

Fun with Fruits &Vegetables Recipes



Funny Faces

Begin with an English muffin, rice cake, tortilla or piece of bread. Spread a layer of peanut butter on top. Then decorate with various foods. Use shredded carrots for hair. Ears or eyes may be banana slices or chopped grapes and pineapple tidbits could be teeth. Provide several toppings and let your child use his/her imagination.



Frozen Berry Yogurt Popsicles

Ingredients:
2 cups berry yogurt (any flavor)
1 can pears, including juice

Blend yogurt, pears and juice in blender, then pour into ice-pop molds or paper cups, and put in the freezer overnight. When using paper cups, insert popsicle sticks into the mixture when it is firm, but not yet completely frozen. Makes 4 large or 8 small popsicles.

Frozen Applesauce and Fruit Cup

Ingredients:
1 c. chunky or regular applesauce
10 oz. pkg frozen strawberries, thawed

11 oz. can mandarin orange segments, drained
1 c grapes, chopped
2 T. orange juice concentrate

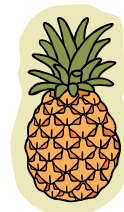
In medium bowl, combine all ingredients. Spoon fruit mixture into individual dishes or paper cups. Freeze until firm. Remove from freezer about 30 minutes before serving. 7 (1/2 cup) servings.



Hula Muffins

Ingredients:
2/3 c. sugar
1/3 c. vegetable oil
2 eggs
1 c. shredded carrots
3/4 c. canned, crushed pineapple, drained
1 1/2 c. all purpose flour
1/2 t. baking soda
1/2 t. salt
1/2 t. ground nutmeg

1. Heat oven to 425 degrees. Place paper baking cups in 12 cup muffin tin or coat each muffin cup with cooking spray.
2. Stir sugar, oil, eggs, carrot and pineapple in medium bowl until mixed. Stir in rest of ingredients. Spoon batter into muffin cups.
3. Bake 13-17 minutes until light golden brown or toothpick poked in the center comes out clean.



Healthy Banana Split

Ingredients:
1 small, ripe banana
1/2 cup fresh blueberries or other fresh fruit
1/2 cup nonfat or low-fat vanilla yogurt
1/2 cup low-sugar, high fiber cereal (such as Cheerios, Wheaties, Grape-Nuts, or Bran Flakes)

1. Peel the banana and slice it lengthwise (from tip to tip). Wash the blueberries by placing them in a colander and running water over them. (If you are using another fruit, wash it and cut it into small pieces.)
2. Spoon the yogurt in a mound in the center of a cereal bowl.
3. Sprinkle the cereal on top of the yogurt
4. Arrange the banana halves on either side of the yogurt
5. Sprinkle the top with the blueberries or other fruit.



Crunchy Bananas on a Stick

4 firm ripe bananas
8 wooden sticks with rounded ends
1 to 2 containers (6 ounces each) Yoplait Custard Style yogurt (any flavor)
3 cups Cheerios Cereal

Cover cookie sheet with waxed paper. Peel bananas; cut bananas in half. Insert wooden stick into cut end of each banana. Roll in yogurt, then in cereal. Place on cookie sheet. Freeze about 1 hour or until firm. Wrap each banana in plastic wrap or aluminum foil. Store in freezer. 8 servings

Berry Banana Fruit Smoothie

(makes 4 servings)

1 ripe banana

8 oz. strawberry yogurt

6 oz. unsweetened pineapple juice

Blend all ingredients together in a blender.

Orangana Smoothie

(makes 4 servings)

1 ripe banana

8 oz. vanilla yogurt

6 oz. orange juice

Blend all ingredients together in a blender.

Watermelon Strawberry Shake

1 container (8 ounces) lemon nonfat yogurt

2 cups cubed, seeded watermelon

1 pint fresh strawberries, cleaned and hulled

1 medium banana, peeled and sliced

In blender or food processor, process yogurt, watermelon, strawberries and banana until smooth and frothy. Serve immediately.

Makes 4 servings.



Sweet Potato Fries

Ingredients:

Extra-virgin olive oil, for lightly coating the potatoes

6 large sweet potatoes, peeled and sliced like steak fries

2 teaspoons kosher salt

1/4 packet taco seasoning mix

1. Preheat oven to 425 degrees F.

2. In a large mixing bowl, drizzle oil over the potatoes and toss to coat. Add salt and taco seasoning mix and toss.

3. Place sweet potato fries in one even layer onto a baking sheet. Keep space between them so they get crispy on all sides. Bake in batches.

4. Bake in the oven for 10 minutes, then flip fries over and bake for 10 more minutes. They should be soft on the inside and browned on the outside. Let them cool for 5 minutes before serving.

Easy Vegetarian Chili

1 large onion, chopped

1 bell pepper, chopped

1 T. oil

3 garlic cloves, chopped

3 one lb. cans of pinto beans

1 t. cumin

2 t. chili powder

1 one lb. can tomatoes

1/2 t. salt

1. Saute onion and green pepper in oil for 5 minutes.

2. Add garlic and sauté for another minute.

3. Add remaining ingredients and simmer 20-30 minutes.

4. Add bean liquid, if necessary, to retain moist consistency.

Green Eggs and Ham

3 Tablespoons butter or margarine

3 Tablespoons scallion tops

3 Tablespoons green pepper

3/4 cup chopped ham

10 eggs, large

2 T. Milk

Melt margarine in skillet. Sauté scallions, pepper, and ham. Blend the eggs and milk. Add to ingredients in skillet. Stir constantly until eggs are set. Makes 10 servings.

Italian Vegetable Beef Soup

1 pound ground beef

1 cup chopped onion

1 cup chopped celery

1 cup chopped carrots

2 cloves garlic, minced

1 (14.5 ounce) can peeled and diced tomatoes

1 (15 ounce) can tomato sauce

2 (19 ounce) cans kidney beans, drained and rinsed

2 cups water

5 teaspoons beef bouillon granules

1 tablespoon dried parsley

1/2 teaspoon dried oregano

1/2 teaspoon dried basil

2 cups chopped cabbage

1 (15.25 ounce) can whole kernel corn

1 cup macaroni

1 (15 ounce) can green beans

1. Place ground beef and garlic in a large soup pot. Cook over medium heat until evenly browned. Drain excess fat. Stir in onion, celery, carrots, garlic, chopped tomatoes, tomato sauce, beans, water and bouillon. Season with parsley, oregano and basil. Simmer for 20 minutes.

2. Stir in cabbage, corn, green beans and pasta. Bring to a boil, then reduce heat. Simmer until vegetables are tender and pasta is al dente. Add more water if needed.

