



# Cinnamon Baked Golden

*Serve alone or with vanilla frozen yogurt and a sprinkle of lowfat granola.*

**Makes 4 servings.** 1 apple per serving.

**Prep time:** 10 minutes **Cook time:** 10 minutes

## Ingredients

4 large golden delicious apples, cored	1 tablespoon lemon juice
¼ cup raisins	1 teaspoon grated lemon peel
½ cup 100% apple juice	½ teaspoon ground cinnamon
2 tablespoons brown sugar	⅓ teaspoon nutmeg

## Preparation

1. Place apples in a microwave safe baking dish.
2. Fill each apple with an equal amount of raisins.
3. Combine all remaining ingredients in a small bowl and pour over apples. Cover with plastic wrap and microwave on high for 5 minutes or until apples are tender.
4. Carefully remove apples from dish with a slotted spoon and set aside.
5. Place baking dish back in the microwave and cook on high, uncovered, for 3 to 5 minutes more or until mixture has thickened to a glaze. Drizzle over apples and serve while hot.

**Nutrition information per serving:** Calories 156, Carbohydrate 41 g,  
Dietary Fiber 3 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g,  
Trans Fat 0 g, Cholesterol 0 mg, Sodium 5 mg



# Fresh Fruit Crepes

## Fruit Topping Ingredients

- ¼ cup brown sugar
- juice of 1 lime
- 2 cups sliced fresh strawberries
- ½ cup fresh blueberries

## Crepe Ingredients

- 1 cup lowfat ricotta cheese
- 2 tablespoons brown sugar
- ¼ teaspoon cinnamon
- 6 (6-inch) flour tortillas
- 2 teaspoons margarine

## Preparation

1. Combine brown sugar and lime juice in a small bowl; stir to dissolve sugar. Stir in fruit and set aside.
2. To prepare crepes, combine cheese, brown sugar, and cinnamon in a small bowl. Spoon an even amount of mixture on half of each tortilla; fold over to enclose filling.
3. Melt 1 teaspoon margarine in a large skillet over medium heat. Place 3 of the filled tortillas in the skillet and cook for several minutes on each side until crisp and lightly browned. Repeat with remaining margarine and tortillas.
4. Spoon fruit topping over crepes and serve while hot.

*Serve these crepes for brunch or as a light dessert.*

**Makes 6 servings.** 1 crepe per serving.

**Prep time:** 10 minutes

**Cook time:** 10 minutes

**Nutrition information per serving:**

Calories 146, Carbohydrate 25 g, Dietary Fiber 2 g, Protein 7 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 190 mg



# Fruit Dip

*Use fresh orange segments and kiwifruit slices when winter fruits are in season.*

**Makes 4 servings.** *¼ recipe per serving.*

**Prep time:** 15 minutes

## Ingredients

- |   |                                       |
|---|---------------------------------------|
| 1 (8-ounce) container lowfat vanilla yogurt | 2 medium red apples, cored and sliced |
| 2 tablespoons 100% orange juice             | 1 medium pear, cored and sliced       |
| 1 tablespoon lime juice                     | 1 medium plum, sliced                 |
| ½ tablespoon brown sugar                    | 8 large strawberries                  |

## Preparation

1. In a small bowl, combine yogurt, orange juice, lime juice, and brown sugar; mix well.
2. Serve dip in a bowl on a large plate and surround with fruit.

**Nutrition information per serving:** Calories 140, Carbohydrate 32 g,  
Dietary Fiber 4 g, Protein 4 g, Total Fat 1 g, Saturated Fat 0 g,  
Trans Fat 0 g, Cholesterol 3 mg, Sodium 40 mg

# Amazing Fruit Salad

**FUN FACT:** Romaine, red leaf, and butter lettuce all have more nutrients than iceberg lettuce. Kiwifruit and strawberries both have lots of vitamin C.



## Ingredients

- 2 cups washed and torn lettuce leaves (such as romaine, red leaf, or butter lettuce)
- 1 cup drained, canned\* pineapple chunks
- 1 cup sliced strawberries
- 2 kiwifruit, peeled and sliced
- ½ cup lowfat, fruit-flavored yogurt
- 3 tablespoons frozen lemonade concentrate, thawed

## Preparation

1. Place torn lettuce leaves into a large salad bowl.
2. Add pineapple chunks, strawberries, and kiwifruit.
3. In a small bowl, stir together yogurt and lemonade concentrate.
4. Drizzle yogurt mixture over salad. Serve.

**Makes 4 servings.**

**One serving equals 1¼ cups.**

**Preparation time: 15 minutes**

*\* canned fruit packed in 100% juice*



# Fudgy Fruit

*Chocolate covered fruit is a great after-dinner treat!*

**Makes 4 servings.** *½ banana, 2 strawberries per serving.*

**Prep time:** 15 minutes **Cook time:** 30 seconds

## Ingredients

- |   |                                |
|---|--------------------------------|
| 2 tablespoons semi-sweet chocolate chips      | 8 large strawberries           |
| 2 large bananas, peeled and cut into quarters | ¼ cup chopped unsalted peanuts |

## Preparation

1. Place chocolate chips in a small microwave safe bowl. Heat on high for 10 seconds and stir. Repeat until chocolate is melted, about 30 seconds.
2. Place fruit on a small tray covered with a piece of waxed paper. Use a spoon to drizzle the melted chocolate on top of the fruit.
3. Sprinkle the fruit with chopped nuts.
4. Cover the fruit and place in the refrigerator for 10 minutes or until the chocolate hardens. Serve chilled.

**Nutrition information per serving:** Calories 151, Carbohydrate 24 g, Dietary Fiber 4 g, Protein 3 g, Total Fat 6 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 2 mg



# Honey Gingered Fruit Salad

Dress up your fruit salad with a sprinkling of chopped almonds for a sweet and crunchy treat.



## INGREDIENTS

- 1 large mango, peeled and cut into chunks
- 1 cup fresh blueberries
- 1 small banana, peeled and sliced
- 1 cup strawberries
- 1 cup seedless green grapes
- 1 cup nectarines, sliced
- 1 cup kiwifruit, peeled and sliced

### *Honey Ginger Sauce:*

- ½ cup 100% orange juice
- 2 tablespoons lemon juice
- 1 tablespoon honey\*
- ⅛ teaspoon ground nutmeg
- ⅛ teaspoon ground ginger

## PREPARATION

1. In a large bowl, combine fruit.
2. In a small bowl, mix all honey ginger sauce ingredients until well blended.
3. Pour honey ginger sauce over fruit and toss together.
4. Refrigerate for at least 20 minutes and serve chilled.



**Makes 6 servings.** 1 cup per serving.

**Prep time:** 10 minutes **Marinate:** 20 minutes

*Nutrition information per serving:* Calories 124, Carbohydrate 32 g, Dietary Fiber 4 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg

\* Do not give honey to children under the age of one.

Recipe courtesy of BOND of Color.



# Mixed Berry Crisp

*This medley of flavors will tantalize your taste buds.*



## INGREDIENTS

7 cups frozen mixed berry medley, thawed	¼ cup whole wheat flour
½ tablespoon sugar	¼ cup packed brown sugar
1 tablespoon all-purpose flour	¼ teaspoon salt
1½ teaspoons cornstarch	¼ teaspoon cinnamon
nonstick cooking spray	⅛ teaspoon vanilla extract
¾ cup old fashioned oats	2 tablespoons chilled butter, cut into small pieces

## PREPARATION

1. Place an oven rack in the middle of the oven. Preheat oven to 375°F.
2. In a medium bowl, mix berries, sugar, all-purpose flour, and cornstarch.
3. Spray a 9 x 9-inch baking dish with nonstick cooking spray. Pour fruit mixture into the baking dish.
4. In a medium bowl, combine oats, whole wheat flour, brown sugar, salt, cinnamon, and vanilla extract. Mix in butter until crumbly.
5. Sprinkle oat mixture evenly over berry mixture.
6. Bake until topping is golden brown, about 45 minutes. Serve warm or at room temperature.

**Makes 6 servings.** *1 cup per serving.*

**Prep time:** 10 minutes **Cook time:** 45 minutes

*Nutrition information per serving:* Calories 244, Carbohydrate 48 g, Dietary Fiber 11 g, Protein 5 g, Total Fat 6 g, Saturated Fat 3 g, Trans Fat 0 g, Cholesterol 10 mg, Sodium 235 mg



# Oven Fried Plantains

*Impress your friends with this sweet Caribbean dish.*



## INGREDIENTS

- nonstick cooking spray
- 4 very ripe medium plantains
- $\frac{1}{8}$  teaspoon ground nutmeg
- 4 tablespoons brown sugar

## PREPARATION

1. Place an oven rack in the middle of the oven. Preheat oven to 425°F.
2. Spray cookie sheet well with nonstick cooking spray.
3. Peel and slice each plantain into 16 thin diagonal slices.
4. Sprinkle plantains with nutmeg and brown sugar.
5. Bake until crisp, about 45 minutes. Serve while warm.

**Makes 8 servings.** 8 slices per serving.

**Prep time:** 5 minutes **Cook time:** 45 minutes

*Nutrition information per serving:* Calories 158, Carbohydrate 42 g,  
Dietary Fiber 3 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g,  
Trans Fat 0 g, Cholesterol 0 mg, Sodium 8 mg







# Rice Pudding

## Ingredients

nonstick cooking spray	1 egg white
2½ cups cooked white rice	¼ teaspoon ground cinnamon
¼ cup granulated sugar	⅛ teaspoon ground nutmeg
2 tablespoons margarine, melted	1 cup raisins
1½ cups 1% lowfat milk	8 cups fruit, such as sliced strawberries, blueberries, or chopped mangos
1 egg	

## Preparation

1. Heat oven to 350°F. Spray a 13x9-inch baking dish with nonstick cooking spray.
2. Combine rice, sugar, margarine, milk, eggs, cinnamon, nutmeg, and raisins. Mix well.
3. Pour into baking dish. Bake in oven until top is golden brown, approximately 30 minutes. Top pudding with fruit and serve.

*Top Rice Pudding with canned fruit packed in 100% fruit juice when fresh berries and mangos are not in season.*

**Makes 12 servings.** ½ cup per serving.

**Prep time:** 10 minutes

**Cook time:** 30 minutes

**Nutrition information per serving:**

Calories 187, Carbohydrate 38 g, Dietary Fiber 3 g, Protein 4 g, Total Fat 3 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 24 mg, Sodium 152 mg



## Paradise Freeze

*This dessert is simple to make, using just a few ingredients and a blender.*

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### Makes 4 servings.

*1 cup per serving.*

**Prep time:** 5 minutes

### Ingredients

- 1 large banana
- 2 cups strawberries
- 2 ripe mangos, chopped
- ½ cup of ice cubes

### Preparation

1. Combine all ingredients in a blender or food processor container. Blend until mixture is smooth.
2. Pour into glasses and serve.

**Nutrition information per serving:**

Calories 121, Carbohydrate 31 g,  
Dietary Fiber 4 g, Protein 1 g, Total Fat 1 g,  
Saturated Fat 0 g, Trans Fat 0 g,  
Cholesterol 0 mg, Sodium 3 mg

## Savory Grilled Fruit

*Try this sweet and juicy recipe at your next family barbecue. Fruit that is firm can be used in most baked or grilled recipes.*

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### Makes 8 servings.

*½ piece fruit per serving.*

**Prep time:** 5 minutes

**Cook time:** 8 minutes

### Ingredients

- 4 peaches, plums, or nectarines, halved and pitted

### Preparation

1. Cook 4 halved peaches, plums, and/or nectarines over medium, indirect heat for 8 minutes in a covered barbecue grill. Turn after 4 minutes. Serve while hot.

**Nutrition information per serving:**

Calories 19, Carbohydrate 5 g,  
Dietary Fiber 1 g, Protein 0 g, Total Fat 0 g,  
Saturated Fat 0 g, Trans Fat 0 g,  
Cholesterol 0 mg, Sodium 0 mg



# Spicy Apple-Filled Squash

*Cinnamon and cloves spice up traditional acorn squash wedges.*

**Makes 4 servings.** 1 wedge per serving.

**Prep time:** 10 minutes **Cook time:** 60 minutes

## Ingredients

- |  |                               |
|--|-------------------------------|
| 1 large acorn squash<br>(about 1 pound)      | 1 tablespoon brown sugar      |
| 1 cup water                                  | ¼ teaspoon ground<br>cinnamon |
| 2 teaspoons butter                           | ⅛ teaspoon ground cloves      |
| 1 large apple, cored, peeled,<br>and chopped | ⅛ teaspoon nutmeg             |

## Preparation

1. Preheat oven to 400°F.
2. Cut squash into halves and scoop out the seeds. Place squash, cut side down, in 13x9-inch baking dish.
3. Add water and bake 35 to 45 minutes or until fork-tender.
4. While the squash is baking, cook the rest of the ingredients in a medium saucepan over medium heat for about 8 minutes or until apple is crisp-tender.
5. Cut each piece of squash in half and divide the apple mixture equally among squash wedges. Return squash to oven; bake 10 minutes more or until heated through and serve while hot.

**Nutrition information per serving:** Calories 99, Carbohydrate 21 g,  
Dietary Fiber 4 g, Protein 1 g, Total Fat 2 g, Saturated Fat 1 g,  
Trans Fat 0 g, Cholesterol 5 mg, Sodium 18 mg



# Sweet Potato Apple Bake

Serve with frozen yogurt for a special treat.



## INGREDIENTS

- |   |                                 |
|---|---------------------------------|
| 1 pound sweet potatoes<br>(about 1 large sweet potato),<br>peeled and cut into chunks | 1 tablespoon butter, melted     |
| $\frac{2}{3}$ cup unsweetened 100%<br>apple juice                                     | $\frac{1}{2}$ teaspoon cinnamon |
| 2 apples, peeled and cut into<br>chunks   | $\frac{1}{2}$ teaspoon nutmeg   |
| $\frac{1}{2}$ teaspoon vanilla extract  | 2 tablespoons brown sugar       |
|   | nonstick cooking spray          |

## PREPARATION

1. Place an oven rack in the middle of the oven. Preheat oven to 400°F.
2. In a large bowl, mix all ingredients.
3. Spray a 9 x 9-inch glass baking dish with nonstick cooking spray. Pour mixture into baking dish.
4. Bake until sweet potatoes are tender, about 45 minutes. Spoon the liquid in the dish over the sweet potatoes and apples a few times while baking. Serve while warm.

**Makes 6 servings.**  $\frac{1}{2}$  cup per serving.  
**Prep time:** 15 minutes **Cook time:** 45 minutes

*Nutrition information per serving:* Calories 121, Carbohydrate 25 g,  
Dietary Fiber 3 g, Protein 1 g, Total Fat 2 g, Saturated Fat 1 g,  
Trans Fat 0 g, Cholesterol 5 mg, Sodium 37 mg



# Tropical Fruit Platter

## Ingredients

- |   |                              |
|---|------------------------------|
| 1 (20-ounce) can pineapple slices, each cut in half | 1 mango, peeled and sliced   |
| 1 large papaya wedge, peeled and sliced             | 2 cups strawberries, stemmed |
|   | juice of 1 lime              |

## Preparation

1. Arrange pineapple, papaya, mango, and strawberries on a serving platter.
2. Sprinkle lime juice over fruit. Serve.

*A quick and easy way to get more fruits into your day.*

**Makes 6 servings.** 1 cup per serving.

**Prep time:** 15 minutes

**Nutrition information per serving:**

Calories 119, Carbohydrate 31 g, Dietary Fiber 4 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg