



NATURALLY NUTRIENT-RICH

# RECIPES

**M**any Americans are eating more, but getting less nutrition in the foods they eat. A recipe for healthier eating includes enjoying more foods that are rich in essential vitamins, minerals and other nutrients – foods such as colorful fruits and 100 percent fruit juices; vibrant vegetables and potatoes; whole, fortified and fiber-rich grain foods; nonfat and low-fat milk, cheese and yogurt; and lean meats, poultry, fish, eggs, beans and nuts.

In fact, the 2005 Dietary Guidelines and USDA MyPyramid encourage people to get more nutrition from the foods they eat – or put more nutrient “power” on our plates to fuel active, healthful lifestyles.

Nutrition and great taste come together naturally in nutrient-rich foods to serve as the foundation of a healthy lifestyle. Look inside this booklet for a variety of recipes that will add more nutrients *and* taste to your plate!

# Steps for Enjoying Nutrient-Rich Foods...

## A Recipe for Putting More Power on Americans' Plates

- Live well. Enjoy nutrient-rich foods first from all five food groups, including:
  - Colorful fruits and 100 percent fruit juices
  - Vibrant vegetables and potatoes
  - Whole, fortified and fiber-rich grain foods
  - Nonfat and low-fat milk, cheese and yogurt
  - Lean meats, poultry, fish, eggs, beans and nuts
- Shop the perimeter of the store, where you're more likely to find nutrient-rich foods.
- Paint your plate. Many foods (such as fruits, vegetables and lean meats) that are brighter or deeper in color have more nutrients per calorie.
- Make half your grains whole each day.
- Look at labels. Choose low-fat or nonfat dairy foods and go lean with your protein choices.
- Be sensible with portions – many nutrients can come in smaller packages. If you're at a restaurant that serves large portions, enjoy your meal twice as much by bringing half your food home to enjoy later!
- Make small changes over time in what you eat and the level of activity you do. After all, small steps work better than giant leaps.
- Be active. Nutrients help fuel physical activity, which is part of the recipe for good health.

# KIWIFRUIT - MANGO SALSA

Serves 6

**Ingredients:**

- 3 medium California kiwifruit
- 3/4 cup mango, chopped
- 1 tablespoon minced green chilies, (fresh or canned)
- 2 tablespoons lime juice
- 1-1/2 teaspoons honey
- 3 tablespoons chopped cilantro
- pinch of salt

1. Peel kiwifruit and cut into lengthwise quarters, then slice.
2. Place sliced kiwifruit into bowl with other ingredients. Mix gently. Serve with tortilla chips.

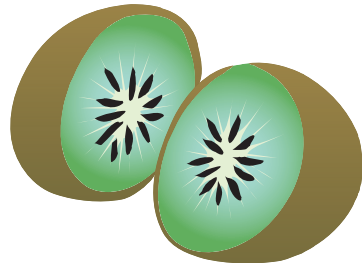
**Chef's Tip:**

As an alternative, substitute 1/2 cup (or approximately 12) diced dried figs for the mango.

**Nutrition information per serving:**

44 calories; 0 g fat; 0 g saturated fat; 0 g monounsaturated fat; 0 g polyunsaturated fat; 0 mg cholesterol; 34 mg sodium; 11 g carbohydrate; 0 g fiber; 1 g protein; 43.1 mg vitamin C

This recipe is an excellent source of vitamin C.



# CLASSIC GUACAMOLE

Serves 12

## Ingredients:

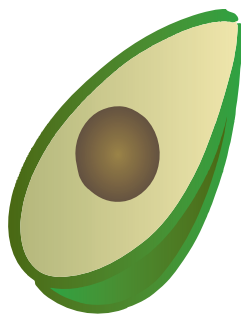
- 2 ripe California avocados
- 1/2 teaspoon salt
- 3 tablespoons fresh lemon or lime juice
- 2 tablespoons minced cilantro
- 1/2 cup diced tomatoes
- 3 teaspoons chopped onion

1. Cut the avocados in half and remove the seed. Scoop out the pulp and place in a bowl.
2. Drizzle the pulp with lemon or lime juice and mash. Combine with the remaining ingredients. Mix well and serve.

## Nutrition information per serving:

58 calories; 5 g fat; 0.7 g saturated fat; 3.3 g monounsaturated fat; 0.6 g polyunsaturated fat; 0 mg cholesterol; 113 mg sodium; 4 g carbohydrate; 2.5 g fiber; 1 g protein; 6.1 mg vitamin C

This recipe is a good source of fiber and vitamin C.



# OLIVE TAPENADE DIP WITH PITA BREAD

Serves 18

## Ingredients:

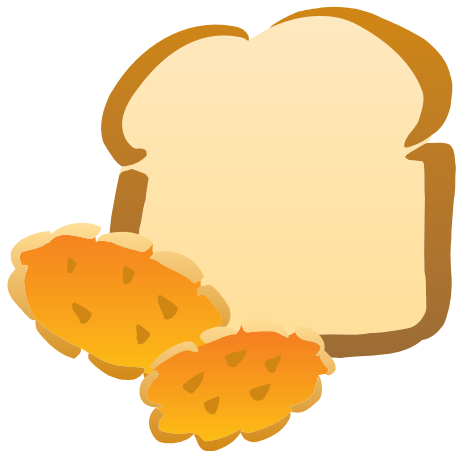
- 1 cup pitted black olives, drained
- 1/4 cup chopped fresh parsley
- 1/4 cup olive oil
- 1/8 teaspoon red pepper flakes
- 1/8 teaspoon hot sauce
- 1 clove garlic, minced
- 1 tablespoon fresh basil
- 1 tablespoon dried onion
- 1 tablespoon balsamic vinegar
- 2 tablespoons chopped pimentos

1. Combine the first 9 ingredients in a food processor and blend until smooth.
2. Stir in the pimentos and serve with pita bread wedges.

## Nutrition information per serving (including pita bread):

116 calories; 4.3 g fat; 0.6 g saturated fat; 3.0 g monounsaturated fat;  
0.5 g polyunsaturated fat; 0 mg cholesterol; 216 mg sodium; 16 g carbohydrate;  
0.9 g fiber; 3 g protein; 0.2 mg thiamin; 14.6 mcg vitamin K; 7.7 mcg selenium

This recipe (including pita bread) is a good source of thiamin, vitamin K, and selenium.



# CALIFORNIA TOMATO & VEGETABLE MIXED GRILL

Serves 4

**Vegetables:**

- 4 California roma tomatoes cut in half
- 1 yellow zucchini or patty pan squash, cut in half horizontally, lightly score flesh side
- 1 green zucchini, cut in half horizontally, lightly score flesh side
- 1 large red onion, cut into thick slices
- 1/2 lb. shiitake or button mushrooms, stems removed (about 8 mushrooms)
- 1 lb. asparagus, ends trimmed

- 1 large bell pepper, red or yellow, cut sides off into large slabs
- 2 tablespoons Italian parsley, fresh, chopped

**Marinade:**

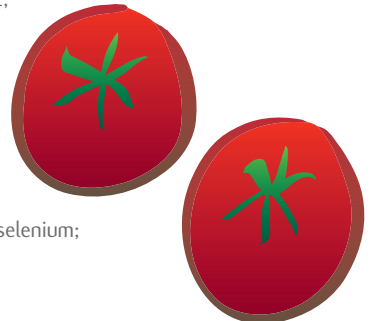
- 1/4 cup olive oil
- 1/4 cup balsamic vinegar
- 1 teaspoon salt
- 1/2 teaspoon black pepper, ground

1. In bowl combine olive oil, balsamic vinegar, salt and pepper.
2. As different vegetables need different cooking times, fill skewers with only one kind of vegetable, for example one skewer of just tomatoes, one of just mushrooms, etc. (asparagus, zucchini and onion do not need to be skewered).
4. When you are ready to cook, place prepared skewers and vegetables in dish. Brush all vegetables liberally with balsamic oil mixture. Save additional marinade for after grilling.
5. Grill vegetables for 3 to 5 minutes each side on hot grill. Take care not to overcook vegetables.
6. Arrange vegetables on plate and drizzle with remaining marinade. Sprinkle with parsley and serve. If you want to make ahead, these are also great at room temperature.

**Nutrition information per serving:**

246 calories; 14.8 g fat; 2.2 g saturated fat; 11 g monounsaturated fat; 1.7 g polyunsaturated fat; 0 mg cholesterol; 619 mg sodium; 27 g carbohydrate; 7 g fiber; 6 g protein; 3218 IU vitamin A; 0.4 mg riboflavin; 0.6 mg vitamin B6; 115.6 mg vitamin C; 6.6 IU vitamin E; 2.7 mg pantothenic acid; 857.3 mg potassium; 20.9 mcg selenium; 0.3 mg thiamin; 3.3 mg niacin; 2.1 mg iron; 55.8 mg magnesium; 0.6 mg manganese; 147.4 mg phosphorus; 2.0 mg zinc

This recipe is an excellent source of fiber, vitamin A, riboflavin, vitamin B6, vitamin C, vitamin E, folate, pantothenic acid, manganese, potassium, thiamin, and selenium; and a good source of protein, niacin, iron, magnesium, phosphorus, and zinc.



# PORK TENDERLOIN SATAY WITH BRANDY PEAR RELISH

Serves 18

**Ingredients:**

- 1 can (15.25 oz.) Bartlett pears in heavy syrup
- 1/4 cup finely chopped white onion
- 1 teaspoon finely chopped or grated fresh ginger
- 1 pork tenderloin (about 1 lb.), partially frozen
- 16 to 18 (6-inch) wooden skewers soaked in water for at least 30 minutes\*

- 1/2 cup apricot preserves\*\*
- 2 tablespoons brandy
- 1/4 teaspoon red pepper flakes
- 1/4 cup golden raisins (optional)

1. To make relish, drain pears, reserving juice; chop and set aside. Pour pear juice into 1-quart saucepan; stir in preserves, onion, brandy, ginger and red pepper flakes. Bring to a boil, stirring occasionally. Boil gently for 8 to 10 minutes or until liquid is reduced and slightly thickened. Remove from heat; allow mixture to cool to room temperature.
2. Meanwhile, using a sharp knife, slice pork tenderloin into 1/4-inch thick medallions; place in a resealable plastic bag. Pour about 1/2 cup cooled juice mixture over pork in bag; seal and refrigerate for at least 30 minutes. Gently stir together chopped pears, remaining juice mixture and raisins; refrigerate until serving time. When ready to cook, spray broiler pan with cooking spray and preheat broiler. Discard the marinade. Thread pork medallions onto skewers. Place pork skewers on broiler pan about 7 inches from broiler. Broil for 3 minutes per side. Serve with Brandy Pear Relish.

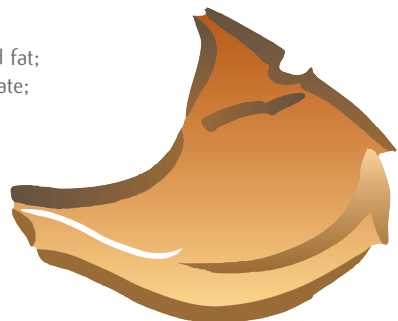
\*Soaking wooden skewers in water helps to keep them from charring under the broiler.

\*\*If apricot pieces are too large, use kitchen shears to cut into small pieces.

**Nutrition information per serving:**

97 calories; 2.0 g fat; 0.7 g saturated fat; 0.8 g monounsaturated fat; 0.2 g polyunsaturated fat; 24 mg cholesterol; 18 mg sodium; 11 g carbohydrate; 0 g fiber; 8 g protein; 0.4 mg thiamin; 18.5 mg selenium

This recipe is an excellent source of thiamin and selenium; and a good source of protein.



# CRAB-FILLED POTATO BITES

Serves 24

## Ingredients:

24 small potatoes  
 4 oz. crab meat, cooked  
 2 tablespoons plain nonfat yogurt  
 2 tablespoons low-fat mayonnaise  
 2 tablespoons chives, minced  
 2 tablespoons parmesan cheese, grated  
 1 tablespoon parsley, chopped  
 2 teaspoons lemon juice  
 Salt and pepper as needed

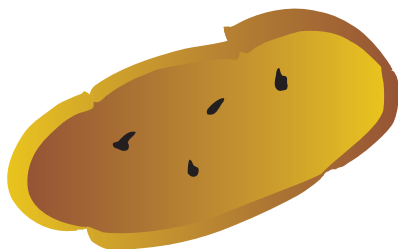
1. In medium saucepan, cover potatoes with water and bring to a boil. Reduce heat and simmer about 15 minutes or until tender. Drain and cool; cut in half. With melon baller, scoop out and discard the center from each half to form a cup.
2. In small bowl, fold together crab, yogurt, mayonnaise, chives, cheese, parsley and lemon juice. Season with salt and pepper. Spoon 2 teaspoons crab mixture into each potato half. Broil 4 inches below heating element of broiler 3 to 5 minutes or until golden.

**Chef's Tip:** Split baked potatoes and top with crab mixture.

## Nutrition information per serving:

139 calories; 0.7 g fat; 0.2 g saturated fat; 0 g monounsaturated fat; 0 g polyunsaturated fat; 4 mg cholesterol; 55 mg sodium; 29 g carbohydrate; 3 g fiber; 5 g protein; 14.2 mg vitamin C; 0.4 mg vitamin B<sub>6</sub>; 741.1 mg potassium; 0.3 mg manganese

This recipe is an excellent source of vitamin C, vitamin B<sub>6</sub>, and potassium; and a good source of protein and manganese.



# VIETNAMESE SCRAMBLE WRAPS

Serves 12

**Scramble:**

- 2 tablespoons peanut oil
- 1 medium onion, finely diced
- 2 tablespoons ginger, minced
- 1 tablespoon garlic, minced
- 1 medium carrot, grated
- 6 medium green onions, thin sliced lengthwise
- 1 can water chestnuts, sliced
- 12 large eggs
- 1-1/2 tablespoons Asian fish sauce
- 1/2 tablespoon low-sodium soy sauce
- 1 tablespoon sesame oil

- 1 cup cooked bean thread noodles
- 1/4 cup chopped peanuts
- 1/4 cup chopped cilantro
- 24 bibb or iceberg lettuce leaves

**Sauce:**

- 1/2 cup low-sodium soy sauce
- 1/2 cup hoisin sauce
- 1/2 cup sweetened lime juice
- 1/4 cup rice vinegar

1. Blend soy sauce, hoisin sauce, lime juice, and rice vinegar; cover and set aside.
2. Sauté onion, ginger, and garlic in peanut oil over medium high heat until onion is translucent, about 3 to 4 minutes. Add carrots, green onions, and water chestnuts. Sauté additional 3 minutes.
3. Whisk eggs; add eggs to sauté, stirring constantly to break eggs into small curds, until soft.
4. Stir in fish sauce, soy sauce, and sesame oil; continue cooking until eggs are firm throughout, with no visible liquid egg remaining.
5. Stir in bean threads, peanuts, and cilantro; heat through.
6. Portion about 1/3 cup egg mixture onto each leaf. Drizzle with 2 tablespoons sauce; wrap leaves around eggs. Serve immediately.

**Chef's Tip:** Do not let uncooked egg mixture remain at room temperature for longer than 1 hour (including preparation and service time).

**Nutrition information per serving:**

185 calories; 10 g fat; 2.4 g saturated fat; 3.8 g monounsaturated fat; 2.1 g polyunsaturated fat; 212 mg cholesterol; 661 mg sodium; 15 g carbohydrate; 2 g fiber; 9 g protein; 1415.5 IU vitamin A; 0.4 mg riboflavin; 0.2 mg vitamin B<sub>6</sub>; 0.66 mcg vitamin B<sub>12</sub>; 8.5 mg vitamin C; 1.9 mg iron; 157.6 mg phosphorus

This recipe is an excellent source of vitamin A and riboflavin; and a good source of protein, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, vitamin C, iron, and phosphorus.



# VIETNAMESE SPRING ROLLS

Serves 24

## Strawberry Dipping Sauce:

- 9 oz. California strawberries, stemmed
- 6 tablespoons rice vinegar
- 3 tablespoons Asian sesame oil
- 3 tablespoons sugar
- 2 tablespoons Vietnamese fish sauce
- 1-1/2 teaspoons chili flakes

## Spring Rolls:

- 12 oz. cooked shelled shrimp
- 2 teaspoons seasoned rice vinegar
- 24 spring roll wrappers
- 48 mint leaves
- 48 cilantro sprigs
- 12 oz. California strawberries, stemmed and quartered
- 12 oz. cucumber, peeled, seeded and julienned

## Strawberry Dipping Sauce:

1. In blender, purée strawberries, vinegar, oil, sugar and fish sauce until smooth. Add chili flakes; blend until chili flakes are mixed in but still visible. Makes 1 1/2 cups.

## Spring Rolls:

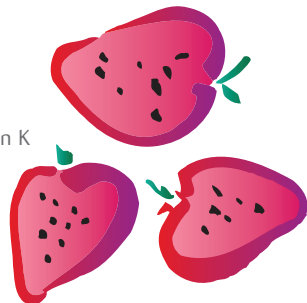
1. Toss shrimp with vinegar; set aside.
2. Dip 1 wrapper into very hot water for a few seconds until soft and flexible; blot on towel to remove excess water.
3. Place 2 mint leaves, 2 cilantro sprigs, 1/2 ounce strawberries, 1/2 ounce shrimp and 1/2 ounce cucumber in a line down the center of wrapper.
4. Fold bottom over filling, fold in sides and roll up into tight cylinder.
5. Repeat with remaining ingredients to make 24 rolls.
6. Serve each roll with 1 tablespoon Strawberry Dipping Sauce.

**Chef's Tip:** Spring Rolls may be made up to 8 hours ahead. Place in single layer on plastic wrap-lined sheet pan; cover with additional plastic wrap. Refrigerate until needed.

## Nutrition information per serving:

50 calories; 2 g fat; 0.3 g saturated fat; 0 g monounsaturated fat; 0 g polyunsaturated fat; 29 mg cholesterol; 161 mg sodium; 4 g carbohydrate; 1 g fiber; 4 g protein; 16.7 mg vitamin C; 15.4 mcg vitamin K

This recipe is an excellent source of vitamin C, and a good source of vitamin K.



# CITRUS SPINACH SALAD

Serves 4

**Ingredients:**

- 8 cups torn fresh spinach
- 1-1/2 cups sliced fresh mushrooms
- 1/4 cup sliced green onions
- 2 slices turkey bacon, chopped
- 2 teaspoons cornstarch
- 1/2 teaspoon finely shredded orange peel
- 1 cup 100% Florida orange juice
- 1/8 teaspoon garlic salt
- 1/8 teaspoon ground black pepper
- 3 Florida oranges, peeled, halved and sliced
- 1/2 of a medium sweet orange or red pepper, cut into thin bite-size strips

1. In a large salad bowl, combine spinach, mushrooms and onions; set aside. In a 12-inch skillet or a Dutch oven, cook bacon over medium heat until crisp.
2. Remove bacon; drain on paper towels. Set aside.
3. Wipe out skillet with a paper towel. In a bowl, combine cornstarch, orange peel, 100 percent orange juice, garlic salt and black pepper; add to skillet. Cook and stir until thickened and bubbly; cook and stir 2 minutes more. Remove from heat. Add spinach mixture. Toss until coated. If desired, return salad to heat and toss 30 to 60 seconds more or until slightly wilted. Return mixture to salad bowl; toss in bacon, oranges and pepper strips.

**Nutrition information per serving:**

127 calories; 1.4 g fat; 0.3 g saturated fat; 0.3 g monounsaturated fat; 0.4 g polyunsaturated fat; 3 mg cholesterol; 159 mg sodium; 29 g carbohydrate; 8 g fiber; 6 g protein; 8628.5 IU vitamin A; 133.3 mg vitamin C; 0.2 mg thiamin; 0.3 mg riboflavin; 2.2 mg niacin; 0.3 mg vitamin B<sub>6</sub>; 3.2 IU vitamin E; 187.7 mcg folate; 142.7 mg calcium; 2.1 mg iron; 80.5 mg magnesium; 741.2 mg potassium

This recipe is an excellent source of fiber, vitamin A, vitamin C, folate, magnesium, and potassium; and a good source of protein, thiamin, riboflavin, niacin, vitamin B<sub>6</sub>, vitamin E, calcium, and iron.



# BRUSCHETTA

Serves 6

## Ingredients:

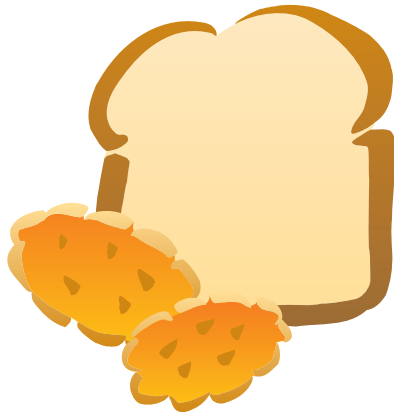
- 1 large whole grain baguette, cut into 12 slices
- 3 large tomatoes, chopped
- 1 tablespoon olive oil
- 3 tablespoons chopped fresh basil
- 1/4 teaspoon salt

1. Combine tomatoes, olive oil, basil and salt in a covered bowl and let marinate at least 4 hours (Do not refrigerate; tomatoes will lose their flavor).
2. Use a slotted spoon to layer on to bread. Serve immediately.

## Nutrition information per serving:

176 calories; 4.9 g fat; 0.9 g saturated fat; 2.8 g monounsaturated fat; 0.9 g polyunsaturated fat; 0 mg cholesterol; 398 mg sodium; 30 g carbohydrate; 5 g fiber; 6 g protein; 829.4 IU vitamin A; 0.2 mg thiamin; 2.5 mg niacin; 11.8 mg vitamin C; 13.8 mcg vitamin K; 2.2 mg iron; 59.6 mg magnesium; 1.4 mg manganese; 363.3 mg potassium; 20.6 mg selenium

This recipe is an excellent source of fiber, vitamin C, manganese, and selenium; and a good source of protein, vitamin A, thiamin, niacin, vitamin K, iron, magnesium, and potassium.



# BEEF TOSTADAS WITH VEGETABLE SALSA

Serves 6

## Ingredients:

- 3 beef shoulder center steaks (Ranch Steaks), cut 3/4 inch thick (about 8 ounces each)
- 1 red bell pepper, cut lengthwise in half, seeded, stemmed
- 1 yellow bell pepper, cut lengthwise in half, seeded, stemmed
- 1 small onion, cut into 1/2-inch thick slices
- 12 corn tortillas
- Prepared tomatillo salsa
- 6 tablespoons crumbled queso fresco

## Ancho Chili Rub:

- 1 tablespoon ground ancho chili powder
- 2 teaspoons ground cumin
- 2 teaspoons brown sugar
- 2 teaspoons minced garlic
- 1 teaspoon dried oregano leaves, crushed
- 1/2 teaspoon salt

## Vegetable Salsa:

- 1 can (15 ounces) black beans, rinsed, drained
- 1/4 cup chopped fresh cilantro
- 3 tablespoons fresh lime juice
- 1 tablespoon olive oil
- 1 teaspoon minced garlic

1. Combine Ancho Chili Rub ingredients in small bowl; press evenly onto beef steaks. Spray bell peppers and onion with cooking spray.
2. Place steaks in center of grid over medium, ash-covered coals; arrange bell peppers and onion around steaks. Grill steaks, covered, 9 to 11 minutes for medium rare to medium doneness, turning once. Remove; keep warm. Grill bell peppers and onion, about 10 to 12 minutes or until tender, turning occasionally.
3. To prepare Vegetable Salsa, chop bell peppers and onion; place in medium bowl. Add beans, cilantro, lime juice, oil, and garlic; toss gently. Season with salt and pepper, as desired. Set aside.
4. Grill corn tortillas 30 seconds on each side. Carve steaks into thin slices; serve on tortillas with Vegetable Salsa, tomatillo salsa, as desired, and queso fresco.

**Chef's Tip:** Four beef tenderloin steaks cut 1-inch thick (4 to 6 ounces each), may be substituted for beef shoulder center steaks. Grill steaks, uncovered, 13 to 15 minutes for medium rare to medium doneness, turning occasionally. Substitute feta cheese in place of queso fresco for a Greek flare. This recipe can be served rolled up in a soft corn tortilla or make it as a salad, served with baked tortillas.

## Nutrition information per serving:

343 calories; 11 g fat; 3 g saturated fat; 5 g monounsaturated fat; 62 mg cholesterol; 553 mg sodium; 29 g carbohydrate; 5.0 g fiber; 31 g protein; 3.4 mg niacin; 0.4 mg vitamin B<sub>6</sub>; 2.7 mcg vitamin B<sub>12</sub>; 5.4 mg iron; 26.0 mcg selenium; 5.8 mg zinc.

This recipe is an excellent source of fiber, protein, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium, and zinc; and a good source of niacin.



# LAYERED BROCCOLI AND CHEESE SALAD

Serves 12

## Ingredients:

- 6 cups chopped broccoli florets
- 1 small red onion, very thinly sliced
- 2/3 cup dried sweetened cranberries or raisins
- 1/2 cup plain nonfat yogurt
- 3 tablespoons honey
- 2 tablespoons mayonnaise
- 2 tablespoons cider vinegar
- 1-1/2 cups (6 ounces) grated Cabot 50% Light Cheddar
- 1/2 cup unsalted dry-roasted hulled sunflower seeds

1. In large glass serving bowl, arrange layers of broccoli, onion and cranberries.
2. In small bowl, whisk together yogurt, honey, mayonnaise and vinegar. Drizzle dressing over layered salad.
3. Sprinkle cheese evenly on top. Cover and refrigerate until ready to serve.
4. Sprinkle with sunflower seeds just before serving.

## Nutrition information per serving:

142 calories; 7 g fat; 2 g saturated fat; 0 g monounsaturated fat; 0.1 g polyunsaturated fat; 9 mg cholesterol; 118 mg sodium; 16 g carbohydrate; 2 g fiber; 7 g protein; 1259.4 IU vitamin A; 143.6 mg calcium

This recipe is an excellent source of vitamin A, and a good source of protein and calcium.



# WILD BLUEBERRY CRISP

Serves 6

## Crisp:

- 1/2 cup light brown sugar
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- 1/2 cup white flour
- 1/2 cup chopped pecans (optional)
- 1/2 cup rolled oats
- 3 tablespoons butter or soft margarine  
(not diet)
- 1/8 teaspoon salt (optional)

## Filling:

- 5 cups wild blueberries
- 1/4 cup sugar
- 1/2 teaspoon grated lemon rind
- 1 cup (2 medium) diced peeled apples

1. Preheat oven to 325° F.
2. In a small bowl, combine the wild blueberries, sugar, lemon rind, and apples. Mix well and place in a well-buttered 8 x 8 x 2-inch (20 x 20 x 5cm) pan.
3. In a medium bowl, combine brown sugar, cinnamon, nutmeg, flour, pecans, oats, salt and rub in the butter with your fingers until it resembles coarse crumbs. Spread evenly over the wild blueberry filling. Bake 45 minutes or until the crust is brown.

## Nutrition information per serving:

308 calories; 7 g fat; 3.7 g saturated fat; 1.7 g monounsaturated fat; 0.6 g polyunsaturated fat; 15 mg cholesterol; 58 mg sodium; 62 g carbohydrate; 5 g fiber; 3 g protein; 13.7 mg vitamin C; 24.3 mcg vitamin K, 0.9 mg manganese; 0.2 mg thiamin; 1.8 mg iron

This recipe is an excellent source of fiber, vitamin C, vitamin K, and manganese; and a good source of thiamin and iron.

