Appendices

5 A Day Family Size Recipes

Fruit on a Raft (Waffles with Apples)

Recipe Source: National Cancer Institute

Serves 2

4 frozen low fat whole grain waffles (or homemade waffles)
1 15 ounce can unsweetened apples
½ cup water
1/8 teaspoon allspice
1/8 teaspoon cloves

Place the applesauce and water in a small saucepan. Add spices and stir over medium heat until hot. While the sauce is heating, piece the waffles in the toaster or prepare your own. When waffles are done, divide the apples among the waffles and serve.

Polar Berries

Recipe Source: California Grape Commission/"Kids…Get Cookin'!", California 5 A Day Campaign

Serves 8

2 cups seedless red or green grapes or combination

Rinse grapes and drain well.

Place grapes loosely onto cookie sheet or other freezable plate and put into the freezer. When frozen, eat as is or toss them into your favorite yogurt or salad.

Sunshine Salad

Recipe Source: National Cancer Institute

Serves 5

5 cups (packed) spinach leaves, washed and dried well
½ red onion, sliced thin
½ red pepper, sliced
1 whole cucumber, sliced
2 oranges, peeled and chopped into bite size pieces
1/3 cup of bottle "lite" vinaigrette dressing (around 15 calories per tablespoon or less)

Toss all ingredients together in a large bowl. Add dressing and toss again. Serve immediately.

Chicken Ratatouille

Recipe Source: Produce for Better Health Foundation/National Heart, Lung, and Blood Institute

Serves 4

4 medium chicken breast halves, skinned, fat removed, boned, cut into 1" pieces
1 tablespoon corn oil
2 zucchini, about 7" long, unpeeled, thinly sliced
1 eggplant (small), peeled, cut into 1" cubes
1 onion (medium), thinly sliced
1 green pepper (medium), cut in 1" pieces
½ lb fresh mushrooms, sliced
1 can (16 oz) whole tomatoes, cut-up
1 clove garlic, minced
1 ½ teaspoon dried basil, crushed
1 Tablespoon fresh parsley, minced
Freshly ground black pepper

Heat oil in large non-stick skillet. Add chicken and sauté about 3 minutes, or until lightly browned. Add zucchini, eggplant, onion, green pepper, and mushrooms. Cook about 15 minutes, stirring occasionally. Add tomatoes, garlic, basil, parsley and pepper; stir and continue cooking about 5 minutes, or until chicken is tender.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

5 A Day Family Size Recipes

Touchdown Tomato-Basil Soup

Recipe Source: Produce for Better Health Foundation

Serves 8

2 large onions, peeled and sliced lengthwise
4 cloves of garlic, peeled and minced
2 teaspoons olive oil
2 cups chickpeas, drained
2 tablespoons fresh basil, chopped and divided
1 cup low-sodium tomato sauce
4 cups fat free vegetable broth
4 fresh tomatoes, diced
2 tablespoons grated parmesan cheese

In a medium stockpot, sauté onions and garlic in oil over medium heat until tender. Add chickpeas and 1 tablespoon of basil and sauté 1 minute. Add tomato sauce, broth and tomatoes. Reduce heat and simmer for 15 minutes. Stir in the remaining basil a few minutes before serving. Top with parmesan cheese.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Vegetable Sandwich Booster

Recipe Source: National Cancer Institute

Serves 4

1 medium zucchini
½ cup grated carrots
¼ red wine or balsamic vinegar
salt and pepper to taste
1 bell pepper
1 small red onion
1 tablespoon olive oil

Slice all vegetables thinly. Toss with oil, vinegar, salt and pepper. Add to sandwiches to boost 5 A Day servings.

Roasted Butternut Squash

Recipe Source: National Cancer Institute

Serves 4

1 butternut squash, about 1 ½ - 2 pounds
olive oil cooking spray
1/8 teaspoon allspice
1/8 teaspoon salt
¼ teaspoon pepper

Preheat oven to 350 degrees F. Cut the squash into four wedges. Remove the seeds. Mist each wedge with cooking spray and dust with allspice, salt and pepper. Bake for 40 minutes until soft.

Corn Chowder

Recipe Source: Produce for Better Health Foundation

Serves 14

2 lbs white potatoes, medium diced
1 bay leaf
¾ lbs onions, finely diced
3 Tablespoons butter
1 green bell pepper, finely diced
2 teaspoons cumin seeds
4 celery ribs, finely diced
3 Tablespoons flour
½ teaspoon sage
½ teaspoon white pepper
2 cups milk
1 lb corn, frozen or kernels from 3 ears of corn
Parsley, finely chopped

Boil potatoes until just tender in one quart of water with bay leaf. Sauté onions, peppers, celery and cumin in butter until onions are transparent. Add sage, pepper and flour to the onion mixture with some of the potato water and stir to make a paste. Add the potatoes and the rest of the potato water and heat. Finally, add the milk and the corn heat thoroughly and garnish with parsley.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

5 A Day Family Size Recipes

Colorful Mashed Potatoes

Recipe Source: National Cancer Institute

Serves 6

2 medium Yukon Gold potatoes cut in chunks (2 cups)
½ cup low fat milk
2 teaspoons olive oil
1 cups chopped sweet onions
1 cup chopped carrots
¼ teaspoon caraway seeds
1 cup chopped broccoli
¼ teaspoon salt
¼ teaspoon pepper

Boil the potatoes 10 to 15 minutes or until very soft. Mash and stir in the milk and set aside. Heat the oil in a skillet and sauté the onions 2 minutes. Add the carrots and caraway, cover and cook until almost tender, about 10 minutes. Add the broccoli and cook 5 minutes more. The carrots and broccoli should both be tender and bright in color. Stir in the mashed potatoes, salt and pepper. Heat through and serve.

Strawberry Yogurt Breakfast Split

Recipe Source: Produce for Better Health Foundation/California Strawberry Commission

Serves 24

24 bananas
6 lbs fresh whole strawberries (6 qts)
6 lbs vanilla yogurt (3 qts)
7 oz toasted chopped almonds (1 ½ cups)

For individual servings; peel and split 1 banana. Place banana halves in serving bowl. Top with 4 ounces (1 cup) fresh strawberries, 4 ounces (1/2 cup) yogurt and 1 Tablespoon chopped, toasted almonds.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Bean and Macaroni Soup

Recipe Source: Produce for Better Health Foundation/National Heart, Lung, and Blood Institute

Serves 16

2 cans (16 oz each) Great Northern beans
½ teaspoon salt
1 Tablespoon olive oil
½ lb fresh mushrooms, sliced
1 cup onion, coarsely chopped
2 cups carrots, sliced
1 cup celery, coarsely chopped
1 clove garlic, minced
3 cups tomatoes, peeled and cut up
1 teaspoon dried sage
1 teaspoon dried thyme
½ teaspoon dried oregano
Freshly ground black pepper
1 bay leaf, crumbled
4 cups cooked elbow macaroni

Drain beans and reserve liquid. Rinse beans. Heat oil in a 6 quart kettle; add mushrooms, onion, carrots, celery and garlic and sauté for 5 minutes. Add tomato, sage, thyme, oregano, pepper and bay leaf. Cover and cook over medium heat for 20 minutes. Cook macaroni according to package directions (do not overcook); drain. Add beans, reserved bean liquid (add water to make 4 cups), and cooked macaroni. Bring to a boil; cover and simmer until soup is heated. Stir occasionally.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Barley Bean Soup

Recipe Source: Produce for Better Health Foundation

Serves 8

1 Tablespoon canola oil
3 carrots, diced
9 cups vegetable stock, low sodium
3 garlic cloves, minced
1 can (19 oz) cannelloni beans, rinsed and drained
3 celery ribs, diced
1 ½ cup onions, chopped
¾ cup pearled barley, medium
1 Tablespoon soy sauce, low sodium
¼ teaspoon hot-pepper sauce

In a 4-quart saucepan over medium heat, warm the oil. Add the celery, carrots and onions. Cook, stirring frequently, for 6 to 7 minutes, or until tender. Add the stock, barley, garlic, soy sauce and hot-pepper sauce; bring to a boil. Reduce the heat to low; cover and simmer for 50 minutes to 1 hour, or until barley is just tender. Stir in the beans; simmer for 5 to 10 minutes, or until heated through.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

5 A Day Family Size Recipes

Fruit Soup

Recipe Source: Produce for Better Health Foundation

Serves 6

5 cups orange juice
1 cup skim milk
3 cups nonfat plain yogurt
2 tablespoons lemon juice
1 tablespoon honey
¼ teaspoon cinnamon
¼ teaspoon ground nutmeg
3 cups fresh, frozen (thawed) or canned fruit, sliced and seeded (apples, blueberries, strawberries, bananas, apricots, tangerines, melons, cherries or pineapple)

Combine orange juice, milk, yogurt, lemon juice, honey, cinnamon and nutmeg in a large bowl. Chill for 2 hours. Stir in fruit, sprinkle with mint leaves and serve.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Orange-Sauced Vegetables

Recipe Source: Produce for Better Health Foundation/Polyp Prevention Trial

Serves 4

2 cups loose-pack frozen broccoli, baby carrots, and water chestnuts (or other frozen mixed vegetable combination)
½ teaspoon orange peel, finely shredded
¼ cup orange juice
1 tablespoon Dijon-style mustard
1 teaspoon soy sauce

In a 1 quart microwave-safe casserole cook vegetables according to package microwave directions. While vegetables are cooking, in a small mixing bowl combine orange peel, orange juice, mustard, and soy sauce. Stir with a fork or wire whisk until combined. Drain vegetables. Toss with orange juice mixture. Serve immediately.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Wonderful Stuffed Potatoes

Recipe Source: Produce for Better Health Foundation

Serves 4

4 potatoes (medium)
¾ cup low-fat (1%) cottage cheese
¼ cup low-fat (1%) milk (or skim)
2 tablespoons margarine
1 teaspoon dill weed
¾ teaspoon herb seasoning
4-6 drops hot pepper sauce
2 teaspoons grated parmesan cheese

Prick potatoes with a fork. Bake at 425 degree F. for 60 minutes or until fork is easily inserted. Cut potatoes in half lengthwise. Scoop out potato leaving about ½ inch pulp inside shell. Mash pulp. Mix in remaining ingredients except parmesan cheese. Spoon mixture into potato shells. Sprinkle top with ¼ teaspoon parmesan cheese. Place on baking sheet and return to oven. Bake 15-20 minutes or until tops are golden brown.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Watermelon Romaine Salad

Recipe Source: Produce for Better Health Foundation/National Watermelon Promotion Board

Serves 6

3 Tablespoons cider vinegar
3 Tablespoons apricot preserves
1 Tablespoon vegetable oil
1 teaspoon Dijon mustard
¼ teaspoon garlic pepper
6 cups romaine lettuce, torn
3 cups watermelon, seeded and cubed
1 ½ cup orange segments

To make dressing, process vinegar, preserves, oil, mustard and pepper in blender or food processor until blended. Chill until ready to serve. Divide romaine among 6 salad plates. Place watermelon on top of romaine; arrange orange segments around watermelon. Spoon dressing over salad just before serving.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

5 A Day Family Size Recipes

Pineapple Poppy Seed Salad

Recipe Source: Produce for Better Health Foundation

Serves 4

1 fresh pineapple
2 kiwi fruit, peeled and sliced
2 bananas, peeled and sliced
1 cup strawberries
1 cup melon cubes or balls
½ cup pineapple juice (for dressing)
2 tablespoon lime juice (for dressing)
2 tablespoons honey (for dressing)
1 tablespoon poppy seeds (for dressing)
1 teaspoon lime peel, grated (for dressing)

Cut pineapple in half, lengthwise through crown. Cut fruit from shells, leaving shells intact. Cut pineapple into quarters. Trim off core and cut fruit into chunks. Combine pineapple with remaining fruit. Toss with poppy seed dressing. Marinate at least 15 minutes for the most delicious flavor. Spoon into shells to serve. Pass extra dressing to add to each serving if desired.
Poppy Seed Dressing Preparation
Combine all ingredients. Whisk to blend.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Pesto Minestrone

Recipe Source: Produce for Better Health Foundation

Serves 8

2 cups cauliflower (2 small heads), coarsely chopped
1 ½ cup zucchini (1-2 medium), chopped
3 cans (14.5 oz) chicken broth, reduced sodium
1 16 oz can tomatoes, diced, drained
1 cup elbow macaroni or small pasta shells
3 cups kidney beans or blackeyes, drained and rinsed (1 cup dry makes 3 cups cooked) or 2 cans (15 oz each)
1 cup carrot (1 medium), sliced
1 cup onion (1 medium) chopped
2 tablespoons olive oil (for pesto)
2 garlic cloves (for pesto)
1 cup basil leaves, fresh, loosely packed OR 1 cup Italian parsley plus 1 teaspoon dried basil leaves (for pesto)
1 Tablespoon water

In a 5-6 quart saucepan bring to boil ½ cup water, tomatoes, cauliflower, onion and carrots; reduce heat and simmer covered 10 minutes or until vegetables are tender. Add zucchini, beans, broth and pasta. Return to a boil, reduce heat and simmer uncovered 10 minutes. Meanwhile put all pesto ingredients in food processor or blender and process until very finely chopped. Just before serving, remove soup from heat and stir in pesto.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Green Treasure Salad

Recipe Source: Produce for Better Health Foundation/California Table Grape Commission

Serves 1

1 green skinned apple
1 cup grapes (green, seedless)
½ cup miniature marshmallows
½ cup lemon-flavored yogurt
2 tablespoons slivered almonds

Core and chop apple. Mix together the apple pieces, grapes, marshmallows, yogurt and almonds. Serve in small bowl.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Tropical California Apricot Salad

Recipe Source: Produce for Better Health Foundation/California Strawberry Commission

Serves 5

2 cups fresh apricots, pitted and sliced (about 6-8)
1 ½ cup kiwifruit, pared and sliced (about 3)
¼ cup apricot nectar
¼ cup coconut flakes, lightly toasted
1 Tablespoon fresh mint, finely chopped (or 1 teaspoon dried mint, crumbled)

In a large bowl combine all ingredients; toss and chill. Serve as a salad, or arrange fruit on wooden skewers for fresh fruit kabobs.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

5 A Day Family Size Recipes

Orange-Sauced Vegetables

Recipe Source: Produce for Better Health Foundation/Polyp Prevention Trial

Serves 4

2 cups loose-pack frozen broccoli, baby carrots, and water chestnuts (or other frozen mixed vegetable combination)
½ teaspoon orange peel, finely shredded
¼ cup orange juice
1 Tablespoon mustard
1 teaspoon soy sauce

In a 1 quart microwave-safe casserole cook vegetables according to package microwave directions. While vegetables are cooking, in a small mixing bowl combine orange peel, orange juice, mustard and soy sauce. Stir with a fork or wire whisk until combined. Drain vegetables. Toss with orange juice mixture. Serve immediately.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

New Potatoes with Herbs

Recipe Source: Produce for Better Health Foundation

Serves 4

1 lb. new potatoes (approximately 20)
1 Tablespoon chopped fresh basil or thyme
1 Tablespoon chopped chives
1 teaspoon lemon juice
1 teaspoon olive oil or vegetable oil
Freshly ground black pepper

In saucepan, boil unpeeled potatoes until tender, about 15 minutes; drain. Add basil, chives, lemon juice, oil and pepper to taste. Mix lightly and serve.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Garbanzos, Tomato and Rosemary with Bowtie Pasta

Recipe Source: Produce for Better Health Foundation

Serves 6

1 tablespoon olive oil
1 tablespoon rosemary, fresh minced or 1 teaspoon dried
1 can (28 oz) tomatoes, diced, undrained
2 tablespoons parsley, minced
1 ½ cup garbanzo beans, cooked (1/2 cup dry) or 1 can (15 oz), drained
4 garlic cloves, minced
1/8 teaspoon red pepper flakes, crushed
16 oz bowtie pasta
parmesan cheese, grated

Heat oil in a large skillet over medium heat. Add garlic and rosemary; sauté 1 minute. Add pepper flakes and tomatoes. Increase heat to medium-high and cook, stirring often, until sauce thickens, about 8 minutes. Stir in garbanzos and cook until heated through. Cook pasta according to package directions. Drain and transfer to a warm serving bowl. Add sauce and parsley; stir gently. Serve with parmesan cheese.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Apple Glazed Potatoes

Recipe Source: Produce for Better Health Foundation/American Cancer Society

Serves 6

½ cup apple juice
¼ teaspoon cinnamon
½ teaspoon salt
6 sweet potatoes (small), cooked

Pour apple juice in a fry pan over low heat and stir in cinnamon and salt. Add sweet potatoes. Cook over low heat, turning sweet potatoes several times until they are well coated and most of the juice is absorbed, about 6 minutes.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

5 A Day Family Size Recipes

Pasta Primavera

Recipe Source: Produce for Better Health Foundation/Polyp Prevention Trial

Serves 2

1 cup broccoli florets
1 cup carrots, sliced
1 cup zucchini, sliced
1 cup macaroni or rotini
1 tablespoon flour (for sauce)
1 tablespoon margarine (for sauce)
1 cup skim milk (for sauce)
¼ teaspoon dried basil (for sauce)
1/8 teaspoon black pepper (for sauce)
2 tablespoons parmesan cheese (for sauce)

Steam vegetables until tender-crisp, and cook macaroni according to package directions. In a small saucepan, melt margarine, blend in flour. Gradually stir in milk and seasoning. (Do not add cheese at this time.) Cook over medium heat, stirring constantly, until sauce thickens. Remove from heat and blend in cheese. Pour over hot vegetables. Add macaroni and mix together.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Old Fashioned Vegetable Soup

Recipe Source: Produce for Better Health Foundation/Pictsweet Frozen Foods

Serves 8

1 package (16 oz) Frozen mixed vegetables (carrots, potatoes, peas, green beans, etc.)
½ cup frozen, chopped onions
¼ cup frozen chopped green peppers
1 can (46 oz.) low sodium tomato juice
½ cup winter squash
1 cup mushrooms (fresh), sliced
1 bay leaf
1 teaspoon dried whole basil
½ teaspoon salt
½ teaspoon pepper

Combine all ingredients in a large dutch oven. Bring to a boil. Cover; reduce heat and simmer for 30 to 45 minutes. Remove bay leaf before serving.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Tomato and Bean Burritos

Recipe Source: Produce for Better Health Foundation/Florida Tomato Committee

Serves 4

3 tomatoes (large), approx. 2 ½ lbs.
1 tablespoon vegetable oil
½ cup onion, chopped
1 teaspoon garlic, minced
1-2 tablespoons chili powder
1 teaspoon ground cumin
1¼ cup ckd red kidney beans or 1 (10 ½ oz) can red kidney beans, drained and rinsed
2 tablespoons cilantro or parsley, chopped
8 6-inch flour tortillas, warmed

Use tomatoes held at warm temperature until fully ripe. Core tomatoes; coarsely chop (makes about 4 cups); set aside. In a medium saucepan heat oil until hot. Add onion and garlic; cook and stir until softened, 3 to 4 minutes. Add chili powder and cumin; cook and stir for 1 minute. Add kidney beans, ¼ cup water and reserved tomatoes; bring to a boil; reduce heat and simmer, uncovered, until mixture is thickened, about 20 minutes. Stir in cilantro; remove from heat. To serve: spoon about 1/3 cup bean mixture in the center of each tortilla. Sprinkle, if desired, with chopped fresh tomatoes, shredded Monterey Jack cheese and chopped onion; roll up. Repeat with remaining tortillas.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Spanish Zucchini Frittata

Recipe source: Produce for Better Health Foundation

Serves 4

4 cups zucchini, unpeeled, grated (about 1½ lbs)
½ teaspoon garlic, chopped
1 cup egg substitute (equal to 4 eggs)
½ teaspoon cumin
¼ teaspoon pepper
2 tablespoon onion, chopped
1 can (4 oz) green chiles, diced
2 tablespoon skim milk
½ teaspoon chili powder
salsa (optional)

Spray a 10-inch skillet with non-stick coating. Sauté first three ingredients until zucchini is tender, pouring off any liquid. Add chiles. Meanwhile, mix eggs, milk and seasonings. Add to the zucchini mixture and cook until the eggs begin to set. Broil just until top is golden. Serve with salsa.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

5 A Day Family Size Recipes

Rainbow Fruit Salad

Recipe Source: Produce for Better Health Foundation

Serves 12

1 mango, large, peeled and diced
2 cups blueberries, fresh
2 nectarines, unpeeled and sliced
2 cups strawberries, fresh and halved
2 cups grapes, seedless
2 bananas, sliced
1 kiwifruit, peeled and diced
1/3 cup orange juice, unsweetened (for Honey Orange Sauce)
1 ½ tablespoon honey (for Honey Orange Sauce)
¼ teaspoon ginger, ground (for Honey Orange Sauce)
dash nutmeg

Prepare the fruit. Combine all ingredients for sauce and mix. Just before serving, pour Honey Orange Sauce over fruit.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Caesar-Style Salad

Recipe Source: Produce for Better Health Foundation

Serves 4

3 slices French bread (1/2 inch-thick) cubed
¼ cup lemon juice
1 teaspoon olive oil
2 cloves garlic, peeled and finely minced
¼ teaspoon pepper
3 cups iceburg lettuce, torn
3 cups romaine lettuce, torn
2 tablespoons grated or finely shredded parmesan cheese

Spray baking sheet with cooking spray. Sprinkle bread cubes on baking sheet; bake at 350° F for 10 – 12 min or until toasted. Meanwhile, in a small bowl, stir together lemon juice, oil, garlic and pepper. Remove toasted bread from oven; place in a shallow bowl. Sprinkle 2 Tbl of dressing mixture over croutons; toss to coat. In a salad bowl, toss lettuces together. Add croutons, remaining dressing and parmesan cheese; toss well.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Strawberry Yogurt Shake

Recipe Source: Produce for Better Health Foundation

Serves 2

½ cup unsweetened pineapple juice
¾ cup plain low fat yogurt
1 ½ cup frozen, unsweetened strawberries
1 teaspoon granulated sugar

Add ingredients, in order listed, to blender container. Puree at medium speed, until thick and smooth.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Banana Pancakes

Recipe Source: Produce for Better Health Foundation

Serves 4

1 ½ cup all purpose flour
2 ½ teaspoons baking powder
2 teaspoons sugar
1 cup low fat milk
1 egg
4 bananas, peeled and sliced
non-stick cooking spray

Combine flour, baking powder, sugar, milk and egg. Add two of the sliced bananas (reserve the other bananas for topping) and stir gently. Warm griddle or skillet over medium heat and coat with non-stick cooking spray. Pour ¼ cup of batter onto griddle for each pancake. Flip pancakes when air bubbles appear on the surface. Cook on other side until golden brown. Place pancakes on plate and top with remaining slice bananas. Serve with maple syrup, jam, or confectioners sugar.

5 A Day Family Size Recipes

Vegetable Sage Stuffing

Recipe Source: Produce for Better Health Foundation/Polyp Prevention Trial

Serves 8

3 cups mushrooms, sliced
3 cups frozen French style green beans, thawed and finely chopped
1 cup celery, diced
1 cup carrots, finely chopped (optional)
1 cups low sodium chicken broth or 2 packets low sodium instant chicken broth dissolved in 2 cups hot water
1 teaspoon sage
2 teaspoons poultry seasoning
pepper to taste
10 slices day-old enriched white bread cut into ½ inch cubes

in large saucepan combine mushrooms, green beans, celery, onion, carrots, and broth or dissolved broth mix. Cook, uncovered, until vegetables are tender and volume is reduced to ½ to 2/3 cup (approximately 30 – 40 minutes). Add sage, poultry seasoning, salt and pepper. Gently add in bread and transfer to 1 ½ or 2 quart casserole sprayed with non-stick cooking spray. Combine with vegetable mixture and stir until moistened. Spoon into baking dish and bake, uncovered, at 325° F for 30 – 40 minutes.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Fruity Breakfast Parfait

Recipe Source: Produce for Better Health Foundation

Serves 4

2 cups fresh pineapple, chopped
1 cup frozen raspberries, thawed
1 cup low fat vanilla yogurt
1 firm, medium banana, peeled and sliced
1/3 cup dates, chopped
¼ cup sliced almonds, toasted

In glasses, layer pineapple, raspberries, yogurt, banana, and dates. Sprinkle the top with almonds.

Golden Apple Oatmeal

Recipe Source: Produce for Better Health Foundation

Serves 1

½ cup golden delicious apples, diced
1/3 cup each of: apple juice, water
1/8 teaspoon salt (optional)
dash each of: cinnamon, nutmeg
1/3 cup quick cooking rolled oats, uncooked

Combine apples, juice, water and seasonings; bring to boil. Stir in rolled oats; cook 1 minute. Cover and let stand several minutes before serving.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Go Bananas Orange Dip

Recipe Source: Produce for Better Health Foundation

Serves 2

2 large bananas, peeled, cut into chunks
½ cup non-fat plain or banana yogurt
2 oranges, peeled and sectioned

Place banana chunks into blender and add yogurt. Blend on low speed for 30 seconds or until thoroughly mixed. Place dip in serving bowl on a platter and surround with orange sections or your favorite dippers; strawberries, kiwi, apples, bananas, pineapple, carrots, cucumbers, celery, broccoli, peppers and cauliflower.

Orange Couscous Salad

Recipe Source: Produce for Better Health Foundation

Serves 8

2 cups water
¾ teaspoon tumeric
1 can chickpeas (16 oz), rinsed and drained
1 cup mandarin oranges, canned, drained
¼ cup lemon juice
1 tablespoon orange peel, grated
red leaf lettuce
1 12/ cup couscous, whole wheat
¼ teaspoon pepper, freshly ground black
½ cup red onions, chopped
½ cup raisins, golden
2 tablespoons olive oil
1 tablespoon chives, fresh minced

In a 1 quart saucepan over high heat, bring the water to a boil. Add the couscous, turmeric and pepper. Remove from the heat, cover and let stand for 5 minutes, or until the couscous is soft. Fluff with a fork. Transfer to a large bowl. Stir in the chickpeas, oranges, onions and raisins. In a small bowl, whisk together the lemon juice, oil, orange peel and chives. Pour over the salad and toss to mix well. Cover and refrigerate for at least 1 hour. Serve on plates lined with lettuce.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Recipe Comments:

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5 A Day Criteria

Fruits and vegetables – the health benefits

Eating 5 to 9 servings of fruits and vegetables every day is a key element of the Food Guide Pyramid – a component of the Dietary Guidelines for Americans. Fruits and vegetables are low in fat and rich in fiber, minerals, phytochemicals, vitamins A and C. A diet rich in fruits and vegetables may help maintain:

- A lower risk of some cancers
- A healthy heart
- A healthy immune system
- Cholesterol levels that are already healthy
- Healthy aging
- Memory function
- Urinary tract health
- Vision health
- Strong bones and teeth

In addition, fruits and vegetables taste great, they're easy to prepare and they add color and flavor to meals!

What's a serving?

- 1 medium piece of fruit
- 1/2 cup raw, cooked, frozen or canned fruits or vegetables
- 1/2 cup raw, cooked, frozen or canned peas or beans
- 1/4 cup dried fruit
- 3/4 cup (6 ounces) 100% fruit or vegetable juice
- 1 cup raw salad vegetables

How many servings do you need?

5 A Day is based on the USDA Food Guide Pyramid, a component of the U.S. Dietary Guidelines for Americans.

Recommended Daily Servings	Fruit	Vegetables	Total
• Children ages 2 to 6 • Women • Some older adults	2	3	**5**
• Older children • Teen girls • Active women • Most men	3	4	**7**
• Teen boys • Active men	4	5	**9**

Does it have to be fresh?

All fruits and vegetables processed by drying, freezing, or canning (except coconuts, olives, and nuts) may be promoted in association with the 5 A Day Program as long as:

- There is no added fat.
- There is no added sugar (sucrose, glucose, dextrose, fructose, maltose, lactose, sorbitol, mannitol, honey, corn syrup, corn syrup solids or molasses).

Do juices count?

Juice products that are 100% juice or juice concentrate without added fat or sugar may be promoted with the 5 A Day Program.

What about coconuts, olives, and nuts?

- Because they are high in fat, coconuts, olives, or nuts *cannot* be promoted in association with 5 A Day.
- Products and recipes with coconut, olives, or nuts can be promoted in association with 5 A Day if they meet the 5 A Day Recipe Criteria.

What's a 5 A Day recipe?

All recipes associated with the 5 A Day for Better Health Program must meet the following criteria:

- Contribute at least one serving of fruit and/or vegetable per recipe serving.
- May not contain more than
  - 30% of calories from fat;
  - 10% of calories from saturated fat;
  - 100 milligrams of cholesterol per serving;
  - 480 milligrams of sodium per serving.

Recipes not provided by the National Cancer Institute or the Produce for Better Health Foundation must be analyzed using the ESHA Food Processor.

How does each recipe in this cookbook meet the Child Nutrition Program Regulations?

For the benefit of the traditional food based and enhanced food based menu planner, the United States Department of Agriculture, Child Nutrition Program component information is listed on each recipe in this cookbook. Nutrient information is also printed for each recipe.

Meal Pattern choices in the USDA National School Lunch Program

Schools may choose from five meal patterns:

- Traditional Food Based
- Enhanced Food Based
- Nutrient Standard Menu Planning (aka NSMP or NuMenus)
- Assisted Nutrient Standard Menu Planning (aka Assisted NSMP or Assisted NuMenus)
- Any reasonable approach

The basic National School Lunch meal pattern for each of the above choices follows. For more in-depth information about the meal patterns in the NSLP and Breakfast program, please go to either www.fns.usda.gov/cnd or to the Team Nutrition document entitled Healthy School Meals Training, which is in a three-ring-binder format and was distributed to all school food authorities in 1998.

Traditional Food Based Meal Pattern Component/Quantity Basic Requirements for Lunch

The traditional meal pattern allows the meal planner to use one meal pattern for grades K-12. This meal pattern consists of the following components:

- Meat/meat alternate
  2-ounce portion size of meat or an equivalent amount as meat alternate
- Bread
  8 servings of bread per week and at least one serving per day
- Fruit/Vegetable
  ¾ cup total served as either a combination of a fruit and a vegetable or two different fruits or two different vegetables
- Milk
  ½ pint

Enhanced Food Based Meal Pattern Component/Quantity Basic Requirements for Lunch

The enhanced food based meal pattern is just that, an enhancement of the traditional food based meal pattern. The enhancements help schools better conform to the principles of the Dietary Guidelines for Americans and the Food Guide Pyramid. This meal pattern choice contains the same components as the Traditional Food Based Meal Pattern, but requires the meal planner to plan quantities for two required grade groups – K-6 and 7-12. Other changes include:

- Meat/meat alternate
  2-ounce portion size of meat or an equivalent amount as meat alternate
- Bread
  12 servings of bread per week for grades K-6 and 15 servings for grades 7-12. At least one bread serving per day for both groups. In addition, one grain based dessert may be credited as a bread serving daily.
- Fruit/Vegetable
  Grades K-6: ¾ cup total of fruit/vegetable per day plus ½ cup per week; Grades 7-12: 1 cup total of fruit/vegetable per day. For both grade groups this can be a combination of a fruit and a vegetable or two different fruits or two different vegetables.
- Milk
  ½ pint

Nutrient Standard Menu Planning meal pattern for Lunch

NSMP is a menu planning choice, which allows schools to base their meal pattern on meeting nutrient standards for various age/grade groupings of students. This option requires a computer and USDA approved nutrient software to complete the nutrient analysis on the menus. The categories of nutrient standards to be met for different age/grade groups are below:

- Calories
- ≤ 30% calories from fat
- < 10% calories from saturated fat
- Protein
- Calcium
- Iron
- Vitamin A
- Vitamin C

Assisted Nutrient Standard Menu Planning meal pattern for Lunch

Assisted NSMP is a menu planning choice, which allows schools to base their meal pattern on meeting nutrient standards for various age/grade groupings of students. This option requires a computer and USDA approved nutrient software to complete the nutrient analysis on the menus. The nutrient analysis is completed by another entity other than the school and is often a contracted service. The categories of nutrient standards to be met are the same as they are for the NSMP.

Any Reasonable Approach for Lunch

This option was created for schools whose meal planning efforts did not conform to any of the four previous meal planning options. Schools wishing to utilize this menu planning approach must submit their intent and menu, in writing to USDA for approval.

Hazard Analysis and Critical Control Points (HACCP)

From "HACCP for child Nutrition Programs: Building on the Basics"
developed by the National Food Service Management Institute

HACCP is a food safety system that focuses on food. It is different from other food safety systems in a facility because of this focus. The underlying goal of a HACCP system is to prevent food safety problems from happening.

HACCP stands for Hazard Analysis and Critical Control Points. The two main concepts are:

- Hazard Analysis
- Critical Control Points

Hazard Analysis

HACCP prevents food safety problems before they happen by identifying and controlling possible hazards that can contaminate food as it flows through a facility. The identification of these hazards is called a hazard analysis. A hazard analysis identifies physical, chemical, or biological hazards that may cause the children you serve to become sick or injured. For example, a toothpick found in a food is a physical hazard that can cause children to choke or break a tooth. Sanitizers that accidentally get into the food are chemical hazards that can make children ill. Harmful microorganisms, such as Salmonella are biological hazards that can make children sick.

Critical Control Points

After all possible hazards are identified, HACCP controls these hazards through critical control points. A critical control point is an essential step in the food flow to prevent, eliminate or reduce a food safety hazard to an acceptable level. If hazards are not controlled at these points, then children may become sick or injured from the food you serve them.

Key Practices for Preventing Food Hazards

Control all hazards by careful food preparation and by following these key practices:

1) Limit the amount of time the food is out of temperature control in the temperature danger zone (41 deg. F to 140 deg. F) to 4 hours from time of arrival at kitchen until service.*
2) Using hot or cold temperature controls (bimetallic, calibrated thermometers or thermocoupler).
3) Make sure labels clearly display chemical hazards.
4) Use original containers for cleaners and sanitizers.
5) Store cleaners and sanitizers separately from food, serving, and packaging materials.
6) Wash hands thoroughly and frequently after every job.
7) Wash fruits and vegetables with plain water. Scrub thick-skinned produce with a vegetable brush to remove any possible residues.
8) Inspect equipment (make sure nothing is loose) and clean after every use.
9) Do not repair equipment temporarily with items that could potentially fall into food.
10) Remove staples, nails, etc. from food packaging.

*The critical temperatures for storing, cooking, baking and holding food:

Keep food cold – 40 deg. F or lower.

Keep food hot – 140 deg. F or higher.

Reheat food to 165 deg. F or higher

For more information on HACCP see the "Resources" section of this appendix.

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Internet Resources

5 A Day for Better Health Program

Centers for Disease Control and Prevention
http://www.cdc.gov/5aday

Dole Food Company Inc.
http://www.dole5aday.com/

National Cancer Institute
http://www.5aday.gov/

Produce for Better Health Foundation
http://www.5aday.com/

United States Department of Agriculture
http://www.nal.usda.gov/

United States Department of Agriculture (USDA)

http://schoolmeals.nal.usda.gov
USDA's school meals resource system. Many resources are on this site from all states.

www.nal.usda.gov/Childcare
USDA's child and adult care food program's resource system. Just like its school meals counterpart, there are many resources on this site from all states.

www.fns.usda.gov/cnd
USDA's website for the explanation of the Child Nutrition Programs.

www.ams.usda.gov
USDA's Farm Direct Marketing Website.

www.ams.usda.gov/directmarketing/coloringbook.htm
A coloring book based on farming, including fruits and vegetables.

Food Safety and Sanitation

www.fightbac.org
This website is the partnership for food safety education.

www.fsis.usda.gov
USDA's food safety and inspection service website

www.asfsa.org
Web address for the American School Food Service Association

www.nfsmi.org
Website of the National Food Service Management Institute

www.cfsan.fda.gov
Food and Drug Administration's website for the Center for Food Safety and Applied Nutrition

5 A Day for Better Health Program

The 5 A Day for Better Health Program is a nationwide initiative to increase Americans' consumption of fruits and vegetables to 5 to 9 servings a day to promote good health and reduce the risk of some cancers and other chronic diseases.

Founded in 1991 as a partnership between the National Cancer Institute and the Produce for Better Health Foundation, 5 A Day is one of the most widely recognized health promotion programs in the world. The Program's strength comes from the combined efforts and resources of its partners including the support and collaboration of the National 5 A Day Partnership Steering Committee members:

- American Cancer Society
- American Heart Association
- Association of State & Territorial Directors of Health Promotion & Public Health Education
- California Department of Health Services
- Centers for Disease Control and Prevention
- National Alliance for Nutrition and Activity
- National Cancer Institute
- Produce for Better Health Foundation
- Produce Marketing Association
- United Fresh Fruit and Vegetable Association
- United States Department of Agriculture

The New Hampshire 5 A Day for Better Health Program supports schools, worksites and communities with their 5 A Day promotions by offering:

- Technical assistance
- Brochures, posters and recipes
- Free-loan library materials (games, curricula, cookbooks and more)
- Exhibit and speaker for professional conferences

NH 5 A Day for Better Health Program
Department of Health and Human Services
Office of Community and Public Health
Bureau of Nutrition and Health Promotion
603-271-4830
800-852-3345, Ext.4830 (NH only)

Menu Planning in the USDA National School Lunch Program

The National School Lunch Act mandates that school meals "safeguard the health and well-being of the Nation's children". Participating schools must serve lunches that are consistent with the applicable recommendations of the most recent Dietary Guidelines for Americans including: eat a variety of foods; choose a diet with plenty of grain products, vegetables and fruits; choose a diet moderate in sugars and salt; and choose a diet with 30% or less of calories from fat and less than 10% of calories from saturated fat. In addition, lunches must provide, on average over each school week, at least 1/3 of the daily Recommended Dietary Allowances for protein, iron, calcium, and vitamins A and C. To provide local food service professionals with flexibility, there are four menu planning approaches to plan healthful and appealing meals. Schools choose one of the approaches that are listed in the appendices. The choice of what specific foods are served and how they are prepared and presented is made by local schools.

5 A Day Quantity Recipe Cookbook
Student Survey Form
Elementary School

NAME OF RECIPE: _____

What is your grade?_____

Directions: Please circle the phrase that best describes your answer to the question

1. What did you think of the appearance (including color and presentation) of this recipe?	☺I liked it	😐It was ok.	☹I did not like it.	Helpful comments about your answer to this question:
2. What did you think about the taste of the recipe?	☺I liked it.	😐It was ok.	☹I did not like it.	Helpful comments about your answer to this question:
3. What did you think about the smell and texture (the way it feels in your mouth) of the recipe?	☺I liked it.	😐It was ok.	☹I did not like it.	Helpful comments about your answer to this question:

ADDITIONAL COMMENTS:

5 A Day Quantity Recipe Cookbook
Student Survey Form
Middle and High School

NAME OF RECIPE: _____

What is your grade?_____

Directions: Please circle the phrase that best describes your answer to the question

1. What did you think of the appearance (including color and presentation) of this recipe?	I liked it	It was ok.	I did not like it.	Helpful comments about your answer to this question:
2. What did you think about the taste of the recipe?	I liked it.	It was ok.	I did not like it.	Helpful comments about your answer to this question:
3. What did you think about the smell and texture (the way it feels in your mouth) of the recipe?	I liked it.	It was ok.	I did not like it.	Helpful comments about your answer to this question:

ADDITIONAL COMMENTS:

_____

5 A Day Quantity Cookbook
Survey to be completed by Foodservice

Date	
School	
Number of employees at your school	
Contact person	
Job title	
Phone	
Fax	
e-mail	
Address	_____

1. Had you heard of the 5 A Day Program before receiving this cookbook?
☐ Yes ☐ No

2. Had you seen either of these logos before receiving this cookbook?
☐ Yes ☐ No

3. Was 5 A Day promoted at your school prior to receiving this book?
☐ Yes ☐ No

4. Would you like to receive more information about the 5 A Day Program?
☐ Yes ☐ No

5. Have you used any recipes from this cookbook?
☐ Yes ☐ No – if not, go to Question 13

6. If yes, approximately how many recipes have you used?

7. Which recipe has been the most liked by students?

Why? Please check the one with the most answers.
☐ Liked the taste.
☐ Liked the color/appearance.
☐ Liked the smell/texture.
☐ Other – please specify:

_____

8. Which recipe is the least liked by the students?

Why? Please check the one with the most answers
☐ Did not like the taste.
☐ Did not like the color/appearance.
☐ Did not like smell/texture.
☐ Other – please specify:

_____

9. Which recipe was most liked by the teachers and staff?

Why?
☐ Liked the taste.
☐ Liked the color/appearance
☐ Liked the smell/texture
☐ Other – please specify:

_____

10. Which recipe was least liked by the teachers and staff?

Why?
☐ Did not like the taste.
☐ Did not like the color/appearance
☐ Did not like the smell/texture
☐ Other – please specify

_____

11. Out of all the recipes made to this point, were all recipes made as per recipe ingredients and instructions?

☐ Yes ☐ No

If no, which recipes were not made as per ingredients and/or instructions and why? (Please go to #13 if needed)

12. Did you market the recipes on your menu?

☐ Yes ☐ No

If yes, how did you do this?

☐ by placing a "5 A Day" designation next to the recipe name on the newspaper menu.
☐ by placing a "5 A day" designation next to the recipe name on the household menu.
☐ by placing information in a newsletter to the household.
☐ Other – please specify

13. We welcome your additional comments.

_____
_____
_____
_____
_____
_____
_____

Please return this form to:

Cheri White
NH Dept. of Education
Bureau of Nutrition,
101 Pleasant St.
Concord, NH 03301

Use the back of this page if you need more space.