Fruit and Veggie Recipes

Out of This Whirled Shake

Preparation Time: 5 minutes  
Makes 2 servings (½ cup fruit per person)

½ banana, peeled and sliced  
1 cup unsweetened frozen berries (strawberries, blueberries, and/or blackberries)  
½ cup low fat (1%) milk or soft tofu  
½ cup 100% orange juice

- Place all ingredients in a blender container. Cover tightly.  
- Blend until smooth. If mixture is too thick, add ½ cup cold water and blend again.  
- Pour into 2 glasses and serve.

Nutrients per serving made with low fat milk and blueberries: 120 calories, 1g fat, 0g saturated fat, 0g trans fat, 5mg cholesterol, 40mg sodium, 26g carbohydrate, 3g dietary fiber, 3g protein.  
Diabetic Exchanges: 2 fruit.

This set of recipes was originally developed by the Network for a Healthy California and has been adapted by the New Hampshire Fruit and Vegetable Program in collaboration with the Centers for Disease Control and Prevention (CDC) to meet the Fruits & Veggies—More Matters® recipe criteria.
Oprah’s Outta sight Salad

Makes 4 servings (½ cup fruits and vegetables per person)
Preparation Time: 20 minutes

Salad
- 2 cups salad greens of your choice
- 1 cup chopped vegetables of your choice (tomatoes, cucumbers, carrots, green beans)
- 1 cup fresh orange segments or canned* pineapple chunks, drained (canned fruit packed in 100% fruit juice)
- ¼ cup Dynamite Dressing
- 2 tablespoons raisins or dried cranberries
- 2 tablespoons chopped nuts, any kind

* canned fruit packed in 100% fruit juice.

- Put mixed salad greens on a large platter or in a salad bowl.
- In a large bowl, mix chopped vegetables and orange segments. Add dressing and stir. Spoon mixture over salad greens.
- Top with raisins and nuts. Serve.

Dynamite Dressing
- ¼ cup fruit-flavored nonfat yogurt
- 1 tablespoon orange juice
- 1½ teaspoons white vinegar

- In a small bowl, mix all ingredients. Refrigerate until ready to serve.

Nutrients per serving made with romaine lettuce, tomatoes, carrots, mandarin oranges, blueberry yogurt, raisins, and pecans: 90 calories, 3g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 20mg sodium, 16g carbohydrate, 2g dietary fiber, 2g protein.

Diabetic Exchanges: 1 fruit, 1 vegetable.
### Piazza’s Powerhouse Pizza

**Makes 4 servings (½ cup vegetables per person)**  
**Preparation Time: 15 minutes, including baking time**

- 4 whole wheat pita breads
- ¼ cup low-sodium spaghetti sauce or pizza sauce
- ¼ teaspoon dried oregano
- 1 cup chopped red or green bell pepper
- 1½ cups canned* pineapple chunks, drained
- 1/3 cup chopped lean, low-sodium ham
- ¾ cup shredded reduced-fat cheddar cheese

* canned fruit packed in 100% fruit juice

- Heat oven to 400°F.
- Place pita bread on baking sheet. Spread each pita with 1 tablespoon spaghetti sauce. Sprinkle with oregano.
- Top each pita with pepper, pineapple, ham, and cheese.
- Bake until hot and cheese bubbles, about 5 minutes.
- Remove pizzas from baking sheet. Place each pizza on a dinner plate and serve.

**Nutrients per serving (1 pizza):** 290 calories, 5g fat, 1.5g saturated fat, 0g trans fat, 10mg cholesterol, 590mg sodium, 50g carbohydrate, 7g dietary fiber, 15g protein.  
**Diabetic Exchanges:** 1 fruit, 1 meat, 2 starch.
Banana Berry Pancakes

This recipe promises to be a weekend favorite. Substitute any seasonal, canned, or frozen fruits for different flavors.

**Makes 4 servings (½ cup fruit per person)**
**Total Preparation Time: 10 minutes**
**Total Cook Time: 10 minutes**

**Topping**
- 1½ cups frozen strawberries
- 4 teaspoons strawberry jam

- Place berries in a small bowl with jam.
- Microwave on HIGH for 1 minute.
- Stir, then cook for 1 minute more.
- Spoon topping over pancakes.

**Pancake**
- 1 large banana, peeled and sliced
- 1 cup complete pancake mix
- ½ cup water
- nonstick cooking spray

- Place banana in a medium bowl and mash with a fork.
- Add pancake mix and water; stir until blended.
- Spray a large skillet with nonstick cooking spray over MEDIUM heat.
- Pour ¼ cup batter for each pancake into hot skillet.
- Cook pancakes for about 2 minutes per side or until cooked through.

**Nutrients per serving (2 pancakes):** 190 calories, 2g fat, 0g saturated fat, 0g trans fat, 5mg cholesterol, 400mg sodium, 40g carbohydrate, 3g dietary fiber, 4g protein.

**Diabetic Exchanges:** 1 fruit, 2 starch.
Spud Stuffers

No ordinary potatoes here. Pick your favorite topping from the list below.

Makes 4 servings (1 cup vegetables per person)
Preparation Time: 15 minutes
Cook Time: 16-60 minutes

Spud
4 medium baking potatoes
2 tablespoons margarine
2 tablespoons fat free sour cream

- Wash potatoes and pierce three times with a fork.
- Microwave on HIGH for about 6 minutes. Turn potatoes over and cook on HIGH for about 10 minutes more.
- Or, bake in the oven at 400°F for 45 to 60 minutes.
- When cooked, carefully cut open the top.
- Place ½ tablespoon margarine and ½ tablespoon sour cream on top of each potato.
- Top each potato with one of the toppings below.

Mexican Topping – ingredient amounts are for one potato
¼ cup prepared fresh salsa
1 tablespoon diced green chilies
1½ tablespoons shredded low fat Cheddar or Monterey Jack cheese

Nutrients per serving (1 spud with Mexican Topping): 220 calories, 2.5g fat, 1g saturated fat, 0g trans fat, 5mg cholesterol, 580mg sodium, 42g carbohydrate, 5g dietary fiber, 8g protein.
Diabetic Exchanges: 1 vegetable, 2 starch.

Western Topping – ingredient amounts are for one potato
2 tablespoons chopped tomatoes
2 tablespoons finely chopped green bell pepper
1 tablespoon sliced green onion
2 tablespoons shredded low fat Cheddar cheese
1 tablespoon bacon bits

Nutrients per serving (1 spud with Western Topping): 240 calories, 4g fat, 1.5g saturated fat, 0g trans fat, 10mg cholesterol, 390mg sodium, 40g carbohydrate, 5g dietary fiber, 11g protein.
Diabetic Exchanges: 1 meat; 2 starch.

Veggie Topping – ingredient amounts are for one potato
3 tablespoons chopped broccoli
2 tablespoons chopped yellow squash
2 tablespoons shredded low fat Cheddar cheese
1 tablespoon sliced green onion

Nutrients per serving (1 spud with Veggie Topping): 210 calories, 3g fat, 1g saturated fat, --g trans fat, 5mg cholesterol, 170mg sodium, 40g carbohydrate, 5g dietary fiber, 9g protein.
Diabetic Exchanges: 2 starch
Sesame Chicken with Peppers and Snow Peas

Ginger and sesame add an Asian flair to this dish.

Makes 4 servings (1 cup vegetables per person)
Preparation Time: 10 minutes
Cook Time: 20 minutes

1 tablespoon sesame seeds
nonstick cooking spray
1 pound boneless, skinless chicken breasts, cut into strips
2 cups snow peas, trimmed
1 large red bell pepper, cubed
1 large green bell pepper, cubed
3 tablespoons low-sodium soy sauce
2 tablespoons water
1½ teaspoons brown sugar
¼ teaspoon ground ginger
2 green onions, sliced

• Place sesame seeds in a large nonstick skillet. Cook 2 minutes over MEDIUM-HIGH heat until lightly browned.
• Remove from skillet and set aside.
• Spray same skillet with nonstick cooking spray.
• Add chicken. Cook for 10 minutes or until chicken is cooked through.
• Add snow peas and bell peppers; stir-fry for 3 to 4 minutes until vegetables are crisp tender.
• In a small bowl, combine soy sauce, water, brown sugar, and ginger; add to skillet.
• Cook for 5 minutes over MEDIUM-HIGH heat.
• Sprinkle with green onions and serve.

Nutrients per serving (¼ of recipe): 200 calories, 5g fat, 1g saturated fat, 0g trans fat, 65mg cholesterol, 510mg sodium, 10g carbohydrate, 3g dietary fiber, 28g protein.
Diabetic Exchanges: 4 very lean meat, 1 vegetable.
Veggie Bean Wrap

Fresh mangos and avocado give this meal a tasty twist.

Makes 4 servings (1½ cups vegetables per person)
Preparation Time: 15 minutes
Cook Time: 10 minutes

- 2 green or red bell peppers, seeded and chopped
- 1 onion, peeled and sliced
- 1 (15-ounce) can 50% less salt/sodium black beans, drained and rinsed
- 2 mangos, chopped
- Juice of 1 lime
- ½ cup chopped fresh cilantro
- 1 avocado, peeled and diced
- 4 8-inch fat free flour tortillas

• In a nonstick pan, sauté bell peppers and onion for 5 minutes over medium heat. Add beans, stir well. Reduce heat to low and simmer about 5 minutes.
• In a small bowl, combine mangos, lime juice, cilantro, and avocado. Reserve ½ mixture for topping.
• Fill warmed tortillas with ¼ bean mixture and ¼ mango mixture.
• Fold ends of the tortillas over. Roll up to make wraps. Top veggie bean wraps with remaining mango mixture.

Nutrients per serving (1 wrap): 320 calories, 8g fat, 1g saturated fat, 0g trans fat, 0mg cholesterol, 580mg sodium, 61g carbohydrate, 15g dietary fiber, 11g protein.
Diabetic Exchanges: 1 fruit, 1 vegetable, 1 starch, 1 fat.
Pico de Gallo

Fresh tasting, with just a bit of heat. Use to season your family meals or serve with tortilla chips. This recipe is part of the next two recipes!

Makes 6 servings (½ cup per person)
Preparation Time: 20 minutes

1 pound ripe tomatoes, chopped
1½ cups chopped onion
1/3 cup chopped fresh cilantro
3 jalapeño peppers, seeds removed and chopped
2 tablespoons lime juice
2 cloves garlic, minced
⅛ teaspoon salt

• Combine all ingredients in a medium bowl.
• Serve immediately or cover and refrigerate for up to 3 days.

Nutrients per serving (1/6 of recipe): 35 calories, 0g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 105mg sodium, 8g carbohydrate, 2g dietary fiber, 1g protein.

Diabetic Exchanges: 1 vegetable.
Chicken Tortas

Serve these sandwiches with sliced jalapeno peppers for added heat! Use the Pico de Gallo on page 8 to make this recipe.

Makes 4 servings (1 cup vegetables per person)
Preparation Time: 30 minutes
Cook Time: 5 minutes

Chicken Torta Ingredients
- 1 recipe of Pico de Gallo (3 cups) (page 8)
- 2 cups cooked, shredded chicken, without skin
- 1 teaspoon chili powder
- 2 cups chopped romaine lettuce
- 4 thin white onion slices
- 2 large radish slices
- ½ cup shredded low fat Monterey Jack cheese
- 4 Bolillo or French rolls, cut in half lengthwise

Chicken Torta Preparation
1. Prepare the Pico de Gallo (page 8).
2. In a medium bowl, combine chicken, chili powder and 1 cup of Pico de Gallo. Reserve the other 2 cups of Pico de Gallo.
3. In a second bowl, combine lettuce, onion, radishes, and cheese.
4. Place equal amounts of chicken and lettuce mixtures inside of each roll.
5. Spoon ¾ cup of the Pico de Gallo over the lettuce in each sandwich. Close the sandwiches.

Nutrients per serving (¼ of recipe made with French rolls): 330 calories, 8g fat, 3g saturated fat, 0g trans fat, 70mg cholesterol, 530mg sodium, 33g carbohydrate, 5g dietary fiber, 31g protein.
Diabetic Exchanges: 1 meat, 3 very lean meat, 1 starch, 2 vegetable.
Touchdown Tostadas

Use the Pico de Gallo on page 8 to make this recipe – remember to reduce the salt from ¼ teaspoon to 1/8 teaspoon.

**Makes 4 servings (1 cup vegetables per person)**

**Preparation Time: 45 minutes including baking time**

- 3 cups Pico de Gallo (page 8) – made with 1/8 teaspoon salt instead of ¼ teaspoon
- 4 6-inch corn tortillas
- Nonstick cooking spray
- 1 cup fat-free refried beans
- ¾ cup shredded low-fat Monterey Jack cheese
- 1 cup nonfat sour cream
- 1 cup shredded lettuce
- 1 cup shredded carrots

2. Heat oven to 350°F.
3. Lightly spray both sides of each tortilla with nonstick cooking spray. Place tortillas on baking sheet. Bake 10 minutes or until crisp. Remove from oven.
4. Spread ¼ cup beans on each tortilla. Top each tortilla with 3 tablespoons cheese.
5. Put back into oven. Bake until cheese melts, about 2 minutes. Remove tortillas from pan and place each one on a dinner plate.
6. Top each tortilla with ¼ cup nonfat sour cream, ¼ cup shredded lettuce, ¼ cup shredded carrots, and ¾ cup salsa.
7. Divide remaining Pico de Gallo among the four servings in small cups to the side of the tostada.

**Nutrients per serving (1 tostado with side of Pico de Gallo):** 320 calories, 7g fat, 3g saturated fat, 0g trans fat, 25mg cholesterol, 600mg sodium, 48g carbohydrate, 8g dietary fiber, 16g protein.

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