

Recipe Outline



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Extreme Zucchini



From: Fruits & Veggies—
More Matters
Serves: 4

Prep Time: 30 min
Cook Time:

Instructions

- 1:
Combine first 4 ingredients in a small sauce pan.
- 2:
Cook on MEDIUM-LOW heat until vegetables are tender, about 20 minutes, stirring occasionally.
- 3:
Remove from stove top and mix in the mayonnaise.
- 4:
Add salt and pepper to taste (optional)

Notes

Each serving provides: An excellent source of vitamin C. From the Cool Fuel Cookbook for Kids.

1/2 cup fruits & vegetables per serving

Nutritional Information: Calories: 19, Carbohydrates: 4g, Total Fat: 0.4g, Cholesterol: 0mg, Saturated Fat 0.1g, Dietary Fiber: 1g, % of Calories from Fat: 16% Sodium: 22mg, Protein: 1g

Recipe Credit: Recipe is courtesy of Produce for Better Health Foundation and Shoney's Inc. This recipe meets PBH and Centers for Disease Control & Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.

Ingredients

- 1 cup
Zucchini, with skin, cut into 1" cubes
- 1 count
Medium tomato, chopped into 1" chunks
- 1/4 cup
Yellow bell pepper, diced
- 1/4 cup
Onion, diced
- 1/2 tsp
Low-fat mayonnaise

Frosty Orangeliciousness



From: Fruits & Veggies—
More Matters
Serves: 1

Prep Time: 5 min
Cook Time:

Instructions

- 1:
Place all ingredients in blender and enjoy.
- 2:
Cook on MEDIUM-LOW heat until vegetables are tender, about 20 minutes, stirring occasionally.
- 3:
Remove from stove top and mix in the mayonnaise.
- 4:
Add salt and pepper to taste (optional)

Notes

Each serving provides: An excellent source of vitamins A and C, folate and potassium, and a good source of calcium, magnesium and fiber. From the Cool Fuel Cookbook for Kids.

1/2 cup fruits & vegetables per serving

Nutritional Information: Calories: 211, Carbohydrates: 49g, Total Fat: 0.4g, Cholesterol: 0mg, Saturated Fat 0.1g, Dietary Fiber: 4g, % of Calories from Fat: 2% Sodium: 67mg, Protein: 5g

Recipe Credit: Recipe was developed for Produce for Better Health Foundation by Erika Kaeser-Stanley. This recipe meets PBH and Centers for Disease Control & Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.

Ingredients

- 1/2 cup
Fat-free vanilla ice cream
- 1/2 cup
Orange juice
- 1 count
Orange, peeled and frozen
- 1 tsp
Orange zest (optional)