

Fruit and Vegetable Recipes



Veggie Village Recipe Book

By: Waterford School Food & Nutrition

Gift for Waterford Village Families



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1. "Chick-Chick" Salad

Recipe Summary:

Preparation time: 15 minutes
 Number of Servings: 4
 Cups of Fruits and Vegetables per Person: 0.5

Ingredients:

- 3/4 cup water
- 2/3 cup couscous
- 1-1/2 cups cooked (1/2 cup dry) or 1 can (15 oz) garbanzo beans, drained
- 1/4 cup thinly sliced celery
- 1 tsp grated orange rind
- 1/4 tsp pepper
- 1/2 tsp curry powder
- 1 cup cubed cooked chicken breast (about 1/2 lb boneless, skinless)
- 1/2 cup chopped red cabbage
- 1/4 cup plus 2 Tbsp fresh orange juice
- 2 tsp olive oil

Directions:

In a medium saucepan, bring water, salt, and curry powder to a boil; stir in couscous. Remove from heat; let stand, covered, 5 minutes. Fluff with a fork. Add chicken, garbanzos, cabbage, onions, and celery. Combine orange rind, orange juice, olive oil, and pepper in a small bowl; stir with a wire whisk until blended. Add to couscous mixture; toss well. Serve immediately or chill.

Nutrition Facts	
"Chick-Chick" Salad	
Serving size 1/4 salad	
Amount Per Serving	
Calories 290	Calories from Fat 45
% Daily Value (DV)*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Cholesterol 30mg	10%
Sodium 45mg	2%
Total Carbohydrate 41g	14%
Dietary Fiber 6g	24%
Sugars 5g	
Protein 20g	
Vitamin A	4%
Vitamin C	35%
Calcium	6%
Iron	15%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Carbohydrates: 2
 Meat: 2
 Fruit: 0
 Vegetable: 0
 Milk: 0
 Fat: 1
 Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

2. Artichoke and Roasted Red Pepper Salad with Roasted Pepper Dressing

Recipe Summary:

Preparation time: 30 minutes

Number of Servings: 8

Cups of Fruits and Vegetables per Person: 1.5

Ingredients:

- 8 medium artichokes, prepared and cooked as directed for whole artichokes
- lettuce leaves
- 1/2 cup sliced black olives
- 1/3 cup Balsamic vinegar
- 2 cloves garlic, minced
- 1 tsp chopped fresh rosemary or 1/2 tsp crushed dried rosemary
- 3 red bell peppers
- 1/2 cup sliced red onion
- 1 bell pepper (roasted), reserved from salad preparation
- 1/4 cup white wine or cider vinegar
- 1 Tbsp chopped fresh basil or 1 tsp crushed dried basil

Directions:

Salad

Halve artichokes lengthwise; scoop out center petals and fuzzy centers. Remove outer leaves and reserve to garnish salad, or to use for snacks another time. Trim out hearts and slice thinly. Cover and set aside. Place whole bell peppers under preheated broiler; broil under high heat until charred on all sides, turning frequently with tongs. Remove from oven; place in a paper bag for 15 minutes to steam skins. Trim off stems of peppers; remove seeds and ribs. Strip off skins; slice peppers into julienne strips. Reserve 1/4 of the bell pepper strips to prepare dressing.

To assemble salads, arrange lettuce leaves on 8 salad plates. Arrange sliced artichoke hearts, remaining bell pepper strips, red onion and olive slices on lettuce. Garnish with a couple of cooked artichoke leaves, if desired.

Dressing

For dressing, in blender or food processor container place reserved bell pepper strips, vinegars, garlic, basil, rosemary and sugar. Cover and process until well blended and nearly smooth. Spoon dressing over salads.

Nutrition Facts	
Artichoke and Roasted Red Pepper Salad with Roasted Pepper Dressing	
Serving size 1/8 recipe	
Amount Per Serving	
Calories 110	Calories from Fat 10
% Daily Value (DV)*	

Diabetic Exchange**

- Carbohydrates: 0
- Meat: 0
- Fruit: 0
- Vegetable: 4
- Milk: 0

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Total Fat 2g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 22g	7%
Dietary Fiber 9g	36%
Sugars 8g	
Protein 5g	
Vitamin A	70%
Vitamin C	270%
Calcium	8%
Iron	15%

* Percent Daily Values are based on a 2,000 calorie diet.

Fat: 0

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

3. Artichoke Gondolas

Recipe Summary:

- Preparation time: 30 minutes
- Number of Servings: 4
- Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 4 artichokes (medium size), cooked
- 1 eggplant (small), peeled and diced
- 1/4 cup chopped onion
- 1 Tbsp fresh basil
- 1/4 tsp pepper
- 1/2 cup sun-dried tomatoes (not oil-packed)
- 2 cups low sodium chicken broth
- 1 Tbsp fresh oregano
- 2 cloves garlic, minced

Directions:

Halve artichokes lengthwise; remove center petals and fuzzy centers of artichokes. Remove outer leaves of artichokes; reserve. Trim out hearts and chop finely. Set aside.

Rehydrate tomatoes in boiling water for 3 minutes until softened. Drain and rinse; chop. Cook eggplant in simmering chicken broth for 10 minutes; drain well. In blender or food processor container place chopped tomatoes, drained eggplant, onion, herbs, garlic, salt and pepper. Cover and process until nearly smooth. Taste for seasoning. Stir in chopped artichoke hearts.

To serve, arrange artichoke leaves on a serving platter; spoon 1 heaping teaspoon of the eggplant mixture onto wide end of artichoke leaves. Garnish with a fresh herb leaf, if desired.

Alternate serving idea: Arrange artichoke leaves on a platter, surrounding a bowl of the eggplant mixture. Use artichoke leaves to scoop up individual servings of the dip. Dip can be prepared up to 24 hours ahead and chilled until serving time.

Nutrition Facts	
Artichoke Gondolas	
Serving size 1/4 of recipe	
Amount Per Serving	
Calories 150	Calories from Fat 5
% Daily Value (DV)*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 5mg	2%
Sodium 470mg	20%
Total Carbohydrate 34g	11%
Dietary Fiber 16g	64%
Sugars 10g	
Protein 11g	

Diabetic Exchange**

- Carbohydrates: 0
- Meat: 0
- Fruit: 0
- Vegetable: 6
- Milk: 0
- Fat: 0
- Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

Vitamin A	4%
Vitamin C	45%
Calcium	10%
Iron	20%
* Percent Daily Values are based on a 2,000 calorie diet.	

4. Artichokes with Garlic Dip

Recipe Summary:

- Preparation time: 15 minutes
- Number of Servings: 4
- Cups of Fruits and Vegetables per Person: 0.5

Ingredients:

- 1 cup plain low-fat yogurt
- 1 Tbsp chopped chives
- 2 cloves garlic, minced
- 4 artichokes (medium), prepared and cooked
- 1 Tbsp chopped parsley
- 2 tsp chili sauce
- 1/8 tsp pepper

Directions:

Combine all ingredients except artichokes; blend well. Refrigerate until serving. Serve with cooked artichokes.

Nutrition Facts	
Artichokes with Garlic Dip	
Serving size 1/4 of recipe	
Amount Per Serving	
Calories 130	Calories from Fat 5
% Daily Value (DV)*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Cholesterol 5mg	2%
Sodium 380mg	16%
Total Carbohydrate 28g	9%
Dietary Fiber 11g	44%
Sugars 9g	
Protein 11g	
Vitamin A	8%
Vitamin C	40%
Calcium	20%
Iron	15%

* Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange**

- Carbohydrates: 0
- Meat: 0
- Fruit: 0
- Vegetable: 4
- Milk: 0
- Fat: 0
- Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

5. Autumn Vegetable Succotash

Recipe Summary:

- Preparation time: 20 minutes
- Number of Servings: 8
- Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 1/4 cup olive oil
- 2 cloves garlic, finely chopped
- 2 cups diced zucchini
- 3 cups frozen lima beans
- 2 Tbsp coarsely chopped fresh sage
- 1 cup diced onion
- 2 cups diced red bell peppers
- 2 cups diced yellow summer squash
- 3 cups fresh or frozen corn kernels

Directions:

In a skillet over medium-high heat, add oil. Add onion; cook until translucent (2 minutes). Add garlic, bell peppers, zucchini, squash, lima beans, and corn. Season as desired; cook, stirring, until vegetables are tender (10 minutes). Stir in sage, and serve.

Nutrition Facts	
Autumn Vegetable Succotash	
Serving size 1/8 recipe	
Amount Per Serving	
Calories 220	Calories from Fat 70
% Daily Value (DV)*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 35g	12%
Dietary Fiber 7g	28%
Sugars 6g	
Protein 8g	
Vitamin A	30%
Vitamin C	150%
Calcium	4%
Iron	10%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

- Carbohydrates: 2
- Meat: 0
- Fruit: 0
- Vegetable: 1
- Milk: 0
- Fat: 1
- Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

6. Baba Ghanoush (Eggplant Dip)

Recipe Summary:

Preparation time: 1 hour, 30 minutes

Number of Servings: 8

Cups of Fruits and Vegetables per Person: 0.75

Ingredients:

- 2 large eggplants (1 1/4 lbs)
- 4 cloves garlic, peeled and crushed
- 4 Tbsp cold water
- 1/8 tsp freshly ground black pepper
- 1 cup chopped tomato
- Parsley sprigs to garnish (optional)
- 2 Tbsp tahini
- 3 Tbsp fresh lemon juice or more to taste
- 1/4 tsp salt
- 1/2 tsp olive oil
- 1/2 cup diced onion

Directions:

Pierce the eggplants in several places with a toothpick or fork. Wrap each eggplant in aluminum foil and place on a gas grill or in the oven at 500°F. Cook until the eggplants collapse and begin to release a lot of steam, about 10-15 minutes. Remove the foil and place the eggplants into a bowl of cold water.

Peel while eggplants are still hot and allow them to drain in a colander until cool. Squeeze pulp to remove any bitter juices and mash the eggplant to a puree.

In a food processor, mix tahini, garlic, onion, tomato, lemon juice, and water until mixture is concentrated. With the blender running, add the peeled eggplant, salt, pepper, and olive oil.

Serve in a shallow dish and garnish with black pepper, tomatoes, and parsley.

Nutrition Facts	
Baba Ghanoush (Eggplant Dip)	
Serving size 1/8 of recipe	
Amount Per Serving	
Calories 70	Calories from Fat 25
% Daily Value (DV)*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 11g	4%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 2g	
Vitamin A	4%
Vitamin C	15%

Diabetic Exchange**

Carbohydrates: 0

Meat: 0

Fruit: 0

Vegetable: 2

Milk: 0

Fat: 0

Other: 0

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Calcium	4%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet.	

7. Baked Butternut Squash

Recipe Summary:

- Preparation time: 50 minutes
- Number of Servings: 2
- Cups of Fruits and Vegetables per Person: 0.5

Ingredients:

- 1 butternut squash (approximately 2 lbs)
- 1 Tbsp brown sugar
- 1 tsp butter
- salt and pepper

Directions:

Cut squash in half and remove seeds. Place in baking dish cut side down in about 1 inch of water. Bake at 350°F for 40 minutes or until tender.

Remove from oven, and fill each cavity with brown sugar, butter, and salt and pepper to taste. Continue to bake for 10 minutes.

Variation: substitute other varieties of squash such as acorn squash or Hubbard squash.

Nutrition Facts	
Baked Butternut Squash	
Serving size 1/2 recipe	
Amount Per Serving	
Calories 210	Calories from Fat 20
% Daily Value (DV)*	
Total Fat 3g	4%
Saturated Fat 2g	8%
Cholesterol 5mg	2%
Sodium 160mg	7%
Total Carbohydrate 49g	16%
Dietary Fiber 8g	32%
Sugars 13g	
Protein 4g	
Vitamin A	810%
Vitamin C	130%
Calcium	20%
Iron	15%

* Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange**

- Carbohydrates: 0
- Meat: 0
- Fruit: 0
- Vegetable: 7
- Milk: 0
- Fat: 0
- Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

8. Bean Gazpacho

Recipe Summary:

Preparation time: 25 minutes

Number of Servings: 6

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 4 cups cooked pinto beans
- 4 Tbsp lime juice
- 16 oz can stewed no salt added tomatoes
- 1 cup thinly sliced celery
- 1 cup chopped green pepper
- 1/2 small avocado, peeled and chopped
- 1 qt low sodium tomato juice
- 2 tsp reduced sodium Worcestershire sauce
- 2 cups peeled, seeded and chopped cucumber
- 1 cup chopped onion
- 2 tsp minced roasted garlic
- 1 cup fat free croutons

Directions:

Process beans, tomato juice, lime juice, and Worcestershire sauce in food processor or blender; pour into large bowl. Mix in remaining beans and ingredients, except avocado and croutons. Refrigerate until chilled about 4 hours.

Mix avocado into soup and pour into bowls; sprinkle with croutons.

Nutrition Facts	
Bean Gazpacho	
Serving size 1/6 of recipe	
Amount Per Serving	
Calories 290	Calories from Fat 30
% Daily Value (DV)*	
Total Fat 4g	5%
Saturated Fat 1g	3%
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 53g	18%
Dietary Fiber 15g	60%
Sugars 13g	
Protein 14g	
Vitamin A	20%
Vitamin C	130%
Calcium	10%
Iron	25%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Carbohydrates: 2

Meat: 1

Fruit: 0

Vegetable: 3

Milk: 0

Fat: 0

Other: 0

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9. Broccoli Frittata

Recipe Summary:

Preparation time: 30 minutes

Number of Servings: 4

Cups of Fruits and Vegetables per Person: 0.5

Ingredients:

- 1/2 cup non-fat cottage cheese
- 2 cup fat-free egg substitute
- 1 tsp olive oil
- 1 large onion, diced
- 1/2 tsp dried dill
- 2 cups frozen chopped broccoli
- 2 tsp margarine

Directions:

Mix cottage cheese and egg substitute together; set aside. In large non-stick frying pan over medium heat, sauté onions in oil for 5 minutes, or until soft. Add broccoli and dill; sauté for 5 minutes, or until broccoli mixture softens. Set vegetable aside. Wipe out frying pan. Add 1 tsp. margarine and swirl the pan to distribute it. Add half of the vegetable mixture, and then add half of the egg mixture; lift and rotate pan so that eggs are evenly distributed. As eggs set around the edges, lift them to allow uncooked portions to flow underneath. Turn heat to low, cover the pan, and cook until top is set. Invert onto a serving plate and cut into wedges. Repeat with remaining 1 tsp. margarine, vegetable mixture, and egg mixture.

Nutrition Facts	
Broccoli Frittata	
Serving size 1/4 of recipe	
Amount Per Serving	
Calories 150	Calories from Fat 30
% Daily Value (DV)*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 390mg	16%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 19g	
Vitamin A	30%
Vitamin C	60%
Calcium	10%
Iron	15%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Carbohydrates: 0
 Meat: 2
 Fruit: 0
 Vegetable: 1
 Milk: 0
 Fat: 1
 Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

10. Broccoli with Shallots

Recipe Summary:

- Preparation time: 10 minutes
- Number of Servings: 8
- Cups of Fruits and Vegetables per Person: 0.5

Ingredients:

- 4 cups broccoli florets
- 1 Tbsp shallots, minced
- cooking spray
- 1/2 tsp garlic, minced
- 1/2 tsp red pepper flakes

Directions:

Blanch broccoli in boiling salted water for 2-3 minutes until crisp-tender; drain. Spray a medium skillet with cooking spray; turn heat to medium. Add garlic and shallots; cook 10 seconds. Add broccoli and red pepper flakes; toss to coat. Salt and pepper to taste.

Nutrition Facts	
Broccoli with Shallots	
Serving size 1/8 of recipe	
Amount Per Serving	
Calories 15	Calories from Fat 5
% Daily Value (DV)*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 1g	
Vitamin A	25%
Vitamin C	60%
Calcium	2%
Iron	2%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

- Carbohydrates: 0
- Meat: 0
- Fruit: 0
- Vegetable: 0
- Milk: 0
- Fat: 0
- Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

11. Butternut and Ginger Soup

Recipe Summary:

- Preparation time: 1 hour
- Number of Servings: 6
- Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 1 tsp mild olive oil
- 3 cloves garlic, crushed
- 1-1/2 lbs (6 cups) peeled raw butternut or other winter squash
- 1 cup unsweetened 100% apple juice
- 1/2 cup skim milk
- 1/2 cup chopped Granny Smith apple
- 1-1/2 cups chopped onion
- 2 tsp chopped fresh ginger
- 1/2 lb (1 cup) new potatoes, peeled and chopped
- 3 cups water
- 1/2 tsp salt
- 2 Tbsp chopped parsley

Directions:

Heat the oil in a high-sided skillet or large saucepan on medium high. Sauté the onions 3 minutes or until tender. Add the garlic and ginger and cook 1 minute longer.

Add the squash, potatoes, 100% apple juice, and water or broth. Bring to a boil. Reduce the heat and simmer 35 to 40 minutes or until very soft.

Puree in a blender or processor, in batches, until smooth. Pour back into the pan and stir in the milk and salt. Reheat and serve topped with chopped apple and parsley.

garnish

Nutrition Facts	
Butternut and Ginger Soup	
Serving size 1/6 of recipe	
Amount Per Serving	
Calories 190	Calories from Fat 10
% Daily Value (DV)*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 45g	15%
Dietary Fiber 6g	24%
Sugars 14g	
Protein 5g	

Diabetic Exchange**

- Carbohydrates: 0
- Meat: 0
- Fruit: 0
- Vegetable: 6
- Milk: 0
- Fat: 0
- Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

Vitamin A	510%
Vitamin C	110%
Calcium	15%
Iron	15%
* Percent Daily Values are based on a 2,000 calorie diet.	

12. Celery and Apple Steam-Fry with Honey-Mustard Sauce

Recipe Summary:

- Preparation time: 15 minutes
- Number of Servings: 4
- Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 1 cup water
- 2 cups diced sweet red apples (approx. 2 medium)
- 1 Tbsp honey
- 1/8 tsp ground black pepper
- 4 cups celery, diagonally sliced 1/2" thick
- 2 Tbsp Dijon-style mustard
- 1 tsp cornstarch
- 1/4 cup chopped and toasted walnuts

Directions:

In a large skillet bring water to a boil. Add celery and apples; cook and stir until crisp-tender, about 8 minutes. In a small bowl combine mustard, honey, cornstarch and black pepper with 2 Tbsp water. Add to celery mixture, stirring constantly; cook and stir until clear and thickened, about 1 minute. Stir in walnuts, if desired.

Nutrition Facts	
Celery and Apple Steam-Fry with Honey-Mustard Sauce	
Serving size 1/4 recipe	
Amount Per Serving	
Calories 130	Calories from Fat 45
% Daily Value (DV)*	
Total Fat 5g	8%
Saturated Fat 1g	3%
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	16%
Sugars 13g	
Protein 2g	
Vitamin A	15%
Vitamin C	15%
Calcium	6%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

- Carbohydrates: 0
- Meat: 0
- Fruit: 1
- Vegetable: 1
- Milk: 0
- Fat: 1
- Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

13. Cherry Pepper Salad

Recipe Summary:

Preparation time: 1 hour, 10 minutes

Number of Servings: 4

Cups of Fruits and Vegetables per Person: 1.25

Ingredients:

- 1 cup pitted fresh sweet cherries
- 1 cup thinly sliced green peppers
- 2 Tbsp finely chopped onion
- 1/2 Tbsp olive oil
- salt and pepper to taste
- 4 cups mixed greens
- 1 cup thinly sliced sweet yellow peppers
- 1/4 cup thinly sliced mild chili pepper
- 2 Tbsp white wine vinegar
- 1 tsp sugar
- 1 Tbsp pickled ginger strips, optional

Directions:

Toss together all ingredients except greens; refrigerate 1 hour or longer. Serve on mixed greens.

Nutrition Facts	
Cherry Pepper Salad	
Serving size 1/4 salad	
Amount Per Serving	
Calories 70	Calories from Fat 20
% Daily Value (DV)*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 8g	
Protein 2g	
Vitamin A	35%
Vitamin C	180%
Calcium	4%
Iron	6%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Carbohydrates: 0
 Meat: 0
 Fruit: 0
 Vegetable: 1
 Milk: 0
 Fat: 0
 Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

14. Colorful Edamame Salad

Recipe Summary:

- Preparation time: 15 minutes
- Number of Servings: 4
- Cups of Fruits and Vegetables per Person: 2

Ingredients:

- 4 cups romaine lettuce, washed
- 2 cups cherry tomatoes
- 1/2 cup chopped red onion
- 1 cup shredded carrots
- 1 cup sliced cucumber
- 1-1/2 cups shelled edamame, cooked

Directions:

To cook edamame, bring 3 cups water to a boil. Add shelled edamame and cook 4 minutes. Drain and rinse with cold running water to cool. Prepare all other ingredients and combine with the edamame in a large salad bowl. If desired, toss with a low or non-fat dressing of your choice. Note: the dressing is not included in the nutritional analysis below.

Nutrition Facts	
Colorful Edamame Salad	
Serving size 1/4 recipe	
Amount Per Serving	
Calories 120	Calories from Fat 20
% Daily Value (DV)*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 17g	6%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 9g	
Vitamin A	150%
Vitamin C	45%
Calcium	10%
Iron	10%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

- Carbohydrates: 0
- Meat: 1
- Fruit: 0
- Vegetable: 2
- Milk: 0
- Fat: 0
- Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

15. Cool Herbed Cucumber Soup

Recipe Summary:

Preparation time: 4 hours, 30 minutes

Number of Servings: 6

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- Cooking spray
- 6 medium cucumbers, peeled seeded, chopped
- 4 cups low sodium vegetable stock
- 1/2 cup fat free half and half
- 6 cucumber slices, thinly sliced (garnish)
- 1 cup chopped onion
- 3 Tbsp flour
- 1 tsp dried mint
- 1 tsp paprika (garnish)

Directions:

Spray large saucepan with cooking spray; heat over medium heat and sauté onion until hot and translucent, adding cucumbers and flour cooking 5-7 minutes.

Add vegetable stock and mint to saucepan, bringing to boil. Reduce heat to simmer, covered 10 minutes. Cool 10 minutes and process soup in food processor blender until smooth; stir in half and half. Refrigerate until chilled, about 4 hours.

Pour soup into bowls; sprinkle with paprika and top with cucumber slice.

Nutrition Facts	
Cool Herbed Cucumber Soup	
Serving size 1/6 of recipe	
Amount Per Serving	
Calories 80	Calories from Fat 15
% Daily Value (DV)*	
Total Fat 2g	2%
Saturated Fat 1g	3%
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 6g	
Vitamin A	8%
Vitamin C	15%
Calcium	6%
Iron	6%

* Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange**

- Carbohydrates: 0
- Meat: 0
- Fruit: 0
- Vegetable: 1
- Milk: 0
- Fat: 0
- Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

16. Cucumber Yogurt Dip

Recipe Summary:

Preparation time: 15 minutes

Number of Servings: 6

Cups of Fruits and Vegetables per Person: 0.5

Ingredients:

- 2 cups plain low-fat yogurt
- 1/2 cup nonfat sour cream
- 1 Tbsp fresh dill
- 1 cup cherry tomatoes
- 1 cup baby carrots
- 2 large cucumbers, peeled, seeded, and grated
- 1 Tbsp lemon juice
- 1 garlic clove, chopped
- 1 cup broccoli florets

Directions:

Peel, seed, and grate one cucumber. Slice other cucumber and set aside. Mix yogurt, grated cucumber, sour cream, lemon juice, dill, and garlic in a serving bowl. Chill for 1 hour.

Arrange tomatoes, cucumbers, broccoli, and carrots on a colorful platter. Serve with cucumber dip.

Nutrition Facts	
Cucumber Yogurt Dip	
Serving size 1/6 of recipe	
Amount Per Serving	
Calories 100	Calories from Fat 15
% Daily Value (DV)*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Cholesterol 5mg	2%
Sodium 90mg	4%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 11g	
Protein 7g	
Vitamin A	70%
Vitamin C	35%
Calcium	20%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Carbohydrates: 0

Meat: 0

Fruit: 0

Vegetable: 1

Milk: 0

Fat: 0

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

17. Curried Cauliflower

Recipe Summary:

Preparation time: 20 minutes

Number of Servings: 4

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 1 Tbsp canola oil
- 3/4 cup frozen green peas
- 1 Tbsp curry powder
- 1/8 tsp salt
- 3/4 cup chopped onion
- 1 head of cauliflower, chopped and steamed
- 2 tsp cumin
- 1/8 tsp black pepper

Directions:

Heat canola oil in large skillet. Add onion and sauté for one minute. Add remaining ingredients and stir until vegetables are coated with the spices. Cook on medium heat for 10 minutes, stirring often.

Nutrition Facts	
Curried Cauliflower	
Serving size 1/4 of recipe	
Amount Per Serving	
Calories 110	Calories from Fat 35
% Daily Value (DV)*	
Total Fat 4g	6%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 15g	5%
Dietary Fiber 6g	24%
Sugars 6g	
Protein 5g	
Vitamin A	10%
Vitamin C	120%
Calcium	6%
Iron	10%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Carbohydrates: 0

Meat: 0

Fruit: 0

Vegetable: 2

Milk: 0

Fat: 1

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

18. Eggplant Curry

Recipe Summary:

- Preparation time: 45 minutes
- Number of Servings: 6
- Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 2 Tbsp peanut oil
- 2 Tbsp sesame seeds
- 1-1/2 cups chopped onion
- 2 tsp turmeric
- 2 medium eggplants (7 - 8 inches long, and 4 inches in diameter) cut into 1 inch cubes
- 2 cups frozen or fresh green peas
- cooked rice
- 1 Tbsp mustard seeds
- 2 tsp ground cumin
- 1 tsp salt
- 1/4 tsp cayenne pepper (can add more if you like hot foods)
- water as needed
- 1 small bunch fresh cilantro, minced, optional

Directions:

Heat oil over medium heat in a very large and deep skillet or Dutch oven. Add mustard and sesame seeds, and cumin. Sauté 5 minutes. Add onion, salt, turmeric, and cayenne. Cook stirring occasionally for 8 - 10 minutes or until onions are translucent. Add eggplant. Cook covered stirring regularly, bringing bottom layer of eggplant to the top. Cook for 15 - 20 minutes or until eggplant is soft. You may have to add a little water if mixture gets too dry. Steam peas until they are just tender and bright green. Serve the curry mixture over rice, topped with peas and fresh minced cilantro.

Nutrition Facts	
Eggplant Curry	
Serving size 1/6 recipe	
Amount Per Serving	
Calories 310	Calories from Fat 70
% Daily Value (DV)*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 460mg	19%
Total Carbohydrate 52g	17%
Dietary Fiber 10g	40%
Sugars 9g	
Protein 9g	
Vitamin A	25%
Vitamin C	25%
Calcium	6%
Iron	15%

Diabetic Exchange**

- Carbohydrates: 2
- Meat: 0
- Fruit: 0
- Vegetable: 3
- Milk: 0
- Fat: 1
- Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

* Percent Daily Values are based on a 2,000 calorie diet.

19. Garbanzo Tabbouleh

Recipe Summary:

Preparation time: 40 minutes

Number of Servings: 8

Cups of Fruits and Vegetables per Person: 0.5

Ingredients:

- 1 cup bulgur (cracked wheat)
- 2 cups diced tomatoes
- 1 cup diced cucumber, peeled and seeded
- 1/2 cup diced yellow bell pepper
- 2 Tbsp chopped fresh mint
- 1/3 cup fresh lemon juice
- 1 cup boiling water
- 1-1/2 cups cooked (1/2 cup dry will yield 1-1/2 cups cooked) or 1 can (15 oz) can garbanzo beans, drained
- 3/4 cup chopped fresh parsley
- 1/2 cup sliced green onions
- 1/2 tsp salt
- 1-1/2 Tbsp olive oil

Directions:

Combine bulgur and boiling water in a large bowl; stir well. Let stand 30 minutes or until water is absorbed. Add tomato and remaining ingredients; toss gently. Serve at room temperature.

Nutrition Facts	
Garbanzo Tabbouleh	
Serving size 1 cup	
Amount Per Serving	
Calories 150	Calories from Fat 35
% Daily Value (DV)*	
Total Fat 4g	6%
Saturated Fat 1g	3%
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 26g	9%
Dietary Fiber 7g	28%
Sugars 4g	
Protein 6g	
Vitamin A	20%
Vitamin C	60%
Calcium	4%
Iron	10%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Carbohydrates: 1

Meat: 0

Fruit: 0

Vegetable: 1

Milk: 0

Fat: 1

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

21. Gingered Carrots

Recipe Summary:

Preparation time: 15 minutes

Number of Servings: 4

Cups of Fruits and Vegetables per Person: 0.5

Ingredients:

- 1 lb carrots, sliced
- 5 tsp brown sugar
- 2 Tbsp fresh ginger or 1/2 Tbsp dried ginger
- 1 tsp white pepper
- 1 Tbsp margarine
- 1/2 cup apple juice
- 1/4 tsp cumin
- 1/4 tsp salt

Directions:

Cook carrots in boiling water for 3 minutes or until tender. Cool. In a saucepan melt margarine and brown sugar until it begins to boil. Reduce heat, cook for 5 minutes to caramelize. Add apple juice and bring to a boil. Cook until sauce is reduced to a light syrup. Add carrots, ginger and cumin. Cook on medium heat until glazed. Add salt and pepper.

Nutrition Facts	
Gingered Carrots	
Serving size 1/4 recipe	
Amount Per Serving	
Calories 100	Calories from Fat 30
% Daily Value (DV)*	
Total Fat 3g	5%
Saturated Fat 1g	3%
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	12%
Sugars 11g	
Protein 1g	
Vitamin A	360%
Vitamin C	6%
Calcium	4%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Carbohydrates: 0
 Meat: 0
 Fruit: 0
 Vegetable: 2
 Milk: 0
 Fat: 1
 Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

22. Glazed Sweet Potatoes

Recipe Summary:

- Preparation time: 50 minutes
- Number of Servings: 4
- Cups of Fruits and Vegetables per Person: 0.5

Ingredients:

- 1 lb sweet potatoes, peeled and cut into 1/2 inch-thick slices
- 1 Tbsp cornstarch
- 3/4 cup unsweetened orange juice
- vegetable cooking spray
- 1 Tbsp brown sugar
- 2 Tbsp lemon juice

Directions:

Spray 1 quart casserole dish with cooking spray and place potato slices in the bottom. Combine cornstarch and brown sugar in a small bowl and add orange and lemon juices, stirring well. Pour over potatoes and cover and bake at 425°F for 40 minutes or until potatoes are tender and glaze is thickened.

Nutrition Facts	
Glazed Sweet Potatoes	
Serving size 1/4 of recipe	
Amount Per Serving	
Calories 140	Calories from Fat 0
% Daily Value (DV)*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 34g	11%
Dietary Fiber 3g	12%
Sugars 13g	
Protein 2g	
Vitamin A	320%
Vitamin C	30%
Calcium	4%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange**

- Carbohydrates: 1
- Meat: 0
- Fruit: 0
- Vegetable: 0
- Milk: 0
- Fat: 0
- Other: 0

**** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included**

23. Green Bean Potato Salad

Recipe Summary:

Preparation time: 20 minutes

Number of Servings: 8

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 1 lb green beans, with ends cut
- 1 cup diced red bell pepper
- 3 cloves garlic, minced
- 4 Tbsp balsamic vinegar
- 1 Tbsp Dijon mustard
- 2 lbs red potatoes, cut into bite-sized pieces
- 1/2 cup chopped red onion
- 3 Tbsp fresh dill
- 3 Tbsp olive oil
- black pepper, to taste

Directions:

Steam green beans in a steamer for 5 to 8 minutes. Cook potatoes in boiling water until tender. Cool green beans and potatoes and place in a bowl. As they are cooling, prepare the dressing by mixing all ingredients together. Add onion and bell pepper to the cooled green beans and potatoes; top with dressing. Note: The dressing is included in the nutritional analysis below.

Nutrition Facts	
Green Bean Potato Salad	
Serving size 1/8 recipe	
Amount Per Serving	
Calories 160	Calories from Fat 50
% Daily Value (DV)*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 26g	9%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 4g	
Vitamin A	20%
Vitamin C	110%
Calcium	4%
Iron	8%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Carbohydrates: 1

Meat: 0

Fruit: 0

Vegetable: 1

Milk: 0

Fat: 1

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

24. Grilled Summer Squash

Recipe Summary:

- Preparation time: 10 minutes
- Number of Servings: 4
- Cups of Fruits and Vegetables per Person: 0.5

Ingredients:

- 2 medium summer squash
- 1/4 tsp dill and/or lemon pepper
- vegetable spray

Directions:

Slice squash lengthwise into long strips. Spray each slice of squash with vegetable spray. Place slices directly onto warmed grill. Remove squash from grill when squash is tender but still firm. Place squash in serving dish and sprinkle with dill and/or lemon pepper.

Nutrition Facts	
Grilled Summer Squash	
Serving size 1/4 recipe	
Amount Per Serving	
Calories 20	Calories from Fat 5
% Daily Value (DV)*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 1g	
Vitamin A	4%
Vitamin C	30%
Calcium	2%
Iron	2%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

- Carbohydrates: 0
- Meat: 0
- Fruit: 0
- Vegetable: 1
- Milk: 0
- Fat: 0
- Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

25. Grilled Vegetables

Recipe Summary:

Preparation time: 20 minutes

Number of Servings: 6

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 2 Tbsp vegetable oil
- 3 sweet potatoes, cut into 1-inch slices
- 1 eggplant, cut into 1/2-inch slices
- 2 cloves garlic, finely chopped
- 3 cobs of corn, cut into 2-inch sections
- 12 green onions, trimmed

Directions:

Mix oil and garlic in a large bowl. Add vegetables and toss. Place vegetables on broiler pan or grill. Cook 10 minutes, turning twice, until vegetables are tender. Place vegetables on a platter. Serve.

Nutrition Facts	
Grilled Vegetables	
Serving size 1/6 of recipe	
Amount Per Serving	
Calories 190	Calories from Fat 50
% Daily Value (DV)*	
Total Fat 6g	9%
Saturated Fat 1g	3%
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 34g	11%
Dietary Fiber 8g	32%
Sugars 8g	
Protein 5g	
Vitamin A	190%
Vitamin C	25%
Calcium	6%
Iron	8%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Carbohydrates: 2

Meat: 0

Fruit: 0

Vegetable: 1

Milk: 0

Fat: 1

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

26. Jicama with Cilantro and Lime

Recipe Summary:

Preparation time: 10 minutes

Number of Servings: 4

Cups of Fruits and Vegetables per Person: 0.5

Ingredients:

- 1 large jicama, thinly sliced
- 2 Tbsp finely chopped cilantro
- 3 Tbsp lime juice
- 1 small red onion, thinly sliced
- 2 Tbsp finely chopped mint
- 1 tsp salt

Directions:

Arrange jicama and red onion slices on serving plate, sprinkle with salt, lime juice, mint, and cilantro.

Nutrition Facts	
Jicama with Cilantro and Lime	
Serving size 1/4 recipe	
Amount Per Serving	
Calories 130	Calories from Fat 5
% Daily Value (DV)*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 600mg	25%
Total Carbohydrate 29g	10%
Dietary Fiber 15g	60%
Sugars 6g	
Protein 3g	
Vitamin A	4%
Vitamin C	110%
Calcium	4%
Iron	10%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Carbohydrates: 0

Meat: 0

Fruit: 0

Vegetable: 6

Milk: 0

Fat: 0

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

27. Luscious Lima Beans

Recipe Summary:

Preparation time: 15 minutes

Number of Servings: 8

Cups of Fruits and Vegetables per Person: 0.75

Ingredients:

- Nonstick cooking spray
- 1 cup chopped onion
- 1 cup chopped red pepper
- 10 oz can chopped tomatoes with green chilies, undrained
- 1 tsp basil
- 1 cup chopped celery
- 1 garlic clove, minced
- 10 oz package frozen lima beans, thawed
- 1 cup low sodium vegetable juice
- 1 bay leaf

Directions:

Coat large nonstick skillet with cooking spray, heat until hot. Saute celery, onion, garlic, and pepper until tender crisp. Add remaining ingredients stirring well and bring to boil. Cover, reduce heat to simmer until lima beans are tender. Discard bay leaf before serving.

Nutrition Facts	
Luscious Lima Beans	
Serving size 1/8 recipe	
Amount Per Serving	
Calories 70	Calories from Fat 5
% Daily Value (DV)*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A	35%
Vitamin C	70%
Calcium	4%
Iron	6%

* Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange**

Carbohydrates: 0
 Meat: 0
 Fruit: 0
 Vegetable: 1
 Milk: 0
 Fat: 0
 Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

28. Marinated Edamame Salad

Recipe Summary:

Preparation time: 1 hour, 20 minutes

Number of Servings: 8

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 2 cups lightly cooked green beans, cut into bite-sized pieces with ends trimmed
- 1/4 cup diced green onion
- 1/2 cup diced celery
- 2 cups romaine lettuce, washed
- 2 Tbsp parsley, minced
- 2 Tbsp olive oil
- 2 Tbsp water
- 1/4 cup lemon juice
- 1/4 cup white wine vinegar
- 2 cups cooked and shelled edamame
- 1/2 cup chopped red bell pepper
- 1/2 cup chopped cucumber
- 1 cup chopped carrots
- 1/3 cup dried cranberries
- 1 Tbsp honey
- 1/4 cup Dijon mustard
- 2 cloves garlic, minced
- 1/4 tsp each basil, marjoram, rosemary, thyme, black pepper, and grated lemon peel

Directions:

Whisk together the dressing ingredients; adjust seasonings to taste. Set aside. In a salad bowl, toss together all of the salad ingredients, except the lettuce. Whisk dressing again, pour over salad mixture and toss. Cover and refrigerate at least one hour. When ready to serve, arrange lettuce on salad plates and top with marinated bean mixture. Note: dressing is included in the nutritional analysis below. Fresh herbs may be substituted for the dried herbs listed above. When substituting fresh herbs, use approximately 1/2 teaspoon of each herb.

Nutrition Facts	
Marinated Edamame Salad	
Serving size 1/8 salad	
Amount Per Serving	
Calories 140	Calories from Fat 45
% Daily Value (DV)*	
Total Fat 5g	8%
Saturated Fat 1g	3%
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	12%
Sugars 9g	
Protein 6g	
Vitamin A	80%

Diabetic Exchange**

Carbohydrates: 0

Meat: 1

Fruit: 0

Vegetable: 1

Milk: 0

Fat: 1

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

Vitamin C	40%
Calcium	8%
Iron	8%
* Percent Daily Values are based on a 2,000 calorie diet.	

29. Mexican Squash Casserole

Recipe Summary:

Preparation time: 30 minutes

Number of Servings: 6

Cups of Fruits and Vegetables per Person: 1.5

Ingredients:

- 4 small yellow squash, sliced
- 1 medium yellow onion, sliced
- 2 tsp olive oil
- 1 can low-sodium corn kernels
- 1-1/2 tsp cumin
- 3 medium zucchini, sliced
- 2 cloves garlic, minced
- 1 jalapeno, chopped
- 1/2 cup grated 2% milk cheddar cheese

Directions:

Heat oil in large skillet. Lightly sauté the squash, zucchini, onion, and garlic until just soft. Toss with the remaining ingredients. Place in a lightly oiled 2-quart casserole dish. Bake at 400 °F for 20 minutes. Serve warm with grilled chicken or pork.

Nutrition Facts	
Mexican Squash Casserole	
Serving size 1/6 recipe	
Amount Per Serving	
Calories 120	Calories from Fat 25
% Daily Value (DV)*	
Total Fat 3g	4%
Saturated Fat 1g	3%
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 7g	
Vitamin A	8%
Vitamin C	60%
Calcium	8%
Iron	6%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Carbohydrates: 1

Meat: 0

Fruit: 0

Vegetable: 2

Milk: 0

Fat: 0

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

30. Okra and Green Beans

Recipe Summary:

Preparation time: 40 minutes

Number of Servings: 6

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 1 lb okra, uncut
- 1 medium onion, diced
- 2 large garlic cloves, crushed then chopped
- 1/2 tsp salt
- 1 6 oz can tomato paste
- 1 Tbsp olive oil
- 1 lb fresh green beans
- 1 cup water
- 1/2 tsp ground pepper

Directions:

Wash okra pods, trim stems, do not remove caps. Rinse well and drain. Wash beans and cut into 3 inch lengths. Combine water, tomato paste, olive oil, onion, garlic, salt and pepper in a sauce pan and mix well. Heat, stirring frequently, until mixture comes to boil. Add okra and beans and additional water if necessary to almost cover vegetables. Cook until okra and green beans are tender.

Nutrition Facts	
Okra and Green Beans	
Serving size 1/6 recipe	
Amount Per Serving	
Calories 100	Calories from Fat 25
% Daily Value (DV)*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 430mg	18%
Total Carbohydrate 17g	6%
Dietary Fiber 6g	24%
Sugars 7g	
Protein 4g	
Vitamin A	25%
Vitamin C	45%
Calcium	10%
Iron	10%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Carbohydrates: 0

Meat: 0

Fruit: 0

Vegetable: 2

Milk: 0

Fat: 0

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

31. Potato Saute

Recipe Summary:

- Preparation time: 30 minutes
- Number of Servings: 4
- Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 4 cups water
- 2 tsp vegetable oil
- 1 can corn, drained
- 1/2 tsp dried oregano
- 1/4 cup crumbled queso anejo or shredded Monterey Jack cheese
- 2 large russet potatoes, scrubbed and chopped
- 1 bell pepper, finely chopped
- 1 tomato, chopped
- salt and pepper to taste, optional

Directions:

In a large pan, bring water to a boil over high heat. Add potatoes. Cook until crisp-tender, about 5 minutes. Drain in a colander and pat dry. Set aside. In same pan, add vegetable oil. Heat over high heat until hot. Add potatoes and bell pepper. Cook for 2 minutes. Stir in corn, tomato, and oregano. Cook until vegetables are tender. Season with salt and pepper, if desired. Sprinkle each serving with 1 tablespoon cheese. Serve.

Nutrition Facts	
Potato Saute	
Serving size 1/4 of recipe	
Amount Per Serving	
Calories 280	Calories from Fat 50
% Daily Value (DV)*	
Total Fat 6g	9%
Saturated Fat 2g	8%
Cholesterol 5mg	2%
Sodium 450mg	19%
Total Carbohydrate 51g	17%
Dietary Fiber 7g	28%
Sugars 9g	
Protein 8g	
Vitamin A	10%
Vitamin C	100%
Calcium	10%
Iron	10%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

- Carbohydrates: 3
- Meat: 0
- Fruit: 0
- Vegetable: 1
- Milk: 0
- Fat: 1
- Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

32. Pumpkin Curry Soup

Recipe Summary:

- Preparation time: 45 minutes
- Number of Servings: 4
- Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 1 Tbsp butter
- 2 garlic cloves, finely chopped
- 1 tsp curry powder
- 1/8 tsp crushed red pepper
- 1 cup low sodium chicken broth
- 1 cup fat free half-and-half
- 1 cup finely chopped onion
- 1 cup diced celery
- 1/8 tsp ground coriander
- 3 cups water
- 1 32 oz can pumpkin puree

Directions:

Melt butter in large saucepan over medium-high heat. Add onion, celery, and garlic; cook for 3 to 5 minutes or until tender. Stir in curry powder, coriander and crushed red pepper; cook for 1 minute.

Add water and broth; bring to a boil. Reduce heat to low; cook, stirring occasionally, for 15 to 20 minutes to develop flavors. Stir in pumpkin and half-and-half; cook for 5 minutes or until heated through.

Transfer mixture to food processor or blender (in batches, if necessary); cover. Blend until creamy. Serve warm or reheat to desired temperature. Garnish with dollop of sour cream and chives.

Preparation Tip: Soup may be prepared the day ahead. Cool to room temperature after adding pumpkin and half-and-half. Cover and refrigerate. Just before serving, blend then reheat to serving temperature, but do not boil.

Nutrition Facts	
Pumpkin Curry Soup	
Serving size 1/4 recipe	
Amount Per Serving	
Calories 180	Calories from Fat 45
% Daily Value (DV)*	
Total Fat 5g	8%
Saturated Fat 1g	3%
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 30g	10%
Dietary Fiber 11g	44%
Sugars 14g	
Protein 8g	

Diabetic Exchange**

- Carbohydrates: 1
- Meat: 0
- Fruit: 0
- Vegetable: 1
- Milk: 0
- Fat: 1
- Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

Vitamin A	680%
Vitamin C	6%
Calcium	15%
Iron	10%
* Percent Daily Values are based on a 2,000 calorie diet.	

33. Quick Bean Salad

Recipe Summary:

Preparation time: 2 hours, 10 minutes
 Number of Servings: 8
 Cups of Fruits and Vegetables per Person: 0.5

Ingredients:

- 16 oz garbanzo beans, rinsed and drained
- 14 oz can artichoke hearts, rinsed, drained, and quartered
- 16 oz can French style green beans, drained
- 1/2 cup fat free Italian salad dressing

Directions:

Combine first 3 ingredients in a large bowl, tossing lightly. Pour dressing over vegetables, toss well, and chill for 2 hours before serving.

Nutrition Facts

Quick Bean Salad
 Serving size 1/8 recipe

Amount Per Serving	
Calories 90	Calories from Fat 5
% Daily Value (DV)*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 5g	
Vitamin A	4%
Vitamin C	6%
Calcium	4%
Iron	10%

* Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange**

Carbohydrates: 1
 Meat: 0
 Fruit: 0
 Vegetable: 1
 Milk: 0
 Fat: 0
 Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

34. Quick Spinach Casserole

Recipe Summary:

Preparation time: 5 hours, 20 minutes

Number of Servings: 8

Cups of Fruits and Vegetables per Person: 0.5

Ingredients:

- 3 10 oz boxes frozen spinach, thawed, rinsed and drained
- 3/4 cup egg substitute
- 1/2 tsp salt
- 2 cups non-fat cottage cheese
- 1/4 cup flour
- 3 Tbsp light buttery spread

Directions:

Mix all ingredients together and pour into slow cooker. Cover and cook on high for 1 hour. Reduce heat to low and cook for 4 more hours.

Nutrition Facts	
Quick Spinach Casserole	
Serving size 1/8 recipe	
Amount Per Serving	
Calories 120	Calories from Fat 30
% Daily Value (DV)*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Cholesterol 5mg	2%
Sodium 530mg	22%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 14g	
Vitamin A	210%
Vitamin C	4%
Calcium	20%
Iron	15%

* Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange**

Carbohydrates: 0

Meat: 1

Fruit: 0

Vegetable: 1

Milk: 0

Fat: 0

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

35. Radish Celery Salad

Recipe Summary:

Preparation time: 7 minutes

Number of Servings: 2

Cups of Fruits and Vegetables per Person: 1.25

Ingredients:

- 1 cup radishes
- 1 cup thinly sliced celery
- 1 cup torn up lettuce leaves

Directions:

Toss radishes, celery, and lettuce together. Top with your favorite low or no-fat dressing.

Nutrition Facts	
Radish Celery Salad	
Serving size 1/2 recipe	
Amount Per Serving	
Calories 25	Calories from Fat 0
% Daily Value (DV)*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 1g	
Vitamin A	40%
Vitamin C	30%
Calcium	4%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Carbohydrates: 0

Meat: 0

Fruit: 0

Vegetable: 1

Milk: 0

Fat: 0

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

36. Red Pepper Frittata

Recipe Summary:

- Preparation time: 45 minutes
- Number of Servings: 4
- Cups of Fruits and Vegetables per Person: 0.5

Ingredients:

- 2 tsp olive oil, divided
- 2 garlic cloves, minced
- 1 Tbsp grated Parmesan Cheese
- 2 cups egg substitute
- 1/2 cup chopped onions
- 1/2 cup chopped celery
- 1/2 tsp dried oregano
- 1 Tbsp chopped fresh flat-leaf parsley
- 2 red bell peppers, chopped

Directions:

In a large ovenproof frying pan over medium heat, warm 1 tsp oil. Add the red peppers, celery, onions, and garlic; cook, stirring frequently for 4 to 5 minutes or until tender. Remove from heat and set aside. In a large bowl lightly whisk together the egg substitute, parsley, oregano and black pepper. Stir in the vegetable mixture. In the same frying pan over medium heat warm the remaining 1 tsp. oil. Add the egg mixture and cook until brown around the edges. Cover the pan and reduce heat to low. Cook for 3 to 4 minutes, or until the eggs are set. Meanwhile, preheat the broiler. Sprinkle the frittata with the Parmesan. Place the pan about 5” from the heat and broil for 1 to 2 minutes, or until golden brown. Serve cut into wedges.

Nutrition Facts	
Red Pepper Frittata	
Serving size 1/4 of recipe	
Amount Per Serving	
Calories 120	Calories from Fat 25
% Daily Value (DV)*	
Total Fat 3g	5%
Saturated Fat 1g	3%
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 14g	
Vitamin A	70%
Vitamin C	260%
Calcium	8%
Iron	15%

* Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange**

- Carbohydrates: 0
- Meat: 2
- Fruit: 0
- Vegetable: 1
- Milk: 0
- Fat: 0
- Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

37. Roast Celery with Apples

Recipe Summary:

- Preparation time: 1 hour
- Number of Servings: 4
- Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 1 large clove garlic, crushed
- 1 stalk celery, about 1-1/2 lbs
- 1 cup apple juice
- 1/4 tsp salt
- 4 slices toasted Italian bread
- 2 Tbsp olive oil
- 2 Golden Delicious apples, cored and quartered
- 1/4 tsp ground cinnamon
- 1/8 tsp ground black pepper

Directions:

Preheat oven to 375F. Place garlic and oil in a 13 x 9 x 2-inch baking pan; bake until oil is hot, about 5 minutes. Meanwhile trim base of celery; cut celery stalk crosswise, about 7 inches from base (save top for soups, stews, etc); cut stalk lengthwise into 4 wedges. Place celery, apples, apple juice, cinnamon, salt and pepper in baking pan; bake, uncovered, until celery is crisp-tender, about 40 minutes, basting with pan juices every 10 to 15 minutes; discard garlic. Serve immediately over Italian bread.

Nutrition Facts

Roast Celery with Apples
Serving size 1/4 serving

Amount Per Serving

Calories 210 Calories from Fat 70

% Daily Value (DV)*

Total Fat 8g	12%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 32g	11%
Dietary Fiber 5g	20%
Sugars 17g	
Protein 3g	
Vitamin A	15%
Vitamin C	15%
Calcium	10%
Iron	8%

* Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange**

- Carbohydrates: 1
- Meat: 0
- Fruit: 1
- Vegetable: 1
- Milk: 0
- Fat: 1
- Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

38. Skillet Zucchini with Chopped Tomatoes

Recipe Summary:

- Preparation time: 10 minutes
- Number of Servings: 4
- Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 1 tsp whipped light butter
- 4 small (6-in/15cm) zucchini, thinly sliced
- freshly ground pepper
- 1 cup chopped onion
- 2 medium tomato, chopped

Directions:

In a large nonstick skillet, melt margarine over medium heat; add onions and cook, stirring until softened. Add zucchini and cook for 2 minutes. Add tomatoes and cook for 3 to 5 minutes or until zucchini is tender-crisp. Season to taste with pepper.

Nutrition Facts	
Skillet Zucchini with Chopped Tomatoes	
Serving size 1/4 recipe	
Amount Per Serving	
Calories 50	Calories from Fat 5
% Daily Value (DV)*	
Total Fat 1g	1%
Saturated Fat 1g	3%
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 2g	
Vitamin A	15%
Vitamin C	60%
Calcium	4%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

- Carbohydrates: 0
- Meat: 0
- Fruit: 0
- Vegetable: 2
- Milk: 0
- Fat: 0
- Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

39. Speckled Potatoes

Recipe Summary:

Preparation time: 15 minutes

Number of Servings: 6

Cups of Fruits and Vegetables per Person: 0.5

Ingredients:

- 1-1/2 lbs red potatoes, peeled and thinly sliced
- 1 clove garlic, minced
- 1/2 cup chopped parsley
- 1/2 cup minced onion
- 1 chicken low sodium bouillon cube

Directions:

In a large saucepan with 1 inch of water, combine potatoes, onions, garlic, and bouillon cube. Cover and cook 10 minutes. Add parsley; cook 5 minutes more, or until potatoes are tender; drain.

Nutrition Facts	
Speckled Potatoes	
Serving size 1/6 recipe	
Amount Per Serving	
Calories 90	Calories from Fat 5
% Daily Value (DV)*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 3g	
Vitamin A	8%
Vitamin C	30%
Calcium	2%
Iron	6%

* Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange**

Carbohydrates: 1

Meat: 0

Fruit: 0

Vegetable: 0

Milk: 0

Fat: 0

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

40. Spinach Pesto Pasta

Recipe Summary:

- Preparation time: 25 minutes
- Number of Servings: 4
- Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 8 ounces of fettucine
- 1 garlic clove, minced
- 1 cup fresh basil leaves, stems removed
- 1/4 cup grated parmesan cheese
- 1 cup chopped red bell pepper
- 1 Tbsp olive oil
- 3 cups fresh spinach, stems removed
- 1/2 cup chicken broth, low-fat, low-sodium
- 1 15-oz can of cannellini (white beans), rinsed and drained
- 1 tsp black pepper

Directions:

Cook pasta as directed on package. Drain and place in large mixing bowl. In a blender, add olive oil, garlic, spinach, basil, parmesan cheese, and chicken broth. Mix well until leaves are blended. Pour sauce over pasta. Mix until pasta is well coated. Add beans and red bell pepper. Lightly toss and serve.

Nutrition Facts	
Spinach Pesto Pasta	
Serving size 1/4 of recipe	
Amount Per Serving	
Calories 360	Calories from Fat 60
% Daily Value (DV)*	
Total Fat 6g	9%
Saturated Fat 2g	8%
Cholesterol 5mg	2%
Sodium 330mg	14%
Total Carbohydrate 62g	21%
Dietary Fiber 8g	32%
Sugars 4g	
Protein 16g	
Vitamin A	80%
Vitamin C	90%
Calcium	15%
Iron	25%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

- Carbohydrates: 4
- Meat: 0
- Fruit: 0
- Vegetable: 1
- Milk: 0
- Fat: 1
- Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

41. Stuffed Eggplant

Recipe Summary:

- Preparation time: 45 minutes
- Number of Servings: 4
- Cups of Fruits and Vegetables per Person: 2

Ingredients:

- 1-1/2 cups bread crumbs
- 2 diced tomatoes
- 1/2 cup diced onion
- 2 Tbsp fresh minced parsley
- vegetable cooking spray
- 2 eggplants
- 1/2 cup diced green bell pepper
- 1/3 cup diced celery
- 2 Tbsp fat free Parmesan cheese

Directions:

Preheat oven to 350°F. Cut eggplants in half lengthwise. Scoop out and save the flesh, leaving the shells 3/8-inch-thick. If necessary, trim a small piece off the bottom of each shell so it won't tip over. Set aside. Coat large skillet with vegetable cooking spray. Chop up reserved eggplant and add to skillet. Add tomato, bell pepper, onion, and celery. Place skillet over medium heat; cover and cook about 5 minutes, until vegetables are tender. Remove skillet from heat. Stir in bread crumbs and parsley. Spoon mixture into the hollow eggplant shells. Arrange stuffed shells in a shallow baking dish coated with vegetable spray. Sprinkle 1½ tsp Parmesan on top of each shell. Bake for 25 minutes, until filling heats through and top is golden brown.

Nutrition Facts	
Stuffed Eggplant	
Serving size 1/4 recipe	
<hr/>	
Amount Per Serving	
Calories 270	Calories from Fat 30
<hr/>	
	% Daily Value (DV)*
Total Fat 4g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 360mg	15%
Total Carbohydrate 51g	17%
Dietary Fiber 13g	48%
Sugars 11g	
Protein 11g	
Vitamin A	20%
Vitamin C	50%
Calcium	10%
Iron	20%
<small>* Percent Daily Values are based on a 2,000 calorie diet.</small>	

Diabetic Exchange**

- Carbohydrates: 2
- Meat: 0
- Fruit: 0
- Vegetable: 4
- Milk: 0
- Fat: 0
- Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

42. Summer Squash Bisque

Recipe Summary:

- Preparation time: 30 minutes
- Number of Servings: 6
- Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 1 cup chopped shallots
- 2 garlic cloves, minced
- 2 small yellow summer squash, chopped
- 4 cups low sodium vegetable broth
- 1 tsp dried tarragon
- 6 thin slices zucchini (for garnish)
- 1/2 cup chopped green onion
- 4 medium zucchini, chopped
- 1 cup peeled and cubed Idaho potatoes
- 2 cups chopped kale
- 1/2 cup fat-free half and half
- 6 thin slices yellow summer squash (for garnish)

Directions:

Spray large saucepan with cooking spray; heat over medium heat until hot. Saute shallots, green onions, and garlic until tender. Add chopped zucchini, yellow squash, and potato. Saute for 5 to 8 minutes.

Add stock, kale, and tarragon to saucepan; heat to boil and reduce heat to simmer, covered, until vegetables are tender about 10 to 15 minutes.

Process soup in food processor or blender until smooth and return to saucepan. Stir in half and half. Serve warm or chilled with a slice of zucchini and summer squash.

Nutrition Facts	
Summer Squash Bisque	
Serving size 1/6 recipe	
Amount Per Serving	
Calories 100	Calories from Fat 5
% Daily Value (DV)*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 130mg	5%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 5g	
Vitamin A	80%
Vitamin C	80%
Calcium	10%
Iron	10%

Diabetic Exchange**

- Carbohydrates: 0
- Meat: 0
- Fruit: 0
- Vegetable: 2
- Milk: 0
- Fat: 0
- Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

* Percent Daily Values are based on a 2,000 calorie diet.

43. Sweet Potato Pancakes

Recipe Summary:

Preparation time: 30 minutes

Number of Servings: 8

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 6 cups peeled and finely shredded sweet potatoes
- 1 tsp salt-free herb seasoning
- 1/3 cup chopped fresh flat-leaf parsley
- 1/4 cup lemon juice
- 6 tsp canola oil, divided
- 1 cup finely shredded onions
- 1-2/3 cup unbleached flour
- 2 cups finely shredded zucchini
- 1-1/2 cups egg substitute

Directions:

In a large bowl, mix the sweet potatoes, onions, herb seasoning, flour, parsley, zucchini, lemon juice and egg substitute. In a large no-stick frying pan or griddle over medium-high heat, warm 2 tsp of the oil. Drop a large Tbsp of the batter into the pan and spread it with a spatula to form a thin pancake. Add more batter to fill the pan without crowding the pancakes.

Cook for about 2 minutes per side, or until golden and crispy. Remove from the pan and keep warm. Repeat, adding the remaining 4 tsp oil as needed, until all the batter has been used.

Nutrition Facts	
Sweet Potato Pancakes	
Serving size 1/8 of recipe	
Amount Per Serving	
Calories 250	Calories from Fat 45
% Daily Value (DV)*	
Total Fat 5g	8%
Saturated Fat 1g	3%
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 39g	13%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 10g	
Vitamin A	300%
Vitamin C	60%
Calcium	6%
Iron	15%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Carbohydrates: 2

Meat: 1

Fruit: 0

Vegetable: 1

Milk: 0

Fat: 1

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

44. Sweet Potato Salad

Recipe Summary:

Preparation time: 30 minutes

Number of Servings: 10

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 2-1/2 lbs sweet potatoes
- 1 small fresh pineapple, cut into 1/2 inch chunks or 1 (20 oz) can pineapple tidbits
- 3/4 cup mayonnaise
- 1-1/2 Tbsp curry powder
- 2 medium-sized tart green apples, unpeeled and cut in 1/2 inch dice
- 1/2 cup golden raisins
- 3/4 cup plain yogurt
- 1/2 tsp salt

Directions:

In a saucepan cover potatoes with salted cold water. Bring to a boil, reduce heat and simmer, covered, until just tender, about 15 to 20 minutes. Drain potatoes well. Peel potatoes while warm and then allow to cool completely before cutting into 3/4 inch chunks and place in large bowl. Add the apples, pineapple and raisins; set aside.

In a small bowl, whisk together remaining ingredients. Add to potato mixture and toss gently until well combined. Chill for a minimum of 1 hour before serving.

Nutrition Facts	
Sweet Potato Salad	
Serving size 1/10 salad	
Amount Per Serving	
Calories 200	Calories from Fat 60
% Daily Value (DV)*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Cholesterol 5mg	2%
Sodium 300mg	13%
Total Carbohydrate 36g	12%
Dietary Fiber 4g	16%
Sugars 20g	
Protein 3g	
Vitamin A	280%
Vitamin C	35%
Calcium	6%
Iron	8%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Carbohydrates: 1
 Meat: 0
 Fruit: 1
 Vegetable: 0
 Milk: 0
 Fat: 1
 Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

45. Vegetable Curry

Recipe Summary:

Preparation time: 20 minutes

Number of Servings: 8

Cups of Fruits and Vegetables per Person: 0.75

Ingredients:

- 2 lbs mixed vegetables (french beans, carrots, peas, potatoes and cauliflower)
- 10 mild red chilies
- 7 cloves garlic
- 1 inch piece fresh ginger root, grated
- 1/2 tsp curry powder
- 3 Tbsp whipped cream
- salt to taste
- 2 onions, chopped
- 10 tsp poppy seeds
- 1/2 tsp tumeric
- 3 tsp melted butter
- 7 oz plain yogurt
- 1 tsp sugar

Directions:

Prepare and cook the mixed vegetables according to their type, breaking or cutting large ones into bite sized pieces.

Grind the onions, chilies, poppy seeds, garlic, turmeric and ginger to a paste.

Melt butter in a heavy based saucepan. Add the paste and cook for 3 to 4 minutes. Stir in the curry powder and cook for a further few minutes. Then add the vegetables and water. Bring to a boil and cook for a few minutes.

Stir in the yogurt, cream, sugar and salt, heat gently then serve hot with pita bread.

Nutrition Facts	
Vegetable Curry	
Serving size 1/8 recipe	
Amount Per Serving	
Calories 200	Calories from Fat 50
% Daily Value (DV)*	
Total Fat 6g	9%
Saturated Fat 2g	10%
Cholesterol 5mg	2%
Sodium 85mg	4%
Total Carbohydrate 33g	11%
Dietary Fiber 11g	44%
Sugars 6g	
Protein 8g	
Vitamin A	180%
Vitamin C	35%

Diabetic Exchange**

Carbohydrates: 1

Meat: 0

Fruit: 0

Vegetable: 4

Milk: 0

Fat: 1

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

Calcium	15%
Iron	20%
* Percent Daily Values are based on a 2,000 calorie diet.	

46. Veggie Delight Smoothie

Recipe Summary:

- Preparation time: 15 minutes
- Number of Servings: 4
- Cups of Fruits and Vegetables per Person: 1.5

Ingredients:

- 2 cups apple juice
- 1 cup applesauce
- 1 cup peeled and sliced cucumber
- 1 cup sliced apple
- 1 cup sliced carrots
- 2-1/2 cups ice

Directions:

Place all items into blender and blend until smooth. Serve immediately.

Nutrition Facts	
Veggie Delight Smoothie	
Serving size 1/4 of recipe	
<hr/>	
Amount Per Serving	
Calories 120	Calories from Fat 0
<hr/>	
% Daily Value (DV)*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 29g	10%
Dietary Fiber 3g	12%
Sugars 24g	
<hr/>	
Protein 1g	
Vitamin A	100%
Vitamin C	10%
Calcium	4%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

- Carbohydrates: 0
- Meat: 0
- Fruit: 2
- Vegetable: 1
- Milk: 0
- Fat: 0
- Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

47. Very Veggie Salad

Recipe Summary:

- Preparation time: 15 minutes
- Number of Servings: 4
- Cups of Fruits and Vegetables per Person: 4

Ingredients:

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

Directions:

Wash all of the vegetables and mix them together in a large mixing bowl. Top this colorful meal with the nonfat or low-fat dressing of your choice

Note: the dressing is not included in the nutritional analysis.

Nutrition Facts	
Very Veggie Salad	
Serving size 5 cups	
Amount Per Serving	
Calories 100	Calories from Fat 10
% Daily Value (DV)*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 7g	28%
Sugars 10g	
Protein 6g	
Vitamin A	330%
Vitamin C	360%
Calcium	10%
Iron	15%

* Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange**

- Carbohydrates: 0
- Meat: 0
- Fruit: 0
- Vegetable: 4
- Milk: 0
- Fat: 0
- Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

48. Winter Squash Pancakes

Recipe Summary:

- Preparation time: 20 minutes
- Number of Servings: 4
- Cups of Fruits and Vegetables per Person: 0.5

Ingredients:

- 2 cups winter squash sampler, mashed and cooked
- 1 cup fat free milk
- 1/2 cup unbleached white flour
- 1/2 tsp salt
- 2 Tbsp chopped chives
- 2 Tbsp brown sugar
- 1/2 cup egg substitute
- 1 tsp baking powder
- 1/8 tsp pinch fresh grated nutmeg
- 3 sprays cooking spray

Directions:

Beat the squash with the brown sugar, milk and eggs until smooth. In a separate bowl, stir together the flour, baking powder, salt and nutmeg. Stir the dry ingredients into the squash mixture just until combined. Fold in the chives.

Heat a griddle or heavy skillet lightly sprayed with cooking spray over medium heat. Preheat the oven to 250 °F. Drop the batter onto the hot skillet by heaping tablespoonfuls. Lightly oil a spatula and flatten the pancakes.

When they are golden brown on the bottom, flip them. As they brown on the other side, transfer them to a baking sheet and keep them warm in the oven while you cook the rest of the batter.

Nutrition Facts	
Winter Squash Pancakes	
Serving size 1/4 recipe	
Amount Per Serving	
Calories 170	Calories from Fat 15
% Daily Value (DV)*	
Total Fat 2g	2%
Saturated Fat 1g	3%
Cholesterol 0mg	0%
Sodium 480mg	20%
Total Carbohydrate 30g	10%
Dietary Fiber 3g	12%
Sugars 11g	
Protein 9g	
Vitamin A	120%
Vitamin C	20%
Calcium	20%

Diabetic Exchange**

- Carbohydrates: 1
- Meat: 1
- Fruit: 0
- Vegetable: 0
- Milk: 0
- Fat: 0
- Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

Iron	10%
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* Percent Daily Values are based on a 2,000 calorie diet.