

# More Fruit & Veggie Recipes

## Banana Yogurt Shake

2 servings (½ cup fruit per person)

Recipe from <http://www.fruitsandveggiesmatter.gov>

This recipe can also be used as a dip for fruit.

¾ cup nonfat milk  
½ cup lowfat plain yogurt  
1/2 teaspoon vanilla  
½ cup ice cubes

2 small bananas, peeled  
¼ teaspoon cinnamon  
1/16 teaspoon nutmeg

- Whirl all ingredients in blender until smooth.
- Serve immediately

**Nutrients per serving:** 160 calories, 1.5g fat, 1g saturated fat, 0g trans fat, 5mg cholesterol, 85mg sodium, 32 g carbohydrate, 3g dietary fiber, 7g protein.

**Diabetic Exchanges:** 1 fruit, 1 milk.

## Mango Shake

1 serving (1 cup fruit per person)

Recipe from <http://www.fruitsandveggiesmatter.gov>

This recipe can also be used as a dip for fruit.

1 mango, quarter, pitted and peeled (or 1 cup frozen mango  
If frozen mango is used, defrosting is not necessary.)  
¾ cup non-fat plain yogurt  
1/3 cup orange juice  
2 ice cubes

- Whirl all ingredients in blender until smooth.
- Serve immediately

**Nutrients per serving:** 250 calories, 1g fat, 0g saturated fat, 0g trans fat, 5mg cholesterol, , 105mg sodium, 58g carbohydrate, 4g dietary fiber, 9g protein.

**Diabetic Exchanges:** 3 fruit, 1 milk.

## Berry Blast Smoothie

8 servings (1 cup fruit per person)

Recipe from <http://www.fruitsandveggiesmatter.gov>

2 cups blueberries  
2 cups strawberries  
1 cup cran-raspberry100% juice  
1 cup low fat blueberry yogurt

2 cups raspberries  
2 cups blackberries  
2 cups ice

- Whirl all ingredients in blender until smooth.
- Serve immediately

**Nutrients per serving:** 100 calories, 1g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 20mg sodium, 25g carbohydrate, 6g dietary fiber, 2g protein.

**Diabetic Exchanges:** 1 fruit.

## Mango Sorbet

4 servings (½ cup fruit per person)

Recipe from <http://www.fruitsandveggiesmatter.gov>

¾ cup yogurt  
2 mangoes, peeled and cubed (or 2 cups frozen mango)  
2 teaspoons sugar

- In a food processor, mix mango and sugar until smooth.
- Add yogurt and mix.
- Pour mixture into the canister of an ice cream maker ★ and freeze according to manufacturer's instructions.

★ To prepare without an ice cream maker, pour mixture into an 8"x4" freezer container. Cover and freeze 4 hours whisking from time to time.

**Nutrients per serving:** 100 calories, 1g fat, 1g saturated fat, 0g trans fat, 5mg cholesterol, 35mg sodium, 23g carbohydrate, 2g dietary fiber, 3g protein.

**Diabetic Exchanges:** 1 fruit.

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## Oven Wedge Fries

4 servings (½ cup vegetables per person)

2 large potatoes (or sweet potatoes)  
1 tsp olive oil

- Preheat oven to 450° F.
- Scrub potatoes well. Cut into wedges the size and shape of pickle spears. Dry them on a paper towel.
- In large bowl, toss potatoes with oil until covered.
- Spread the potatoes on a baking sheet.
- Dust them with paprika, parsley or one of these:
  - Low sodium spice mix ★
  - Parmesan cheese ★
  - 2 cloves of garlic, finely chopped ★
  - Cayenne red pepper or chili powder ★
- Bake for 20-30 minutes or until fork-tender. Or, cook them in a wire basket on the grill.

★ **Nutrients per serving (made with [white potato](#)):** 150 calories, 1.5g fat, 0g saturated fat, --g trans fat◆, 0mg cholesterol, 15mg sodium, 32g carbohydrate, 3g dietary fiber, 4g protein.

★ **Diabetic Exchanges:** 2 starch.

★ **Nutrients per serving (made with [sweet potato](#)):** 90 calories, 1.5g fat, 11 percent calories from fat, 0g saturated fat, --g trans fat◆, 0mg cholesterol, 30mg sodium, 19g carbohydrate, 3g dietary fiber, 2g protein.

★ **Diabetic Exchanges:** 1 starch.

★ Seasonings are not included in the nutrient analysis.

◆ Amount of trans fat in this recipe is unknown.

## Spiced Lentils

4 servings (½ cup vegetables per person)  
(Makes enough to fill 4 whole pita pockets)

1 cup lentils  
1 quart water  
1 bay leaf  
1 medium onion, chopped  
½ teaspoon salt  
¼ - ½ teaspoon crushed red chilies

1 teaspoon cumin seeds  
2 tablespoons olive oil  
3 tablespoons wine vinegar  
2 cloves garlic, minced

- Sort and clean lentils.
- Bring to a boil in a 3- to 4-quart pan: lentils, water, chopped onion, bay leaf, crushed red chilies, and cumin seeds. Reduce heat, cover and simmer until lentils are done – about 40 minutes. Let cool.
- Mix in olive oil, wine vinegar, and garlic.

### Serving Ideas

- Serve inside pita pockets with chopped green onion and tomatoes.
- Serve on a bed of lettuce with grape tomatoes, chopped green onions, and chopped cilantro.
- Add to a tossed green salad with golden raisins.

**Nutrients per serving:** 240 calories, 8g fat, 1g saturated fat, 0g trans fat, 0mg cholesterol, 300mg sodium, 33g carbohydrate, 12g dietary fiber, 13g protein.

**Diabetic Exchanges:** 2 starch, 1 fat.

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## Hummus Pita Pockets

4 servings (½ cup vegetables per person)

4 4-inch whole wheat pita pockets  
1 cup diced tomatoes  
1 cup diced cucumbers, with skins

### Hummus Ingredients

2 cloves garlic, crushed or chopped  
1 (16-ounce) can low-sodium chickpeas, drained  
2 tablespoons fresh lemon juice  
dash cayenne, ground (optional)  
¼ teaspoon salt  
1/3 cup well stirred tahini  
1/2 cup water

- In a food processor, puree all the hummus ingredients scraping down the sides until the hummus is smooth. Add more water, if the hummus is too thick. If you like spicy hummus, add a dash or two of cayenne pepper.
- Keep refrigerated until ready to serve.
- Cut the pita pockets in half.
- Fill the pockets with equal amounts of the hummus, tomato and cucumber.

### Serving Idea

Garnish with a dash of paprika or a sprig of parsley.

**Nutrients per serving:** 320 calories, 11g fat, 1.5g saturated fat, 0g trans fat, 0mg cholesterol, 340mg sodium, 45g carbohydrate, 9g dietary fiber, 13g protein.

**Diabetic Exchanges:** 1 meat, 1 starch, 2 fat.

## Black Bean Hummus

Serves 3 (½ cup vegetables per person)

1 can (16-ounces) low-sodium black beans, drained  
1 tablespoon tahini (optional)      2 teaspoons olive oil  
2 cloves garlic, crushed              1 lime, juiced  
1 teaspoon ground cumin              freshly ground pepper  
¼ teaspoon salt

- In a food processor, combine all ingredients. Process until smooth.
- Cover and refrigerate until ready to use.

### Serving Idea

Serve in pocket bread with lettuce and chopped tomatoes.

**Nutrients per serving:** 150 calories, 6g fat, 1g saturated fat, 0g trans fat, 0mg cholesterol, 510mg sodium, 24g carbohydrate, 8g dietary fiber, 7g protein.

**Diabetic Exchanges:** 1 starch, 1 fat.

# More Fruit & Veggie Recipes

## Chameleon Salad

4 servings (4 cups vegetables per person)

Are you tired of eating the same old salad day after day? This is the recipe for you! Like a chameleon changing its color, you can change the flavor of this salad when you change a few ingredients.

First, select one of the **Chameleon Dressing** recipes (to the right). Some recipes suggest a specific vinegar or oil.

▶ **The last two recipes also suggest substitutions for some of the vegetables.**

4 cups raw spinach  
4 cups romaine lettuce  
2 cups chopped red, yellow, or orange bell pepper  
2 cups grape or cherry tomatoes  
1 cup chopped broccoli  
1 cup chopped cauliflower  
1 cup sliced yellow squash  
1 cup sliced zucchini  
2 cups sliced cucumber  
2 cups chopped baby carrots

- Wash and chop all the vegetables.
- Mix vegetables together in a large bowl.
- Make one of the dressings.
- Add dressing and toss gently.



## Chameleon Dressing

4 servings

Place all ingredients in covered jar and shake.

**Classic Dressing:** 2 tablespoons olive or vegetable oil; 2 tablespoons balsamic or wine vinegar; 1-2 tablespoons water; ½ teaspoon salt; 1 clove crushed garlic; 1 tablespoon Dijon mustard; ¼ teaspoon dried thyme; pepper to taste.

**Honey Mustard Dressing:** 2 tablespoons olive or vegetable oil; 2 tablespoons balsamic or cider vinegar; 1-2 tablespoons water; ½ teaspoon salt; 1-3 teaspoons ground hot dry mustard; 1 tablespoon honey.

**Curry Dressing:** 2 tablespoons vegetable or olive oil; 2 tablespoons balsamic or wine vinegar; 1-2 tablespoons water; ½ teaspoon salt; ½ teaspoon curry powder; 1 tablespoon honey; ½ teaspoon ground dry ginger.

**Asian Dressing:** 2 tablespoons sesame oil; 2 tablespoons rice vinegar; 1 clove crushed garlic; 1-3 teaspoons fresh grated ginger root; ½ teaspoon soy sauce. Try adding a small amount of orange juice and toasted sesame seeds.

▶ Substitute fresh pea pods and canned sliced water chestnuts for some of the vegetables.

**Walnut Dressing:** 2 tablespoons walnut oil; 2 tablespoons wine vinegar; 1-2 tablespoons water; ½ teaspoon salt; ½ teaspoon dried basil, oregano or winter savory.

▶ Substitute chopped apples or pears and dried fruit for some of the vegetables. Add toasted chopped walnuts.

**Nutrition Facts – using Classic Dressing (made with balsamic vinegar)**

Serving size: ¼ recipe. 180 calories, 8g fat, 1 g saturated fat, 0g trans fat, 0mg cholesterol, 460mg sodium, 25g carbohydrate, 8g dietary fiber, 6g protein.

**Diabetic Exchanges:** 4 vegetable, 1 fat.

**Nutrition Facts – using Honey Mustard Dressing (made with balsamic vinegar)** Serving size: ¼ recipe. 200 calories, 9g fat, 1g saturated fat, 0g trans fat, 0mg cholesterol, 370mg sodium, 29g carbohydrate, 8g dietary fiber, 6g protein.

**Diabetic Exchanges:** 4 vegetable, 1 fat.

# More Fruit & Veggie Recipes

## Mandarin Spinach Salad

4 servings (½ cup fruits and vegetables per person)

### Orange Salad Dressing

6 tablespoons orange juice  
2 teaspoons olive oil  
¼ teaspoon pepper  
5 dashes Tabasco sauce (optional)

- Place all ingredients in a covered jar and shake.

### Salad

4 cups torn spinach leaves  
11-ounce can mandarin oranges, drained  
½ cup chopped green onions  
½ cup sliced almonds

- Optional: Over medium heat, in a dry skillet (no oil) toast almonds just until golden brown. Watch closely to avoid burning the almonds.
- Make the dressing.
- Drain mandarin oranges well. Discard liquid.
- Mix spinach, oranges, and green onions. Toss with dressing.
- Sprinkle almonds on top.

**Nutrients per serving:** 140 calories, 8g fat, 1g saturated fat, --g trans fat, 0mg cholesterol, 35mg sodium, 14g carbohydrate, 3g dietary fiber, 4g protein.

**Diabetic Exchanges:** 1 fruit, 1 fat.

## Strawberry Veggie Salad

6 servings (1½ cups fruits and vegetables per person)

### Strawberry Salad Dressing

½ cup nonfat yogurt  
1½ cups sliced strawberries  
4 teaspoons honey

- Whirl ingredients in a blender until smooth.

### Salad

7-ounce bag of baby spinach  
2 cups sliced mushrooms  
2 cups quartered strawberries  
8-ounce can sliced water chestnuts (1 cup), drained  
¼ cup grated carrot  
¼ cup sliced almonds

- Make the dressing.
- Add half the dressing to the spinach. Toss gently.
- Divide the spinach evenly among 6 plates.
- Sprinkle each salad with the sliced mushrooms and then the strawberries.
- Top with remaining dressing.
- Top each serving with 2 teaspoons each of grated carrot and sliced almonds.

**Nutrients per serving:** 110 calories, 2.5g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 70mg sodium, 21g carbohydrate, 5g dietary fiber, 4g protein.

**Diabetic Exchanges:** 1 vegetable.

# More Fruit & Veggie Recipes

## Green Apple and Onion Salad

4 servings (1 cup fruits and vegetables per person)

2 Granny Smith apples (about 1 pound) quartered lengthwise, cored and thinly sliced crosswise  
1 small Vidalia or white onion, quartered and thinly sliced  
1-inch piece of ginger, peeled and cut into very fine matchsticks  
2 tablespoons finely shredded fresh basil  
3 tablespoons fresh lemon juice  
1/8 teaspoon salt  
1/8 teaspoon ground pepper

- Toss apple slices with lemon juice to prevent browning.
- Toss all ingredients in a bowl.

**Nutrients per serving:** 70 calories, 0g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 75mg sodium, 18g carbohydrate, 3g dietary fiber, 1g protein.

**Diabetic Exchanges:** 1fruit.

## Roasted Radishes and Root Vegetables

4 servings (1 cup vegetables per person)

Recipe from <http://www.fruitsandveggiesmatter.gov>

3 medium sweet potatoes, peeled and cut into 2-inch chunks (about 3 cups)  
4 medium parsnips, peeled and cut into 2-inch chunks, about 2 cups  
2 medium red onions, peeled and quartered  
12 ounces radishes  
1 whole head of garlic, cut in half horizontally  
2½ tablespoons olive oil  
½ teaspoon black pepper  
1 tablespoon fresh or 1 teaspoon dried thyme  
1/4 teaspoon salt

- Preheat oven to 450° F.
- In a large bowl, mix the potatoes, parsnips, onions, radishes and garlic. Toss with olive oil, salt and pepper. Arrange vegetables in a single layer in a 15½" x 10½" roasting pan.
- Be sure the oven is fully heated before placing the pan in the oven. Bake until vegetables are fork tender and golden (about 45 minutes), stirring occasionally.
- Arrange vegetables on a serving platter. Squeeze the garlic cloves out of their skins. Sprinkle with thyme. Garnish with thyme sprigs.

**Nutrients per serving:** 260 calories, 9g fat, 2g saturated fat, 0g trans fat, 0mg cholesterol, 240mg sodium, 43g carbohydrate, 9g dietary fiber, 4g protein.

**Diabetic Exchanges:** 1 vegetable, 2 fat, 2 carbs.