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A Handy Guide to Help You Get the Recommended Amount of Fruits and Vegetables



Be a Champion for Healthy Living



The Network for a Healthy California—Latino Campaign invites you to discover the zesty flavors and enticing aromas of healthy Latino cooking. This cookbook provides family favorites that use a variety of colorful fruits and vegetables, while keeping the amount of fat, added sugars, and sodium per serving within healthy guidelines.

Eating the right amount of fruit and vegetables as part of a lowfat, high fiber diet may lower your risk of serious problems like obesity, type 2 diabetes, heart disease, stroke, and certain types of cancer. The amount of fruits and vegetables that is right for you depends on your age, gender, and physical activity level. View the *Recommended Cups of Fruits and Vegetables* chart on pages 5 and 6 to find out how many cups of fruits and vegetables each person in your family needs.

Don't forget to be active, too! Being physically active gives you more energy. It helps lower stress. And, it helps you keep a healthy body weight. To take care of your health and lower the risk of serious health problems, you need at least 30 minutes of moderate-intensity physical activity every day like dancing, walking, or doing yard work. Children need at least 60 minutes of physical activity every day.

Take charge! You hold the power to bring healthy changes at home. Start by using these low-cost and easy-to-make recipes.

For more information about the *Network for a Healthy California*, call 1-888-328-3483 or visit us at **www.cachampionsforchange.net**.

Seasonal Guide to Fruits and Vegetables

It is easy to stay healthy and save money when you buy fruits and vegetables that are in peak season. Keep it safe! You should always rinse your fruits and vegetables before you eat them.

Spring	Sum	mer	Fall	Winter	Year-	Round
apricots artichokes asparagus avocados bell peppers collard greens grapefruit green peas guavas mangos oranges papayas rhubarb strawberries Swiss chard	apricots avocados bell peppers cantaloupe cherries corn grapes green beans green peas honeydew mangos nectarines okra	papayas peaches pears plums strawberries Swiss chard tomatoes Valencia oranges watermelon yellow squash zucchini	acorn squash Brussels sprouts butternut squash chayote squash cherimoya grapes green beans honeydew kiwifruit okra pears persimmons pomegranates pumpkins sweet potatoes Swiss chard tangerines tomatoes turnips	avocados Brussels sprouts chayote squash cherimoya collard greens grapefruit guavas kiwifruit mustard greens oranges pears tangerines turnips	apples bananas beets bok choy broccoli cabbage cactus leaves canned fruits and vegetables carrots cauliflower celery chili peppers cucumbers dried fruit eggplant frozen fruits and vegetables garlic	green onion jicama kale leeks lemons lettuce limes mushrooms onions parsnips pineapples potatoes radishes spinach tomatillos 100% fruit juice 100% vegetable juice

Recommended Cups of Fruits and Vegetables

How many cups of fruits and vegetables do you need? It depends on your gender, age, and physical activity level. For more information, visit www.mypyramid.gov.

Girls and Women

Moderate Physical Activity includes walking briskly, hiking, gardening/yard work, and dancing. Vigorous Physical Activity includes running/jogging, bicycling, swimming laps, and aerobics.

Physical Activity Level: Moderately or vigorously

Physical Activity Level: Moderately or vigorously active for less than 30 minutes a day			
Age	Fruits	Vegetables	Total
2-3	1 cup	1 cup	2 cups
4-7	1 cup	1½ cups	2½ cups
8-10	1½ cups	1½ cups	3 cups
11-13	1½ cups	2 cups	3½ cups
14-18	1½ cups	2½ cups	4 cups
19-25	2 cups	2½ cups	4½ cups
26-50	1½ cups	2½ cups	4 cups
51+	1½ cups	2 cups	3½ cups

active for 30 to 60 minutes a day			
Age	Fruits	Vegetables	Total
2	1 cup	1 cup	2 cups
3	1 cup	1½ cups	2½ cups
4-6	1½ cups	1½ cups	3 cups
7-9	1½ cups	2 cups	3½ cups
10-11	1½ cups	2½ cups	4 cups
12-18	2 cups	2½ cups	4½ cups
19-25	2 cups	3 cups	5 cups
26-50	2 cups	2½ cups	4½ cups
51+	1½ cups	2½ cups	4 cups

Physical Activity Level: Moderately or vigorously active for more than 60 minutes a day			
Age	Fruits	Vegetables	Total
2	1 cup	1 cup	2 cups
3-4	1½ cups	1½ cups	3 cups
5-6	1½ cups	2 cups	3½ cups
7-9	1½ cups	2½ cups	4 cups
10-11	2 cups	2½ cups	4½ cups
12-60	2 cups	3 cups	5 cups
61+	2 cups	2½ cups	4½ cups

Recommended Cups of Fruits and Vegetables

How many cups of fruits and vegetables do you need? It depends on your gender, age, and physical activity level. For more information, visit www.mypyramid.gov.

Boys and Men

Moderate Physical Activity includes walking briskly, hiking, gardening/yard work, and dancing. Vigorous Physical Activity includes running/jogging, bicycling, swimming laps, and aerobics.

Physical Activity Level: Moderately or vigorously active for less than 30 minutes a day			
Age	Fruits	Vegetables	Total
2-3	1 cup	1 cup	2 cups
4-5	1 cup	1½ cups	2½ cups
6-8	1½ cups	1½ cups	3 cups
9-10	1½ cups	2 cups	3½ cups
11-12	1½ cups	2½ cups	4 cups
13-14	2 cups	2½ cups	4½ cups
15-18	2 cups	3 cups	5 cups
19-20	2 cups	3½ cups	5½ cups
21-60	2 cups	3 cups	5 cups
61+	2 cups	2½ cups	4½ cups

Physical Activity Level: Moderately or vigorously active for 30 to 60 minutes a day			
Age	Fruits	Vegetables	Total
2	1 cup	1 cup	2 cups
3-5	1½ cups	1½ cups	3 cups
6-8	1½ cups	2 cups	3½ cups
9-10	1½ cups	2½ cups	4 cups
11	2 cups	2½ cups	4½ cups
12-14	2 cups	3 cups	5 cups
15	2 cups	3½ cups	5½ cups
16-25	2½ cups	3½ cups	6 cups
26-45	2 cups	3½ cups	5½ cups
46+	2 cups	3 cups	5 cups

Physical Activity Level: Moderately or vigorously active for more than 60 minutes a day			
Age	Fruits	Vegetables	Total
2	1 cup	1 cup	2 cups
3	1½ cups	1½ cups	3 cups
4-5	1½ cups	2 cups	3½ cups
6-7	1½ cups	2½ cups	4 cups
8-9	2 cups	2½ cups	4½ cups
10-12	2 cups	3 cups	5 cups
13	2 cups	3½ cups	5½ cups
14	2½ cups	3½ cups	6 cups
15-35	2½ cups	4 cups	6½ cups
36-55	2½ cups	3½ cups	6 cups
56-75	2 cups	3½ cups	5½ cups
76+	2 cups	3 cups	5 cups

Measurement Chart •••

Dash = 1/2 teaspoon or less	
3 teaspoons = 1 tablespoon	1 fluid ounce = 2 tablespoons liquid
2 tablespoons = 1/8 cup	8 fluid ounces = 1 cup
4 tablespoons = 1/4 cup	2 cups = 1 pint
5 tablespoons + 1 teaspoon = 1/3 cup	2 pints = 1 quart
8 tablespoons = ½ cup	4 quarts = 1 gallon
16 tablespoons = 1 cup	16 ounces = 1 pound
	0.9







Pico de Gallo

Use to season your family meals or serve with tortilla chips.

Makes 6 servings.

½ cup per serving.

Prep time: 20 minutes

Ingredients

- 1 pound ripe tomatoes (about 2 medium tomatoes), chopped
- 1½ cups chopped onion
- 1/2 cup chopped fresh cilantro
- 3 jalapeño peppers, seeds removed and chopped
- 2 tablespoons lime juice
- 2 cloves garlic, finely chopped
- 1/4 teaspoon salt

Preparation

- 1. Combine all ingredients in a medium bowl.
- 2. Serve or cover and refrigerate for up to 3 days.

Tomatillo Salsa

Serve with eggs, quesadillas, or any of your favorite dishes.

Makes 4 servings.

1/2 cup per serving.

Prep time: 20 minutes

Ingredients

- 18 medium-size tomatillos (about 2 cups), husks removed, washed, and finely chopped
- ½ cup chopped onion
- ½ cup chopped fresh cilantro
- 1 tablespoon fresh lime juice

Nutrition information per serving: Calories 64, Carbohydrate 13 g,

Dietary Fiber 4 g, Protein 2 g, Total Fat 2 g, Saturated Fat 0 g,

- 1/4 teaspoon salt
- 1/4 teaspoon sugar
- 2 serrano chilies, seeds removed and finely chopped

Trans Fat 0 g, Cholesterol 0 mg, Sodium 152 mg

- 1. Combine all ingredients in a medium bowl.
- Serve or cover and refrigerate for up to 3 days.





Simmered Beans

Add Pico de Gallo for a spicy twist.

Makes 12 servings.

½ cup per serving.

Prep time: 10 minutes

Cook time: 1 hour and 15 minutes to

1 hour and 45 minutes

Ingredients

- 2 cups dried beans (pinto, black, or pink), rinsed
- 8 cups water
- 1 onion, peeled and chopped
- 1 bay leaf
- 1/4 teaspoon salt

Preparation

- Place beans, water, onion, and bay leaf in a large pot. Cover and bring to a boil over high heat. Reduce heat to low. Simmer for 1 to 1½ hours or until beans are tender.
- Remove bay leaf and stir in salt. Cook 15 minutes longer.
- Serve or store beans in refrigerator for up to 3 days in a covered plastic or glass container.

Refried Beans

Top with Tomatillo Salsa for great flavor and color.

Makes 4 servings.

½ cup per serving.

Prep time: 10 minutes Cook time: 10 minutes

Ingredients

- 1 tablespoon vegetable oil
- 2 cloves garlic, finely chopped
- 3 cups Simmered Beans with broth

Preparation

 In a large nonstick pan, heat oil over medium heat. Add garlic and cook
 minute.

- 2. Stir in beans with part of the broth. Cook 1 minute.
- Cook and stir, adding additional broth and mashing beans lightly with a fork until bean mixture is a thick paste, but not dry.
- 4. Serve or store beans in refrigerator for up to 3 days in a covered plastic or glass container.



For a serving of vegetables, fill one tortilla with ¼ cup cooked vegetables and ¼ cup Pico de Gallo.

Makes 6 servings. 2 tortillas per serving.

Prep time: 30 minutes
Cook time: 25 minutes

Nutrition information per serving:

Calories 139, Carbohydrate 29 g, Dietary Fiber 4 g, Protein 4 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 3 mg

Corn Tortillas

Ingredients

2 cups masa harina

11/2 cups warm water

- Place masa harina and water in a large bowl. Mix with your hands until a soft dough is formed. Add a little more water if the dough is dry or cracks. Add a little more masa harina if the dough is sticky.
- 2. Knead dough about 3 minutes. Form 12 balls of equal size. As you form each ball, cover with plastic wrap to keep it moist.
- 3. Place one ball between 2 baggies or 2 sheets of plastic wrap. Using a tortilla press, flatten the ball to form a 6-inch circle or use a rolling pin to roll out the circle.
- 4. Repeat step 3, reusing the 2 baggies or 2 sheets of plastic wrap, until 12 tortillas are formed. As you press each tortilla, cover with plastic wrap to keep it moist.
- Heat a griddle or heavy pan over medium heat until hot. Cook each tortilla 30 seconds on one side. Turn over and cook 1 minute. Turn over again and cook 30 seconds longer.
- 6. Place cooked tortillas on a plate or in a basket and cover.



Purchased or homemade tortillas can be warmed in a microwave, in an oven, or on a stovetop.

Warming Tortillas

Microwave

- 1. Wrap as many as 12 tortillas in plastic wrap.
- 2. Microwave on high for 15 to 30 seconds.
- 3. Turn over stack of tortillas. Microwave 15 to 30 seconds longer or until heated thoroughly.

Oven

- 1. Wrap as many as 12 tortillas in aluminum foil.
- 2. Heat in 325°F oven for 20 minutes or until heated thoroughly.

Stovetop

- 1. Heat a griddle or heavy pan over medium heat.
- 2. Warm tortillas for 15 seconds on each side or until heated thoroughly.





Fresh Cactus Leaves

Try fresh cactus in salads, burritos, scrambled eggs, or with refried beans.

Preparation

- Using a knife or vegetable peeler, peel around the edge of fresh cactus leaves. There's no need to remove all the skin. Scrape off any spines and dark areas.
- 2. Finely chop cactus leaves.

 Serve or store cactus in refrigerator for up to 3 days in a covered plastic or glass container.

Roasted Chilies and Bell Peppers

Add roasted chilies and bell peppers to salads, tacos, tostadas, and chicken tortas.

- Place whole chilies and bell peppers in an oven on broil or on a rack over a charcoal fire.
 Turn occasionally until blackened on all sides.
- Place roasted chilies and bell peppers in a plastic bag. Close the bag and let stand until cooled.
- Remove roasted chilies and bell peppers from the plastic bag. Using a sharp knife, peel off the skin. Remove stems and seeds. Cut chilies and bell peppers into strips.
- Serve or store roasted chilies and bell peppers in the refrigerator for up to 3 days in a covered plastic or glass container.





This recipe promises to be a family favorite. Try fresh, canned, or frozen fruits for different flavors.

Makes 4 servings. 2 pancakes per serving.

Prep time: 10 minutes
Cook time: 10 minutes

Nutrition information per serving:

Calories 109, Carbohydrate 24 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 182 mg

Banana Berry Pancakes

Ingredients

- 1 large banana, peeled and sliced
- 1 cup complete pancake mix
- ½ cup water nonstick cooking spray

Topping

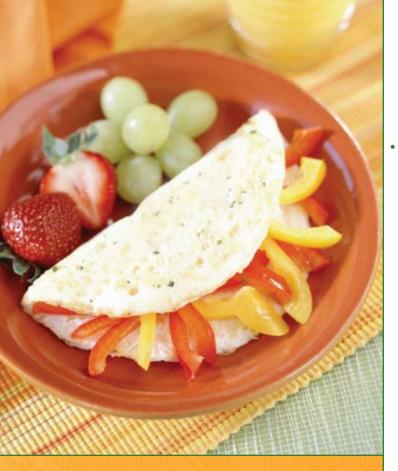
- 1 cup unsweetened frozen strawberries, thawed and sliced
- 2 tablespoons orange juice

Preparation

- 1. Place bananas in a medium bowl and mash with a fork.
- 2. Add pancake mix and water; stir until blended.
- Spray a large skillet with nonstick cooking spray and heat over medium heat.
- 4. Pour ¼ cup batter for each pancake into hot skillet. Cook pancakes for about 2 minutes per side until fully cooked.

Topping

- To make the topping, spray a pan with nonstick cooking spray and heat over medium heat.
- 2. Cook berries and orange juice for 3 minutes or until the berries are soft.
- 3. Spoon topping over pancakes and serve.



Colorful red and yellow bell peppers add a healthy twist to this breakfast staple.

Makes 2 servings. 1 omelet per serving.

Prep time: 10 minutes
Cook time: 15 minutes

Nutrition information per serving:

Calories 101, Carbohydrate 8 g, Dietary Fiber 2 g, Protein 9 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 2 mg, Sodium 145 mg

Red and Yellow Bell Pepper Omelets

Ingredients

- 1 teaspoon olive oil
- 1 large red bell pepper, seeded and thinly sliced
- 1 large yellow bell pepper, seeded and thinly sliced
- 4 egg whites

- ½ teaspoon dried basil
- ½ teaspoon ground black pepper nonstick cooking spray
- 2 teaspoons grated Parmesan cheese

- 1. In a large nonstick pan over medium heat, warm oil; add red and yellow bell peppers and cook, stirring frequently for 4 to 5 minutes. Keep warm over low heat.
- 2. In a small bowl, lightly whisk together egg whites, basil, and ground black pepper.
- Coat a small nonstick pan with nonstick cooking spray. Warm over medium-high heat for 1 minute. Add half of the egg mixture, swirling the pan to evenly coat the bottom. Cook for 30 seconds or until the eggs are set.
- 4. Carefully loosen and flip. Cook for 1 minute or until firm.
- Sprinkle half of the red and yellow bell peppers over the eggs. Fold to enclose the filling. Transfer to a plate. Sprinkle with 1 teaspoon Parmesan cheese.
- 6. Repeat with the remaining egg mixture, peppers, and cheese. Serve hot.



A special morning treat for you and your family. Add a sprinkle of granola for more crunch.

Makes 4 servings. 1/2 ripe papaya per serving.

Prep time: 10 minutes

Nutrition information per serving:
Calories 195, Carbohydrate 46 g, Dietary Fiber 6 g, Protein 5 g, Total Fat 1 g,
Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 2 mg, Sodium 40 mg

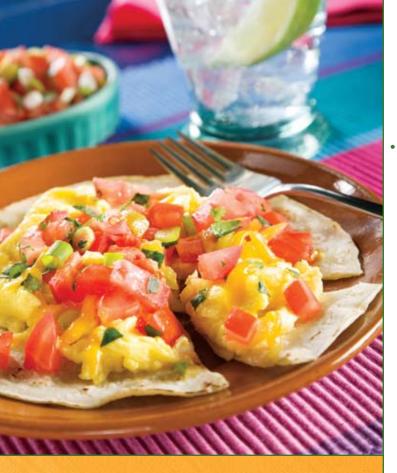
Papaya Boats

Ingredients

- 2 papayas, rinsed and peeled
- 1 medium banana, peeled and sliced
- 1 kiwifruit, peeled and sliced
- 1 cup sliced strawberries

- 1 (11-ounce) can mandarin oranges, drained
- 34 cup lowfat vanilla yogurt
- 1 tablespoon honey*
- 2 teaspoons chopped fresh mint (optional)

- 1. Cut papayas in half lengthwise. Scoop out seeds. Place each half on a medium plate.
- 2. Place an equal amount of banana, kiwifruit, strawberries, and oranges in each papaya half.
- 3. Combine yogurt, honey and mint; mix well. Spoon over fruit before serving.



A healthy version of a classic breakfast dish!

Makes 4 servings. 1 tortilla per serving.

Prep time: 15 minutes
Cook time: 15 minutes

Nutrition information per serving:

Calories 146, Carbohydrate 16 g, Dietary Fiber 3 g, Protein 13 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 255 mg

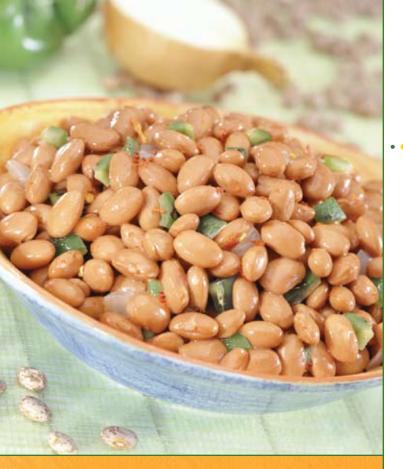
Huevos Rancheros with Pico de Gallo

Ingredients

- 4 (6-inch) corn tortillas
- ½ tablespoon vegetable oil nonstick cooking spray
- 1½ cups egg substitute

- 2 tablespoons shredded Cheddar or Monterey Jack cheese
- 2 cups Pico de Gallo (see page 9)
- 1/2 teaspoon ground black pepper

- 1. Preheat oven to 450°F.
- 2. Lightly brush tortillas with oil on both sides and place on a baking sheet. Bake for 5 to 10 minutes or until tortillas are crisp on the edges and starting to brown. Remove from the oven and set aside.
- 3. Spray a large skillet with nonstick cooking spray.
- 4. Pour egg substitute into skillet. Cook over medium heat for 2 to 3 minutes until eggs are cooked through.
- 5. Place an equal amount of eggs on each tortilla and top each with $\frac{1}{2}$ tablespoon cheese.
- Place under the broiler for about 2 minutes until cheese is melted.
 Spoon ½ cup Pico de Gallo on each tortilla and top with ground black pepper. Serve warm.



Simmered Beans with Roasted Bell Peppers

Ingredients

- 2 cups Simmered Beans, using pinto beans (see page 10)
- 1 cup finely chopped roasted green bell peppers (see page 13)
- 1 teaspoon crushed red chili peppers

Preparation

- 1. In a medium saucepan, mix all ingredients.
- 2. Cook over medium heat for 10 minutes. Serve.

A quick and easy solution for a healthy morning meal.

Makes 2 servings. 1 cup per serving.

Prep time: 5 minutes
Cook time: 10 minutes

Nutrition information per serving:

Calories 253, Carbohydrate 48 g, Dietary Fiber 15 g, Protein 15 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 112 mg





Serve these sandwiches with sliced jalapeño peppers for a little added heat!

Makes 4 servings. 1 sandwich per serving.

Prep time: 15 minutes

Nutrition information per serving:

Calories 379, Carbohydrate 32 g, Dietary Fiber 6 g, Protein 30 g, Total Fat 15 g, Saturated Fat 4 g, Trans Fat 0 g, Cholesterol 67 mg, Sodium 500 mg

Chicken Tortas

Ingredients

- 2 cups cooked, shredded chicken
- 1 teaspoon chili powder
- 2 cups Pico de Gallo (see page 9)
- 2 cups shredded romaine lettuce

- 4 thin slices white onion
- ½ cup shredded reduced fat Monterey Jack cheese
- 2 radishes, sliced
- 1 fresh avocado, mashed
- 4 bolillos or French bread rolls, cut in half lengthwise

- 1. In a medium bowl, combine chicken, chili powder, and 1 cup Pico de Gallo.
- 2. In another medium bowl, combine lettuce, onion, cheese, and radishes.
- 3. Spread equal amounts of mashed avocado on each roll.
- 4. Place equal amounts of chicken and lettuce mixtures inside of each roll.
- 5. Spoon ¼ cup Pico de Gallo over lettuce and close sandwich. Serve immediately.



This simple soup with hearty meatballs is a tasty meal you can enjoy at home or reheated at work.

Makes 4 servings.

1/2 cup broth mixture and 3 large meatballs per serving.

Prep time: 15 minutes
Cook time: 40 minutes

Nutrition information per serving:

Calories 196, Carbohydrate 20 g, Dietary Fiber 4 g, Protein 16 g, Total Fat 6 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 85 mg, Sodium 407 mg

Meatball Soup

Ingredients

- 6 cups water
- 1/3 cup brown rice
- 3 low-sodium beef- or chickenflavored bouillon cubes or 1 tablespoon low-sodium bouillon powder
- 4 sprigs fresh oregano, finely chopped or 1 tablespoon dried oregano

- 8 ounces lean ground beef, turkey, or chicken
- 1 tomato, finely chopped
- ½ onion, peeled and finely chopped
- 1 large egg
- ½ teaspoon salt
- 2 cups chopped fresh vegetables (carrots, celery, and broccoli)

- In a large pot, combine water, rice, bouillon cubes, and oregano. Bring to a boil over high heat. Stir to dissolve bouillon. Reduce heat to low and simmer.
- 2. Meanwhile, in a large bowl, mix ground meat, tomato, onion, egg, and salt. Form into 12 large meatballs.
- 3. Add meatballs to broth mixture and simmer 30 minutes.
- 4. Add vegetables. Cook 10 to 15 minutes or until meatballs are cooked and rice and vegetables are tender. Serve hot.



This salad is fresh and festive. Use jarred cactus if you can't find fresh.

Makes 4 servings. 11/2 cups per serving.

Prep time: 15 minutes

Nutrition information per serving:

Calories 48, Carbohydrate 9 g, Dietary Fiber 3 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 20 mg

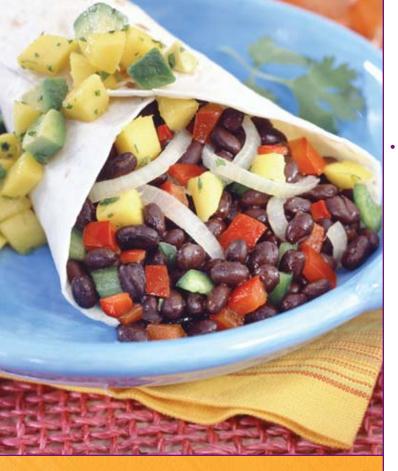
Cactus Salad

Ingredients

- 4 cups shredded green cabbage
- 2 fresh cactus leaves (about 1 cup), cleaned and finely chopped
- 4 thin slices white onion
- 4 radishes, thinly sliced

- 1 large tomato, chopped
- 1 serrano chili, seeds removed and finely chopped
- 2 tablespoons cider vinegar
- 1 teaspoon oil
- 1 teaspoon sugar

- 1. Mix cabbage, cactus, onion, radishes, tomato, and serrano chili in a medium bowl. Place salad on 4 separate plates.
- 2. Stir together vinegar, oil, and sugar; drizzle over salad. Serve immediately.



Fresh mangos and avocado give this meal a tasty twist.

Makes 4 servings. 1 wrap per serving.

Prep time: 15 minutes
Cook time: 10 minutes

Nutrition information per serving:
Calories 451, Carbohydrate 82 g, Dietary Fiber 22 g, Protein 16 g, Total Fat 10 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 302 mg

Veggie Bean Wrap

Ingredients

- 2 green or red bell peppers, seeded and chopped
- 1 onion, peeled and sliced
- 1 (15-ounce) can low-sodium black beans, drained and rinsed
- 2 mangos, chopped juice of 1 lime ½ cup chopped fresh cilantro 1 avocado, peeled and diced 4 (10-inch) fat free flour tortillas

- In a nonstick pan, sauté bell peppers and onion for 5 minutes over medium heat. Add beans and stir well. Reduce heat to low and simmer about 5 minutes.
- 2. In a small bowl, combine mangos, lime juice, cilantro, and avocado. Reserve $\ensuremath{\mbox{$\!\!\!/$}}$ mixture for topping.
- 3. Fill warmed tortillas with $1\!\!/\!_{4}$ bean mixture and $1\!\!/\!_{4}$ mango mixture.
- 4. Fold ends of the tortillas over. Roll up to make wraps. Top veggie bean wraps with remaining mango mixture. Serve.



This salad is easy to prepare. Add some diced cooked chicken to make this side dish a meal, or sprinkle over salad greens.

Makes 4 servings. 3/4 cup per serving.

Prep time: 10 minutes

Nutrition information per serving:

Calories 94, Carbohydrate 19 g, Dietary Fiber 3 g, Protein 3 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 94 mg

Corn and Green Chili Salad

Ingredients

- 2 cups frozen corn, thawed
- 1 (10-ounce) can diced tomatoes with green chilies, drained
- ½ tablespoon vegetable oil

- 1 tablespoon lime juice
- 1/3 cup sliced green onions
- 2 tablespoons chopped fresh cilantro

Preparation

1. Combine all ingredients in a medium bowl; mix well. Serve.





Ceviche

This light dish is great for lunch or to start off a meal.

Makes 4 servings.

3/4 cup per serving.

Prep time: 20 minutes

Ingredients

- ½ pound cooked small bay shrimp
- 1 cup diced cucumber
- ½ cup diced avocado
- ½ cup chopped tomatoes
- 1/4 cup finely chopped red onion
- 1/4 cup frozen corn, thawed
- 3 tablespoons fresh lime juice

- 3 tablespoons prepared taco sauce
- 1 serrano chili, seeds removed and finely chopped

Preparation

- 1. Combine all ingredients in a small bowl and stir well.
- Spoon into 4 small dishes and garnish with cilantro. Serve.

Melon Cooler

For a slushy cooler, simply blend ice with melon and water.

Makes 4 servings.

34 cup per serving.

Prep time: 10 minutes

Ingredients

- 2 cups chopped melon (cantaloupe, honeydew, or watermelon)
- 2 cups cold water

- 1. Place all ingredients in a blender container.
- 2. Blend until smooth. Pour into glasses and serve.



Great to keep in the freezer. You can heat and eat for a quick snack or side dish! Serve with guacamole for added flavor.

Makes 4 servings. 3 taquitos per serving.

Prep time: 15 minutes

Cook time: 10 to 15 minutes

Nutrition information per serving:

Calories 286, Carbohydrate 41 g, Dietary Fiber 6 g, Protein 14 g, Total Fat 8 g, Saturated Fat 3 g, Trans Fat 0 g, Cholesterol 24 mg, Sodium 565 mg

Crispy Taquitos

Ingredients

- 2 cups Pico de Gallo, divided (see page 9)
- ½ cup cooked, finely chopped chicken
- $\frac{1}{2}$ cup no salt added canned corn or frozen corn, thawed
- 1/4 cup chopped green onion
- 1/4 cup chopped green bell pepper

- ½ cup shredded reduced fat Cheddar cheese, Monterey Jack cheese, or gueso fresco
- 12 corn tortillas
- 2 teaspoons vegetable oil

- 1. Heat oven to 425°F. In a medium bowl, combine 1 cup Pico de Gallo, chicken, corn, green onion, bell pepper, and cheese.
- Soften tortillas on the stovetop or in the microwave oven, and spoon a heaping tablespoon of filling onto the center of each tortilla. Roll up tightly and secure each with a toothpick.
- Place rolled tortillas seam side down on a baking sheet and brush each lightly with oil. Bake for 10 to 15 minutes or until crisp and lightly browned.
- 4. Place 3 taquitos on each plate and serve with remaining Pico de Gallo.



Enjoy this healthier version of a classic snack.

Makes 4 servings. 1 tortilla per serving.

Prep time: 10 minutes Cook time: 15 minutes

Nutrition information per serving:

Calories 134, Carbohydrate 20 g, Dietary Fiber 2 g, Protein 7 g, Total Fat 3 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 302 mg

Vegetable Quesadillas

Ingredients

nonstick cooking spray

½ cup chopped green bell pepper

½ cup frozen corn, thawed

½ cup sliced green onion

½ cup chopped tomato

- 2 tablespoons chopped fresh cilantro
- 4 (6-inch) flour tortillas
- ½ cup shredded reduced fat Cheddar or Monterey Jack cheese

- 1. Spray a medium skillet with nonstick cooking spray. Sauté bell pepper and corn over medium heat until softened, about 5 minutes.
- 2. Add green onion and tomato; cook for several minutes more until heated through; stir in cilantro.
- 3. Heat tortillas in a large skillet over high heat. Place equal amounts of cheese and vegetables on each tortilla; fold in half and continue to cook until cheese is melted and tortilla is crisp and lightly browned. Serve while hot.



Quick and Creamy Grape Shake

Serve this shake for a refreshing mid-morning snack.

Makes 4 servings.

1 cup per serving.

Prep time: 10 minutes

Ingredients

- 2 cups green or red seedless grapes
- 2 bananas, peeled and sliced
- 2 oranges, peeled and quartered

12-16 ice cubes, crushed

Preparation

- 1. Place grapes, bananas, oranges, and ice in a blender container.
- 2. Blend until smooth. Pour into glasses and serve.

Vegetable Medley with Salsa Dip

A quick and tasty snack you can enjoy throughout the day.

Makes 4 servings.

1 cup vegetables and ½ cup salsa dip per serving.

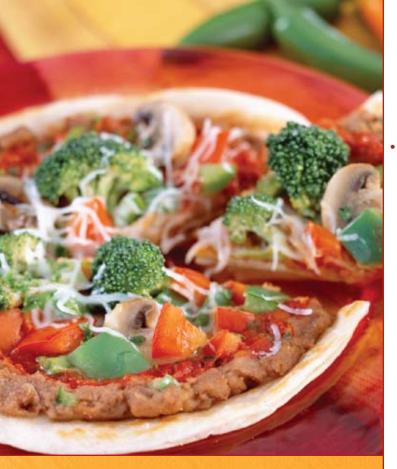
Prep time: 20 minutes

Ingredients

- 2 carrots, cut into 3-inch sticks
- 2 celery stalks, cut into 3-inch sticks
- ½ jicama, peeled and cut into 3-inch sticks
- 1 bunch radishes, trimmed

- 6 green onions, trimmed
- 1 cup fat free sour cream
- 1 cup Pico de Gallo (see page 9)

- 1. Arrange vegetables on a platter.
- In a small bowl, mix sour cream and Pico de Gallo. Serve salsa dip with vegetables.



Chili peppers and taco sauce give this pizza a spicy twist.

Makes 6 servings. 1 pizza per serving.

Prep time: 15 minutes

Cook time: 10 to 15 minutes Nutrition information per serving:

Calories 235, Carbohydrate 39 g, Dietary Fiber 8 g, Protein 11 g, Total Fat 5 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 11 mg, Sodium 402 mg

Tortilla Pizzas

Ingredients

- 12 small corn or flour tortillas vegetable oil or margarine
- 1 (16-ounce) can refried beans
- 1/4 cup chopped onion
- 2 ounces fresh or canned green chili peppers, diced
- 6 tablespoons red taco sauce

- 3 cups chopped vegetables, such as broccoli, mushrooms. spinach, and red bell pepper
- ½ cup (2 ounces) shredded part-skim Mozzarella cheese
- ½ cup chopped fresh cilantro (optional)

- 1. Brush one side of each of two tortillas with water. Press the wet sides of the tortillas together to form a thick crust for the pizza.
- 2. Brush the outside of the tortillas with a small amount of oil or margarine. Evenly brown both sides in a heated frying pan. Repeat with the rest of the tortillas. Set aside.
- 3. Heat refried beans, onion, and half of the chili peppers together in a medium saucepan over medium heat, stirring occasionally. Remove from heat.
- 4. Spread about ½ cup of the bean mixture on each tortilla pizza. Sprinkle with 1 tablespoon taco sauce, then top with ½ cup of the chopped vegetables, 1 teaspoon chili peppers, and 1 tablespoon cheese for each pizza.
- 5. Return to frying pan and heat until cheese melts. Top with cilantro, if desired. Serve immediately.



A variety of flavors make up this refreshing drink.

Makes 3 servings. 1 cup per serving.

Prep time: 10 minutes

Nutrition information per serving:

Calories 117, Carbohydrate 28 g, Dietary Fiber 3 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 5 mg

Jicama Piña Breeze

Ingredients

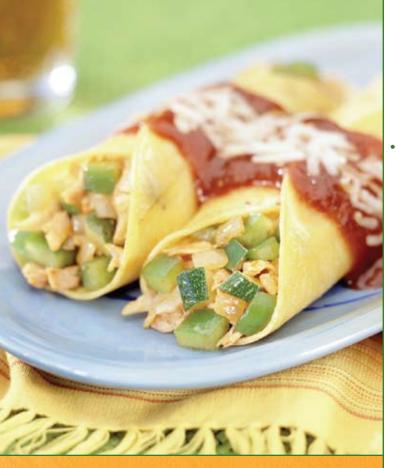
½ cup canned pineapple chunks, packed in 100% juice, undrained

½ cup fresh jicama, peeled and cut into small pieces

½ cup fresh orange chunks 2 cups orange juice ice cubes

- 1. Place all ingredients in a blender container.
- 2. Blend until smooth. Pour into glasses and serve.





Unlike traditional enchiladas, these are full of fresh, tasty vegetables.

Makes 4 servings. 2 enchiladas per serving.

Prep time: 10 minutes

Cook time: 35 to 40 minutes

Nutrition information per serving:

Calories 311, Carbohydrate 41 g, Dietary Fiber 7 g, Protein 22 g, Total Fat 8 g, Saturated Fat 3 g, Trans Fat 0 g, Cholesterol 41 mg, Sodium 521 mg

Vegetable Chicken Enchiladas

Ingredients

- nonstick cooking spray
- 1 large onion, peeled and chopped
- 1 green bell pepper, seeded and chopped
- 1 large zucchini, chopped
- 1 cup cooked, chopped chicken breast

- 34 cup red enchilada sauce
- 2 (8-ounce) cans no salt added tomato sauce
- 8 (6-inch) corn tortillas
- % cup shredded reduced fat Monterey Jack cheese

- 1. Preheat oven to 375°F.
- 2. Spray a large skillet with nonstick cooking spray. Sauté onion for 5 minutes over medium heat, stirring occasionally. Add bell pepper and zucchini; cook for 5 minutes more. Stir in chicken; set aside.
- Meanwhile, combine enchilada sauce and tomato sauce in a small bowl; add ½ cup to vegetable and chicken mixture.
- 4. Soften tortillas on the stovetop or in the microwave oven. Dip each tortilla in sauce and place equal amounts of vegetable and chicken mixture on one side. Roll up and place in a 13 x 9-inch baking pan. Pour any remaining sauce over the top.
- 5. Cover loosely with foil and bake for 20 to 25 minutes. Remove cover and sprinkle cheese over top; bake for 5 minutes more. Serve while hot.



A slightly spicy chicken soup, packed full of hearty vegetables.

Makes 4 servings. 11/2 cups per serving.

Prep time: 15 minutes Cook time: 30 minutes

Nutrition information per serving:

Calories 103, Carbohydrate 8 g, Dietary Fiber 3 g, Protein 13 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 29 mg, Sodium 408 mg

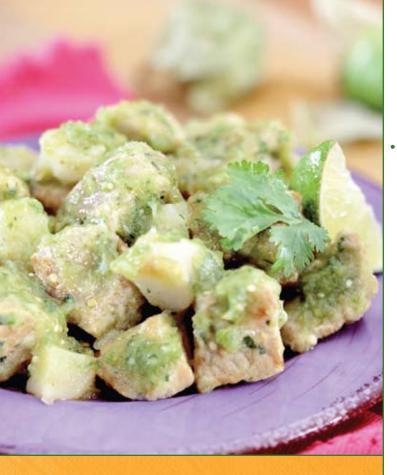
Ancho Chili and Chicken Soup

Ingredients

- 2 dried ancho chilies, seeded and torn into pieces
- 1 cup water
- 2½ cups low-sodium chicken broth
 - 2 stalks celery, chopped

- 1 medium onion, peeled and chopped
- 1 cup cooked, chopped chicken
- 34 cup chopped carrots
- 1 teaspoon oregano
- 34 cup chopped chayote squash

- 1. Place chilies in a hot skillet and cook for about 45 seconds until lightly toasted and fragrant. Cover with 1 cup boiling water and let stand for 20 minutes.
- 2. Meanwhile, combine broth, celery, onion, chicken, carrots, and oregano in a medium saucepan. Bring to a boil; reduce heat. Cover and let simmer for 20 minutes.
- 3. Place chilies and liquid in a blender or food processor and puree until smooth. Add chili puree and chayote to broth mixture. Simmer for 5 minutes more. Serve.



Serve this dish with a side salad and fruit for a complete meal.

Makes 4 servings. 1½ cups per serving.

Prep time: 15 minutes

Cook time: 1 hour and 10 minutes

Nutrition information per serving:

Calories 413, Carbohydrate 35 g, Dietary Fiber 6 g, Protein 43 g, Total Fat 11 g, Saturated Fat 3 g, Trans Fat 0 g, Cholesterol 108 mg, Sodium 383 mg

Chili Verde

Ingredients

- 1 pound fresh tomatillos, husks removed, washed, and cut into quarters
- 3 Anaheim chilies, roasted, peeled, seeded, and diced
- 3 green onions, sliced
- 2 cloves garlic, chopped
- 1 jalapeño pepper, seeded and diced

- 2 tablespoons fresh lime juice
- 1 teaspoon sugar
- 2 teaspoons oil
- 1½ pounds lean pork tenderloin, cut into ¾-inch chunks
- 1/4 cup chopped fresh cilantro
- ½ teaspoon salt

- 1. Place tomatillos in a medium saucepan with a small amount of water. Cover and simmer for about 5 minutes until soft.
- Drain tomatillos and place in a blender container with the Anaheim chilies, green onions, garlic, and jalapeño pepper. Blend on low speed until fairly smooth. Stir in lime juice and sugar and pour back into saucepan; set aside.
- Heat oil in a large skillet. Add pork to skillet; cook and stir over high heat for about 5 minutes to brown; add to the pan with the sauce. Bring to a boil; reduce heat and simmer, covered, for 50 minutes.
- Remove cover and cook for 10 minutes more. Stir in cilantro and salt.
 Serve with ½ cup cooked brown rice.



This healthy meal is sure to please your entire family.

Makes 8 servings. 2 cups per serving.

Prep time: 20 minutes (excludes soaking beans)

Cook time: 3 hours

Nutrition information per serving:

Calories 346, Carbohydrate 50 g, Dietary Fiber 16 g, Protein 22 g, Total Fat 9 g, Saturated Fat 3 g, Trans Fat 0 g, Cholesterol 19 mg, Sodium 455 mg

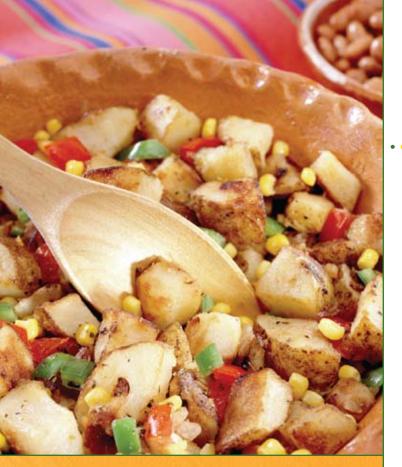
Hearty Bean and Vegetable Soup

Ingredients

- ½ cup each dried pink beans, dried lentils, dried black beans, yellow split peas, dried kidney beans, and dried blackeye peas
- 8 cups water
- 1 smoked ham hock (about ½ pound)
- 1 teaspoon each dried basil, dried rosemary, dried marjoram, and crushed red chilies

- ½ teaspoon each salt and ground black pepper
- 1 bay leaf
- 1 cup chopped onion
- ½ cup chopped carrots
- ½ cup chopped celery
- 2 (141/2-ounce) cans no salt added diced tomatoes. undrained
- 1 (8-ounce) can tomato sauce

- 1. Rinse dried pink beans, lentils, black beans, yellow split peas, kidney beans, and blackeye peas under cold running water. Place beans, lentils, and peas in a large bowl, then cover with water to 2 inches above the mixture. Cover and let stand 8 hours, then drain.
- 2. Combine drained bean, lentil and pea mixture, water, and ham hock in a large pot; bring to a boil. Add spices, onion, carrots, celery, tomatoes, and tomato sauce. Cover, reduce heat, and simmer 2 hours. Uncover and cook 1 hour.
- 3. Discard bay leaf. Remove ham hock from soup. Remove meat from bone; shred meat with 2 forks. Return meat to soup and serve.



This recipe is great as a side dish with dinner or for breakfast.

Makes 4 servings. ½ cup per serving.

Prep time: 15 minutes
Cook time: 30 minutes

Nutrition information per serving:

Calories 217, Carbohydrate 39 g, Dietary Fiber 6 g, Protein 6 g, Total Fat 5 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 5 mg, Sodium 220 mg

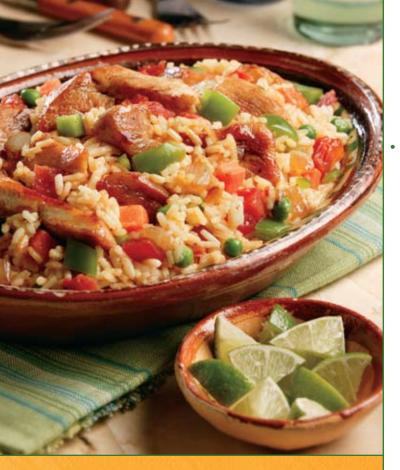
Potato Sauté with Onions and Bell Peppers

Ingredients

- 2 cups water
- 2 large russet potatoes, cleaned and cut in half
- 1 tablespoon vegetable oil
- ½ cup chopped onion
- ½ cup chopped green and red bell pepper
- ½ cup no salt added canned corn or frozen corn, thawed

- ½ cup chopped tomato
- ½ teaspoon oregano
- 1/4 teaspoon each salt and ground black pepper
- 1/4 cup crumbled queso fresco or reduced fat Monterey Jack cheese

- Bring water to a boil in a large pan. Add potatoes and cook until crisp-tender, about 15 minutes. Drain well and cut into bite-size pieces.
- Heat oil in a large skillet. Sauté onion until golden brown and soft.
 Add potatoes and bell pepper to skillet and cook over medium-high heat, stirring frequently, until golden brown.
- 3. Stir in corn, tomato, oregano, salt, and ground black pepper. Top with cheese and serve.



Peas and carrots add color and provide a healthy addition to this traditional dish.

Makes 6 servings. 1 cup per serving.

Prep time: 15 minutes Cook time: 40 minutes

Nutrition information per serving:

Calories 331, Carbohydrate 30 g, Dietary Fiber 6 g, Protein 39 g, Total Fat 0 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 91 mg, Sodium 300 mg

Chicken and Rice

Ingredients

- 2 pounds boneless, skinless chicken breasts, cut into strips
- 1 medium onion, peeled and chopped
- 2 green bell peppers, chopped
- 2 jalapeño peppers, seeded and finely chopped
- 3 cloves garlic, finely chopped

- 2 cups reduced sodium chicken broth
- 2 (141/2-ounce) cans no salt added diced tomatoes, drained
- ½ cup frozen pea and carrot blend
- 1 teaspoon each ground cumin and chili powder
- 34 cup brown rice

- 1. In a nonstick skillet, sauté chicken strips over medium heat until cooked thoroughly, about 10 minutes. Set aside and keep warm.
- 2. In a large skillet, bring remaining ingredients to a boil. Cover and simmer about 30 minutes, until rice has absorbed liquid.
- 3. Remove cover from rice mixture, remove from heat, and let stand for 3 to 5 minutes. Arrange chicken over rice and serve.



A lot faster than a traditional mole and just as good!

Makes 6 servings. 1 drumstick, 1 thigh, and 3/4 cup of vegetables per serving.

Prep time: 15 minutes
Cook time: 45 to 55 minutes

Nutrition information per serving:

Calories 239, Carbohydrate 11 g, Dietary Fiber 4 g, Protein 31 g, Total Fat 8 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 92 mg, Sodium 388 mg

Chicken and Vegetables with Mole Sauce

Ingredients

- nonstick cooking spray
- 6 each skinless drumsticks and thighs
- 3 dried ancho chilies, seeded and torn into pieces
- 21/4 cups low-sodium chicken broth
 - 1 medium onion, peeled and chopped

- 1½ cups fresh tomatillos (about 7 medium tomatillos), husks removed, washed, and diced
- 2 teaspoons ground cumin
- 1/4 teaspoon salt
- 2 fresh cactus leaves (about 1 cup), cleaned and chopped
- 34 pound fresh trimmed green beans

- Place chicken in a large skillet sprayed with nonstick cooking spray. Cook over medium heat for about 10 to 15 minutes per side or until cooked through.
- While chicken is cooking, prepare mole sauce. Toast ancho chilies in a large skillet over medium-high heat for 1 minute, stirring constantly. Add broth to skillet and set aside.
- Spray a large saucepan with nonstick cooking spray. Add onion; cook and stir over medium-high heat for 5 minutes. Add chili and broth mixture, tomatillos, cumin, and salt; bring to a boil, then reduce heat and simmer for 10 minutes. Let cool slightly and transfer to a blender container.
- 4. Puree until smooth and pour over chicken; cook for 5 minutes more.
- 5. Cook cactus and green beans in boiling water for about 5 minutes; drain. Serve chicken and sauce over cooked vegetables.



With the help of frozen vegetables, this is a tasty, nutritious side dish. Garnish with chopped fresh cilantro or a sprinkle of cheese.

Makes 6 servings. 3/4 cup per serving.

Prep time: 5 minutes

Cook time: 30 minutes

Nutrition information per serving:

Calories 200, Carbohydrate 39 g, Dietary Fiber 3 g, Protein 6 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 279 mg

Mexican Rice

Ingredients

- 1 tablespoon vegetable oil
- 1 cup chopped onion
- 1 (14½-ounce) can low-sodium chicken broth
- 1 cup white rice
- $\frac{3}{4}$ cup chopped tomatoes

- ½ teaspoon chili powder
- 1/4 teaspoon salt
- 1 cup frozen corn, thawed
- 1 cup frozen pea and carrot blend, thawed

- 1. Heat vegetable oil in a medium saucepan over medium heat. Add onion and sauté until soft, about 5 minutes.
- 2. Stir in broth, rice, ½ cup tomatoes, chili powder, and salt. Bring to a boil; reduce heat and simmer, covered, for 25 minutes.
- 3. Stir in vegetables and let stand for 5 minutes. Spoon remaining tomatoes over the top and serve.



Serve this vegetable dish alongside your favorite family meal.

Makes 12 servings. 1/2 cup per serving.

Prep time: 10 minutes Cook time: 20 to 30 minutes

Nutrition information per serving:

Calories 100, Carbohydrate 18 g, Dietary Fiber 3 g, Protein 4 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 4 mg, Sodium 419 mg

Spinach Corn Casserole

Ingredients

- 1 (16-ounce) package chopped frozen spinach
- ½ cup finely chopped white onion
- 2 (14%-ounce) cans creamed corn
- 1 tablespoon margarine
- 2 teaspoons vinegar
- 1 teaspoon salt
- ½ teaspoon ground black pepper

Topping

- ½ cup bread crumbs
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon margarine

- 1. Preheat oven to 400°F. Warm frozen spinach in a saucepan over medium heat. Drain excess liquid.
- 2. Combine spinach, onion, and creamed corn in casserole dish.
- 3. Melt 1 tablespoon margarine and add to casserole dish. Add vinegar, salt, and ground black pepper. Mix ingredients together.
- 4. Spread bread crumbs and Parmesan cheese over top of casserole. Melt remaining margarine and drizzle over topping. Bake for 20 to 30 minutes. 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

Fresh Fruit Crepes

Fruit Topping Ingredients

1/4 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
- 1/4 teaspoon cinnamon
- 6 (6-inch) flour tortillas
- 2 teaspoons margarine

- 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.
- 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.



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

Tropical Fruit Platter

Ingredients

- 1 (20-ounce) can pineapple slices, each cut in half
- 1 large papaya wedge, peeled and sliced

1 mango, peeled and sliced2 cups strawberries, stemmed juice of 1 lime

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

Rice Pudding

Ingredients

nonstick cooking spray

21/2 cups cooked white rice

1/4 cup granulated sugar

2 tablespoons margarine, melted

1½ cups 1% lowfat milk

1 egg

1 egg white

1/4 teaspoon ground cinnamon

1/8 teaspoon ground nutmeg

1 cup raisins

8 cups fruit, such as sliced strawberries, blueberries, or chopped mangos

- 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.

Acknowledgements



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