Fruit and Veggie Quantity Cookbook

Revised Edition

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Foreword

The *Fruit and Veggie Quantity Cookbook* is a revision of the 2003 5 A Day Quantity Recipe Cookbook and the 2009 Fruit and Veggie Quantity Recipe Cookbook. See the *Recipe Criteria* on the next page.

**Partners**
The NH Obesity Prevention Program in the Department of Health and Human Services, Division of Public Health Services, led the cookbook project with assistance from the following partners who generously contributed their time and talent:

- New Hampshire Hospital Food and Nutrition Services, Concord, New Hampshire
- Centers for Disease Control and Prevention, Division of Nutrition, Physical Activity, and Obesity, Atlanta, Georgia
- University of Hawaii, College of Tropical Agriculture and Human Resources, Cooperative Extension Service, Nutrition Education for Wellness Program, Honolulu, Hawaii

**Funding**
This publication was supported by the Centers for Disease Control and Prevention cooperative agreement number CDC-RFA-DP08-80504CONT11 and grant number NH B01Prv. The contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.

**Appendices**
In addition to the quantity recipes, be sure to review and use the appendices. They include:

- **Ready to Copy Family-Size Fruit and Vegetable Recipes** can be used shared with your customers.
- **Resources** provide links to information about fruits and vegetables, Fruits & Veggies—More Matters®, the School Lunch and Breakfast Programs, and more.
- **Taste-Test Surveys for Students and Adults** are an easy way to receive feedback when introducing new foods.

**Comments, Questions, and Suggestions**
Please send your comments, questions, and suggestions regarding this cookbook to the NH Obesity Prevention Program at OPP@dhhs.state.nh.us or 603-271-4551.
Recipe Criteria

The recipes in this cookbook meet the following criteria.

- **Each portion provides** at least ½ cup of fruit or vegetable per 250 calories.
- **Added sugars** do not exceed 15% of total calories. Concentrated fruit juice sweeteners, jams and jellies count as added sugars.
- Fat content is limited.
  - **Total fat** is less than 35% of total calories.
  - **Saturated fat** is less than 10% of total calories.
  - **Trans fat** is less than 0.5 gram per serving.
- The fat found naturally in fruits and vegetable is not counted in the limits described above.
- When nuts are part of the recipe, ¼ ounce of nuts is allowed per portion without counting toward the fat. Nuts are in their natural form without anything added or removed (e.g., no added oils, removed oils, added sodium, or added sugars).
- **Sodium** content is limited to no more than 600 milligrams per serving.
- **Fiber** content is at least 0.014 grams per calorie of naturally occurring fiber (28g of fiber/2000 calories).

Abbreviations

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>g</td>
<td>gram or grams</td>
</tr>
<tr>
<td>lb</td>
<td>pound or pounds</td>
</tr>
<tr>
<td>mg</td>
<td>milligram or milligrams</td>
</tr>
<tr>
<td>oz</td>
<td>ounce or ounces</td>
</tr>
<tr>
<td>Tb</td>
<td>tablespoon or tablespoons</td>
</tr>
<tr>
<td>tsp</td>
<td>teaspoon or teaspoons</td>
</tr>
<tr>
<td>#</td>
<td>number</td>
</tr>
<tr>
<td>#10 can</td>
<td>number 10 can = 12 cups = 3 quarts = 96 ounces</td>
</tr>
</tbody>
</table>

- **Grapes are a choking hazard for young children.** When serving young children, cut grapes in half or substitute another chopped fruit.
- **USDA commodity fruits, vegetables and beans** listed in the Food Buying Guide for Child Nutrition Programs (2008 edition) Note: Available items are subject to change.
- **Recipe can be served with crushed red pepper on the side.**
- **Recipe comments, optional instructions, and/or optional ingredients**
- **Serving size**

In the Recipe Index, this symbol indicates recipes that fit into more than one menu category.
# Bean and Barley Soup

### Ingredients

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>50 Servings</th>
<th>100 Servings</th>
<th>For 25 Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetable oil</td>
<td>1/3 cup</td>
<td>2/3 cup</td>
<td>3¼ Tb</td>
</tr>
<tr>
<td>Onions, peeled, diced</td>
<td>4 lb</td>
<td>8 lb</td>
<td>2 lb</td>
</tr>
<tr>
<td>Celery, diced</td>
<td>2 lb</td>
<td>4 lb</td>
<td>1 lb</td>
</tr>
<tr>
<td>Carrots, diced, fresh or frozen</td>
<td>4 lb</td>
<td>8 lb</td>
<td>2 lb</td>
</tr>
<tr>
<td>Garlic, minced</td>
<td>3 Tb</td>
<td>4 Tb</td>
<td>2 Tb</td>
</tr>
<tr>
<td>Vegetable stock, low sodium</td>
<td>3½ gallons</td>
<td>7 gallons</td>
<td>7 quarts</td>
</tr>
<tr>
<td>Soy sauce, reduced sodium</td>
<td>2 Tb</td>
<td>¼ cup</td>
<td>3 tsp</td>
</tr>
<tr>
<td>Hot pepper sauce</td>
<td>2 tsp</td>
<td>1 Tb +1 tsp</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Basil, dried</td>
<td>1 Tb +1 tsp</td>
<td>2 Tb +2 tsp</td>
<td>2 tsp</td>
</tr>
<tr>
<td>Thyme, dried</td>
<td>1 Tb +1 tsp</td>
<td>2 Tb +2 tsp</td>
<td>2 tsp</td>
</tr>
<tr>
<td>Barley, dry</td>
<td>4½ cups</td>
<td>9 cups</td>
<td>2¼ cups</td>
</tr>
<tr>
<td>Canned white beans, rinsed and drained</td>
<td>7½ lb</td>
<td>15 lb</td>
<td>3¾ lb</td>
</tr>
</tbody>
</table>

### Directions

1. In a large stockpot or steam kettle heat oil over medium heat.
2. Add onion, celery, and carrots and cook over medium heat for 10 minutes or until soft. Do not brown.
3. Add garlic. Cook 2 minutes.
4. Add stock, soy sauce, hot sauce, basil, and thyme. Bring to a boil.
5. Add barley and return to boil. Reduce heat and simmer 45 minutes until barley is tender.
6. Add the beans and return to simmer.
7. Hold until ready to serve.

*Serve 1 cup (8 ounces).*

- USDA commodity fruits, vegetables, or beans listed in the Food Buying Guide for Child Nutrition Programs, 2008 edition
Bean and Barley Soup
Nutrients Per Serving

Calories 180
Percent Calories from Fat 13%
Total Fat 2.5g
  Saturated Fat 0 g
  Trans Fat 0 g
Cholesterol 0 mg
Sodium 480 mg
Total Carbohydrates 34 g
  Dietary Fiber 7 g
  Sugars 4 g
Protein 6 g
Vitamin A (6,000 IU) 120%
Vitamin C (4.8 mg) 8%
Calcium 6%
Iron 10%

Approximate preparation time
1 hour

Child Nutrition Program Food Components
Each portion provides:
  ½ cup vegetable

Family-size recipe can be found in the appendix.

Original Recipe Source
Produce for Better Health Foundation
# Bean and Macaroni Soup

## Recipe H-9

### Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>50 Servings</th>
<th>100 Servings</th>
<th>For 25 Servings</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Olive oil</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>2 Tb</td>
<td>1. Heat oil in steam kettle or large stockpot.</td>
</tr>
<tr>
<td>Onion, fresh or frozen, small diced</td>
<td>2 lb</td>
<td>4 lb</td>
<td>1 lb</td>
<td>2. Add onion, celery, and carrots and cook over medium heat for 10 minutes or until soft. Do not brown.</td>
</tr>
<tr>
<td>Carrots, diced, fresh or frozen</td>
<td>2 lb</td>
<td>4 lb</td>
<td>1 lb</td>
<td>3. Add mushroom, garlic, tomatoes and bay leaves and bring to simmer.</td>
</tr>
<tr>
<td>Celery, small diced</td>
<td>2 lb</td>
<td>4 lb</td>
<td>1 lb</td>
<td>4. Add vegetable broth, and drained beans. Return to simmer.</td>
</tr>
<tr>
<td>Mushrooms, sliced, canned</td>
<td>24 oz</td>
<td>48 oz</td>
<td>12 oz</td>
<td>5. Add macaroni and cook for 10-15 minutes, or just until macaroni is tender.</td>
</tr>
<tr>
<td>Garlic, minced</td>
<td>3 Tb</td>
<td>1/3 cup</td>
<td>1 ½ Tb</td>
<td>6. Add sage, thyme, oregano and black pepper and serve.</td>
</tr>
<tr>
<td>Tomatoes, diced, canned, reserve juice</td>
<td>1 #10 can</td>
<td>2 #10 cans</td>
<td>6 cups</td>
<td><strong>Serve 1 cup (8 ounces).</strong></td>
</tr>
<tr>
<td>Vegetable stock, low sodium</td>
<td>1 gallon</td>
<td>2 gallons</td>
<td>2 quarts</td>
<td></td>
</tr>
<tr>
<td>Bay leaves</td>
<td>3</td>
<td>6</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Beans (white, red, or brown), canned, drained, and rinsed</td>
<td>6½ lb</td>
<td>13 lb</td>
<td>3¼ lb</td>
<td></td>
</tr>
<tr>
<td>Enriched macaroni/pasta or whole-wheat macaroni/pasta</td>
<td>4 lb</td>
<td>8 lb</td>
<td>2 lb</td>
<td></td>
</tr>
<tr>
<td>Sage, ground</td>
<td>2 tsp</td>
<td>1 Tb +1 tsp</td>
<td>1 tsp</td>
<td></td>
</tr>
<tr>
<td>Thyme, dry</td>
<td>2 tsp</td>
<td>1 Tb +1 tsp</td>
<td>1 tsp</td>
<td></td>
</tr>
<tr>
<td>Oregano, dry</td>
<td>1 tsp</td>
<td>2 tsp</td>
<td>½ tsp</td>
<td></td>
</tr>
<tr>
<td>Black pepper, ground</td>
<td>1 tsp</td>
<td>2 tsp</td>
<td>½ tsp</td>
<td></td>
</tr>
</tbody>
</table>

Bean and Macaroni Soup
Nutrients Per Serving

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>220</td>
</tr>
<tr>
<td>Percent Calories from Fat</td>
<td>8%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>2.0 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>580 mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>43 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>6 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>6 g</td>
</tr>
<tr>
<td>Protein</td>
<td>9 g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>(3,500 IU) 70%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>(12 mg) 20%</td>
</tr>
<tr>
<td>Calcium</td>
<td>4%</td>
</tr>
<tr>
<td>Iron</td>
<td>20%</td>
</tr>
</tbody>
</table>

Approximate preparation time
35 minutes

Child Nutrition Program Food Components
Each portion provides:
- 1 grain/bread
- ½ cup vegetable

Family-size recipe can be found in the appendix.

Original Recipe Source
Produce for Better Health Foundation and the National Heart, Lung, and Blood Institute
# Corn Chowder Recipe H-10

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>50 Servings</th>
<th>100 Servings</th>
<th>For 25 Servings</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
<td>Weight</td>
<td>Measure</td>
</tr>
<tr>
<td>Butter</td>
<td>4 oz</td>
<td></td>
<td>8 oz</td>
<td>2 oz</td>
</tr>
<tr>
<td>Canola oil</td>
<td>4 oz</td>
<td></td>
<td>8 oz</td>
<td>2 oz</td>
</tr>
<tr>
<td>Onions, Spanish, diced</td>
<td>3 lb</td>
<td>6 lb</td>
<td>1½ lb</td>
<td>3 lb 6 lb 1½ lb</td>
</tr>
<tr>
<td>Celery, diced</td>
<td>2 lb</td>
<td>4 lb</td>
<td>1 lb</td>
<td>2 lb 4 lb 1 lb</td>
</tr>
<tr>
<td>Flour, all purpose</td>
<td>¾ lb</td>
<td>1½ lb</td>
<td>6 oz</td>
<td>¾ lb 1½ lb 6 oz</td>
</tr>
<tr>
<td>Water</td>
<td>3 quarts</td>
<td></td>
<td>1½ gallons</td>
<td>1½ quarts</td>
</tr>
<tr>
<td>Bay leaves, dry</td>
<td>4</td>
<td>8</td>
<td>2</td>
<td>4 8 2</td>
</tr>
<tr>
<td>Poultry seasoning (optional)</td>
<td>1½ tsp</td>
<td>1 Tb</td>
<td>¾ tsp</td>
<td>1½ tsp 1 Tb ¾ tsp</td>
</tr>
<tr>
<td>Potatoes, diced</td>
<td>8 lb</td>
<td>16 lb</td>
<td>4 lb</td>
<td>8 lb 16 lb 4 lb</td>
</tr>
<tr>
<td>Corn kernels, frozen</td>
<td>4 lb</td>
<td>8 lb</td>
<td>2 lb</td>
<td>4 lb 8 lb 2 lb</td>
</tr>
<tr>
<td>Lowfat milk, (1%)</td>
<td>2 quarts</td>
<td></td>
<td>1 gallon</td>
<td>1 quart</td>
</tr>
<tr>
<td>Salt</td>
<td>1½ Tb</td>
<td></td>
<td>3 T</td>
<td>2 tsp</td>
</tr>
<tr>
<td>White pepper, ground</td>
<td>1 tsp</td>
<td>2 tsp</td>
<td>½ tsp</td>
<td>1 tsp 2 tsp ½ tsp</td>
</tr>
<tr>
<td>Parsley, dried</td>
<td>2 Tb</td>
<td></td>
<td>¼ cup</td>
<td>1 Tb</td>
</tr>
</tbody>
</table>

- **USDA commodity fruits, vegetables, or beans listed in the Food Buying Guide for Child Nutrition Programs, 2008 edition**

1. Melt butter in large stockpot or tilt steam kettle. Add oil.
2. Cook onions in butter-oil mixture 5 minutes over medium heat or until vegetables are soft. Do not brown.
3. Add celery to onions and cook over medium heat for 10 minutes or until vegetables are soft. Do not brown.
4. Add flour to vegetables, coating evenly.
5. Over medium heat cook flour 5 minutes, using caution to not burn flour.
7. Add bay leaves, poultry seasoning (optional), and potatoes.
8. Gently simmer until potatoes are tender.
9. Add corn and milk. Heat through, but do not boil after milk is added.
10. Remove bay leaves. Add salt and white pepper.
11. Finish with chopped parsley.

Serve 1 cup (8 ounces).
**Com Chowder**  
**Nutrients Per Serving**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>180</td>
</tr>
<tr>
<td>Percent Calories from Fat</td>
<td>15%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>3.0 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.0 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>&lt;5 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>270 mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>32 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>5 g</td>
</tr>
<tr>
<td>Protein</td>
<td>6 g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>(200 IU) 4%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>(18 mg) 30%</td>
</tr>
<tr>
<td>Calcium</td>
<td>7%</td>
</tr>
<tr>
<td>Iron</td>
<td>6%</td>
</tr>
</tbody>
</table>

**NOTES**

Approximate preparation time
45 minutes

Child Nutrition Program Food Components
Each portion provides:
- ½ cup vegetable

Family-size recipe can be found in the appendix.

Original Recipe Source
Produce for Better Health Foundation
## Pesto Minestrone

### Directions

1. In large stockpot or steam kettle lightly cook onion in olive oil 5 minutes over medium heat until soft. Do not brown.

2. Add carrots and broccoli.

3. Cook stirring occasionally 5 minutes.

4. Add tomatoes (with juice), water and chicken broth. Bring to boil.

5. Add beans and pasta. Cook 10 minutes or until pasta is al dente.

6. While pasta is cooking prepare Pesto in blender or food processor.

7. Add the fresh basil, parsley, garlic, Parmesan cheese and olive oil.

8. Puree until smooth and uniformly blended. If too thick, add a few drops of water.

9. Just before serving, remove soup from heat and stir in pesto.

**Serve 1 cup (8 ounces).**

Can be served with crushed red pepper on the side.

---

### Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>50 Servings</th>
<th>100 Servings</th>
<th>For 25 Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Olive oil</strong></td>
<td>2 Tb</td>
<td>¼ cup</td>
<td>1 Tb</td>
</tr>
<tr>
<td><strong>Onion, Spanish, diced</strong></td>
<td>2 lb</td>
<td>4 lb</td>
<td>1 lb</td>
</tr>
<tr>
<td><strong>Carrots, diced, fresh or frozen</strong></td>
<td>2 lb</td>
<td>4 lb</td>
<td>1 lb</td>
</tr>
<tr>
<td><strong>Broccoli, fresh or frozen, chopped</strong></td>
<td>2 lb</td>
<td>4 lb</td>
<td>1 lb</td>
</tr>
<tr>
<td><strong>Tomatoes, canned, no salt, chopped, reserve juice for soup</strong></td>
<td>1 #10 can</td>
<td>2 #10 cans</td>
<td>½ of a #10 can</td>
</tr>
<tr>
<td><strong>Water</strong></td>
<td>1 gallon</td>
<td>2 gallons</td>
<td>2 quarts</td>
</tr>
<tr>
<td><strong>Chicken broth, low sodium</strong></td>
<td>1 gallon</td>
<td>2 gallons</td>
<td>2 quarts</td>
</tr>
<tr>
<td><strong>Kidney beans, canned, drained and rinsed</strong></td>
<td>6 lb</td>
<td>12 lb</td>
<td>3 lb</td>
</tr>
<tr>
<td><strong>Enriched macaroni/pasta or whole-wheat macaroni/pasta</strong></td>
<td>2 lb</td>
<td>4 lb</td>
<td>1 lb</td>
</tr>
<tr>
<td><strong>Pesto</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Basil, fresh leaves, washed</strong></td>
<td>1 quart</td>
<td>2 quarts</td>
<td>2 cup</td>
</tr>
<tr>
<td><strong>Italian parsley or curly parsley, fresh leaves, washed</strong></td>
<td>1 quart</td>
<td>2 quarts</td>
<td>2 cup</td>
</tr>
<tr>
<td><strong>Garlic cloves, peeled</strong></td>
<td>¼ cup</td>
<td>½ cup</td>
<td>1/8 cup</td>
</tr>
<tr>
<td><strong>Parmesan cheese, finely grated</strong></td>
<td>3 Tb</td>
<td>1/3 cup</td>
<td>1 ½ Tb</td>
</tr>
<tr>
<td><strong>Olive oil</strong></td>
<td>2 Tb</td>
<td>¼ cup</td>
<td>1 Tb</td>
</tr>
</tbody>
</table>

- USDA commodity fruits, vegetables, or beans listed in the Food Buying Guide for Child Nutrition Programs, 2008 edition
Pesto Minestrone

Nutrients Per Serving

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>180</td>
</tr>
<tr>
<td>Percent Calories from Fat</td>
<td>13%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>2.5 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>310 mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>31 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>8 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>6 g</td>
</tr>
<tr>
<td>Protein</td>
<td>9 g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>(4,500 IU) 90%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>(36 mg) 60%</td>
</tr>
<tr>
<td>Calcium</td>
<td>10%</td>
</tr>
<tr>
<td>Iron</td>
<td>10%</td>
</tr>
</tbody>
</table>

Approximate preparation time
35 minutes

Child Nutrition Program Food Components
Each portion provides:
- 1 grain/bread
- ½ cup vegetable

Family-size recipe can be found in the appendix.

Original Recipe Source
Produce for Better Health Foundation

NOTES
# Tomato Vegetable Soup

**Recipe H-12**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>50 Servings</th>
<th>100 Servings</th>
<th>For 25 Servings</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frozen vegetables (mixture of carrots, potatoes, peas, corn, green beans)</td>
<td>6 lb</td>
<td>12 lb</td>
<td>3 lb</td>
<td>1. Combine all ingredients in large tilt skillet, stockpot or Dutch oven.</td>
</tr>
<tr>
<td>Onion, diced, ready to use</td>
<td>2 lb</td>
<td>4 lb</td>
<td>1 lb</td>
<td>2. Bring to a boil.</td>
</tr>
<tr>
<td>Green peppers, diced</td>
<td>1 lb</td>
<td>2 lb</td>
<td>½ lb</td>
<td>3. Cover and reduce heat to simmer for 30-45 minutes.</td>
</tr>
<tr>
<td>Tomato juice, low sodium, canned</td>
<td>4 48-oz cans</td>
<td>8 48-oz cans</td>
<td>2 48-oz cans</td>
<td>4. Remove bay leaves before serving.</td>
</tr>
<tr>
<td>Water</td>
<td>1 quart</td>
<td>2 quarts</td>
<td>2 cups</td>
<td><strong>Serve ¾ cup (6 ounces).</strong></td>
</tr>
<tr>
<td>Mushrooms, canned, sliced</td>
<td>24 oz</td>
<td>48 oz</td>
<td>12 oz</td>
<td></td>
</tr>
<tr>
<td>Bay leaves</td>
<td>5</td>
<td>8</td>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>

*USDA commodity fruits, vegetables, or beans listed in the Food Buying Guide for Child Nutrition Programs, 2008 edition*
**Tomato Vegetable Soup**

**Nutrients Per Serving**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>70</td>
</tr>
<tr>
<td>Percent Calories from Fat</td>
<td>0%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>150 mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>15 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>7</td>
</tr>
<tr>
<td>Protein</td>
<td>3 g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>(1,000 IU) 20%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>(42 mg) 70%</td>
</tr>
<tr>
<td>Calcium</td>
<td>2%</td>
</tr>
<tr>
<td>Iron</td>
<td>4%</td>
</tr>
</tbody>
</table>

**Approximate preparation time**
40 minutes

**Child Nutrition Program Food Components**
Each portion provides:
- ½ cup vegetable

**Family-size recipe can be found in the appendix.**

**Original Recipe Source:**
Produce for Better Health Foundation and Pictsweet Frozen Foods
# Touchdown Tomato Basil Soup

**Recipe H-14**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>50 Servings</th>
<th>100 Servings</th>
<th>For 25 Servings</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
<td>Weight</td>
<td>Measure</td>
</tr>
<tr>
<td>Oil, olive or canola</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>2 Tb</td>
<td></td>
</tr>
<tr>
<td>Onion, diced</td>
<td>2 lb</td>
<td>4 lb</td>
<td>1 lb</td>
<td></td>
</tr>
<tr>
<td>Celery, diced</td>
<td>1 lb</td>
<td>2 lb</td>
<td>½ lb</td>
<td></td>
</tr>
<tr>
<td>Carrot, diced</td>
<td>1¾ lb</td>
<td>3½ lb</td>
<td>¾ lb</td>
<td></td>
</tr>
<tr>
<td>Garlic cloves, minced</td>
<td>2 Tb</td>
<td>¼ cup</td>
<td>1 Tb</td>
<td></td>
</tr>
<tr>
<td>Spinach, stems removed, washed, roughly chopped</td>
<td>2 lb</td>
<td>4 lb</td>
<td>1 lb</td>
<td></td>
</tr>
<tr>
<td>Tomatoes, canned, diced</td>
<td>½ #10 can</td>
<td>1 #10 can</td>
<td>½ #10 can</td>
<td></td>
</tr>
<tr>
<td>Canned chickpeas, rinsed and drained</td>
<td>4 lb</td>
<td>8 lb</td>
<td>2 lb</td>
<td></td>
</tr>
<tr>
<td>Tomato sauce, low sodium</td>
<td>2 48-oz cans</td>
<td>4 48-oz cans</td>
<td>1 48-oz can</td>
<td></td>
</tr>
<tr>
<td>Vegetable broth, low sodium</td>
<td>2 quarts</td>
<td>1 gallon</td>
<td>1 quart</td>
<td></td>
</tr>
<tr>
<td>Parmesan cheese</td>
<td>1½ cups</td>
<td>3 cups</td>
<td>¾ cup</td>
<td></td>
</tr>
<tr>
<td>Basil, dry</td>
<td>4 tsp</td>
<td>2½ Tb</td>
<td>2 tsp</td>
<td></td>
</tr>
</tbody>
</table>

- USDA commodity fruits, vegetables, or beans listed in the Food Buying Guide for Child Nutrition Programs, 2008 edition

1. Heat oil in large stockpot.
2. Skin and dice onion. Cook for 5 minutes over medium heat or until soft. Do not brown.
3. Add diced celery and diced carrots and cook 10 minutes or until vegetables are soft. Do not brown.
4. Add chopped spinach and minced garlic and continue to simmer covered for 2 minutes.
5. Drain and rinse chickpeas.
6. Add chickpeas and diced tomatoes and return to simmer.
7. Add tomato sauce and vegetable broth and heat thoroughly.
8. Finish soup with dry basil and Parmesan cheese. For optimal flavor, add basil right before serving.
9. Adjust seasoning with salt and pepper.

For adults, basil amounts can be doubled.

Serve ¾ cup (6 ounces).

Can be served with crushed red pepper on the side.
**Touchdown Tomato Basil Soup**

**Nutrients Per Serving**

- Calories: 120
- Percent Calories from Fat: 23%
- Total Fat: 3.0 g
  - Saturated Fat: 1.0 g
  - Trans Fat: 0 g
- Cholesterol: <5 mg
- Sodium: 290 mg
- Total Carbohydrates: 17 g
  - Dietary Fiber: 4 g
  - Sugars: 4 g
- Protein: 6 g
- Vitamin A (5,500 IU): 110%
- Vitamin C (24 mg): 40%
- Calcium: 10%
- Iron: 10%

**Approximate preparation time**

45 minutes

**Child Nutrition Program Food Components**

Each portion provides:
- ½ cup vegetable

**Family-size recipe can be found in the appendix.**

**Original Recipe Source**

Produce for Better Health Foundation and the American Cancer Society
Salads
# Chicken Caesar-Style Salad

## Recipe E-24

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>50 Servings</th>
<th>100 Servings</th>
<th>For 25 Servings</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
<td>Weight</td>
<td>Measure</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diced cooked chicken</td>
<td>6¼ lb</td>
<td></td>
<td>12½ lb</td>
<td></td>
</tr>
<tr>
<td>Non-stick cooking spray</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole wheat bread, cut into 1-inch cubes</td>
<td>2 lb</td>
<td></td>
<td>4 lb</td>
<td></td>
</tr>
<tr>
<td>Dressing</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lemon juice</td>
<td>1 cup</td>
<td></td>
<td>2 cup</td>
<td></td>
</tr>
<tr>
<td>Dijon mustard</td>
<td>4 Tb</td>
<td></td>
<td>½ cup</td>
<td></td>
</tr>
<tr>
<td>Garlic, minced</td>
<td>4 Tb</td>
<td></td>
<td>½ cup</td>
<td></td>
</tr>
<tr>
<td>Black pepper, ground</td>
<td>1 Tb</td>
<td></td>
<td>2 Tb</td>
<td></td>
</tr>
<tr>
<td>Olive oil</td>
<td>1 cup</td>
<td></td>
<td>2 cups</td>
<td></td>
</tr>
<tr>
<td>Iceberg lettuce, washed and spun, cut into bite size pieces</td>
<td>10 heads</td>
<td></td>
<td>20 heads</td>
<td></td>
</tr>
<tr>
<td>Romaine lettuce, washed and spun, cut into bite size pieces</td>
<td>10 heads</td>
<td></td>
<td>20 heads</td>
<td></td>
</tr>
<tr>
<td>Celery, chopped</td>
<td>3 quarts</td>
<td></td>
<td>1½ gallons</td>
<td></td>
</tr>
<tr>
<td>Cucumbers with skin, chopped</td>
<td>3 quarts</td>
<td></td>
<td>1½ gallons</td>
<td></td>
</tr>
<tr>
<td>Parmesan cheese, grated</td>
<td>1½ cup</td>
<td></td>
<td>3 cup</td>
<td></td>
</tr>
</tbody>
</table>

⚠️ USDA commodity fruits, vegetables, or beans listed in the Food Buying Guide for Child Nutrition Programs, 2008 edition

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Fruit and Veggie Quantity Cookbook - Revised Edition • Oct 2011
NH Obesity Prevention Program, DHHS, DPHS • 603-271-4551 • www.dhhs.nh.gov/dphs/nhp/obesity.htm • Page 13
**Chicken Caesar-Style Salad**

**Nutrients Per Serving**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>220</td>
</tr>
<tr>
<td>Percent Calories from Fat</td>
<td>33%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>8 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>2.0 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>42 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>250 mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>16 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>5 g</td>
</tr>
<tr>
<td>Protein</td>
<td>20 g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>(1,500 IU) 30%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>(15 mg) 25%</td>
</tr>
<tr>
<td>Calcium</td>
<td>15%</td>
</tr>
<tr>
<td>Iron</td>
<td>10%</td>
</tr>
</tbody>
</table>

**Approximate preparation time**

30 minutes (Does not include thawing of chicken.)

**Child Nutrition Program Food Components**

Each portion provides:
- 2-ounce equivalent meat/meat alternate
- 1 cup vegetable

**Family-size recipe can be found in the appendix.**

**Original Recipe Source**

Produce for Better Health Foundation
# Orange Couscous Salad

**Recipe E-25**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>50 Servings</th>
<th>100 Servings</th>
<th>For 25 Servings</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
<td>Weight</td>
<td>Measure</td>
</tr>
<tr>
<td>Water</td>
<td>3 quarts</td>
<td></td>
<td>1½ gallon</td>
<td>6 cups</td>
</tr>
<tr>
<td>Couscous, whole wheat, dry</td>
<td>2½ quarts</td>
<td></td>
<td>5 quarts</td>
<td>5 cups</td>
</tr>
<tr>
<td>Turmeric, ground</td>
<td>2 Tb</td>
<td>¼ cup</td>
<td>1 Tb</td>
<td>3. Turn off heat and let sit covered for 5 minutes. Fluff with fork and let sit.</td>
</tr>
<tr>
<td>Black pepper, ground</td>
<td>2 tsp</td>
<td>1 Tb+1 tsp</td>
<td>1 tsp</td>
<td>4. In a large bowl combine chickpeas, oranges, onion and raisins.</td>
</tr>
<tr>
<td>Chickpeas, canned, drained</td>
<td>6½ lb</td>
<td>13 lb</td>
<td>3¼ lb</td>
<td>5. Make dressing. In a separate bowl whisk together orange zest, lemon juice, olive oil and chives.</td>
</tr>
<tr>
<td>Mandarin oranges, canned, drained</td>
<td>3 lb</td>
<td>6 lb</td>
<td>1½ lb</td>
<td>6. Pour dressing over chickpea mixture. Mix well. Fold in the cooled couscous.</td>
</tr>
<tr>
<td>Onion, red, small diced</td>
<td>3½ cups</td>
<td>7 cups</td>
<td>1¾ cups</td>
<td>7. Cover and refrigerate at least 1 hour.</td>
</tr>
<tr>
<td>Raisins, seedless</td>
<td>1 quart</td>
<td>2 quarts</td>
<td>2 cups</td>
<td><strong>Serve 1 cup (8 ounces).</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dressing</th>
<th>50 Servings</th>
<th>100 Servings</th>
<th>For 25 Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange zest, minced</td>
<td>1/3 cup</td>
<td>2/3 cup</td>
<td>3 Tb</td>
</tr>
<tr>
<td>Lemon juice</td>
<td>1½ cups</td>
<td>3 cup</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Olive oil</td>
<td>2/3 cup</td>
<td>1-1/3 cup</td>
<td>1/3 cup</td>
</tr>
<tr>
<td>Chives, dry</td>
<td>2 Tb</td>
<td>4 Tb</td>
<td>1 Tb</td>
</tr>
</tbody>
</table>

[†] USDA commodity fruits, vegetables, or beans listed in the Food Buying Guide for Child Nutrition Programs, 2008 edition
**Orange Couscous Salad**

**Nutrients Per Serving**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>230</td>
</tr>
<tr>
<td>Percent Calories from Fat</td>
<td>16%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>4.0 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>90 mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>43 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>6 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>13 g</td>
</tr>
<tr>
<td>Protein</td>
<td>7 g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>(500 IU) 10%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>(15 mg) 25%</td>
</tr>
<tr>
<td>Calcium</td>
<td>4%</td>
</tr>
<tr>
<td>Iron</td>
<td>10%</td>
</tr>
</tbody>
</table>

**Approximate preparation time**

20 minutes

**Child Nutrition Program Food Components**

Each portion provides:
- 1 grain/bread
- ½ cup vegetable

**Family-size recipe can be found in the appendix.**

**Original Recipe Source**

Produce for Better Health Foundation

**NOTES**

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*Produce for Better Health Foundation*
# Pineapple Poppy Seed Salad

## Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>50 Servings</th>
<th>100 Servings</th>
<th>For 25 Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pineapple, fresh, peeled and cored, or canned, chunk</td>
<td>4 lb</td>
<td>8 lb</td>
<td>2 lb or 2</td>
</tr>
<tr>
<td>Kiwi fruit, peeled and cut in half and then into sliced</td>
<td>13</td>
<td>25</td>
<td>6</td>
</tr>
<tr>
<td>Bananas, peeled and sliced</td>
<td>10</td>
<td>20</td>
<td>5</td>
</tr>
<tr>
<td>Strawberries, hulled and sliced</td>
<td>1½ quarts</td>
<td>3 quarts</td>
<td>3 cups</td>
</tr>
<tr>
<td>Melon, honeydew or cantaloupe, peeled and medium dice or balls</td>
<td>1½ quarts</td>
<td>3 quarts</td>
<td>3 cups</td>
</tr>
</tbody>
</table>

## Dressing

1. Place pineapple chunks in large bowl.

2. Add sliced kiwi, bananas, melon and strawberries to bowl.

3. Combine lemon juice and honey in medium bowl.

4. Add poppy seeds and lime zest to dressing bowl. Whisk together to blend.

5. Pour dressing over fruit and toss lightly to evenly coat fruit.

6. Cover with food film and refrigerate at least 15 minutes for best flavor.

Serve ½ cup (4 ounces).

USDA commodity fruits, vegetables, or beans listed in the Food Buying Guide for Child Nutrition Programs, 2008 edition
Pineapple Poppy Seed Salad

Nutrients Per Serving

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Per Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>80</td>
</tr>
<tr>
<td>Percent Calories from Fat</td>
<td>11%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1.0 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0 g</td>
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<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>0 mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>21 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>15 g</td>
</tr>
<tr>
<td>Protein</td>
<td>1 g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>(750 IU)</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>(54 mg)</td>
</tr>
<tr>
<td>Calcium</td>
<td>2%</td>
</tr>
<tr>
<td>Iron</td>
<td>2%</td>
</tr>
</tbody>
</table>

Approximate preparation time
25 minutes

Child Nutrition Program Food Components
Each portion provides:
- ½ cup fruit

Family-size recipe can be found in the appendix.

Original Recipe Source
Produce for Better Health Foundation

NOTES
# Rainbow Fruit Salad

## Recipe E-27

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>50 Servings</th>
<th>100 Servings</th>
<th>For 25 Servings</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
<td>Weight</td>
<td>Measure</td>
</tr>
<tr>
<td>Orange Honey Dressing</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Orange juice, unsweetened</td>
<td>1½ cups</td>
<td></td>
<td>3 cups</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Lemon juice</td>
<td>1 cup</td>
<td></td>
<td>2 cups</td>
<td>½ cup</td>
</tr>
<tr>
<td>Honey</td>
<td>1/3 cup</td>
<td></td>
<td>2/3 cup</td>
<td>3 Tb</td>
</tr>
<tr>
<td>Ginger, ground</td>
<td>½ tsp</td>
<td></td>
<td>1 tsp</td>
<td>¼ tsp</td>
</tr>
<tr>
<td>Nutmeg, ground</td>
<td>½ tsp</td>
<td></td>
<td>1 tsp</td>
<td>¼ tsp</td>
</tr>
<tr>
<td>Mango, peeled and diced</td>
<td>4</td>
<td></td>
<td>8</td>
<td>2</td>
</tr>
<tr>
<td>Blueberries, washed</td>
<td>1 quart</td>
<td></td>
<td>2 quarts</td>
<td>2 cups</td>
</tr>
<tr>
<td>Nectarines, unpeeled and sliced</td>
<td>8</td>
<td></td>
<td>16</td>
<td>4</td>
</tr>
<tr>
<td>Strawberries, hulled, sliced in half</td>
<td>2 quarts</td>
<td></td>
<td>4 quarts</td>
<td>1 quart</td>
</tr>
<tr>
<td>Grapes ▲, red or green seedless, washed</td>
<td>1 quart</td>
<td></td>
<td>2 quarts</td>
<td>2 cups</td>
</tr>
<tr>
<td>Kiwi fruit, peeled and sliced</td>
<td>16</td>
<td></td>
<td>32</td>
<td>8</td>
</tr>
<tr>
<td>Banana, peeled and sliced</td>
<td>8</td>
<td></td>
<td>16</td>
<td>4</td>
</tr>
</tbody>
</table>

▲ Grapes are a choking hazard for young children. When serving young children, cut grapes in half or substitute another chopped fruit.
Rainbow Fruit Salad
Nutrients Per Serving

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>Percent of Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>80</td>
<td></td>
</tr>
<tr>
<td>Percent Calories from Fat</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>0 g</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0 g</td>
<td></td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>0 mg</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>23 g</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3 g</td>
<td></td>
</tr>
<tr>
<td>Sugars</td>
<td>16 g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>1 g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A (300 IU)</td>
<td>6%</td>
<td></td>
</tr>
<tr>
<td>Vitamin C (54 mg)</td>
<td>90%</td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>2%</td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td>2%</td>
<td></td>
</tr>
</tbody>
</table>

Approximate preparation time
20 minutes

Child Nutrition Program Food Components
Each portion provides:
- ½ cup fruit

Family-size recipe can be found in the appendix.

Original Recipe Source
Produce for Better Health Foundation
### Raspberry Grape Salad

**Recipe E-28**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>50 Servings</th>
<th></th>
<th>100 Servings</th>
<th></th>
<th>For 25 Servings</th>
<th></th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
<td>Weight</td>
<td>Measure</td>
<td>Weight</td>
<td>Measure</td>
<td></td>
</tr>
<tr>
<td>Yogurt, vanilla, low-fat</td>
<td>1 quart</td>
<td></td>
<td>2 quarts</td>
<td></td>
<td>2 cups</td>
<td></td>
<td>1. Combine yogurt and raspberries in large bowl.</td>
</tr>
<tr>
<td>Raspberries, frozen (block or IQF)</td>
<td>2 quarts</td>
<td></td>
<td>1 gallon</td>
<td></td>
<td>1 quart</td>
<td></td>
<td>2. Add mint to yogurt mixture and mix well.</td>
</tr>
<tr>
<td>Mint, dried</td>
<td>2 Tb</td>
<td></td>
<td>4 Tb</td>
<td></td>
<td>1 Tb</td>
<td></td>
<td>3. Add green and red grapes to the yogurt mixture and toss lightly to coat.</td>
</tr>
<tr>
<td>Green grapes ▲ □, seedless, washed</td>
<td>3 quarts</td>
<td></td>
<td>6 quarts</td>
<td></td>
<td>6 cups</td>
<td></td>
<td>☀ Serve ¾ cup (6 ounces).</td>
</tr>
</tbody>
</table>

- USDA commodity fruits, vegetables, or beans listed in the Food Buying Guide for Child Nutrition Programs, 2008 edition

▲ Grapes are a choking hazard for young children. When serving young children, cut grapes in half or substitute another chopped fruit.
Raspberry Grape Salad
Nutrients Per Serving

Calories 80
Percent Calories from Fat 0%
Total Fat 0 g
  Saturated Fat 0 g
  Trans Fat 0 g
Cholesterol 0 mg
Sodium 15 mg
Total Carbohydrates 19 g
  Dietary Fiber 1 g
  Sugars 15 g
Protein 2 g
Vitamin A (100 IU) 2%
Vitamin C (12 mg) 20%
Calcium 6%
Iron 2%

Approximate preparation time:
20 minutes

Child Nutrition Program Food Components
Each portion provides:
- ½ cup fruit

Family-size recipe can be found in the appendix.

Original Recipe Source
Produce for Better Health Foundation
# Treasure Salad

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>50 Servings</th>
<th>100 Servings</th>
<th>For 25 Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
<td>Weight</td>
</tr>
<tr>
<td><strong>Apple, any variety, with peel,</strong></td>
<td>13</td>
<td></td>
<td>25</td>
</tr>
<tr>
<td><strong>diced (local, if available)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Lemon juice</strong></td>
<td>¼ cup</td>
<td></td>
<td>½ cup</td>
</tr>
<tr>
<td>*<em>Grapes <em>, seedless, washed</em></em></td>
<td>3 quarts</td>
<td></td>
<td>6 quarts</td>
</tr>
<tr>
<td><strong>Yogurt, low fat, vanilla</strong></td>
<td>1 quart</td>
<td></td>
<td>2 quarts</td>
</tr>
<tr>
<td><strong>Almonds, slivered, lightly</strong></td>
<td>1½ cups</td>
<td></td>
<td>3 cups</td>
</tr>
<tr>
<td>toasted**</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. Wash apples thoroughly. Slice into quarters lengthwise. Core quarters. Cut into medium dice and place in large bowl.
2. Drizzle with lemon juice and toss to coat evenly.
3. Wash grapes and remove from the stem. Add to apple and lemon juice mixture.
4. Fold yogurt into apples and grapes. Mix to evenly coat. Cover with food film and refrigerate.
5. Garnish with slivered almonds individually (1 tsp per portion), or entire salad.

Serve **¾ cup (6 ounces)**.

* USDA commodity fruits, vegetables, or beans listed in the Food Buying Guide for Child Nutrition Programs, 2008 edition

▲ Grapes are a choking hazard for young children. When serving young children, cut grapes in half or substitute another chopped fruit.
Treasure Salad

Nutrients Per Serving

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>80</td>
</tr>
<tr>
<td>Percent Calories from Fat</td>
<td>23%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>2.0 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>15 mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>15 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>13 g</td>
</tr>
<tr>
<td>Protein</td>
<td>2 g</td>
</tr>
<tr>
<td>Vitamin A (100 IU)</td>
<td>2%</td>
</tr>
<tr>
<td>Vitamin C (6 mg)</td>
<td>10%</td>
</tr>
<tr>
<td>Calcium</td>
<td>6%</td>
</tr>
<tr>
<td>Iron</td>
<td>2%</td>
</tr>
</tbody>
</table>

Approximate preparation time
25 minutes

Child Nutrition Program Food Components
Each portion provides:
- ½ cup fruit

Family-size recipe can be found in the appendix.

Original Recipe Source
Produce for Better Health Foundation and the California Table Grape Commission
# Tropical Fruit Salad

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>50 Servings</th>
<th>100 Servings</th>
<th>For 25 Servings</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
<td>Weight</td>
<td>Measure</td>
</tr>
<tr>
<td>Peaches, canned, packed in juice, diced</td>
<td>1 #10 can</td>
<td>2 #10 cans</td>
<td>½ of a #10 can</td>
<td>1. Drain peaches.</td>
</tr>
<tr>
<td>Strawberries, fresh, hulled and halved or frozen, IQF or block frozen</td>
<td>4 lb</td>
<td>8 lb</td>
<td>2 lb</td>
<td>2. Prepare ingredients as listed.</td>
</tr>
<tr>
<td>Kiwis, peeled and sliced</td>
<td>10</td>
<td>20</td>
<td>5</td>
<td>3. In a large bowl combine all ingredients.</td>
</tr>
<tr>
<td>100% pineapple juice, unsweetened</td>
<td>1 48 fl oz can</td>
<td>2 48 fl oz cans</td>
<td>3 cups</td>
<td>4. Toss well to mix evenly and chill.</td>
</tr>
<tr>
<td>Mint, dried</td>
<td>2 oz</td>
<td>4 oz</td>
<td>3 Tb</td>
<td><strong>Serve ½ cup (4 ounces).</strong></td>
</tr>
</tbody>
</table>

*USDA commodity fruits, vegetables, or beans listed in the Food Buying Guide for Child Nutrition Programs, 2008 edition*
Tropical Fruit Salad
Nutrients Per Serving

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>60</td>
</tr>
<tr>
<td>Percent Calories from Fat</td>
<td>0%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>0 mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>16 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>12 g</td>
</tr>
<tr>
<td>Protein</td>
<td>1 g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>(400 IU) 8%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>(42 mg) 70%</td>
</tr>
<tr>
<td>Calcium</td>
<td>4%</td>
</tr>
<tr>
<td>Iron</td>
<td>8%</td>
</tr>
</tbody>
</table>

Approximate preparation time
30 minutes

Child Nutrition Program Food Components
Each portion provides:
- ½ cup fruit

Family-size recipe can be found in the appendix.

Original Recipe Source
Produce for Better Health Foundation and the California Strawberry Commission
Breakfast Items
## Fruit on a Raft (Waffles with Apples)

**Recipe J-5**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>50 Servings</th>
<th>100 Servings</th>
<th>For 25 Servings</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frozen waffles, whole-grain, Child Nutrition Program approved</td>
<td>50</td>
<td>100</td>
<td>25</td>
<td>1. Toast waffles until golden brown on both sides in 375° F oven for 15 minutes.</td>
</tr>
<tr>
<td>Unsweetened apples, canned, peeled and diced</td>
<td>2 #10 cans</td>
<td>4 #10 cans</td>
<td>1 #10 can</td>
<td>2. Wrap waffles with foil. Keep warm until ready to serve.</td>
</tr>
<tr>
<td>Water</td>
<td>2 quarts</td>
<td>1 gallon</td>
<td>1 quart</td>
<td>3. Heat apples in large tilt skillet, pot or steam kettle.</td>
</tr>
<tr>
<td>Raisins, seedless</td>
<td>2 lb</td>
<td>4 lb</td>
<td>1 lb</td>
<td>4. Add water and raisins to the heating apple mixture. Add dry spices to apple mixture and bring to a boil.</td>
</tr>
<tr>
<td>Cinnamon, ground</td>
<td>1 Tb</td>
<td>2 Tb</td>
<td>1½ tsp</td>
<td>5. Whisk cornstarch into cold water to make a slurry.</td>
</tr>
<tr>
<td>Allspice, ground (optional)</td>
<td>3 tsp</td>
<td>2 Tb</td>
<td>1½ tsp</td>
<td>6. Pour slurry into boiling apple mixture stirring constantly to blend well. When mixture thickens remove from heat.</td>
</tr>
<tr>
<td>Cornstarch</td>
<td>2/3 cup</td>
<td>1-1/3 cup</td>
<td>1/3 cup</td>
<td>7. To serve, unwrap waffles and re-crisp in 350° F oven for 5 minutes. <strong>Serve ¾ cup (6 ounces) warm apple mixture over each toasted waffle.</strong></td>
</tr>
<tr>
<td>Water, cold</td>
<td>2/3 cup</td>
<td>1-1/3 cup</td>
<td>1/3 cup</td>
<td></td>
</tr>
</tbody>
</table>

- USDA commodity fruits, vegetables, or beans listed in the Food Buying Guide for Child Nutrition Programs, 2008 edition

---

Fruit and Veggie Quantity Cookbook - Revised Edition ● Oct 2011
Fruit on a Raft (Waffles with Apples)

Nutrients Per Serving

- Calories: 210
- Percent Calories from Fat: 13%
- Total Fat: 3.0 g
  - Saturated Fat: 1.0 g
  - Trans Fat: 0 g
- Cholesterol: 15 mg
- Sodium: 240 mg
- Total Carbohydrates: 45 g
  - Dietary Fiber: 5 g
  - Sugars: 25 g
- Protein: 4 g
- Vitamin A: (300 IU) 6%
- Vitamin C: (1 mg) 2%
- Calcium: 10%
- Iron: 15%

Approximate preparation time
30 minutes

Child Nutrition Program Food Components
Each portion provides:
- 1 grain/bread
- ½ cup fruit

Family-size recipe can be found in the appendix.

Original Recipe Source
National Cancer Institute

NOTES
# Fruity Breakfast Parfait

## Recipe J-6

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>50 Servings</th>
<th>100 Servings</th>
<th>For 25 Servings</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
<td>Weight</td>
<td>Measure</td>
</tr>
<tr>
<td>Bananas, peeled and sliced</td>
<td>13</td>
<td></td>
<td>25</td>
<td>6½</td>
</tr>
<tr>
<td>Strawberry, hulled and sliced</td>
<td>3 quarts + ½ cup</td>
<td>6 quarts + 1 cup</td>
<td>1½ quarts + ¼ cup</td>
<td>2. On top of the bananas place an even layer of ¼ cup sliced strawberries.</td>
</tr>
<tr>
<td>Yogurt, vanilla, low fat</td>
<td>12 quarts + 2 cups</td>
<td>25 quarts</td>
<td>6 quarts + 1 cup</td>
<td>3. In each parfait, add an even layer of ¼ cup yogurt.</td>
</tr>
<tr>
<td>Pineapple, chopped</td>
<td>6 quarts + 1 cup</td>
<td>12 quarts + 2 cups</td>
<td>3 quarts + ½ cup</td>
<td>4. In each parfait, add an even layer of ½ cup chopped pineapple.</td>
</tr>
<tr>
<td>Dates, chopped</td>
<td>4 cups</td>
<td>8 cups</td>
<td>2 cups</td>
<td>5. In each parfait, add a second layer of ¼ cup yogurt.</td>
</tr>
<tr>
<td>Almonds, sliced, toasted</td>
<td>3 cups</td>
<td>6 cups</td>
<td>1½ cups</td>
<td>6. In each parfait, top the yogurt with 1 tablespoon chopped dates.</td>
</tr>
</tbody>
</table>

- USDA commodity fruits, vegetables, or beans listed in the Food Buying Guide for Child Nutrition Programs, 2008 edition
- Other fruits can be substituted for those shown including apples, blueberries, grapes, kiwi, mango, nectarines, oranges, peaches, pears, plums, and raspberries.
- If the parfait needs to be held for a while before serving, the banana may brown. It may be best to add the banana right before serving.
- Grapes are a choking hazard for young children. When serving young children, cut grapes in half or substitute another chopped fruit.

Serve 1 parfait per person.
Fruity Breakfast Parfait

Nutrients Per Serving

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Per Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>290</td>
</tr>
<tr>
<td>Percent Calories from Fat</td>
<td>19%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>6 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.5 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>10 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>70 mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>48 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>5 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>39 g</td>
</tr>
<tr>
<td>Protein</td>
<td>8 g</td>
</tr>
<tr>
<td>Vitamin A (100 IU)</td>
<td>2%</td>
</tr>
<tr>
<td>Vitamin C (48 mg)</td>
<td>80%</td>
</tr>
<tr>
<td>Calcium</td>
<td>20%</td>
</tr>
<tr>
<td>Iron</td>
<td>6%</td>
</tr>
</tbody>
</table>

Approximate preparation time
25 minutes

Child Nutrition Program Food Components
Each portion provides:
- ¾ cup fruit
- 1-ounce equivalent meat/meat alternate

Family-size recipe can be found in the appendix.

Original Recipe Source
Produce for Better Health Foundation

NOTES
# Golden Apple Oatmeal

**Recipe J-7**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>50 Servings</th>
<th>100 Servings</th>
<th>For 25 Servings</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
<td>Weight</td>
<td>Measure</td>
</tr>
<tr>
<td>Apples, fresh or canned, diced</td>
<td>1½ gallons</td>
<td>3 gallon</td>
<td>3 quarts</td>
<td>1. Combine apples, apple juice and water in steam kettle or saucepan. Bring to boil.</td>
</tr>
<tr>
<td>100% apple juice, unsweetened</td>
<td>1 gallon</td>
<td>2 gallons</td>
<td>2 quarts</td>
<td>2. Add salt, cinnamon and nutmeg.</td>
</tr>
<tr>
<td>Water</td>
<td>1 gallon</td>
<td>2 gallons</td>
<td>2 quarts</td>
<td>3. Stir in rolled oats and cook 5 minutes stirring occasionally until oats are soft and creamy.</td>
</tr>
<tr>
<td>Salt</td>
<td>2 Tb</td>
<td>4 Tb</td>
<td>1 Tb</td>
<td>4. Turn heat to low, cover oats and hold until ready to serve, or place into sprayed hotel pan for steam table.</td>
</tr>
<tr>
<td>Cinnamon, ground</td>
<td>¼ - ½ cup</td>
<td>½ - 1 cup</td>
<td>2 - 4 Tb</td>
<td><em>Serve 1 cup (8 ounces).</em></td>
</tr>
<tr>
<td>Nutmeg, ground</td>
<td>2 tsp</td>
<td>4 tsp</td>
<td>1 tsp</td>
<td></td>
</tr>
<tr>
<td>Rolled oats, uncooked</td>
<td>1 gallon</td>
<td>2 gallons</td>
<td>2 quarts</td>
<td></td>
</tr>
</tbody>
</table>

- USDA commodity fruits, vegetables, or beans listed in the Food Buying Guide for Child Nutrition Programs, 2008 edition
Golden Apple Oatmeal

Nutrients Per Serving

- Calories: 180
- Percent Calories from Fat: 10%
- Total Fat: 2.0 g
  - Saturated Fat: 0 g
  - Trans Fat: 0 g
- Cholesterol: 0 mg
- Sodium: 290 mg
- Total Carbohydrates: 37 g
  - Dietary Fiber: 5 g
  - Sugars: 16 g
- Protein: 4 g
- Vitamin A: (100 IU) 2%
- Vitamin C: (3.6 mg) 6%
- Calcium: 4%
- Iron: 10%

Approximate preparation time
20 minutes

Child Nutrition Program Food Components
Each portion provides:
- 1 grain/bread
- ½ cup fruit

Family-size recipe can be found in the appendix.

Original Recipe Source
Produce for Better Health Foundation

NOTES

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# Spanish Broccoli Frittata

**Recipe J-8**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>50 Servings</th>
<th>100 Servings</th>
<th>For 25 Servings</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
<td>Weight</td>
<td>Measure</td>
</tr>
<tr>
<td>Onion, small, diced</td>
<td>2 cups</td>
<td>1 quart</td>
<td>1 cup</td>
<td>1. In a large non-stick skillet, or skillet sprayed with non-stick spray, heat onions and broccoli over medium high heat 10 minutes.</td>
</tr>
<tr>
<td>Broccoli, fresh, chopped</td>
<td>8 lb</td>
<td>16 lb</td>
<td>4 lb</td>
<td>2. Add minced garlic and diced green chilies (optional).</td>
</tr>
<tr>
<td>Garlic, minced</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>2 Tb</td>
<td>3. Simmer until excess liquid is removed from vegetables.</td>
</tr>
<tr>
<td>Green chilies, canned, diced (optional)</td>
<td>16 oz</td>
<td>32 oz</td>
<td>8 oz</td>
<td>4. In a separate container whisk egg substitute with milk and spices. Mix well. Mixture should be slightly frothy.</td>
</tr>
<tr>
<td>Milk, non-fat (0%) (can use reconstituted)</td>
<td>3 cups</td>
<td>1½ quarts</td>
<td>1½ cup</td>
<td>6. Heat oven to 350° F. Uncover pans. Bake 10 minutes.</td>
</tr>
<tr>
<td>Cumin, ground (optional)</td>
<td></td>
<td></td>
<td></td>
<td>7. Sprinkle top with shredded cheese. Bake 5 minutes or until browned.</td>
</tr>
<tr>
<td>Black pepper, ground</td>
<td>3 tsp</td>
<td>2 Tb</td>
<td>1½ tsp</td>
<td>8. Hold in 200° F oven until ready to serve.</td>
</tr>
<tr>
<td>Chili powder, ground</td>
<td>2 Tb</td>
<td>¼ cup</td>
<td>1 Tb</td>
<td><strong>Cut 5x5 to make 25 servings per pan.</strong> Serve with salsa (optional).</td>
</tr>
<tr>
<td>Cheddar cheese, shredded</td>
<td>2½ cups</td>
<td>5 cups</td>
<td>1¼ cup</td>
<td></td>
</tr>
<tr>
<td>Salsa (optional)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* USDA commodity fruits, vegetables, or beans listed in the Food Buying Guide for Child Nutrition Programs, 2008 edition.*
**Spanish Broccoli Frittata**

**Nutrients Per Serving**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>70</td>
</tr>
<tr>
<td>Percent Calories from Fat</td>
<td>6%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0.5 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>230 mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>7 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>3 g</td>
</tr>
<tr>
<td>Protein</td>
<td>10 g</td>
</tr>
<tr>
<td>Vitamin A (1,500 IU)</td>
<td>30%</td>
</tr>
<tr>
<td>Vitamin C (48 mg)</td>
<td>80%</td>
</tr>
<tr>
<td>Calcium</td>
<td>10%</td>
</tr>
<tr>
<td>Iron</td>
<td>10%</td>
</tr>
</tbody>
</table>

**Approximate preparation time**

35 minutes

**Child Nutrition Program Food Components**

When prepared as written, each portion provides:
- ½ cup vegetable

When made with an equivalent amount of whole eggs (one large egg per portion, which will increase the fat and cholesterol) each portion provides:
- 2-ounce equivalent meat/meat alternate
- ½ cup vegetable

**Family-size recipe can be found in the appendix.**

**Original Recipe Source**

Produce for Better Health Foundation
**Strawberry Yogurt Breakfast Split**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>50 Servings</th>
<th>100 Servings</th>
<th>For 25 Servings</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Petite bananas</td>
<td>50</td>
<td>100</td>
<td>25</td>
<td>1. Peel bananas and slice lengthwise. Place onto individual plates.</td>
</tr>
<tr>
<td>Strawberries, hulled, sliced, fresh or frozen</td>
<td>3 gallons + 2 cups</td>
<td>6 gallons + 1 quart</td>
<td>1 1/2 gallons + 1 cup</td>
<td>2. Top banana with 1 cup sliced strawberries.</td>
</tr>
<tr>
<td>Low-fat vanilla yogurt</td>
<td>6 quarts</td>
<td>3 gallons</td>
<td>3 quarts</td>
<td>3. Top berries with 1/2 cup (4 ounces) yogurt.</td>
</tr>
<tr>
<td>Almonds, toasted, chopped</td>
<td>3 cups</td>
<td>1 1/2 quarts</td>
<td>1 1/2 cups</td>
<td>4. Top yogurt with 1 tablespoon chopped almonds.</td>
</tr>
</tbody>
</table>

- Serve 1 split per person.

- USDA commodity fruits, vegetables, or beans listed in the Food Buying Guide for Child Nutrition Programs, 2008 edition

- Other fruits can be substituted for those shown including apples, blueberries, grapes, kiwi, mango, nectarines, oranges, peaches, pears, plums, and raspberries.

- Grapes are a choking hazard for young children. When serving young children, cut grapes in half or substitute another chopped fruit.
**Strawberry Yogurt Breakfast Split**

**Nutrients Per Serving**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>330</td>
</tr>
<tr>
<td>Percent Calories from Fat</td>
<td>22%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>8 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.5 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>10 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>70 mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>56 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>7 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>42 g</td>
</tr>
<tr>
<td>Protein</td>
<td>9 g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>(200 IU) 4%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>(90 mg) 150%</td>
</tr>
<tr>
<td>Calcium</td>
<td>25%</td>
</tr>
<tr>
<td>Iron</td>
<td>10%</td>
</tr>
</tbody>
</table>

**Approximate preparation time**

20 minutes

**Child Nutrition Program Food Components**

Each portion provides:

- 1½ cups fruit
- 1-ounce equivalent meat/meat alternate

**Family-size recipe can be found in the appendix.**

**Original Recipe Source**

Produce for Better Health Foundation and the California Strawberry Commission
# Apple Glazed Sweet Potatoes

### Recipe I-20

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>50 Servings</th>
<th>100 Servings</th>
<th>For 25 Servings</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
<td>Weight</td>
<td>Measure</td>
</tr>
<tr>
<td>Sweet potatoes, fresh, whole</td>
<td>18 lb</td>
<td>36 lb</td>
<td>9 lb</td>
<td>1. Preheat oven to 375° F.</td>
</tr>
<tr>
<td>100% apple juice, unsweetened</td>
<td>2 quarts</td>
<td>1 gallon</td>
<td>1 quart</td>
<td>2. Prick sweet potatoes with a fork and bake 45-60 minutes until tender.</td>
</tr>
<tr>
<td>Nutmeg, ground</td>
<td>2 tsp</td>
<td>1 Tb</td>
<td>1 tsp</td>
<td>3. Peel potatoes (optional).</td>
</tr>
<tr>
<td>Cinnamon, ground</td>
<td>2 Tb</td>
<td>¼ cup</td>
<td>1 Tb</td>
<td>4. Slice potatoes lengthwise into wedges.</td>
</tr>
<tr>
<td>Salt</td>
<td>2 Tb</td>
<td>1/8 cup</td>
<td>1 Tb</td>
<td>5. Place apple juice in steam kettle, tilt skillet or sauté pan and reduce to ¼ over medium high heat.</td>
</tr>
<tr>
<td>Butter, unsalted, cut into 1-inch pats</td>
<td>¼ lb</td>
<td>½ cup</td>
<td>½ lb</td>
<td>6. Add nutmeg, cinnamon and salt to apple glaze and stir in pats of butter. Reduce heat.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 cup</td>
<td>7. Add sweet potatoes to apple-spice glaze, continue to stir until well coated and heated through.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>¼ cup or 2 oz</td>
<td>8. Keep warm in a 200° F oven until ready to serve.</td>
</tr>
</tbody>
</table>

Serve 4 wedges.

- USDA commodity fruits, vegetables, or beans listed in the Food Buying Guide for Child Nutrition Programs, 2008 edition
Apple Glazed Sweet Potatoes

Nutrients Per Serving

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>150</td>
</tr>
<tr>
<td>Percent Calories from Fat</td>
<td>12%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>2.0 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.0 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>&lt;5 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>190 mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>30 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>12 g</td>
</tr>
<tr>
<td>Protein</td>
<td>2 g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>(23,500 IU) 470%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>(24 mg) 40%</td>
</tr>
<tr>
<td>Calcium</td>
<td>6%</td>
</tr>
<tr>
<td>Iron</td>
<td>6%</td>
</tr>
</tbody>
</table>

Approximate preparation time
30 minutes

Child Nutrition Program Food Components
Each portion provides:
- ½ cup vegetable

Family-size recipe can be found in the appendix.

Original Recipe Source
Produce for Better Health Foundation and the American Cancer Society
# Orange-Sauced Vegetables

## Recipe I-22

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>50 Servings</th>
<th>100 Servings</th>
<th>For 25 Servings</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
<td>Weight</td>
<td>Measure</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broccoli, fresh or frozen, cuts☆</td>
<td>4 lb</td>
<td>8 lb</td>
<td>2 lb</td>
<td>1. Steam broccoli and carrots until bright and slightly tender.</td>
</tr>
<tr>
<td>Baby carrots, fresh or frozen☆</td>
<td>2 lb</td>
<td>4 lb</td>
<td>1 lb</td>
<td>2. Heat water chestnuts thoroughly in saucepan until heated through.</td>
</tr>
<tr>
<td>Water chestnuts, canned☆ or frozen</td>
<td>2 lb</td>
<td>4 lb</td>
<td>1 lb</td>
<td>3. In a saucepan combine orange zest, orange juice and honey. Bring mixture to a boil.</td>
</tr>
<tr>
<td>Orange zest, minced</td>
<td>2 Tb</td>
<td>4 Tb</td>
<td>3 tsp</td>
<td>4. Combine soy sauce and cornstarch to make slurry.</td>
</tr>
<tr>
<td>100% orange juice, unsweetened☆</td>
<td>3 cups</td>
<td>1½ quarts</td>
<td>1½ cup</td>
<td>5. While whisking, pour soy sauce and cornstarch slurry into boiling orange juice and honey mixture to thicken.</td>
</tr>
<tr>
<td>Soy sauce, reduced sodium</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>2 Tb</td>
<td>6. Pour sauce over hot vegetables and toss lightly to coat.</td>
</tr>
<tr>
<td>Cornstarch</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>2 Tb</td>
<td><strong>Serve ½ cup (4 ounces).</strong></td>
</tr>
</tbody>
</table>

☆ USDA commodity fruits, vegetables, or beans listed in the Food Buying Guide for Child Nutrition Programs, 2008 edition
Orange-Sauced Vegetables
Nutrients Per Serving

Calories 40
Percent Calories from Fat 0%
Total Fat 0 g
  Saturated Fat 0 g
  Trans Fat 0 g
Cholesterol 0 mg
Sodium 70 mg
Total Carbohydrates 9 g
  Dietary Fiber 2 g
  Sugars 3 g
Protein 1 g
Vitamin A (2,500 IU) 50%
Vitamin C (30 mg) 50%
Calcium 2%
Iron 2%

Approximate preparation time
25 minutes

Child Nutrition Program Food Components
Each portion provides:
- ½ cup vegetable

Family-size recipe can be found in the appendix.

Original Recipe Source
Produce for Better Health Foundation
## Red Potatoes with Herbs

### Recipe I-23

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>50 Servings</th>
<th>100 Servings</th>
<th>For 25 Servings</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
<td>Weight</td>
<td>Measure</td>
</tr>
<tr>
<td>Baby red potatoes, unpeeled</td>
<td>14 lb</td>
<td></td>
<td>28 lb</td>
<td>7 lb</td>
</tr>
<tr>
<td>Basil, dry</td>
<td>½ cup</td>
<td></td>
<td>¾ cup</td>
<td>6 Tb</td>
</tr>
<tr>
<td>Chives, dry</td>
<td>½ cup</td>
<td></td>
<td>¾ cup</td>
<td>6 Tb</td>
</tr>
<tr>
<td>Lemon juice</td>
<td>½ cup</td>
<td></td>
<td>¾ cup</td>
<td>6 Tb</td>
</tr>
<tr>
<td>Black pepper, ground</td>
<td>1 ½ tsp</td>
<td></td>
<td>1 Tb</td>
<td>¾ tsp</td>
</tr>
<tr>
<td>Vegetable oil</td>
<td>2/3 cup</td>
<td></td>
<td>1-1/3 cups</td>
<td>1/3 cup</td>
</tr>
</tbody>
</table>

1. In a large stockpot or steam kettle boil potatoes until just fork-tender – approximately 20 minutes.
2. While potatoes are cooking combine basil, chives, lemon juice, pepper, and oil in a saucepan and heat to simmer.
3. Drain potatoes once tender, and let the steam evaporate.
4. Allow potatoes to air dry slightly before coating with oil mixture.
5. Pour hot herb and oil mixture over the cooked potatoes and toss lightly to evenly coat.
6. Serve immediately or hold in 200° F oven until ready to serve.

**Serve ½ cup (4 ounces).**

---

‡ USDA commodity fruits, vegetables, or beans listed in the Food Buying Guide for Child Nutrition Programs, 2008 edition
**Red Potatoes with Herbs**

**Nutrients Per Serving**

Calories 120  
Percent Calories from Fat 23%  
Total Fat 3.0 g  
  Saturated Fat 0.5 g  
  Trans Fat 0 g  
Cholesterol 0 mg  
Sodium 10 mg  
Total Carbohydrates 21 g  
  Dietary Fiber 2 g  
  Sugars 1 g  
Protein 2 g  
Vitamin A (50 IU) <2%  
Vitamin C (12 mg) 20%  
Calcium 2%  
Iron 6%

*NOTES*

- Approximate preparation time: 30 minutes
- Child Nutrition Program Food Components
  - Each portion provides:
    - ½ cup vegetable
- Family-size recipe can be found in the appendix.
- Original Recipe Source
  - Produce for Better Health Foundation

---

NH Obesity Prevention Program, DHHS, DPHS • 603-271-4551 • www.dhhs.nh.gov/dphs/nhp/obesity.htm • Page 42
# Roasted Butternut Squash

**Recipe I-24**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>50 Servings</th>
<th>100 Servings</th>
<th>For 25 Servings</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
<td>Weight</td>
<td>Measure</td>
</tr>
<tr>
<td>Butternut squash, average size (use local produce, if available) or Fresh winter squash peeled, seeded, and cut into large cubes or Frozen winter squash peeled, seeded, and cubed</td>
<td>20 lb</td>
<td>40 lb</td>
<td>10 lb</td>
<td>1. Preheat oven to 350° F.</td>
</tr>
<tr>
<td>Cinnamon or Allspice</td>
<td>2 tsp</td>
<td>1 Tbsp + 1 tsp</td>
<td>1 tsp</td>
<td>2. If not already prepared, remove seeds from squash and cut into lengthwise quarters or into large cubes.</td>
</tr>
<tr>
<td>Salt</td>
<td>2 Tbsp</td>
<td>4 Tbsp</td>
<td>1 Tbsp</td>
<td>3. Place squash onto baking sheet that has been lightly coated with non-stick cooking spray.</td>
</tr>
<tr>
<td>Black pepper, ground</td>
<td>2 tsp</td>
<td>1 Tbsp + 1 tsp</td>
<td>1 tsp</td>
<td>4. In a small bowl mix together cinnamon or allspice, salt and pepper. Mist squash with water or cooking spray and dust each with mixed spices.</td>
</tr>
<tr>
<td>Spray oil, or water spray as needed</td>
<td></td>
<td></td>
<td></td>
<td>5. Bake squash 30-40 minutes until tender.</td>
</tr>
</tbody>
</table>

*Serve one wedge or ½ cup (4 ounces) cubed squash.*

---

Roasted Butternut Squash

Nutrients Per Serving

<table>
<thead>
<tr>
<th>Nutrition Value</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>60</td>
</tr>
<tr>
<td>Percent Calories from Fat</td>
<td>15%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1.0 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>290 mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>16 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>5 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>3 g</td>
</tr>
<tr>
<td>Protein</td>
<td>2 g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>(17,000 IU) 340%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>(24 mg) 40%</td>
</tr>
<tr>
<td>Calcium</td>
<td>8%</td>
</tr>
<tr>
<td>Iron</td>
<td>6%</td>
</tr>
</tbody>
</table>

Approximate preparation time
30 minutes

Child Nutrition Program Food Components
Each portion provides:
- ½ cup vegetable

Family-size recipe can be found in the appendix.

Original Recipe Source
New Hampshire Hospital
**Spiced Butternut Squash**

### Ingredients

<table>
<thead>
<tr>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butternut squash, ‡ (use local produce, if available) or Fresh winter squash peeled, seeded, and cubed or Frozen winter squash peeled, seeded, and cubed</td>
</tr>
<tr>
<td>Cinnamon</td>
</tr>
<tr>
<td>Salt</td>
</tr>
<tr>
<td>Pepper, black ground</td>
</tr>
</tbody>
</table>

### Directions

1. Place squash in 2-inch hotel pans.
2. Steam squash for 30-40 minutes, or until tender.
3. If unpeeled, removed the skins.
4. In a small bowl, mix cinnamon, salt, and pepper.
5. Place steamed squash and spices in a mixing bowl. Use a wire whip attachment to mash the squash.

Serve ½ cup (4 ounces).

---

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>50 Servings</th>
<th>100 Servings</th>
<th>For 25 Servings</th>
<th>Directions</th>
</tr>
</thead>
</table>
| Butternut squash  | 20 lb       | 40 lb        | 10 lb           | 1. Place squash in 2-inch hotel pans.  
|                  |             |              |                 | 2. Steam squash for 30-40 minutes, or until tender.  
|                  |             |              |                 | 3. If unpeeled, removed the skins.  
|                  |             |              |                 | 4. In a small bowl, mix cinnamon, salt, and pepper.  
|                  |             |              |                 | 5. Place steamed squash and spices in a mixing bowl. Use a wire whip attachment to mash the squash.  
|                  |             |              |                 | ☀ Serve ½ cup (4 ounces).  |
| Cinnamon         | 2 tsp       | 1 Tb +1 tsp  | 1 tsp           |            |
| Salt             | 2 Tb        | 4 Tb         | 1 Tb            |            |
| Pepper, black ground | 2 tsp       | 1 Tb +1 tsp  | 1 tsp           |            |

‡ USDA commodity fruits, vegetables, or beans listed in the Food Buying Guide for Child Nutrition Programs, 2008 edition
**Spiced Butternut Squash**

**Nutrients Per Serving**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>60</td>
<td></td>
</tr>
<tr>
<td>Percent Calories from Fat</td>
<td>15%</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>1.0 g</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0 g</td>
<td></td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>290 mg</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>16 g</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>5 g</td>
<td></td>
</tr>
<tr>
<td>Sugars</td>
<td>3 g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>2 g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>(17,000 IU) 340%</td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td>(12 mg) 40%</td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td>6%</td>
<td></td>
</tr>
</tbody>
</table>

**Approximate preparation time**

45 minutes

**Child Nutrition Program Food Components**

Each portion provides:
- ½ cup vegetable

**Family-size recipe can be found in the appendix.**

**Original Recipe Source**

National Cancer Institute
# Vegetable Sage Stuffing

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>50 Servings</th>
<th>Weight</th>
<th>Measure</th>
<th>100 Servings</th>
<th>Weight</th>
<th>Measure</th>
<th>For 25 Servings</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter, unsalted</td>
<td></td>
<td>¼ lb</td>
<td>½ cup</td>
<td></td>
<td>½ lb</td>
<td>1 cup</td>
<td>¼ cup</td>
<td>1. Preheat oven to 375° F.</td>
</tr>
<tr>
<td>Onion, skinned, diced</td>
<td></td>
<td>2 lb</td>
<td></td>
<td></td>
<td>4 lb</td>
<td></td>
<td>1 lb</td>
<td>2. In a large saucepan or steam kettle melt butter.</td>
</tr>
<tr>
<td>Celery, diced</td>
<td></td>
<td>2 lb</td>
<td></td>
<td></td>
<td>4 lb</td>
<td></td>
<td>1 lb</td>
<td>3. Add onions, celery and carrots to melted butter and cook over medium heat for 10 minutes.</td>
</tr>
<tr>
<td>Carrots, diced, fresh or frozen</td>
<td></td>
<td>4 lb</td>
<td></td>
<td></td>
<td>8 lb</td>
<td></td>
<td>2 lb</td>
<td>4. Add mushrooms, dry sage, poultry seasoning, pepper and peas.</td>
</tr>
<tr>
<td>Mushrooms, button, sliced</td>
<td></td>
<td>2 lb</td>
<td></td>
<td></td>
<td>4 lb</td>
<td></td>
<td>1 lb</td>
<td>5. Add broth and simmer until volume of broth has reduced by ½.</td>
</tr>
<tr>
<td>Green peas, frozen</td>
<td></td>
<td>8 cups</td>
<td></td>
<td></td>
<td>16 cups</td>
<td></td>
<td>4 cups</td>
<td>6. Add cubed bread and stir until evenly moistened and vegetables are uniformly spread throughout stuffing.</td>
</tr>
<tr>
<td>Sage, dry, ground</td>
<td></td>
<td>2 Tb</td>
<td></td>
<td></td>
<td>4 Tb</td>
<td></td>
<td>1 Tb</td>
<td>7. Place stuffing into 4-inch hotel pans that have been sprayed with non-stick cooking spray. [For the 100-serving recipe, use 4 pans; for the 50-serving recipe, use 2 pans; for the 25-serving recipe, use 1 pan.]</td>
</tr>
<tr>
<td>Poultry seasoning</td>
<td></td>
<td>2 Tb</td>
<td></td>
<td></td>
<td>4 Tb</td>
<td></td>
<td>1 Tb</td>
<td>8. Bake uncovered for 30-45 minutes until top is slightly crispy and golden brown.</td>
</tr>
<tr>
<td>Black pepper, ground</td>
<td></td>
<td>2 Tsp</td>
<td></td>
<td></td>
<td>1 Tb</td>
<td></td>
<td>1 Tsp</td>
<td>☛ Cut 5x5 to make 25 servings per pan.</td>
</tr>
<tr>
<td>Chicken broth, low sodium</td>
<td></td>
<td>3 quarts</td>
<td></td>
<td></td>
<td>6 quarts</td>
<td></td>
<td>1½ quarts</td>
<td></td>
</tr>
<tr>
<td>Whole wheat bread, day-old, sliced into 1-inch cubes</td>
<td></td>
<td>4 lb</td>
<td></td>
<td></td>
<td>8 lb</td>
<td></td>
<td>2 lb</td>
<td></td>
</tr>
</tbody>
</table>

عمارداً، منتجات، أو حبوب من المأكولات الفائضة في النسخة القياسية للغذاء، 2008 نسخة
**Vegetable Sage Stuffing**
**Nutrients Per Serving**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>170</td>
</tr>
<tr>
<td>Percent Calories from Fat</td>
<td>16%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>3.0 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.0 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>5 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>360 mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>26 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>5 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>5 g</td>
</tr>
<tr>
<td>Protein</td>
<td>7 g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>(5,000 IU) 100%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>(6 mg) 10%</td>
</tr>
<tr>
<td>Calcium</td>
<td>10%</td>
</tr>
<tr>
<td>Iron</td>
<td>10%</td>
</tr>
</tbody>
</table>

**Approximate preparation time**
55 minutes (does not include baking time)

**Child Nutrition Program Food Components**
Each portion provides:
- 1 grain/bread
- ½ cup vegetable

**Family-size recipe can be found in the appendix.**

**Original Recipe Source**
Produce for Better Health Foundation
# Chicken Ratatouille

## Recipe D-52

### Ingredients

<table>
<thead>
<tr>
<th></th>
<th>50 Servings</th>
<th>100 Servings</th>
<th>For 25 Servings</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
<td>Weight</td>
<td>Measure</td>
</tr>
<tr>
<td>Olive oil</td>
<td></td>
<td>1 cup</td>
<td>2 cups</td>
<td>½ cup</td>
</tr>
<tr>
<td>Chicken breast, boneless, skinless, 2-ounce portion when cooked</td>
<td>50</td>
<td></td>
<td>100</td>
<td></td>
</tr>
<tr>
<td>Onion, Spanish, diced</td>
<td>2 lb</td>
<td>4 lb</td>
<td>1 lb</td>
<td></td>
</tr>
<tr>
<td>Eggplant, diced</td>
<td>2 lb</td>
<td>4 lb</td>
<td>1 lb</td>
<td></td>
</tr>
<tr>
<td>Zucchini, diced</td>
<td>2 lb</td>
<td>4 lb</td>
<td>1 lb</td>
<td></td>
</tr>
<tr>
<td>Green peppers, diced</td>
<td>2 lb</td>
<td>4 lb</td>
<td>1 lb</td>
<td></td>
</tr>
<tr>
<td>Mushrooms, fresh or canned, sliced</td>
<td>2 lb</td>
<td>4 lb</td>
<td>1 lb</td>
<td></td>
</tr>
<tr>
<td>Garlic, minced</td>
<td>2 oz</td>
<td>4 oz</td>
<td>6 cloves</td>
<td></td>
</tr>
<tr>
<td>Tomatoes, canned, chopped</td>
<td></td>
<td>2 #10 cans</td>
<td>4 #10 cans</td>
<td>1 #10 can</td>
</tr>
<tr>
<td>Dried parsley</td>
<td></td>
<td>4 Tb</td>
<td>½ cup</td>
<td>2 Tb</td>
</tr>
<tr>
<td>Black pepper, ground</td>
<td></td>
<td>2 Tb</td>
<td>¼ cup</td>
<td>1 Tb</td>
</tr>
<tr>
<td>Dried basil leaves</td>
<td></td>
<td>4 Tb</td>
<td>½ cup</td>
<td>2 Tb</td>
</tr>
</tbody>
</table>

- USDA commodity fruits, vegetables, or beans listed in the Food Buying Guide for Child Nutrition Programs, 2008 edition

### Directions

1. Heat oil in large tilt skillet.
2. Sauté chicken 3 minutes on each side in hot oil.
3. Add onion, eggplant, zucchini, green peppers, and mushrooms.
4. Continue to stir occasionally about 10 minutes.
5. Add garlic and cook 1 minute.
6. Add tomatoes, including the juice from the tomatoes to the chicken and vegetables.
7. Add the dried basil, parsley and black pepper.
8. Simmer chicken until thermometer reads 165°F internal temperature.

- Serve 1 chicken breast with ¾ cup (6 ounces) vegetables on top.
- Nice to serve with rice.
- Can be served with crushed red pepper on the side.
**Chicken Ratatouille**  
**Nutrients Per Serving**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>200</td>
</tr>
<tr>
<td>Percent Calories from Fat</td>
<td>32%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>7 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.0 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>52 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>310 mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>11 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>6 g</td>
</tr>
<tr>
<td>Protein</td>
<td>20 g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>(750 IU) 15%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>(36 mg) 60%</td>
</tr>
<tr>
<td>Calcium</td>
<td>4%</td>
</tr>
<tr>
<td>Iron</td>
<td>10%</td>
</tr>
</tbody>
</table>

**Approximate preparation time**

40 minutes

**Child Nutrition Program Food Components**

Each portion provides:
- 2-ounce equivalent meat/meat alternate
- ½ cup vegetable

**Family-size recipe can be found in the appendix.**

**Original Recipe Source**

Produce for Better Health Foundation and the National Heart, Lung, and Blood Institute
# Tomato and Bean Burritos

**Recipe D-53**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>50 Servings</th>
<th>100 Servings</th>
<th>For 25 Servings</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
<td>Weight</td>
<td>Measure</td>
</tr>
<tr>
<td>Vegetable oil</td>
<td>1 cup</td>
<td>2 cups</td>
<td>½ cup</td>
<td></td>
</tr>
<tr>
<td>Tomatoes, fresh, medium diced</td>
<td>25 lb</td>
<td>50 lb</td>
<td>12 ½ lb</td>
<td></td>
</tr>
<tr>
<td>Onion, diced</td>
<td>6 cups</td>
<td>12 cups</td>
<td>3 cups</td>
<td></td>
</tr>
<tr>
<td>Garlic, minced</td>
<td>2 Tb</td>
<td>1/8 cup</td>
<td>1 Tb</td>
<td></td>
</tr>
<tr>
<td>Chili powder, ground</td>
<td>2 Tb</td>
<td>¼ cup</td>
<td>1 Tb</td>
<td></td>
</tr>
<tr>
<td>Cumin, ground</td>
<td>2 tsp</td>
<td>1 Tbsp+1 tsp</td>
<td>1 tsp</td>
<td></td>
</tr>
<tr>
<td>Red kidney beans, canned, drained and rinsed</td>
<td>1 gallon</td>
<td>2 gallons</td>
<td>2 quarts</td>
<td>7. Sprinkle each tortilla with 2 tablespoons shredded cheese and fold one side over the mixture towards the center.</td>
</tr>
<tr>
<td>Parsley, dried</td>
<td>2 Tb</td>
<td>1/4 cup</td>
<td>1 Tb</td>
<td></td>
</tr>
<tr>
<td>Enriched 10-inch flour tortillas, or 10-inch whole-wheat tortillas</td>
<td>50</td>
<td>100</td>
<td>25</td>
<td>9. Line up burritos closely on a sheet pans lined with parchment paper. Wrap tightly with plastic wrap and then top with foil. To keep burritos soft until served, the pan must be covered tightly.</td>
</tr>
<tr>
<td>Mozzarella or cheddar cheese, shredded</td>
<td>2½ cups</td>
<td>5 cups</td>
<td>1¼ cups</td>
<td>10. Hold in 200° F oven.</td>
</tr>
</tbody>
</table>

*USDA commodity fruits, vegetables, or beans listed in the Food Buying Guide for Child Nutrition Programs, 2008 edition*
### Tomato and Bean Burritos

**Nutrients Per Serving**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>430</td>
</tr>
<tr>
<td>Percent Calories from Fat</td>
<td>23%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>11 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>2.0 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>&lt;5 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>520 mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>67 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>12 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>10 g</td>
</tr>
<tr>
<td>Protein</td>
<td>16 g</td>
</tr>
<tr>
<td>Vitamin A (1,250 IU)</td>
<td>25%</td>
</tr>
<tr>
<td>Vitamin C (54 mg)</td>
<td>90%</td>
</tr>
<tr>
<td>Calcium</td>
<td>15%</td>
</tr>
<tr>
<td>Iron</td>
<td>25%</td>
</tr>
</tbody>
</table>

Approximate preparation time

45 minutes

**Child Nutrition Program Food Components**

Each portion provides:
- 1 grain/bread
- 1 cup vegetable

**Family-size recipe can be found in the appendix.**

**Original Recipe Source**

Produce for Better Health Foundation and the Florida Tomato Committee
# Tomatoes with Garbanzos and Rosemary over Rotini Pasta

**Recipe D-54**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>50 Servings</th>
<th>100 Servings</th>
<th>For 25 Servings</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
<td>Weight</td>
<td>Measure</td>
</tr>
<tr>
<td>Olive oil</td>
<td></td>
<td>½ cup</td>
<td>1 cup</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Garlic, minced</td>
<td>1/3 cup</td>
<td>2/3 cup</td>
<td>3 Tbsp</td>
<td>3. Add minced garlic and dried rosemary to oil to infuse the flavor into the oil. Cook approximately 2 minutes; do not brown garlic.</td>
</tr>
<tr>
<td>Rosemary, dried</td>
<td>1 Tb + 1 tsp</td>
<td>3 Tb</td>
<td>2 tsp</td>
<td>4. Add crushed red pepper flakes and chopped tomatoes w/ juice.</td>
</tr>
<tr>
<td>Red pepper flakes, crushed</td>
<td>1 tsp</td>
<td>2 tsp</td>
<td>½ tsp</td>
<td>5. Increase heat to medium high and simmer sauce until it begins to thicken. Approximately 8-10 minutes.</td>
</tr>
<tr>
<td>Tomatoes, canned, diced, undrained</td>
<td>2 #10 cans</td>
<td>4 #10 cans</td>
<td>1 #10 can</td>
<td>6. Add garbanzo beans and heat thoroughly.</td>
</tr>
<tr>
<td>Garbanzo beans, canned, rinsed and drained</td>
<td>7½ lb</td>
<td>15 lb</td>
<td>3¾ lb</td>
<td>7. Add green beans to sauce. Heat thoroughly. The beans should be firm.</td>
</tr>
<tr>
<td>Green beans, frozen, thawed, drained</td>
<td>12½ cups</td>
<td>25 cups</td>
<td>6¼ cups</td>
<td>8. Add dried parsley to sauce.</td>
</tr>
<tr>
<td>Parsley, dried leaves</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>2 Tbsp</td>
<td>9. Place sauce in hotel pans and hold in 200° F oven until ready to serve.</td>
</tr>
<tr>
<td>Enriched rotini (or other) pasta or whole-wheat pasta</td>
<td>9 lb</td>
<td>18 lb</td>
<td>4½ lb</td>
<td><strong>Serve 1 cup cooked pasta topped with 1 cup (8 ounces) sauce and ½ teaspoon Parmesan cheese.</strong></td>
</tr>
<tr>
<td>Parmesan cheese, grated</td>
<td>1¾ cups</td>
<td>3 cups</td>
<td>¾ cup</td>
<td></td>
</tr>
</tbody>
</table>

[†] USDA commodity fruits, vegetables, or beans listed in the Food Buying Guide for Child Nutrition Programs, 2008 edition

Fruit and Veggie Quantity Cookbook - Revised Edition • Oct 2011
NH Obesity Prevention Program, DHHS, DPHS • 603-271-4551 • www.dhhs.nh.gov/dphs/nhp/obesity.htm • Page 53
**Tomatoes with Garbanzos and Rosemary over Rotini Pasta**

**Nutrients Per Serving**

- Calories: 440
- Percent Calories from Fat: 10%
- Total Fat: 5.0 g
  - Saturated Fat: 1.0 g
  - Trans Fat: 0 g
- Cholesterol: <5 mg
- Sodium: 360 mg
- Total Carbohydrates: 79 g
  - Dietary Fiber: 7 g
  - Sugars: 7 g
- Protein: 17 g
- Vitamin A: (500 IU) 10%
- Vitamin C: (15 mg) 25%
- Calcium: 10%
- Iron: 20%

**NOTES**

- Approximate preparation time: 30 minutes
- Child Nutrition Program Food Components:
  - Each portion provides:
    - 2 grains/breads
    - 1 cup vegetable
- Family-size recipe can be found in the appendix.
- Original Recipe Source:
  - Produce for Better Health Foundation

---

**Fruit and Veggie Quantity Cookbook - Revised Edition • Oct 2011**
NH Obesity Prevention Program, DHHS, DPHS • 603-271-4551 • www.dhhs.nh.gov/dphs/nhp/obesity.htm • Page 54
## Cool Clementines

### Ingredients

<table>
<thead>
<tr>
<th>Fruit</th>
<th>50 Servings</th>
<th>100 Servings</th>
<th>For 25 Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clementines</td>
<td>50</td>
<td>100</td>
<td>25</td>
</tr>
</tbody>
</table>

### Directions

1. Peel each clementine and divide into sections.
2. Arrange individual clementine sections on a parchment-covered sheet pan.
3. Place sheet pan into freezer for at least ½ hour to freeze solid.
4. Once frozen, sections can be placed in individual ½ cup portions and held in the freezer until ready to serve.

*Serve ½ cup (4 ounces).*

—if USDA commodity fruits, vegetables, or beans listed in the Food Buying Guide for Child Nutrition Programs, 2008 edition
**Cool Clementines**  
**Nutrients Per Serving**

- Calories: 35  
- Percent Calories from Fat: 0%  
- Total Fat: 0 g  
- Saturated Fat: -- g  
- Trans Fat: -- g  
- Cholesterol: -- mg  
- Sodium: 0 mg  
- Total Carbohydrates: 9 g  
- Dietary Fiber: 1 g  
- Sugars: 7 g  
- Protein: <1 g  
- Vitamin A: -- %  
- Vitamin C (36 mg): 60%  
- Calcium: 25%  
- Iron: 0%

**Approximate preparation time**  
60 minutes (includes freezing time)

**Child Nutrition Program**  
Each portion provides:  
- ½ cup fruit

**Family-size recipe can be found in the appendix.**

**Original Recipe Source**  
New Hampshire Department of Education
### Go Bananas Orange Dip

**Recipe M-2**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>50 Servings</th>
<th>100 Servings</th>
<th>For 25 Servings</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bananas, peeled</td>
<td></td>
<td></td>
<td></td>
<td>1. Place bananas in large blender or food processor.</td>
</tr>
<tr>
<td>Yogurt, lowfat or non-fat, vanilla or plain</td>
<td></td>
<td></td>
<td></td>
<td>2. Add yogurt to bananas and blend on low speed until thoroughly mixed.</td>
</tr>
<tr>
<td>Oranges, peeled, sectioned</td>
<td></td>
<td></td>
<td></td>
<td>3. Place dip in serving bowl or into individual ½ cup portions.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>4. Arrange oranges onto serving platter or onto individual plates.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>5. This recipe can be presented with the dip in the center of the tray and colorful “dippers” arranged around the edge.</td>
</tr>
<tr>
<td>Or try other “dippers.”</td>
<td></td>
<td></td>
<td></td>
<td>☀ If age-appropriate, fruit can be skewered and stuck into a piece of dense fruit as a base, such as melon or pineapple for a dramatic presentation.</td>
</tr>
<tr>
<td>Apples</td>
<td></td>
<td></td>
<td></td>
<td>☀ Serve ½ cup (4 ounces) of “dippers” and 3 ounces of the dip.</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td></td>
<td></td>
<td></td>
<td>☀ Serve ½ cup (4 ounces) of “dippers” and 3 ounces of the dip.</td>
</tr>
<tr>
<td>Grapes</td>
<td></td>
<td></td>
<td></td>
<td>☀ Serve ½ cup (4 ounces) of “dippers” and 3 ounces of the dip.</td>
</tr>
<tr>
<td>Kiwi slices</td>
<td></td>
<td></td>
<td></td>
<td>☀ Serve ½ cup (4 ounces) of “dippers” and 3 ounces of the dip.</td>
</tr>
<tr>
<td>Strawberries</td>
<td></td>
<td></td>
<td></td>
<td>☀ Serve ½ cup (4 ounces) of “dippers” and 3 ounces of the dip.</td>
</tr>
<tr>
<td>Orange sections</td>
<td></td>
<td></td>
<td></td>
<td>☀ Serve ½ cup (4 ounces) of “dippers” and 3 ounces of the dip.</td>
</tr>
<tr>
<td>Pineapple</td>
<td></td>
<td></td>
<td></td>
<td>☀ Serve ½ cup (4 ounces) of “dippers” and 3 ounces of the dip.</td>
</tr>
<tr>
<td>Watermelon</td>
<td></td>
<td></td>
<td></td>
<td>☀ Serve ½ cup (4 ounces) of “dippers” and 3 ounces of the dip.</td>
</tr>
<tr>
<td>Honeydew or other melons</td>
<td></td>
<td></td>
<td></td>
<td>☀ Serve ½ cup (4 ounces) of “dippers” and 3 ounces of the dip.</td>
</tr>
<tr>
<td>Bell Peppers</td>
<td></td>
<td></td>
<td></td>
<td>☀ Serve ½ cup (4 ounces) of “dippers” and 3 ounces of the dip.</td>
</tr>
<tr>
<td>Broccoli</td>
<td></td>
<td></td>
<td></td>
<td>☀ Serve ½ cup (4 ounces) of “dippers” and 3 ounces of the dip.</td>
</tr>
<tr>
<td>Carrots</td>
<td></td>
<td></td>
<td></td>
<td>☀ Serve ½ cup (4 ounces) of “dippers” and 3 ounces of the dip.</td>
</tr>
<tr>
<td>Cauliflower</td>
<td></td>
<td></td>
<td></td>
<td>☀ Serve ½ cup (4 ounces) of “dippers” and 3 ounces of the dip.</td>
</tr>
<tr>
<td>Celery</td>
<td></td>
<td></td>
<td></td>
<td>☀ Serve ½ cup (4 ounces) of “dippers” and 3 ounces of the dip.</td>
</tr>
<tr>
<td>Cucumbers</td>
<td></td>
<td></td>
<td></td>
<td>☀ Serve ½ cup (4 ounces) of “dippers” and 3 ounces of the dip.</td>
</tr>
</tbody>
</table>

![USDA commodity fruits, vegetables, or beans listed in the Food Buying Guide for Child Nutrition Programs, 2008 edition](https://www.dhhs.nh.gov/dphs/nhp/obesity.htm)

!!! If using plain yogurt, add 2 Tb honey per quart.

!!! Grapes are a choking hazard for young children. When serving young children, cut grapes in half or substitute another chopped fruit.
Go Bananas Orange Dip
Nutrients Per Serving

Calories: 170
Percent Calories from Fat: 5%
Total Fat: 1.0 g
  Saturated Fat: 1.0 g
  Trans Fat: 0 g
Cholesterol: <5 mg
Sodium: 40 mg
Total Carbohydrates: 40 g
  Dietary Fiber: 6 g
  Sugars: 29 g
Protein: 4 g
Vitamin A (200 IU): 4%
Vitamin C (84 mg): 140%
Calcium: 15%
Iron: 2%

Approximate preparation time
25 minutes

Child Nutrition Program Food Components
Each portion provides:
- ½ cup fruit/vegetable

Family-size recipe can be found in the appendix.

Original Recipe Source
Produce for Better Health Foundation
## Polar Berries

### Recipe M-3

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>50 Servings</th>
<th>100 Servings</th>
<th>For 25 Servings</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Grapes</strong></td>
<td></td>
<td></td>
<td></td>
<td>1. Wash grapes well and remove stems.</td>
</tr>
<tr>
<td>▲ seedless, red, purple, and/or green</td>
<td>6 quarts + 1 cup</td>
<td>3 gallons + 2 cups</td>
<td>3 quarts + ½ cup</td>
<td>2. Arrange individual grapes on a parchment-covered sheet pan.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>3. Place sheet pan into freezer for at least 30 minutes to freeze solid.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>4. Once frozen, polar berries can be placed in individual ½-cup portion cups and held in the freezer until ready to serve.</td>
</tr>
</tbody>
</table>

*Serve ½ cup (4 ounces).*

- USDA commodity fruits, vegetables, or beans listed in the Food Buying Guide for Child Nutrition Programs, 2008 edition

▲ Grapes are a choking hazard for young children. When serving young children, cut grapes in half or substitute another chopped fruit.
### Nutrients Per Serving

- **Calories**: 60
- **Percent Calories from Fat**: 0%
- **Total Fat**: 0 g
  - **Saturated Fat**: 0 g
  - **Trans Fat**: -- g
- **Cholesterol**: 0 mg
- **Sodium**: 0 mg
- **Total Carbohydrates**: 14 g
  - **Dietary Fiber**: <1 g
  - **Sugars**: 12 g
- **Protein**: <1 g
- **Vitamin A** (100 IU): 2%
- **Vitamin C** (9 mg): 15%
- **Calcium**: 0%
- **Iron**: 2%

### Approximate preparation time

30 minutes plus 1 hour freezing time

### Child Nutrition Program Food Components

Each portion provides:
- ½ cup fruit

### Family-size recipe can be found in the appendix.

### Original Recipe Source

California Table Grape Commission and the "Kids…Get Cookin’!" California 5 A Day Campaign
# Strawberry Shake

**Recipe M-4**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>50 Servings</th>
<th>100 Servings</th>
<th>For 25 Servings</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>100% pineapple juice, unsweetened, canned ‡</td>
<td>3 quarts</td>
<td>1½ gallons</td>
<td>1½ quarts</td>
<td>1. Add pineapple juice, strawberries and yogurt in a gallon container.</td>
</tr>
<tr>
<td>Strawberries, fresh or frozen ‡</td>
<td>8 lb</td>
<td>16 lb</td>
<td>4 lb</td>
<td>2. Use immersion blender to puree until smooth. [If immersion blender is not available mixture can be divided into smaller batches and blended in upright blender or food processor.</td>
</tr>
<tr>
<td>Vanilla yogurt, nonfat or lowfat</td>
<td>2 quarts</td>
<td>4 quarts</td>
<td>1 quart</td>
<td>3. Add honey, milk and lemon juice to fruit puree and blend until completely incorporated.</td>
</tr>
<tr>
<td>Honey</td>
<td>2/3 cup</td>
<td>1 1/3 cup</td>
<td>1/3 cup</td>
<td>4. Chill until ready to serve.</td>
</tr>
<tr>
<td>Milk, lowfat (1%)</td>
<td>1 gallon</td>
<td>2 gallons</td>
<td>2 quarts</td>
<td>To make a thicker shake, use unthawed frozen berries.</td>
</tr>
<tr>
<td>Lemon juice</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>2 Tb</td>
<td><strong>Serve ¾ cup (6 ounces)</strong>.</td>
</tr>
</tbody>
</table>

‡ USDA commodity fruits, vegetables, or beans listed in the Food Buying Guide for Child Nutrition Programs, 2008 edition
Strawberry Shake

Nutrients Per Serving

- Calories: 100
- Percent Calories from Fat: 0%
- Total Fat: 0 g
  - Saturated Fat: 0 g
  - Trans Fat: 0 g
- Cholesterol: 10 mg
- Sodium: 70 mg
- Total Carbohydrates: 24 g
  - Dietary Fiber: 2 g
  - Sugars: 19 g
- Protein: 5 g
- Vitamin A: (200 IU) 4%
- Vitamin C: (42 mg) 70%
- Calcium: 20%
- Iron: 4%

Approximate preparation time
20 minutes

Child Nutrition Program Food Components
Each portion provides:
- ½ cup fruit

Family-size recipe can be found in the appendix.

Original Recipe Source
Produce for Better Health Foundation
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**Child Nutrition Program Food Components**

<table>
<thead>
<tr>
<th>Component</th>
<th>Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>FRUIT</td>
<td>F = Provides CNP</td>
</tr>
<tr>
<td>GRAIN/BREAD</td>
<td>G = Provides CNP</td>
</tr>
<tr>
<td>MEAT/MEAT ALTERNATE</td>
<td>M = Provides CNP</td>
</tr>
<tr>
<td>VEGETABLE</td>
<td>V = Provides CNP</td>
</tr>
</tbody>
</table>

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*Fruit and Veggie Quantity Cookbook - Revised Edition • Oct 2011*  
NH Obesity Prevention Program, DHHS, DPHS • 603-271-4830 • www.dhhs.nh.gov/dphs/nhp/obesity.htm
The following recipes are family-size versions of the quantity recipes found in the Fruit and Veggie Quantity Cookbook, which is a revision of the 2003 5 A Day Quantity Recipe Cookbook and the 2009 Fruit and Veggie Quantity Recipe Cookbook.

**Partners**

The NH Obesity Prevention Program in the Department of Health and Human Services, Division of Public Health Services, led the cookbook project with assistance from the following partners who generously contributed their time and talent:

- New Hampshire Hospital Food and Nutrition Services, Concord, New Hampshire
- Centers for Disease Control and Prevention, Division of Nutrition, Physical Activity, and Obesity, Atlanta, Georgia
- University of Hawaii, College of Tropical Agriculture and Human Resources, Cooperative Extension Service, Nutrition Education for Wellness Program, Honolulu, Hawaii

**Funding**

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Abbreviations Used in the Family-Size Recipes

**g**  gram or grams

**mg**  milligram or milligrams

▲  Grapes are a choking hazard for young children. When serving young children, cut grapes in half or substitute another chopped fruit.

🎉  Recipe can be served with crushed red pepper on the side.

①②  Both symbols identify recipe comments, optional instructions, and/or optional ingredients.

★  In the Recipe Index, this symbol indicates recipes that fit into more than one menu category.

Recipe Criteria

The recipes in this cookbook meet the following criteria.

- Each portion provides **at least ½ cup of fruit or vegetable** per 250 calories.
- **Added sugars** do not exceed 15% of total calories. Concentrated fruit juice sweeteners, jams and jellies count as added sugars.
- Fat content is limited.
  - **Total fat** is less than 35% of total calories.
  - **Saturated fat** is less than 10% of total calories.
  - **Trans fat** is less than 0.5 gram per serving.
- The fat found naturally in fruits and vegetable is not counted in the limits described above.
- When **nuts** are part of the recipe, ¼ ounce of nuts is allowed per portion without counting toward the fat. Nuts are in their natural form without anything added or removed (e.g., no added oils, removed oils, added sodium, or added sugars).
- **Sodium** content is limited to no more than 600 milligrams per serving.
- **Fiber** content is at least 0.014 grams per calorie of naturally occurring fiber (28g of fiber/2000 calories).
Apple Glazed Sweet Potatoes

Serves 6
Each serving provides ½ cup fruits/vegetables
Approximate preparation time: 30 minutes

½ cup apple juice
¼ teaspoon cinnamon
½ teaspoon salt
3 large sweet potatoes, cooked

- Cut sweet potatoes in half lengthwise.
- Pour apple juice into a skillet over low heat. Stir in cinnamon and salt.
- Add sweet potatoes. Cook over low heat, turning sweet potatoes several times until they are well coated and most of the juice is absorbed, about 6 minutes.

Nutrients per Serving
90 calories
0% calories from fat; 0g fat; 0g saturated fat; 0g trans fat
0mg cholesterol; 230mg sodium
21g carbohydrate; 3g dietary fiber; 8g sugars; 2g protein
350% vitamin A; 30% vitamin C; 4% calcium; 4% iron

Original Recipe Source: Produce for Better Health Foundation and the American Cancer Society

Bean and Barley Soup

Serves 8
Each serving provides ½ cup fruits/vegetables
Approximate preparation time: 40 minutes

1 tablespoon canola oil
3 celery ribs, diced
3 carrots, diced
1½ cups chopped onions
9 cups low sodium vegetable stock
¾ cup pearled barley, medium
3 garlic cloves, minced
1 tablespoon low sodium soy sauce
¼ teaspoon hot-pepper sauce
¼ teaspoon dried basil
¼ teaspoon dried thyme
1 (19 ounce) can cannelloni (or other white) beans, rinsed and drained

- In a 4-quart saucepan over medium heat, warm the oil.
- Add the celery, carrots, onions and garlic. Cook, stirring frequently, for 6 to 7 minutes, or until tender.
- Add the stock, barley, garlic, soy sauce, hot-pepper sauce, basil, and thyme; bring to a boil. Reduce the heat to low; cover and simmer for 50 minutes to 1 hour, or until barley is just tender.
- Stir in the beans; simmer for 5 to 10 minutes, or until heated through.

Nutrients per Serving
160 calories
16% calories from fat; 3.0g fat; 3g saturated fat; 0g trans fat
0mg cholesterol; 520mg sodium
30g carbohydrate; 6g dietary fiber; 4g sugars; 5g protein
96% vitamin A; 6% vitamin C; 6% calcium; 8% iron

Original Recipe Source: Produce for Better Health Foundation
### Bean and Macaroni Soup

**Serves 8**  
Each serving provides ½ cup fruits/vegetables  
Approximate preparation time: 35 minutes

- 16-ounce can white, red, or brown beans  
- 1½ teaspoons olive oil  
- ¼ pound fresh mushrooms, sliced  
- ½ cup coarsely chopped onion  
- 1 cup sliced carrots  
- ½ cup coarsely chopped celery  
- 1 clove garlic, minced  
- 1½ cups peeled, chopped tomatoes  
- ½ teaspoon dried sage  
- ½ teaspoon dried thyme  
- ¼ teaspoon dried oregano  
- ¼ teaspoon freshly ground black pepper  
- 1 bay leaf  
- ½ pound uncooked macaroni

- Drain beans – save the liquid. Rinse the beans.  
- Heat oil in a 3-quart kettle.  
- Add mushrooms, onion, carrots, celery and garlic. Sauté 5 minutes.  
- Add tomato, sage, thyme, oregano, pepper, salt and bay leaf.  
- Cover and cook over medium heat for 20 minutes.  
- Cook macaroni according to package directions – do not overcook.  
- Drain macaroni.  
- Measure reserved bean liquid. Add water to make 4 cups. Add this mixture and bean mixture to the cooked macaroni.  
- Bring to a boil. Cover and simmer until soup is heated, stirring occasionally.  
- Remove bay leaf before serving.

**Nutrients per Serving**

- 170 calories  
- 11% calories from fat; 2.0g fat; 0g saturated fat; 0g trans fat  
- 0mg cholesterol; 340mg sodium  
- 34g carbohydrate; 5g dietary fiber; 4g sugars; 8g protein  
- 50% vitamin A; 10% vitamin C; 4% calcium; 20% iron

**Original Recipe Source:** Produce for Better Health Foundation and the National Heart, Lung, and Blood Institute

### Chicken Caesar-Style Salad

**Serves 4**  
Each serving provides 1 cup fruits/vegetables  
Approximate preparation time: 25 minutes

- Cooking spray  
- ½ pound white chicken meat, cubed  
- 3 slices whole wheat bread (1/2 inch-thick) cubed  
- ¼ cup lemon juice  
- 1 teaspoon olive oil  
- 2 cloves garlic, peeled and finely minced  
- ¼ teaspoon pepper  
- 3 cups iceberg lettuce, torn  
- 3 cups romaine lettuce, torn  
- 1 cup chopped celery  
- 1 cup sliced cucumber with skin  
- 2 tablespoons grated or finely shredded Parmesan cheese

- Spray a medium skillet with cooking spray. Sauté the chicken until cooked through. Put chicken in a bowl and set aside to cool.  
- Spray a baking sheet with cooking spray. Sprinkle bread cubes on baking sheet. Bake at 350 °F for 10 – 12 minutes or until toasted.  
- Meanwhile, in a small bowl, stir together lemon juice, olive oil, garlic, and pepper.  
- Remove toasted bread from oven. Place in a shallow bowl. Sprinkle 2 tablespoons of the dressing mixture over the croutons. Toss to coat.  
- In a salad bowl, toss lettuce, celery, and cucumber together. Add chicken, croutons, remaining dressing and Parmesan cheese. Toss well.  
- Divide evenly onto 4 plates.

**Nutrients per Serving**

- 220 calories  
- 25% calories from fat; 6g fat; 1.0g saturated fat; 0g trans fat  
- 54mg cholesterol; 240mg sodium  
- 17g carbohydrate; 5g dietary fiber; 5g sugars; 25g protein  
- 60% vitamin A; 35% vitamin C; 20% calcium; 10% iron

**Original Recipe Source:** Produce for Better Health Foundation
**Chicken Ratatouille**

Serves 4  
Each serving provides 1½ cups fruits/vegetables  
Approximate preparation time: 40 minutes

- 4 medium chicken breast halves, skinned, fat removed, boned, cut into 1-inch pieces  
- 1 tablespoon olive oil  
- 2 zucchini, about 7” long, unpeeled, thinly sliced  
- 1 medium eggplant, peeled, cut into 1-inch cubes  
- 1 medium onion, thinly sliced  
- 1 medium green pepper, cut in 1-inch pieces  
- ½ pound fresh mushrooms, sliced  
- ½ pound frozen or fresh green beans – clean and trim if using fresh  
- 16-ounce can whole tomatoes, cut-up  
- 1 clove garlic, minced  
- 1½ teaspoons dried basil, crushed  
- 1 tablespoon fresh parsley, minced  
- ½ teaspoon freshly ground black pepper  
- Crushed red pepper (optional)

- Heat oil in large non-stick skillet.  
- Add chicken and sauté about 3 minutes, or until lightly browned.  
- Add zucchini, eggplant, onion, green pepper, green beans, and mushrooms. Cook about 15 minutes, stirring occasionally.  
- Add tomatoes, garlic, basil, parsley and pepper. Stir and continue cooking about 5 minutes, or until chicken is tender.  
- Consider serving with rice.

- Can be served with crushed red pepper on the side.

**Nutrients per Serving**

230 calories  
23% calories from fat; 6g fat; 1.0g saturated fat; 0g trans fat  
40mg cholesterol; 290mg sodium  
25g carbohydrate; 9g dietary fiber; 12g sugars; 21g protein  
20% vitamin A; 110% vitamin C; 10% calcium; 15% iron

**Original Recipe Source:** Produce for Better Health Foundation

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**Cool Clementines**

Serves 4  
Each serving provides ½ cup fruits/vegetables  
Approximate preparation time: 10 minutes plus an hour to freeze

- 4 clementines

- Peel each clementine and divide into sections.  
- Place sections onto a baking pan or jelly roll pan so that the sections are not touching.  
- Place pan in freezer.  
- When frozen, enjoy as a refreshing treat. Eat as is or toss them into your favorite yogurt or salad.

**Nutrients per Serving**

35 calories  
0% calories from fat; 0g fat; --g saturated fat; --g trans fat  
--mg cholesterol; 0mg sodium  
9g carbohydrate; 1g dietary fiber; 7g sugars; 1g protein  
--% vitamin A; 60% vitamin C; 2% calcium; 0% iron

**Original Recipe Source:** New Hampshire Department of Education
**Corn Chowder**

Serves 12  
Each serving provides ½ cup fruits/vegetables  
Approximate preparation time: 45 minutes

- ½ tablespoon butter  
- ½ tablespoon canola oil  
- 1 cup finely diced onions  
- 1 cup finely diced celery  
- ¾ cup flour  
- 3 cups water  
- 1 bay leaf  
- ¼ teaspoon poultry seasoning (optional)  
- 5 cups diced potatoes  
- 3 cups corn kernels, frozen or fresh  
- 2 cups low-fat (1%) milk  
- ¼ teaspoon white pepper  
- 1 teaspoon salt  
- 1½ teaspoons finely-chopped parsley

1. Melt butter in a large soup pot. Add oil.  
2. Add onions and cook over medium heat for 5 minutes or until soft. Do not brown.  
3. Add celery to onions and cook over medium heat for 10 minutes or until soft. Do not brown.  
4. Add flour. Over medium heat, cook 5 minutes. Watch carefully being sure to not burn the flour.  
5. Slowly add water. Stir well. Be sure to loosen flour from the bottom of pot.  
6. Add bay leaf, poultry seasoning, and potatoes.  
7. Simmer until the potatoes are tender.  
8. Add corn and milk to the chowder. Heat through. Do not boil.  
9. Remove bay leaf. Add white pepper. Add salt, if needed.  
10. Add chopped parsley before serving.

**Nutrients per Serving**  
180 calories  
23% calories from fat; 4.5g fat; 1.0g saturated fat; 0g trans fat  
<5mg cholesterol; 250mg sodium  
34g carbohydrate; 3g dietary fiber; 5g sugars; 5g protein  
5% vitamin A; 30% vitamin C; 8% calcium; 6% iron

**Original Recipe Source:** Produce for Better Health Foundation

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**Fruit on a Raft (Waffles with Apples)**

Serves 2  
Each serving provides ½ cup fruits/vegetables  
Approximate preparation time: 20 minutes (does not include waffle preparation)

- 4 frozen low fat whole grain waffles (or homemade whole-grain waffles)  
- 15-ounce can unsweetened apples  
- ¼ cup water  
- 1/8 teaspoon allspice  
- 1/8 teaspoon cinnamon

- Place the apples and water in a small saucepan.  
- Add spices. Stir over medium heat until hot.  
- Meanwhile, place the waffles in the toaster or prepare your own.  
- When waffles are done, divide the apples among the waffles and serve.

**Nutrients per Serving**  
300 calories  
20% calories from fat; 7g fat; 1.5g saturated fat; 0g trans fat  
0mg cholesterol; 460mg sodium  
58g carbohydrate; 7g dietary fiber; 26g sugars; 7g protein  
4% vitamin A; 0% vitamin C; 20% calcium; 25% iron

**Original Recipe Source:** National Cancer Institute
**Fruity Parfait**

Serves 4
Each serving provides ¾ cup fruits/vegetables
Approximate preparation time: 10 minutes

1 firm banana, peeled and sliced
1 cup strawberries (fresh or frozen)
2 cups low-fat vanilla yogurt
2 cups fresh or canned chopped pineapple
¼ cup chopped dates
¼ cup sliced, toasted almonds

- In four parfait glasses or see-through cups build up the parfait layers.
- Start with a base layer of 1/8 cup or approximately 3 slices of banana in each parfait.
- Add a layer of ¼ cup sliced strawberries to each parfait.
- Add a layer of ¼ cup yogurt to each parfait.
- Add a layer of ¼ cup pineapple to each parfait.
- Add a second layer of ¼ cup yogurt to each parfait.
- Top the yogurt with 1 tablespoon each of chopped dates and toasted almond slices.

Other fruits can be substituted for those shown above including oranges, apples, raspberries, blueberries, pears, peaches, nectarines, plums, kiwi, and mango.

If the parfait needs to be held for a while before serving, the banana may brown. It may be best to add the banana right before serving.

**Go Bananas Orange Dip**

Serves 2
Each serving provides ½ cup fruits/vegetables
Approximate preparation time: 25 minutes

2 large bananas, peeled, cut into chunks
½ cup non-fat plain yogurt
2 oranges, peeled and sectioned

- Place banana chunks into blender and add yogurt. Blend on low speed for 30 seconds until thoroughly mixed.
- Place dip into serving bowl in the center of serving platter. Surround bowl with orange sections.

- Try other dippers such as strawberries, kiwi, apples, bananas, pineapple, carrots, cucumbers, celery, broccoli, peppers, and cauliflower.

**Nutrients per Serving**
- 220 calories
- 0% calories from fat; 0g fat; 0g saturated fat; 0g trans fat
- 0mg cholesterol; 40mg sodium
- 57g carbohydrate; 11g dietary fiber; 34g sugars; 5g protein
- 8% vitamin A; 150% vitamin C; 15% calcium; 4% iron

**Original Recipe Source:** Produce for Better Health Foundation
**Golden Apple Oatmeal**

Serves 1  
Each serving provides ½ cup fruits/vegetables  
Approximate preparation time: 20 minutes

- ½ cup diced Golden Delicious apples (or another variety of yellow apples)  
- 1/3 cup each apple juice  
- 1/3 cup water  
- 1/8 teaspoon salt (optional)  
- dash of cinnamon  
- dash of nutmeg  
- 1/3 cup uncooked, quick cooking rolled oats

- Combine apples, juice, water and seasonings. Bring to boil.  
- Stir in rolled oats. Cook 1 minute.  
- Cover and let stand several minutes before serving.

**Nutrients per Serving**

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
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<tbody>
<tr>
<td></td>
<td>220</td>
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</tr>
<tr>
<td></td>
<td>0% vitamin A</td>
<td>10% vitamin C</td>
<td>4% calcium</td>
</tr>
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</table>

**Original Recipe Source:** Produce for Better Health Foundation

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**Orange Couscous Salad**

Serves 8  
Each serving provides ½ cup fruits/vegetables  
Approximate preparation time: 20 minutes

- 2 cups water  
- 1½ cups couscous, whole wheat  
- ¾ teaspoon turmeric  
- ¼ teaspoon freshly ground black pepper  
- 16-ounce can chickpeas, rinsed and drained  
- 1 cup canned mandarin oranges, drained  
- ½ cup chopped red onions  
- ½ cup golden raisins  
- red leaf lettuce, 8 medium leaves

**Dressing Ingredients**

- ¼ cup lemon juice  
- 2 tablespoons olive oil  
- 1 tablespoon grated orange peel  
- 1 tablespoon minced fresh chives

- In a 1-quart saucepan over high heat, bring the water to a boil.  
- Add the couscous, turmeric and pepper. Remove from the heat, cover and let stand for 5 minutes, or until the couscous is soft. Fluff with a fork. Transfer to a large bowl.  
- Stir in the chickpeas, oranges, onions, and raisins.  
- In a small bowl, whisk together the lemon juice, oil, orange peel and chives. Pour over the salad and toss to mix well. Cover and refrigerate for at least 1 hour.  
- Serve on plates lined with lettuce.

**Nutrients per Serving**

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
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<td>260</td>
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<tr>
<td></td>
<td>25% vitamin A</td>
<td>25% vitamin C</td>
<td>6% calcium</td>
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**Original Recipe Source:** Produce for Better Health Foundation
Orange-Sauced Veggies

Serves 4
Each serving provides ½ cup fruits/vegetables
Approximate preparation time: 25 minutes

2 cups loose-pack frozen broccoli, baby carrots, and water chestnuts
(or other frozen mixed vegetable combination)
½ teaspoon finely shredded orange peel
¼ cup orange juice
1 tablespoon Dijon-style mustard
1 teaspoon soy sauce

- In a 1-quart microwave-safe casserole cook vegetables according to package directions.
- Meanwhile, in a small mixing bowl mix the orange peel, orange juice, mustard, and soy sauce. Stir with a fork or wire whisk until well mixed.
- Remove vegetables from microwave and drain.
- Toss vegetables with the orange juice mixture. Serve immediately.

Nutrients per Serving
30 calories
0% calories from fat; 0g fat; 0g saturated fat; 0g trans fat
0mg cholesterol; 160mg sodium
7g carbohydrate; 2g dietary fiber; 4g sugars; 1g protein
70% vitamin A; 40% vitamin C; 0% calcium; 2% iron

Original Recipe Source: Produce for Better Health Foundation and the Polyp Prevention Trial

Pesto Minestrone

Serves 8
Each serving provides 1 cup fruits/vegetables
Approximate preparation time: 35 minutes

16-ounce can diced tomatoes, drained
2 cups coarsely chopped cauliflower (2 small heads)
1 cup chopped onion (1 medium)
1 cup sliced carrot (1 medium)
1½ cup chopped zucchini (1-2 medium)
3 cups kidney beans or black-eyed peas, drained and rinsed (1 cup dry makes 3 cups cooked) or 2 15-ounce cans
3 14.5-ounce cans reduced-sodium chicken broth
1 cup elbow macaroni or small pasta shells
Crushed red pepper (optional)

Pesto Ingredients
2 tablespoons olive oil
2 garlic cloves
1 cup basil leaves, fresh, loosely packed OR 1 cup Italian parsley plus 1 teaspoon dried basil leaves
1 tablespoon water

- In a 5-6 quart saucepan bring to boil ½ cup water, tomatoes, cauliflower, onion and carrots; reduce heat and simmer covered 10 minutes or until vegetables are tender.
- Add zucchini, beans, broth and pasta. Return to a boil, reduce heat and simmer uncovered 10 minutes.
- Meanwhile put all pesto ingredients (olive oil, garlic cloves, basil/parsley, water) in food processor or blender and process until very finely chopped.
- Just before serving, remove soup from heat and stir in pesto.

Can be served with crushed red pepper on the side.

Nutrients per Serving
260 calories
17% calories from fat; 5.0g fat; 1.0g saturated fat; 0g trans fat
0mg cholesterol; 470mg sodium
43g carbohydrate; 14g dietary fiber; 14g protein; 6g sugars
70% vitamin A; 120% vitamin C; 8% calcium; 10% iron

Original Recipe Source: Produce for Better Health Foundation
Pineapple Poppy Seed Salad
Serves 4
Each serving provides 1 ¼ cups fruits/vegetables
Approximate preparation time: 25 minutes

Dressing Ingredients
½ cup pineapple juice
2 tablespoon lime juice
2 tablespoons honey
1 tablespoon poppy seeds
1 teaspoon lime peel, grated

Salad Ingredients
1 fresh pineapple
2 kiwi fruit, peeled and sliced
2 bananas, peeled and sliced
1 cup strawberries
1 cup melon cubes or balls

- Place dressing ingredients in a covered jar and shake. Set aside.
- Cut pineapple in half, lengthwise through crown. Cut pineapple into quarters. Cut fruit from shells, leaving shells intact. Trim off core and slice fruit.
- Combine pineapple with remaining fruit.
- Toss with poppy seed dressing. Marinate at least 15 minutes for the best flavor.
- Spoon into shells to serve.

Nutrients per Serving
230 calories
8% calories from fat; 2.0g fat; 0g saturated fat; 0g trans fat
0mg cholesterol; 0mg sodium
56g carbohydrate; 6g dietary fiber; 40g sugars; 3g protein
30% vitamin A; 210% vitamin C; 8% calcium; 8% iron

Original Recipe Source: Produce for Better Health Foundation

Polar Berries
Serves 4
Each serving provides ½ cup fruits/vegetables
Approximate preparation time: 10 minutes plus an hour to freeze

2 cups seedless red, purple, or green grapes ▲ – or a combination

- Rinse grapes and drain well.
- Place grapes in a freezable bowl or container and put into the freezer.
- When frozen, eat as is or toss them into your favorite yogurt or salad.

▲ Grapes are a choking hazard for young children.
When serving young children, cut grapes in half or substitute another chopped fruit.

Nutrients per Serving
60 calories
0% calories from fat; 0g fat; 0g saturated fat; --g trans fat
0mg cholesterol; 0mg sodium
14g carbohydrate; <1g dietary fiber; <1g protein; 12g sugars
2% vitamin A; 15% vitamin C; 0% calcium; 2% iron

Original Recipe Source: California Grape Commission and the "Kids...Get Cookin’!,” California 5 A Day Campaign

Fruit and Veggie Quantity Cookbook – Revised Edition • Oct 2011
NH Obesity Prevention Program, DHHS, DPHS • 603-271-4551 • www.dhhs.nh.gov/dphs/nhp/obesity.htm • Page A-10
Rainbow Fruit Salad

Serves 12
Each serving provides ¾ cup fruits/vegetables
Approximate preparation time: 20 minutes

Honey Orange Sauce Ingredients
1/3 cup unsweetened orange juice, unsweetened
1½ tablespoon honey
1/4 teaspoon ground ginger
dash nutmeg

Salad Ingredients
1 large mango, peeled and diced
2 cups fresh blueberries
2 nectarines, unpeeled and sliced
2 cups fresh halved strawberries
2 cups seedless grapes
2 sliced bananas
1 kiwifruit, peeled and diced

- Mix all sauce ingredients in a bowl or jar.
- Mix the fruit in a serving bowl.
- Just before serving, pour Honey Orange Sauce over fruit.

Raspberry Grape Salad

Serves 6
Each serving provides ½ cup fruits/vegetables
Approximate preparation time: 20 minutes

½ cup low-fat vanilla yogurt
1 cup raspberries, fresh (or defrosted frozen raspberries)
1 tsp dried mint
1½ cups red seedless grapes ▲, washed
1½ cups green seedless grapes ▲, washed

- Combine yogurt and raspberries in a mixing bowl.
- Add mint and mix well.
- Add green and red grapes. Toss lightly to coat.
- Chill well and serve.

▲ Grapes are a choking hazard for young children. When serving young children, cut grapes in half or substitute another chopped fruit.

Nutrients per Serving
80 calories
11% calories from fat; 1.0g fat; 0g saturated fat; 0g trans fat
0mg cholesterol; 15mg sodium
20g carbohydrate; 2g dietary fiber; 16g sugars; 2g protein
1% vitamin A; 25% vitamin C; 4% calcium; 4% iron

Original Recipe Source: Produce for Better Health Foundation
Red Potatoes with Herbs

Serves 4
Each serving provides ½ cup fruits/vegetables
Approximate preparation time: 30 minutes

1½ pound red potatoes (approximately 30)
1 tablespoon chopped fresh basil or thyme
2 tablespoons chopped chives
1 teaspoon lemon juice
1 teaspoon olive oil or vegetable oil
Freshly ground black pepper

- In saucepan, boil unpeeled potatoes until tender, about 15 minutes.
- Drain potatoes.
- Add basil, chives, lemon juice, oil and pepper to taste.
- Mix lightly and serve.

Nutrients per Serving
150 calories
1% calories from fat; 1.0g fat; 0g saturated fat; 0g trans fat
0mg cholesterol; 10mg sodium
30g carbohydrate; 3g dietary fiber; 1g sugars; 4g protein
4% vitamin A; 50% vitamin C; 2% calcium; 8% iron

Original Recipe Source: Produce for Better Health Foundation

Roasted Butternut Squash

Serves 4
Each serving provides ½ cup fruits/vegetables
Approximate preparation time: 50 minutes

1 butternut squash, about 1½ - 2 pounds or use peeled, diced squash
olive oil cooking spray
1/8 teaspoon cinnamon or allspice
1/8 teaspoon salt
¼ teaspoon pepper

- Preheat oven to 350° degrees F.
- Peel, seed, and coarsely chop the squash – or simply cut the squash into
  four wedges and remove the seeds.
- Mist the squash with water or cooking spray and dust with cinnamon
  (or allspice), salt and pepper.
- Bake for 30-40 minutes until tender.

Nutrients per Serving
60 calories
0% calories from fat; 0g fat; 0g saturated fat; 0g trans fat
0mg cholesterol; 80mg sodium
16g carbohydrate; 4g dietary fiber; 3g sugars; 1g protein
340% vitamin A; 40% vitamin C; 6% calcium; 6% iron

Original Recipe Source: National Cancer Institute
**Spanish Broccoli Frittata**

Serves 6  
Each serving provides ½ cup fruits/vegetables  
Approximate preparation time: 35 minutes

- Non-stick cooking spray  
- ¼ cup diced onion  
- 3 cups chopped broccoli  
- ½ tablespoon chopped garlic  
- ½ cup (2 ounces) diced green chilies, drained  
- 1⅛ cups egg substitute (equal to 6 eggs)  
- 6 tablespoons skim milk (0%)  
- ¼ teaspoon pepper  
- ½ teaspoon chili powder  
- ¼ cup shredded low-fat cheddar cheese  
- salsa (optional)

- Spray a 10-inch skillet with non-stick cooking spray.  
- Sauté the onion, broccoli, and garlic until the broccoli is tender. Pour off any liquid.  
- Add the diced green chilies.  
- Meanwhile, mix egg substitute, milk and seasonings. Add to the broccoli mixture and cook until the eggs begin to set.  
- Sprinkle cheese on top. Broil just until top is golden.  
- Serve with salsa (optional).

**Nutrients per Serving**

- 90 calories  
- 16% calories from fat; 1.5g fat; 1.0g saturated fat; 0g trans fat  
- <5mg cholesterol; 270mg sodium  
- 5g carbohydrate; 2g dietary fiber; 3g sugars; 11g protein  
- 50% vitamin A; 60% vitamin C; 10% calcium; 20% iron

**Original Recipe Source:** Produce for Better Health Foundation

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**Spiced Butternut Squash**

Serves 4  
Each serving provides ½ cup fruits/vegetables  
Approximate preparation time: 50 minutes

- 1 butternut squash, about 1½ - 2 pounds, peeled, seeded and cubed or used frozen peeled, seeded, and cubed squash  
- 1/8 teaspoon cinnamon  
- 1/8 teaspoon salt  
- ¼ teaspoon pepper

- Peel, seed, and coarsely chop the squash – or simply cut the squash into four wedges and remove the seeds.  
- Steam 30-40 minutes or until tender.  
- If unpeeled, removed the skins.  
- Add cinnamon, salt and pepper.  
- Mash or whip until smooth.

**Nutrients per Serving**

- 60 calories  
- 0% calories from fat; 0g fat; 0g saturated fat; 0g trans fat  
- 0mg cholesterol; 80mg sodium  
- 16g carbohydrate; 4g dietary fiber; 3g sugars; 1g protein  
- 340% vitamin A; 40% vitamin C; 6% calcium; 6% iron

**Original Recipe Source:** New Hampshire Hospital
Strawberry Shake

Serves 4
Each serving provides ½ cup fruits/vegetables
Approximate preparation time: 10 minutes

½ cup 100% pineapple juice
1½ cups unsweetened fresh or frozen strawberries
1/3 cup nonfat or lowfat vanilla yogurt
1/3 cup nonfat milk
1¼ teaspoon honey
½ teaspoon lemon juice (optional)

- Blend ingredients at medium speed until thick and smooth.

To make a thicker shake, use unthawed frozen berries.

Nutrients per Serving
60 calories
0% calories from fat; 0g fat; 0g saturated fat; 0g trans fat
0mg cholesterol; 25mg sodium
14g carbohydrate; 1g dietary fiber; 10g sugars; 2g protein
2% vitamin A; 45% vitamin C; 8% calcium; 4% iron

Original Recipe Source: Produce for Better Health Foundation

Strawberry Yogurt Breakfast Split

Serves 1
Each serving provides 1½ cups fruits/vegetables
Approximate preparation time: 10 minutes

1 small banana
1 cup fresh sliced strawberries
½ cup low fat vanilla yogurt
1 tablespoon chopped, toasted almonds

- Peel and split banana. Place banana halves in serving bowl.
- Top with strawberries, yogurt and chopped, toasted almonds.

Nutrients per Serving
270 calories
20% calories from fat; 6g fat; 1.0g saturated fat; 0g trans fat
6mg cholesterol; 70mg sodium
53g carbohydrate; 7g dietary fiber; 35g sugars; 8g protein
4% vitamin A; 180% vitamin C; 20% calcium; 8% iron

Original Recipe Source: Produce for Better Health Foundation and the California Strawberry Commission
**Tomato and Bean Burritos**

Serves 4
Each serving provides 1 cup fruits/vegetables
Approximate preparation time: 35 minutes

- 3 large tomatoes, approximately 2 ½ pounds
- 1 teaspoon ground cumin
- 1 tablespoon vegetable oil
- ½ cup chopped onion
- 1 teaspoon minced garlic
- 1-2 tablespoons chili powder
- 10½-ounce can of red kidney beans, drained and rinsed
- 2 tablespoons chopped cilantro or parsley
- 8 6-inch flour tortillas, warmed

- Use fully ripe tomatoes.
- Core and coarsely chop the tomatoes. Makes about 4 cups. Set aside.
- In a medium saucepan, heat oil until hot.
- Add onion and garlic. Cook and stir until softened, about 3 to 4 minutes.
- Add chili powder and cumin. Cook and stir for 1 minute.
- Add kidney beans, ¼ cup water and tomatoes. Bring to a boil; reduce heat and simmer, uncovered, until mixture is thickened, about 20 minutes.
- Stir in cilantro or parsley. Remove from heat.
- To serve: spoon about 1/3 cup bean mixture in the center of each tortilla. Sprinkle with chopped fresh tomatoes and chopped onion. Roll up burrito. Repeat with remaining tortillas.

**Nutrients per Serving**
- 350 calories
- 26% calories from fat; 3.0g fat; 10g saturated fat; 0g trans fat
- 0mg cholesterol; 460g sodium
- 54g carbohydrate; 10g dietary fiber; 6g sugars; 12g protein
- 30% vitamin A; 30% vitamin C; 10% calcium; 15% iron

**Original Recipe Source:** Produce for Better Health Foundation and the Florida Tomato Committee

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**Tomato Vegetable Soup**

Serves 8
Each serving provides ¾ cup fruits/vegetables
Approximate preparation time: 45 minutes

- 16-ounce package frozen mixed vegetables (carrots, potatoes, peas, green beans, etc.)
- ½ cup chopped onions (fresh or frozen)
- ¼ cup chopped green pepper (fresh or frozen)
- 1 cup sliced fresh mushrooms
- 46-ounce can low-sodium tomato juice
- 1 bay leaf
- 1 teaspoon dried basil
- ½ teaspoon salt
- ½ teaspoon pepper

- Combine all ingredients in a large Dutch oven.
- Bring to a boil. Reduce heat and cover. Simmer for 30 to 45 minutes.
- Remove bay leaf before serving.

**Nutrients per Serving**
- 70 calories
- 0% calories from fat; 0g fat; 0g saturated fat; 0g trans fat
- 0mg cholesterol; 270mg sodium
- 15g carbohydrate; 2g dietary fiber; 3g protein
- 8g sugars; 25% vitamin A; 80% vitamin C; 4% calcium; 6% iron

**Original Recipe Source:** Produce for Better Health Foundation and Pictsweet Frozen Foods
Tomatoes with Garbanzos and Rosemary over Pasta

Serves 6  
Each serving provides 1 cup fruits/vegetables  
Approximate preparation time: 30 minutes

1 tablespoon olive oil  
1 tablespoon fresh minced rosemary or 1 teaspoon dried rosemary  
1 28-ounce can diced tomatoes, undrained  
2 tablespoons minced parsley  
15-ounce can garbanzo beans, drained  
4 garlic cloves, minced  
1/8 teaspoon crushed red pepper flakes  
1 1/2 cups frozen green beans  
16 ounces bowtie pasta  
1/4 cup grated Parmesan cheese (2 teaspoons per serving)

- Heat oil in a large skillet over medium heat. Add garlic and rosemary. Sauté 1 minute.  
- Add pepper flakes and tomatoes. Increase heat to medium-high and cook, stirring often, until sauce thickens, about 8 minutes.  
- Stir in garbanzos and cook until heated through.  
- Cook pasta according to package directions. Drain and transfer to a warm serving bowl.  
- Add frozen green bean to the sauce. Cook just until hot but still bright green and firm.  
- Divide pasta among six serving plates. Serve sauce over pasta and add parsley.  
- Serve with Parmesan cheese – 2 teaspoons per serving.

Nutrients per Serving  
430 calories  
10% calories from fat; 5.0g fat; 1.0g saturated fat; 0g trans fat  
<5mg cholesterol; 430mg sodium  
76g carbohydrate; 7g dietary fiber; 8g sugars; 18g protein  
15% vitamin A; 35% vitamin C; 15% calcium; 20% iron

Original Recipe Source: Produce for Better Health Foundation

Touchdown Tomato-Basil Soup

Serves 8  
Each serving provides 1/2 cup fruits/vegetables  
Approximate preparation time: 45 minutes

2 large onions, peeled and sliced lengthwise  
4 cloves of garlic, peeled and minced  
1 cup low-sodium tomato sauce  
4 cups fat-free vegetable broth  
4 fresh tomatoes, diced  
2 tablespoons grated Parmesan cheese  
Crushed red pepper (optional)

- In a medium stockpot, sauté onions and garlic in oil over medium heat until tender.  
- Add chickpeas and 1 tablespoon of basil. Sauté 1 minute.  
- Add tomato sauce, broth and tomatoes. Reduce heat and simmer 15 minutes.  
- Stir in the remaining basil a few minutes before serving.  
- Top with Parmesan cheese.  

- Can be served with crushed red pepper on the side.  
- For adults, basil can be doubled.

Nutrients per Serving  
140 calories  
19% calories from fat; 3.0g fat; 0g saturated fat; 0g trans fat  
0mg cholesterol; 410mg sodium  
24g carbohydrate; 5g dietary fiber; 6 sugars; 14g protein  
30% vitamin A; 40% vitamin C; 10% calcium; 10% iron

Original Recipe Source: Produce for Better Health Foundation
Treasure Salad

Serves 2
Each serving provides 1 cup fruits/vegetables
Approximate preparation time: 25 minutes

1 green-skinned apple
1 cup seedless grapes — red, purple, green, or mixed
2 tablespoons lemon-flavored non-fat yogurt
2 tablespoons slivered almonds

- Core and chop apple.
- Mix together the apple, grapes, yogurt and almonds.
- Serve in small bowl.

Nutrients per Serving
130 calories
28% calories from fat; 4.0g fat; 0g saturated fat; 0g trans fat
0mg cholesterol; 5mg sodium
22g carbohydrate; 3g dietary fiber; 21g sugars; 3g protein
4% vitamin A; 20% vitamin C; 6% calcium; 4% iron

Original Recipe Source: Produce for Better Health Foundation and the California Table Grape Commission

Grapes are a choking hazard for young children. When serving young children, cut grapes in half or substitute another chopped fruit.

Tropical Fruit Salad

Serves 5
Each serving provides 1 cup fruits/vegetables
Approximate preparation time: 30 minutes

2 cups canned peaches packed in own juice
1 ½ cups fresh strawberries, stemmed and halved (a little more than a half pint basket)
1 ½ cups kiwi, pared and sliced (about 3 kiwi)
1 tablespoon finely chopped fresh mint (or 1 teaspoon crumbled dried mint)

- In a large bowl, combine all ingredients. Toss and chill.
- Serve as a salad, or arrange fruit on wooden skewers for fresh fruit kabobs.

Nutrients per Serving
90 calories
0% calories from fat; 0g fat; 0g saturated fat; 0g trans fat
0mg cholesterol; 5mg sodium
22g carbohydrate; 4g dietary fiber; 17g sugars; 1g protein
10% vitamin A; 120% vitamin C; 4% calcium; 4% iron

Original Recipe Source: Produce for Better Health Foundation and the California Strawberry Commission
**Vegetable Sage Stuffing**

Serves 8
Each serving provides ½ cup fruits/vegetables
Approximate preparation time: 45 minutes (does not include baking time)

3 cups sliced mushrooms
3 cups frozen French style green beans, thawed and finely chopped
1 cup diced celery
1 cup finely chopped carrots (optional)
1 cup low sodium chicken broth
1 teaspoon sage
2 teaspoons poultry seasoning
salt to taste
pepper to taste
non-stick cooking spray
10 slices day-old enriched whole wheat bread cut into ½ inch cubes

- Preheat oven to 325°F.
- In large saucepan, combine the mushrooms, green beans, celery, onion, carrots, and broth.
- Cook, uncovered, until vegetables are tender and volume of broth has reduced by half (about 30 – 40 minutes).
- Add sage, poultry seasoning, salt and pepper.
- Gently add bread. Stir until moistened.
- Spray 1½ or 2 quart casserole or baking dish with non-stick cooking spray.
- Spoon mixture into the baking dish. Bake, uncovered, at 325°F for 30 – 40 minutes.

**Nutrients per Serving**
110 calories
16% calories from fat; 2.0g fat; 0g saturated fat; 0g trans fat
0mg cholesterol; 270mg sodium
19g carbohydrate; 4g dietary fiber; 3g sugars; 5g protein
4% vitamin A; 6% vitamin C; 4% calcium; 8% iron

**Original Recipe Source:** Produce for Better Health Foundation and the Polyp Prevention Trial
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* = Recipe listed in more than one category.
Appendix B

Taste-Test Surveys

Fruit and Veggie Quantity Cookbook – Revised Edition • Oct 2011
NH Obesity Prevention Program, DHHS, DPHS • 603-271-4551 • www.dhhs.nh.gov/dphs/nhp/obesity.htm
<table>
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<th>Name of Recipe</th>
<th>What grade are you in?</th>
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**Please circle one answer on each row.**

1. **How did it look?**
   - ![Smiley](image1) I liked it.
   - ![Neutral](image2) It was OK.
   - ![Sad](image3) I did not like it.
   - **Helpful comments**

2. **How did it smell?**
   - ![Smiley](image1) I liked it.
   - ![Neutral](image2) It was OK.
   - ![Sad](image3) I did not like it.
   - **Helpful comments**

3. **How did it taste?**
   - ![Smiley](image1) I liked it.
   - ![Neutral](image2) It was OK.
   - ![Sad](image3) I did not like it.
   - **Helpful comments**

4. **How was the texture (the way it feels in your mouth)?**
   - ![Smiley](image1) I liked it.
   - ![Neutral](image2) It was OK.
   - ![Sad](image3) I did not like it.
   - **Helpful comments**

**Additional Comments:**
# Taste-Test Survey

Middle and High School Students and Adults

<table>
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<th>Name of Recipe</th>
<th>What grade are you in?</th>
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Please circle one answer on each row.

1. How did it look?
   - I liked it
   - It was OK.
   - I did not like it.
   - Helpful comments

2. How did it smell?
   - I liked it
   - It was OK.
   - I did not like it.
   - Helpful comments

3. How did it taste?
   - I liked it
   - It was OK.
   - I did not like it.
   - Helpful comments

4. How was the texture (the way it feels in your mouth)?
   - I liked it
   - It was OK.
   - I did not like it.
   - Helpful comments

Additional Comments:

__________________________________________________________________________

__________________________________________________________________________
Appendix C

Resources

Centers for Disease Control and Prevention
www.fruitsandveggiesmatter.gov

Food Buying Guide for Child Nutrition Programs
www.fns.usda.gov/tn/resources/foodbuyingguide.html

Fruits & Veggies—More Matters®
www.fruitsandveggiesmorematters.org

NH Obesity Prevention Program,
Department of Health and Human Services
www.dhhs.nh.gov/dphs/nhp/obesity.htm

School Nutrition Association
www.schoolnutrition.org

USDA National Food Service Management Institute
HACCP-Based Standard Operating Procedures
http://sop.nfsmi.org/HACCPBasedSOPs.php

USDA National School Lunch Program
www.fns.usda.gov/cnd/Lunch

USDA School Breakfast Program
www.fns.usda.gov/cnd/Breakfast