

# Fresh, Easy, Healthy Recipes for the whole family



Healthy Foods  
Healthy Families



Comidas Sanas  
Familias Sanas



# Recetas para toda la familia Frescas, Sencillas, Sanas



THE  
UNIVERSITY  
OF RHODE ISLAND



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**Questions about nutrition?**

**Call 1-877-FOOD-URI**

**¿Alguna pregunta sobre la nutrición?**

**Llame al 1-877-366-3874**

# Oatmeal Zucchini Bread

## Ingredients:

- 1 cup sugar
- 3 eggs
- 2/3 cup vegetable oil
- 1 teaspoon vanilla
- 1½ cups all-purpose flour
- 1 cup old-fashioned oats, uncooked
- 1 tablespoon baking powder
- ½ teaspoon salt
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- 3 cups coarsely shredded zucchini
- 1 cup chopped walnuts (optional)



## Nutrition Facts

Serving Size 1/12 of loaf (48g)  
Servings Per Container 12

Amount Per Serving	
<b>Calories</b> 140	<b>Calories from Fat</b> 60
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	11%
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 25mg	8%
<b>Sodium</b> 130mg	5%
<b>Total Carbohydrate</b> 17g	6%
Dietary Fiber 1g	4%
Sugars 9g	
<b>Protein</b> 2g	
Vitamin A 2%	Vitamin C 4%
Calcium 2%	Iron 4%

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

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

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

## Directions:

1. Preheat oven to 350°F. Grease bottoms of two 8x4 inch loaf pans.
  2. In a large bowl, beat together sugar, eggs, oil, and vanilla.
  3. Add flour, oats, baking powder, salt, cinnamon, and nutmeg. Mix just until dry ingredients are moist.
  4. Squeeze excess liquid from shredded zucchini. Stir in zucchini and nuts, if using.
  5. Spoon the batter into greased loaf pans. Bake about 50 minutes.
  6. Cool 10 minutes. Remove from pans and cool completely before slicing.
- Makes 2 loaves.

**Health Tip:** Great for breakfast or a snack, this slightly sweet bread is packed with vitamins and fiber.

# Pan de Calabacita y Avena

## Ingredientes:

- 1 taza azúcar
- 3 huevos
- 2/3 taza aceite vegetal
- 1 cucharadita vainilla
- 1 1/2 tazas harina
- 1 taza avena cruda
- 1 cucharada levadura en polvo
- 1/2 cucharadita sal
- 2 cucharaditas canela
- 1 cucharadita nuez moscado
- 3 tazas calabacita rallada
- 1 taza nueces cortados (opcional)



## Nutrition Facts

Serving Size 1/12 of loaf (48g)  
Servings Per Container 12

Amount Per Serving			
<b>Calories</b>	140	Calories from Fat	60
		<b>% Daily Value*</b>	
<b>Total Fat</b>	7g		11%
Saturated Fat	0.5g		3%
Trans Fat	0g		
<b>Cholesterol</b>	25mg		8%
<b>Sodium</b>	130mg		5%
<b>Total Carbohydrate</b>	17g		6%
Dietary Fiber	1g		4%
Sugars	9g		
<b>Protein</b>	2g		
Vitamin A	2%	Vitamin C	4%
Calcium	2%	Iron	4%

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

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

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

## Preparación:

1. Precaliente el horno a 350° F. Engrase los fondos de 2 cacerolas de barra.
2. En un tazón grande, bata el azúcar, los huevos, el aceite y la vainilla.
3. Ponga la harina, la avena, la levadura en polvo, la sal y las especias. Mezcle hasta los ingredientes se humedecen.
4. Aprete el liquido de la calabacita rallada. Póngala junto con los nueces en la mezcla.
5. Saque con cuchara la mezcla en las cacerolas. Hornee 50 minutos.
6. Deje los panes 10 minutos. Quítelos de las cacerolas y refrésquelos antes de cortar.

Receta para 2 panes.

**Consejo de Salud:** Perfecto para el desayuno o un snack, este pan dulce tiene muchas vitaminas y mucha fibra.

# Fresh Corn and Tomato Salsa

## Ingredients:

- 1 ½ cups fresh diced tomatoes
- ½ cup fresh corn kernels
- ¼ cup diced onion
- 2 cloves garlic, minced
- 2 tablespoons fresh squeezed lime juice
- 2 tablespoons fresh chopped cilantro
- Salt, to taste
- 1 chopped jalapeño pepper (optional)

## Directions:

1. Wash and prepare all vegetables. For corn, boil 1 cleaned ear of corn for 8 minutes, then let cool and remove kernels.
2. In a medium bowl, gently combine all ingredients. Serve immediately.

Makes 6 servings. Serving size: 1/3 cup.

## Nutrition Facts

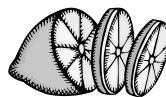
Serving Size about 1/3 cup (83g)  
Servings Per Container 6

Amount Per Serving			
Calories 25	Calories from Fat 0		
% Daily Value*			
Total Fat	0g	0%	
Saturated Fat	0g	0%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	200mg	8%	
Total Carbohydrate	6g	2%	
Dietary Fiber	1g	4%	
Sugars	2g		
Protein	1g		
Vitamin A	8%	Vitamin C	15%
Calcium	2%	Iron	2%

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

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

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



**Food Safety Tip:** Before you start cooking, always wash fresh vegetables and herbs in cool running water. Pat dry with a paper towel or let air dry.

# Pico de Gallo con Maíz

## Ingredientes:

- 1 ½ tazas tomates frescos cortados
- ½ taza maíz fresco
- ¼ taza cebolla en cuadritos
- 2 dientes de ajo, picado
- 2 cucharadas zumo de limón fresco
- 2 cucharadas cilantro fresco cortado
- Sal al gusto
- 1 jalapeño cortado (opcional)

## Preparación:

1. Lave y prepare todas las verduras. Para el maíz, hierva 1 oreja de maíz por 8 minutos, deje enfriar y corte los granos de la oreja.
2. En un tazón, combine todos los ingredientes y mezcle. Sirva inmediatamente.

Receta para 6. 1 porción: 1/3 taza.



**Seguridad Alimenticia:** Antes de preparar, siempre lave las verduras y hierbas frescas en agua fría. Con una toallita de papel seque bien o deje que se sequen al aire.

## Nutrition Facts

Serving Size about 1/3 cup (83g)  
Servings Per Container 6

Amount Per Serving

Calories 25      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 200mg      8%

Total Carbohydrate 6g      2%

Dietary Fiber 1g      4%

Sugars 2g

Protein 1g

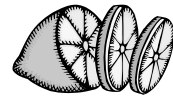
Vitamin A 8%      • Vitamin C 15%

Calcium 2%      • Iron 2%

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

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

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



# Herb Garbanzo Dip

## Ingredients:

- 1 15-ounce can garbanzo beans (chick peas)
- 1 clove garlic
- ¼ teaspoon salt
- 1 tablespoon olive oil
- 1 tablespoon lemon juice (fresh or bottled)
- ¼ cup fresh herbs (parsley, chives, cilantro)

## Directions:

1. Rinse herbs in cool water and dry with a paper towel.
2. Open the beans. Drain and save the liquid from the can.
3. In a food processor or blender, combine beans, garlic, salt, oil, lemon juice, and herbs. Blend on low speed, gradually adding bean liquid until dip is thick and creamy.



Makes 8 servings.  
Serving size: 3 tablespoons.

Nutrition Facts	
Serving Size 3 tablespoons	
Servings Per Container 8	
Amount Per Serving	
Calories 60	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 2g	
Vitamin A 0%	Vitamin C 4%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



**Try this!** Serve dip with pita bread, carrot sticks, or cut-up vegetables. Or spread the dip on a tortilla and roll it up with cheese and fresh veggies.

# Puré de Garbanzos

## Ingredientes:

- 1 lata (15 onzas) garbanzos
- 1 diente ajo
- ¼ cucharadita sal
- 1 cucharada aceite de oliva
- 1 cucharada limón (en fruta o botella)
- ¼ taza hierbas frescas (perejil, cebollinos, cilantro, etc.)

## Preparación:

1. Lave las hierbas en agua fría y seque con una toallita de papel.
2. Abra la lata de garbanzos. Desagüe y retenga el liquido de la lata.
3. En una licuadora combine los garbanzos, ajo, sal, aceite, limón y hierbas. Mezcle a baja velocidad. Eche poco a poco el liquido hasta que el puré esté espeso y cremoso.



Receta para 8 porciones.  
Porción: 3 cucharadas.

Nutrition Facts	
Serving Size 3 tablespoons	
Servings Per Container 8	
Amount Per Serving	
Calories 60	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 2g	
Vitamin A 0%	Vitamin C 4%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4



¡Pruébalo! Sirva con rebanadas de pita, palitos de zanahoria o otras verduras. Póngalo en una tortilla y enróllela con queso y verduras frescas.



# Apple Cole Slaw

## Ingredients:

- 1 small head green or red cabbage (about 3 cups shredded)
- 2 medium red apples
- 1 large carrot
- 2 medium scallions
- 1/3 cup light mayonnaise
- 1/3 cup unpacked brown sugar
- 2 tablespoons lemon juice (fresh or bottled)

## Directions:

1. Wash all produce. Finely chop or shred cabbage. Core apples and chop into bite-size pieces. Grate carrot. Finely chop scallions.
2. In a large bowl, combine cabbage, apple, carrot, and scallions.
3. In a small bowl, beat together the mayonnaise, brown sugar, & lemon juice. Pour dressing over salad & mix.

Makes 8 servings. Serving size: 1 cup.

Did you know? Apple Cole Slaw is a great source of vitamin A, vitamin C, and fiber. For extra color, use a mix of red and green cabbage.

## Nutrition Facts

Serving Size about 1 cup (93g)  
Servings Per Container 8

Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 95mg	4%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 10g	
<b>Protein 1g</b>	
Vitamin A 30%	Vitamin C 30%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



# Ensalada de Manzana y Repollo

## Ingredientes:

- 1 cabeza de repollo rojo o verde (unos 3 tazas rallada)
- 2 manzanas rojas medianas
- 1 zanahoria grande
- 2 cebolletas medianas
- 1/3 taza mayonesa baja en grasa
- 1/3 taza azúcar morena
- 2 cucharadas de limón (en fruta o botella)

## Preparación:

1. Lave todas las verduras. Corte bien o ralle el repollo. Quite el corazón de las manzanas y corte en trocitos. Ralle la zanahoria. Corte las cebolletas.
2. En un tazón grande, combine el repollo, la manzana, la zanahoria y la cebolleta.
3. En una taza, mezcle la mayonesa, el azúcar y el limón. Combine la ensalada con la mayonesa y mezcle bien.

Receta para 8. Porción: 1 taza.

¿Sabe Ud.? Esta ensalada es una buena fuente de la vitamina A, vitamina C y la fibra. Para más color, use una mezcla de repollo rojo y verde.

<b>Nutrition Facts</b>	
Serving Size about 1 cup (93g) Servings Per Container 8	
Amount Per Serving	
<b>Calories 90</b>	<b>Calories from Fat 30</b>
<b>% Daily Value*</b>	
<b>Total Fat 3.5g</b>	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 95mg</b>	<b>4%</b>
<b>Total Carbohydrate 15g</b>	<b>5%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 10g	
Protein 1g	
Vitamin A 30%	Vitamin C 30%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9	Carbohydrate 4 • Protein 4



# Dill Potato Salad

## Ingredients:

- 6 medium potatoes
- 8 ounces light sour cream
- 1 tablespoon fresh minced dill
- ¼ cup parsley, chopped
- ½ teaspoon salt
- ½ teaspoon black pepper
- 2 tablespoons brown mustard

## Directions:

1. Scrub potatoes and cut out bad spots.
2. In a saucepan, bring 6 cups water to a full boil and add potatoes. Cook over high heat until tender, or 25 minutes.
3. Drain and rinse in cold water. Cut into 1-inch cubes.
4. In a large bowl, stir together sour cream, dill, parsley, salt, pepper, and mustard. Add potatoes and toss until evenly coated.
5. Cover and refrigerate 2 hours before serving.

Makes 12 servings. Serving size: ½ cup.

## Nutrition Facts

Serving Size 1/2 cup (90g)  
Servings Per Container 12

Amount Per Serving

**Calories 90**      **Calories from Fat 20**

% Daily Value\*

**Total Fat 2g** **3%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

**Cholesterol 5mg** **2%**

**Sodium 140mg** **6%**

**Total Carbohydrate 15g** **5%**

Dietary Fiber 1g **4%**

Sugars 1g

**Protein 2g**

Vitamin A 2%      •      Vitamin C 15%

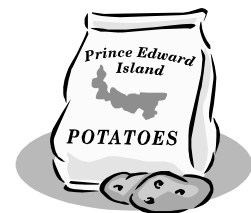
Calcium 4%      •      Iron 2%

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

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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



**Food Safety Tip:** Always refrigerate leftover foods. Any foods that have been left out for more than 2 hours should be thrown away. If it's a warm summer day, throw away foods left out for more than 1 hour.

# Ensalada de Papas con Eneldo

## Ingredientes:

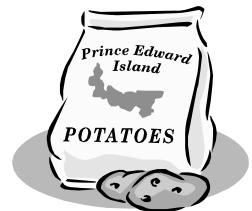
- 6 papas medianas
- 8 onzas crema agria “light”
- 1 cucharada eneldo fresco (dill), picado
- ¼ taza perejil picado
- ½ cucharadita sal
- ½ cucharadita pimienta negra
- 2 cucharadas mostaza morena

## Preparación:

1. Lave las papas y quite las manchas.
2. En una cacerola, hierva 6 tazas agua y eche las papas. Cocine hasta tiernas, por unos 25 minutos.
3. Desagüe las papas y lávelas con agua fría. Corte en cubitos de 1 pulgada.
4. En un tazón, mezcle la crema, eneldo, perejil, sal, pimienta y mostaza. Eche las papas y mezcle bien.
5. Cubra y ponga en la nevera por 2 horas antes de servir.

Receta para 12. Porción: ½ taza.

Nutrition Facts	
Serving Size 1/2 cup (90g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories 90</b>	<b>Calories from Fat 20</b>
% Daily Value*	
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 140mg</b>	<b>6%</b>
<b>Total Carbohydrate 15g</b>	<b>5%</b>
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein 2g</b>	
Vitamin A 2%	• Vitamin C 15%
Calcium 4%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



**Seguridad Alimenticia:** Siempre ponga las sobras en la nevera. Debe tirar cualquier comida que queda afuera por más de 2 horas. Si es un día caloroso, tire las comidas que quedan afuera más de 1 hora.

# Oven Roasted Vegetables

## Ingredients:

- 1 small butternut squash
- 2 medium carrots
- 2 medium onions
- 2 small turnips or parsnips
- 1 large potato or sweet potato
- 5 cloves garlic
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 teaspoon dried thyme
- 2 teaspoons dried rosemary
- ½ teaspoon salt
- Black pepper



## Nutrition Facts

Serving Size about 1 cup (208g)  
Servings Per Container 8

Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 35
% Daily Value*	
<b>Total Fat</b> 4g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 180mg	8%
<b>Total Carbohydrate</b> 22g	7%
Dietary Fiber 5g	20%
Sugars 8g	

Protein 2g	
Vitamin A 320%	Vitamin C 45%
Calcium 8%	Iron 6%

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

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

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

## Directions:

1. Preheat oven to 400 °F. Rinse or scrub all vegetables. Peel squash & remove seeds. Peel onions & garlic.
2. Cut all vegetables (except garlic) into bite-size cubes.
3. In large bowl, combine oil, lemon, thyme, rosemary, salt, and pepper. Add vegetables, mix well, and spread in a large roasting pan.
4. Bake at 400 °F for 40-50 minutes, stirring every 15 minutes, until vegetables are slightly browned.

Did you know? This recipe is high in fiber, vitamin A, and vitamin C. Serve with baked chicken and a cold glass of milk for a deliciously well-balanced meal!

# Verduras al Horno

## Ingredientes:

- 1 calabaza “butternut” pequeña
- 2 zanahorias medianas
- 2 cebollas medianas
- 2 nabos o chirivias pequeños
- 1 papa o papa dulce grande
- 5 dientes de ajo
- 2 cucharadas aceite de oliva
- 2 cucharadas zumo de limón
- 1 cucharadita tomillo seco
- 2 cucharaditas romero seco
- ½ cucharadita sal
- pimienta negra

## Preparación:

1. Precaliente el horno a 400 °F. Lave o fregue todas las verduras. Pele la calabaza y quite las semillas. Pele la cebolla y el ajo.
2. Corte todas las verduras (excepto el ajo) en cubitos.
3. En un tazón, mezcle el aceite, el limón, el tomillo, el romero, la sal y la pimienta. Agregue las verduras y mezcle bien. Ponga en una cacerola plana y grande.
4. Hornee a 400 °F por 40-50 minutos, revolviéndolo cada 15 minutos, hasta que las verduras sean tostadas.

## Nutrition Facts

Serving Size about 1 cup (208g)  
Servings Per Container 8

Amount Per Serving	
Calories 120	Calories from Fat 35
% Daily Value*	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 5g	20%
Sugars 8g	

### Protein 2g

Vitamin A 320% • Vitamin C 45%

Calcium 8% • Iron 6%

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

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

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

¿Sabe Ud.? Esta receta tiene un alto contenido de fibra, vitamina A y vitamina C. Sirva con pollo al horno y un vaso de leche frío para una comida completa.

# Creamy Cucumber Dip

## Ingredients:

- 1/3 cup mayonnaise
- 2/3 cup nonfat plain yogurt
- 1/4 teaspoon dill weed
- 1/2 teaspoon celery salt
- 1/3 cup finely chopped cucumber

## Directions:

1. Place all ingredients in a jar or bottle with a tightly fitting lid.
2. Screw on the lid tightly. Shake well.
3. Chill in the fridge for 1 hour before serving.

Makes 8 servings. Serving: 2 tablespoons

## Nutrition Facts

Serving Size 2 tablespoons  
Servings Per Container 8

Amount Per Serving

**Calories 40**      Calories from Fat 30

% Daily Value\*

**Total Fat 3.5g**      5%

Saturated Fat 0g      0%

Trans Fat 0g

**Cholesterol 5mg**      2%

**Sodium 160mg**      7%

**Total Carbohydrate 3g**      1%

Dietary Fiber 0g      0%

Sugars 1g

**Protein 1g**

Vitamin A 2%      • Vitamin C 2%

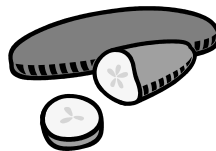
Calcium 2%      • Iron 0%

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

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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



**Family Fun Tip:** This is a quick and easy snack that kids love to make and eat! Serve the dip with cut-up carrots, celery, or green peppers.

# Salsa Cremosa de Pepino

## Ingredientes:

- 1/3 taza mayonesa
- 2/3 taza yogur desnatada, sin sabor
- 1/4 cucharadita eneldo (dill) seco
- 1/2 cucharadita sal de apio
- 1/3 taza pepino picado

## Preparación:

1. Ponga todos los ingredientes en una jarra o botella que tiene tapa.
2. Cierre bien la jarra o botella y agítela.
3. Ponga la salsa en la refrigeradora por 1 hora antes de servir.

Receta para 8. Porción: 2 cucharadas.

## Nutrition Facts

Serving Size 2 tablespoons  
Servings Per Container 8

Amount Per Serving

Calories 40      Calories from Fat 30

% Daily Value\*

Total Fat 3.5g      5%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 5mg      2%

Sodium 160mg      7%

Total Carbohydrate 3g      1%

Dietary Fiber 0g      0%

Sugars 1g

Protein 1g

Vitamin A 2%      • Vitamin C 2%

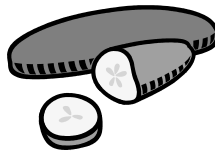
Calcium 2%      • Iron 0%

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

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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Consejo para Familias: Esta salsa es un snack que a los niños le encantan preparar y comer. Sirva la salsa con palitos de zanahoria, apio o pimiento verde.



# Corn Chowder

## Ingredients:

- 1 tablespoon canola oil
- 1 medium onion, diced
- ½ cup diced celery
- 2 cups diced potatoes (about 2 medium)
- 1½ cups water
- 1 14-oz. can low-sodium chicken or vegetable broth
- 1 bay leaf
- 1 teaspoon thyme
- 2 cups corn, cooked and cut from the cob
- 1 12-oz. can evaporated skim milk
- Salt and pepper to taste
- 2 tablespoons fresh chopped parsley



## Nutrition Facts

Serving Size about 1 cup  
Servings Per Container 8

Amount Per Serving

**Calories 140**      **Calories from Fat 25**

% Daily Value\*

**Total Fat 2.5g**      **4%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 5mg**      **2%**

**Sodium 100mg**      **4%**

**Total Carbohydrate 22g**      **7%**

Dietary Fiber 2g      **8%**

Sugars 8g

**Protein 7g**

Vitamin A 8%      •      Vitamin C 20%

Calcium 15%      •      Iron 4%

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

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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Directions:

1. Cook onions and celery in oil over medium heat until soft. Add potatoes and toss with celery and onions.
2. Add water, broth, bay leaf, and thyme. Cover, bring to a boil, and simmer until the potatoes are tender, about 10-15 minutes.
3. Add the corn, evaporated milk, salt and pepper. Heat to simmering.
4. Sprinkle with parsley and serve.

Makes 8 servings. Serving size: 1 cup.

**Family Fun Tip:** Most family get-togethers are centered around food. Next time, plan one centered around fun activities that will get the whole family moving. Take the family to a park and have relay races, play catch with a Frisbee, or go on a nature walk!

# Sopa de Maíz

## Ingredientes:



- 1 cucharada aceite de canola
- 1 cebolla mediana, en cuadritos
- ½ taza apio, en cuadritos
- 2 tazas papas, en cuadritos (2 medianas)
- 1½ tazas agua
- 1 lata (14 onzas) caldo de verduras o pollo, bajo en sodio
- 1 hoja de laurel
- 1 cucharadita tomillo seco
- 2 tazas maíz, cocido y quitado de la oreja
- 1 lata (12 onzas) leche evaporada
- Sal y pimienta al gusto
- 2 cucharadas perejil fresco, picado

## Preparación:

1. Saltee la cebolla y el apio en el aceite hasta blandos. Agregue las papas y saltee todos juntos.
2. Agregue el agua, el caldo, el laurel y el tomillo. Cubra y hierva a fuego lento hasta las papas estén blandas, unos 10-15 minutos.
3. Agregue el maíz, la leche, sal y pimienta. Hierva a fuego lento.
4. Salpique con perejil y sirva.

Receta para 8. Porción: 1 taza.

**Consejo para Familias:** Muchas veces los eventos familiares tienen por centro la comida. La próxima vez, planea una actividad que se hace mover toda la familia. Váyanse al parque por un partido de fútbol, pasen el Frisbee, o hagan una caminata por el bosque!

## Nutrition Facts

Serving Size about 1 cup  
Servings Per Container 8

### Amount Per Serving

Calories 140      Calories from Fat 25

% Daily Value\*

Total Fat 2.5g      4%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 5mg      2%

Sodium 100mg      4%

Total Carbohydrate 22g      7%

Dietary Fiber 2g      8%

Sugars 8g

### Protein 7g

Vitamin A 8%      • Vitamin C 20%

Calcium 15%      • Iron 4%

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

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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

# Lentil Soup

## Ingredients:

- 2 teaspoons olive oil
- 1 small onion, diced
- 1 large carrot, diced
- 4 cups water
- 1 ¼ cups dry brown lentils
- 1 teaspoon garlic powder
- ½ teaspoon oregano
- 1 can (14.5 oz) diced tomatoes
- 1 cup chopped fresh spinach
- 1 teaspoon salt
- Black pepper, to taste

## Directions:

1. In a large soup pot, heat the oil over medium heat.
2. Add onions and carrots. Cook for about 3 minutes, or until onions are soft.
3. Add water, lentils, garlic powder, and oregano. Bring to a boil, then reduce heat and simmer for 25 minutes.
4. Add tomatoes, spinach, salt, and pepper. Simmer 10 minutes. Serve hot.

Makes 6 servings. Serving size: 1 cup

## Nutrition Facts

Serving Size 1 cup (411g)  
Servings Per Container 6

### Amount Per Serving

**Calories 190**    **Calories from Fat 20**

**% Daily Value\***

**Total Fat 2g**    **3%**

Saturated Fat 0g    **0%**

Trans Fat 0g

**Cholesterol 0mg**    **0%**

**Sodium 630mg**    **26%**

**Total Carbohydrate 30g**    **10%**

Dietary Fiber 11g    **44%**

Sugars 5g

**Protein 12g**

Vitamin A 70%    •    Vitamin C 20%

Calcium 8%    •    Iron 25%

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

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

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



**Food Safety Tip:** Keep leftovers safe! Cool down hot foods more quickly by storing them in small, shallow containers, and always refrigerate or freeze leftovers within 2 hours of preparation.

# Sopa de Lentejas

## Ingredientes:

- 2 cucharaditas aceite de oliva
- 1 cebolla pequeña, en cuadritos
- 1 zanahoria grande, en cuadritos
- 4 tazas agua
- 1 ¼ tazas lentejas morenas crudas
- 1 cucharadita ajo en polvo
- ½ cucharadita orégano
- 1 lata (14.5 oz) tomates en cuadritos
- 1 taza espinacas frescas cortadas
- 1 cucharadita sal
- Pimienta negra al gusto

## Preparación:

1. En una olla, caliente el aceite sobre fuego medio.
2. Añada la cebolla y zanahoria. Cocine por 3 minutos, hasta la cebolla esté blanda.
3. Añada el agua, las lentejas, el ajo en polvo y el orégano. Hierva, luego reduzca el fuego y hierva sobre fuego lento por 25 minutos.
4. Añada los tomates, las espinacas, sal y pimienta. Hierva sobre fuego lento por 10 minutos. Sirva caliente.

Receta para 6. Porción: 1 taza

## Nutrition Facts

Serving Size 1 cup (411g)  
Servings Per Container 6

Amount Per Serving

**Calories** 190    **Calories from Fat** 20

% Daily Value\*

**Total Fat** 2g    **3%**

Saturated Fat 0g    **0%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 630mg    **26%**

**Total Carbohydrate** 30g    **10%**

Dietary Fiber 11g    **44%**

Sugars 5g

**Protein** 12g

Vitamin A 70%    •    Vitamin C 20%

Calcium 8%    •    Iron 25%

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

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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**Seguridad Alimenticia:** ¡Mantenga las sobras sin peligro! Enfríe las sobras calientes en envases pequeños y llanos. Siempre refrigere o congele las sobras dentro de 2 horas de la preparación.

# Curried Squash and Apple Soup

## Ingredients:

- 1 tablespoon butter
- 2 medium yellow onions, peeled and chopped
- 2 cloves garlic, peeled and chopped
- 1 tablespoon curry powder
- 4 cups water
- 4 vegetable or chicken bouillon cubes
- 2 pounds butternut squash, peeled, seeded, and chopped
- 2 apples, cored and chopped
- ¼ teaspoon ground black pepper

## Directions:

1. Heat butter in heavy stockpot over medium heat.
2. Add onions and cook, stirring often, until soft, about 6 minutes. Add garlic and curry powder and cook, stirring, for 1 minute.
3. Add water, bouillon, squash, and apple to pot, and stir well. Cover and cook until squash is soft, about 20 minutes.
4. Remove soup from heat and let cool. Puree in blender or food processor, then stir in pepper and serve.

Makes 6 servings. Serving size: 1½ cups.



## Nutrition Facts

Serving Size 1 1/2 cups  
Servings Per Container 6

Amount Per Serving			
Calories 140	Calories from Fat 25	% Daily Value*	
<b>Total Fat</b> 2.5g			4%
<b>Saturated Fat</b> 1.5g			8%
<b>Trans Fat</b> 0g			
<b>Cholesterol</b> 5mg			2%
<b>Sodium</b> 55mg			2%
<b>Total Carbohydrate</b> 30g			10%
<b>Dietary Fiber</b> 5g			20%
<b>Sugars</b> 10g			
<b>Protein</b> 3g			
Vitamin A 320%		• Vitamin C 60%	
Calcium 10%		• Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9		• Carbohydrate 4 • Protein 4	

**Family Fun Tip:** Family meal times are important because they allow families to discuss their day and promote healthy eating habits. Many families don't eat dinner all together anymore. Try picking a day of the week for

# Sopa de calabaza y Manzana

## Ingredientes:

- 1 cucharada mantequilla
- 2 cebollas amarillas medianas, peladas y cortadas
- 2 dientes de ajo, pelados y cortados
- 1 cucharada curry en polvo
- 4 tazas agua
- 4 cubitos de caldo, vegetal o pollo
- 2 libras calabaza "butternut", pelado, sin semilla y cortado
- 2 manzanas, sin corazón y cortadas
- ¼ cucharadita pimienta negra

## Preparación:

1. Caliente la mantequilla en una cacerola pesada sobre fuego medio.
2. Eche la cebolla y sofría hasta tierna, (6 minutos). Eche el ajo y el curry en polvo y sofría, revolviendo, por 1 minuto.
3. Eche el agua, los cubitos de caldo, la calabaza y las manzanas y mezcle bien. Cubre y deje cocer hasta que la calabaza esté tierna, más o menos 20 minutos.
4. Remueva la sopa del fuego y deje enfriar. Haga un puré de la sopa en una licuadora y agregue la pimienta negra. Sirva caliente.

Receta para 6. Porción: 1½ tazas.

## Nutrition Facts

Serving Size 1 1/2 cups  
Servings Per Container 6

Amount Per Serving	
Calories 140	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 55mg	2%
Total Carbohydrate 30g	10%
Dietary Fiber 5g	20%
Sugars 10g	

Protein 3g	
Vitamin A 320%	Vitamin C 60%
Calcium 10%	Iron 8%

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

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

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



**Consejo para Familias:** La comida familiar es importante porque permite a los miembros discutir su día y promueve los hábitos saludables de comer. Hoy día muchas familias no comen juntos nunca. Trate de apuntar un día durante la semana para tener una comida familiar.

# Frittata Verde

## Ingredients:

- 3 eggs
- 2 tablespoons reduced fat cheddar cheese, shredded
- ½ teaspoon salt
- ¼ teaspoon garlic powder
- ¼ teaspoon black pepper
- 1 teaspoon olive oil
- ½ cup sliced zucchini
- 2 tablespoons finely chopped green pepper
- 1 tablespoon finely chopped onion
- 1 cup fresh torn spinach or Swiss chard

## Directions:

1. In a small bowl, beat the eggs. Add cheese, salt, garlic powder, and pepper. Mix well and set aside.
2. In a 12-inch nonstick skillet, heat oil and cook zucchini, green pepper, and onion for 4 minutes, until tender.
3. Add spinach or chard. Cook and stir until greens are wilted. Add egg mixture. As egg cooks, lift edges to allow uncooked portion to flow underneath. Cut into wedges and serve.

Makes 2 servings. Serving size: 1/2 frittata.

## Nutrition Facts

Serving Size 1/2 frittata  
Servings Per Container 2

Amount Per Serving

Calories 160      Calories from Fat 90

% Daily Value\*

Total Fat 10g      15%

Saturated Fat 3g      15%

Trans Fat 0g

Cholesterol 320mg      107%

Sodium 770mg      32%

Total Carbohydrate 4g      1%

Dietary Fiber 1g      4%

Sugars 2g

Protein 12g

Vitamin A 40%      • Vitamin C 25%

Calcium 8%      • Iron 10%

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

Calories: 2,000      2,500

Total Fat      Less than      65g      80g

Saturated Fat      Less than      20g      25g

Cholesterol      Less than      300mg      300 mg

Sodium      Less than      2,400mg      2,400mg

Total Carbohydrate      30g      375g

Dietary Fiber      25g      30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



**What is a frittata?** A frittata is an open-faced omelet with other ingredients, such as vegetables or cheese, mixed into the eggs rather than used as a filling. Serve with rice and salad for a delicious and nutritious summer meal!

# Frittata Verde

## Ingredientes:

- 3 huevos
- 2 cucharadas queso cheddar de grasa reducida, rallado
- ½ cucharadita sal
- ¼ cucharadita ajo en polvo
- ¼ cucharadita pimienta negra
- 1 cucharadita aceite de oliva
- ½ taza calabacita, en rodajas
- 2 cucharadas pimienta verde cortado
- 1 cucharada cebolla picada
- 1 taza espinacas o acelga suiza fresca, cortada

## Preparación:

1. En una taza, bata los huevos. Eche el queso, sal, ajo y pimienta negra. Mezcle bien y ponga al lado.
2. En una cacerola de 12", caliente el aceite y sofría la calabacita, pimienta verde y cebolla por 4 minutos, o hasta tiernos.
3. Eche las espinacas. Cocine hasta que las hojas se marchitan. Eche la mezcla de huevos. Mientras cocen los huevos, levante los bordes, dejando la parte cruda debajo. Corte en cuatro y sirva. Receta para 2. Porción: 1/2 frittata.



## Nutrition Facts

Serving Size 1/2 frittata  
Servings Per Container 2

Amount Per Serving

**Calories 160**    Calories from Fat 90

% Daily Value\*

**Total Fat 10g**    15%

Saturated Fat 3g    15%

Trans Fat 0g

**Cholesterol 320mg**    107%

**Sodium 770mg**    32%

**Total Carbohydrate 4g**    1%

Dietary Fiber 1g    4%

Sugars 2g

**Protein 12g**

Vitamin A 40%    • Vitamin C 25%

Calcium 8%    • Iron 10%

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

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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

¿Qué es la frittata? La frittata es una tortilla de huevo con otros ingredientes, como verduras o queso, mezclado con los huevos antes que sea cocinado como relleno. Para una comida deliciosa, sívala con arroz y una ensalada.



# Grow your Own Pizza

## From your garden:

- 3 small tomatoes or 1 large one
- 12 basil leaves
- 1 sprig parsley
- 2 small onions
- Peppers if you have them

## From the market:

- 1 clove garlic
- 1 bag pizza dough (in deli section)
- 8-ounce can tomato sauce
- 2 cups shredded mozzarella cheese

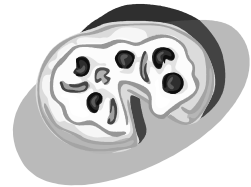
## Directions:

1. Wash and dry all vegetables and herbs. Chop tomatoes, herbs, onions, and peppers into small pieces and mix them together.
2. Spread the pizza crust in a pan according to package directions. Smash garlic clove and spread over the crust.
3. Spread sauce over crust. Scatter vegetable pieces and herbs over sauce. Sprinkle mozzarella cheese on top.
4. Bake at 400°F for 25 minutes.

## Nutrition Facts

Serving Size 1 slice (117g)  
Servings Per Container 8

Amount Per Serving	
<b>Calories 110</b>	<b>Calories from Fat 45</b>
	<b>% Daily Value*</b>
<b>Total Fat 5g</b>	<b>8%</b>
<b>Saturated Fat 3g</b>	<b>15%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 20mg</b>	<b>7%</b>
<b>Sodium 360mg</b>	<b>15%</b>
<b>Total Carbohydrate 9g</b>	<b>3%</b>
<b>Dietary Fiber 1g</b>	<b>4%</b>
<b>Sugars 3g</b>	
<b>Protein 8g</b>	
<b>Vitamin A 10%</b>	<b>Vitamin C 25%</b>
<b>Calcium 25%</b>	<b>Iron 4%</b>
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
	<small>Calories: 2,000 2,500</small>
<b>Total Fat</b>	<small>Less than 65g 80g</small>
<b>Saturated Fat</b>	<small>Less than 20g 25g</small>
<b>Cholesterol</b>	<small>Less than 300mg 300 mg</small>
<b>Sodium</b>	<small>Less than 2,400mg 2,400mg</small>
<b>Total Carbohydrate</b>	<small>300g 375g</small>
<b>Dietary Fiber</b>	<small>25g 30g</small>
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	



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# 'Cultive' su Propia Pízza

## Desde el jardín:

- 3 tomates pequeños o 1 grande
- 12 hojas de albahaca
- 1 ramita perejil
- 2 cebollas pequeñas
- Pimientos si los tiene

## Desde el mercado:

- 1 diente de ajo
- 1 bolsa pasta de pizza (en el deli)
- 8 onzas salsa de tomate de lata
- 2 tazas queso mozzarella rallado

## Preparación:

1. Lave y seque todas las verduras y hierbas. Corte los tomates, las hierbas, la cebolla y los pimientos en pedazos y mezcle todos.
2. Extiende la pasta en una bandeja de horno según las instrucciones en la bolsa. Rompa el diente de ajo y frótelo por la pasta.
3. Eche la salsa de tomate sobre la pasta. Salpique la salsa de las verduras y hierbas. Ponga el queso encima.
4. Ponga la pizza en el horno a 400° F por 25 minutos.

## Nutrition Facts

Serving Size 1 slice (117g)  
Servings Per Container 8

Amount Per Serving

Calories 110      Calories from Fat 45

% Daily Value\*

Total Fat 5g      8%

Saturated Fat 3g      15%

Trans Fat 0g

Cholesterol 20mg      7%

Sodium 360mg      15%

Total Carbohydrate 9g      3%

Dietary Fiber 1g      4%

Sugars 3g

Protein 8g

Vitamin A 10%      • Vitamin C 25%

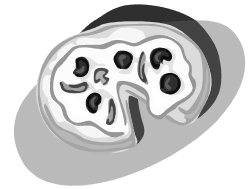
Calcium 25%      • Iron 4%

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

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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

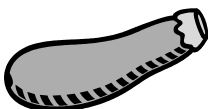


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# Zucchini Fritters

## Ingredients:

- 1 pound zucchini (about 2 medium)
- 1 tablespoon fresh lemon zest
- 10 sprigs fresh parsley, finely chopped
- 1 clove garlic, peeled and minced
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 2 large eggs, lightly beaten
- ½ cup all-purpose flour
- 2 tablespoons olive oil
- Fresh lemon wedges (optional)



## Directions:

1. Grate zucchini in a medium bowl. Add lemon zest, parsley, garlic, salt, pepper, and eggs. Mix well to combine. Slowly add flour, stirring until smooth.
2. Heat 2 tablespoons oil in a non-stick skillet over medium heat. Carefully drop 2 tablespoons zucchini mixture in the pan. Repeat, spacing fritters a few inches apart.
3. Cook fritters until golden brown on both sides, about 2-3 minutes each side. Continue until mixture is gone.
4. Serve with fresh lemon wedges if desired.

Makes 4 servings. Serving size: 5 fritters.

**Food Safety Tip:** Before preparation, wash fresh vegetables and herbs in cool tap water. Let air dry or pat dry with a paper towel.

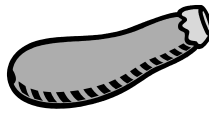
## Nutrition Facts

Serving Size 5 fritters	
Servings Per Container 4	
<b>Amount Per Serving</b>	
<b>Calories 140</b>	<b>Calories from Fat 50</b>
<b>% Daily Value*</b>	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 110mg</b>	<b>37%</b>
<b>Sodium 640mg</b>	<b>27%</b>
<b>Total Carbohydrate 18g</b>	<b>6%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 3g	
<b>Protein 7g</b>	
Vitamin A 15%	• Vitamin C 60%
Calcium 4%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

# Tortitas de Calabacita

## Ingredientes:

- 1 libra calabacita (2 medianas)
- 1 cucharada piel de limón, rallado
- 10 ramitas perejil fresco, picado
- 1 diente de ajo, pelado y picado
- 1 cucharadita sal
- ¼ cucharadita pimienta negra
- 2 huevos grandes, batidos
- ½ taza harina
- 2 cucharadas aceite de oliva
- Porciones de limón fresco (opcional)



## Preparación:

1. Ralle la calabacita en un tazón. Agregue el limón, el perejil, el ajo, sal, pimienta y los huevos. Mezcle bien. Añade la harina, poco a poco, y mezcle bien.
2. Ponga un sartén sobre fuego mediano con el aceite. Con cuidado, ponga 2 cucharadas de la mezcla en el sartén. Repita, dejando un espacio entre cada tortita.
3. Cocine las tortitas en cada lado por 2-3 minutos o hasta bronceados. Continúe hasta no queda nada de la mezcla.
4. Sirva con rebanadas de limón, si desea.

Receta para 4. Porción: 5 tortitas.

**Seguridad Alimenticia:** Antes de preparar, lave las verduras y hierbas frescas en agua fría. Déjelas secarse al aire o séquelas con una toallita de papel.

## Nutrition Facts

Serving Size 5 fritters  
Servings Per Container 4

Amount Per Serving	
<b>Calories</b> 140	<b>Calories from Fat</b> 50
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 110mg	<b>37%</b>
<b>Sodium</b> 640mg	<b>27%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 3g	
<b>Protein</b> 7g	
Vitamin A 15%	Vitamin C 60%
Calcium 4%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
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Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	