

Ingredients

1 cup sliced vegetables (zucchini, yellow squash, peppers and onions work well)
1/4 cup olive oil
1/2 cup black beans
1/2 cup corn
1/2 cup salsa
1/2 cup scallions, sliced
2 cups shredded cheese
10 flour tortilla shells
Salt and pepper, to taste

Method of Preparation

1. Place sliced vegetables on a plate or cutting board.
2. Brush oil over vegetables and season with salt and pepper.
3. Grill vegetables until tender.
4. Take the vegetables off grill and cut into small pieces. Place in a mixing bowl.
5. Add beans and corn. Mix well.
6. Sprinkle cheese, vegetable mixture, corn, beans, salsa and scallions over only half of a tortilla. Sprinkle with more cheese.
7. Fold tortilla in half. Grill sides or wrap in aluminum foil, place on cookie sheet and heat in oven to melt cheese.

Nutrition Facts

Serving Size 4 OZ (113g)
Servings Per Container

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*

Total Fat 12g	18%
Saturated Fat 2.5g	13%
Cholesterol 0mg	0%
Sodium 460mg	19%
Total Carbohydrate 29g	10%
Dietary Fiber 1g	4%
Sugars 6g	

Protein 7g	
Vitamin A 8%	Vitamin C 15%
Calcium 20%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Layered Vegetable Shepherd's Pie

Yield: 6 servings

Ingredients

- 2 large chef potatoes, diced
- 1 head cauliflower, broken into small pieces
- 1 cup milk
- 1 tablespoon butter
- 1 teaspoon salt
- 1 teaspoon pepper
- 3 cups of your favorite vegetables, diced
(zucchini, squash, onions, peppers, eggplant, etc.)
- 1 tablespoon canola oil
- 2 cups shredded cheese

Method of Preparation

1. In a large pot, boil potatoes. Halfway through cooking process, add cauliflower.
2. Mash potatoes and cauliflower together, adding butter, salt, pepper and milk.
3. In a large sauté pan, sauté all diced vegetables in oil.
4. Remove vegetables from pan.
5. Return 1 cup of vegetables to pan; layer with mashed potato and cauliflower mixture and cheese. Repeat steps until all products are used.
6. Top with cheese at end.
7. Cover sauté pan with foil to melt the cheese.

Nutrition Facts

Serving Size 9 ounces (266g)
Servings Per Container

Amount Per Serving	
Calories 330	Calories from Fat 160
% Daily Value*	
Total Fat 18g	28%
Saturated Fat 10g	50%
Cholesterol 50mg	17%
Sodium 700mg	29%
Total Carbohydrate 28g	9%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 15g	
Vitamin A 90%	• Vitamin C 40%
Calcium 35%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Stir-Fry with Vegetables

Yield: 4 servings

Ingredients

3 cups cut-up vegetables (peppers, onions, celery, broccoli, snow peas, carrots, green beans, etc.)
1/2 cup cornstarch
1/4 cup brown sugar
1 tablespoon ginger root, minced
2 cloves garlic, minced
1/2 teaspoon ground red pepper
1/2 cup low-sodium soy sauce
1/4 cup cider vinegar
2 cups low-sodium chicken, beef or vegetable broth
1/2 cup dry sherry (optional)
1/2 cup water

Method of Preparation

1. In a large bowl, combine cornstarch, brown sugar, ginger root, garlic and red pepper.
2. Add soy sauce and vinegar; whisk well.
3. Add broth, sherry and water. Whisk.
4. In a nonstick skillet or wok, stir-fry the vegetables in oil.
5. Stir in sauce mixture.
6. Bring to a boil, cook and stir until thickened.
7. Serve stir-fry over cooked rice or noodles.

Chef's Hints: For a healthier dish make a vegetable stir-fry. Stir-fry recipes are good both with and without protein.

Nut Allergies: Many Asian dishes call for sesame or peanut oil. Regular oils can be substituted and will only change the flavor of the dish.

Nutrition Facts

Serving Size 6 oz. (395g)
Servings Per Container

Amount Per Serving	
Calories 240	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 5mg	2%
Sodium 1320mg	55%
Total Carbohydrate 51g	17%
Dietary Fiber 4g	16%
Sugars 15g	
Protein 7g	
Vitamin A 120% • Vitamin C 8%	
Calcium 6% • Iron 15%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories 2,000 2,500</small>
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
	<small>Fat 9 • Carbohydrate 4 • Protein 4</small>

Stuffed Peppers with Rice and Vegetables

Yield: 8 servings

Ingredients

- 4 medium bell peppers
- 1 teaspoon oil
- 1/2 cup onion, chopped
- 1 teaspoon minced garlic
- 1 cup diced zucchini
- 1 cup corn
- 1 cup diced tomatoes
- 1/2 teaspoon Italian seasoning
- Salt and pepper, to taste
- 1/2 cup tomato sauce or purée
- 2 cups cooked rice
- 1/2 cup Monterey Jack cheese, shredded

Method of Preparation

Peppers:

1. Cut peppers in half and remove stems and seeds. Wash peppers.
2. Wrap peppers in foil with a little water.
3. Place foil packet on grill or in oven.
4. Cook until soft, about 20 minutes.

Make stuffing while peppers are cooking.

Stuffing:

1. Heat oil in a large nonstick skillet over medium heat.
2. Add onion and garlic and sauté until onion softens, about 3 minutes.
3. Add zucchini, corn and tomatoes.
4. Season with Italian seasoning, salt and pepper.
5. Add tomato sauce and simmer for 10 minutes.
6. Add rice to vegetable mixture. Mix well. Cook for 5 minutes. *Set aside.*
7. Remove peppers from foil.
8. Spoon filling into peppers.
9. Sprinkle shredded cheese over peppers.
10. Place stuffed peppers into skillet, cover with foil, and cook over low heat for 5 minutes, until cheese is melted.

Nutrition Facts

Serving Size 1 each (199g)
Servings Per Container

Amount Per Serving	
Calories 130	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1.5g	8%
Cholesterol 5mg	2%
Sodium 200mg	8%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 5g	
Vitamin A 10%	Vitamin C 80%
Calcium 6%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Vegetable Cacciatore

(stewed vegetables over rice or pasta)

Yield: 4–6 servings

Ingredients

- 2 tablespoons olive oil
- 1 tablespoon garlic, chopped
- 1 green or red pepper, seeds removed, cut into small pieces
- 1 onion, chopped
- 1/2 cup sliced mushrooms
- 2 cups tomatoes, cut into small pieces (about 2 medium tomatoes)
- 1 teaspoon sugar
- 1 teaspoon oregano
- 1 teaspoon basil
- Salt and pepper, to taste
- Cooked rice or pasta

Method of Preparation

1. Heat oil in large skillet.
2. Add garlic and cook, stirring, about 1 minute.
3. Add peppers and onions and cook for 5 minutes.
4. Add mushrooms and cook for 2 minutes.
5. Add tomatoes, sugar, oregano, basil, salt and pepper and simmer for 30 minutes.
6. Remove from heat and serve over rice or pasta.
7. Eat and enjoy!

Nutrition Facts

Serving Size 8 OZ (227g)	
Servings Per Container	
Amount Per Serving	
Calories 210	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 34g	11%
Dietary Fiber 6g	24%
Sugars 6g	
Protein 6g	
Vitamin A 10%	Vitamin C 45%
Calcium 4%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 • Protein 4

Fresh Fruit & Yogurt Parfait

Yield: 8–12 servings

Ingredients

- 16 ounces plain, vanilla or fruit-flavored low-fat yogurt
- 3 cups sliced fruit (berries, melons, peaches, pears, etc.)
- 2 cups low-fat granola, with or without raisins and nuts
- 8–12 clear plastic cups

Method of Preparation

1. Place one large spoonful of yogurt in the bottom of each cup.
2. Add one large spoonful of fruit.
3. Add one large spoonful of granola.
4. Repeat steps until cup is full.

Hints: Make these ahead of time and leave in your refrigerator for a nutritious snack or dessert. For some variety, drizzle with maple syrup or chocolate syrup.

Nutrition Facts

Serving Size 4 OZ (113g)
Servings Per Container

Amount Per Serving

Calories 120 Calories from Fat 15

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0.5g 3%

Cholesterol 5mg 2%

Sodium 80mg 3%

Total Carbohydrate 24g 8%

Dietary Fiber 2g 8%

Sugars 15g

Protein 4g

Vitamin A 0% • Vitamin C 50%

Calcium 10% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	25g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Grilled Peaches with Yogurt and Granola

Yield: 12 servings

Ingredients

1/2 cup vegetable oil
1/3 cup sugar
6 ripe peaches, cut in half, pits removed
(apples or pears can be substituted)
16 ounces plain or flavored yogurt
1 cup granola or your favorite cereal

Method of Preparation

1. Brush peaches with oil.
2. Sprinkle with sugar.
3. Grill peaches until brown.
4. Remove from grill, top with yogurt and granola and serve warm.

Hint: Serve with frozen yogurt for an extra treat.

Nutrition Facts

Serving Size 2 ounces (57g)
Servings Per Container

Amount Per Serving	
Calories 100	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 2g	10%
Cholesterol 5mg	2%
Sodium 310mg	13%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 1g	

Protein 5g

Vitamin A 4% • Vitamin C 4%
Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Libyan Fruit Salad Dessert (Halawah bil-Fawaaki)

Yield: 8 servings

Ingredients

- 3 cups fresh fruit, diced
(apples, peaches, plums, pears, oranges, etc.)
- 1/4 cup raisins
- 1 tablespoon honey
- Juice of 1 fresh lemon
- 1 cup cooked couscous, rice or small pasta
- 1 teaspoon poppy seeds, for garnish (optional)

Method of Preparation

1. Place diced fruit in a large bowl.
2. Add honey, lemon juice and cooked couscous, rice or pasta.
3. Garnish with poppy seeds.

Nutrition Facts

Serving Size 4 ounces (115g)
Servings Per Container

Amount Per Serving

Calories 80 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 20mg **1%**

Total Carbohydrate 20g **7%**

Dietary Fiber 2g **8%**

Sugars 13g

Protein 2g

Vitamin A 15% • Vitamin C 30%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Warm Apple Cobbler

Yield: 6 servings

Ingredients

- 4 medium apples (Macintosh, Granny Smith, Delicious, etc.)
- 2 tablespoons butter
- 1/2 cup brown sugar
- 1 teaspoon cinnamon
- 1 pint yogurt
- 1 cup granola

Method of Preparation

1. Core apples and slice thinly; place in a bowl with water and orange juice to prevent browning.
2. Heat sauté pan over medium heat; melt butter and brown sugar.
3. Add sliced apples and sprinkle with cinnamon.
4. Heat until apples are soft, stirring occasionally to prevent apples from breaking apart.
5. Remove from heat.
6. Assemble cups with yogurt, apples, yogurt, and granola on top.

Nutrition Facts

Serving Size 5 ounces (154g)
Servings Per Container

Amount Per Serving

Calories 190 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 2.5g **13%**

Cholesterol 10mg **3%**

Sodium 95mg **4%**

Total Carbohydrate 36g **12%**

Dietary Fiber 2g **8%**

Sugars 28g

Protein 4g

Vitamin A 4% • Vitamin C 6%

Calcium 15% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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