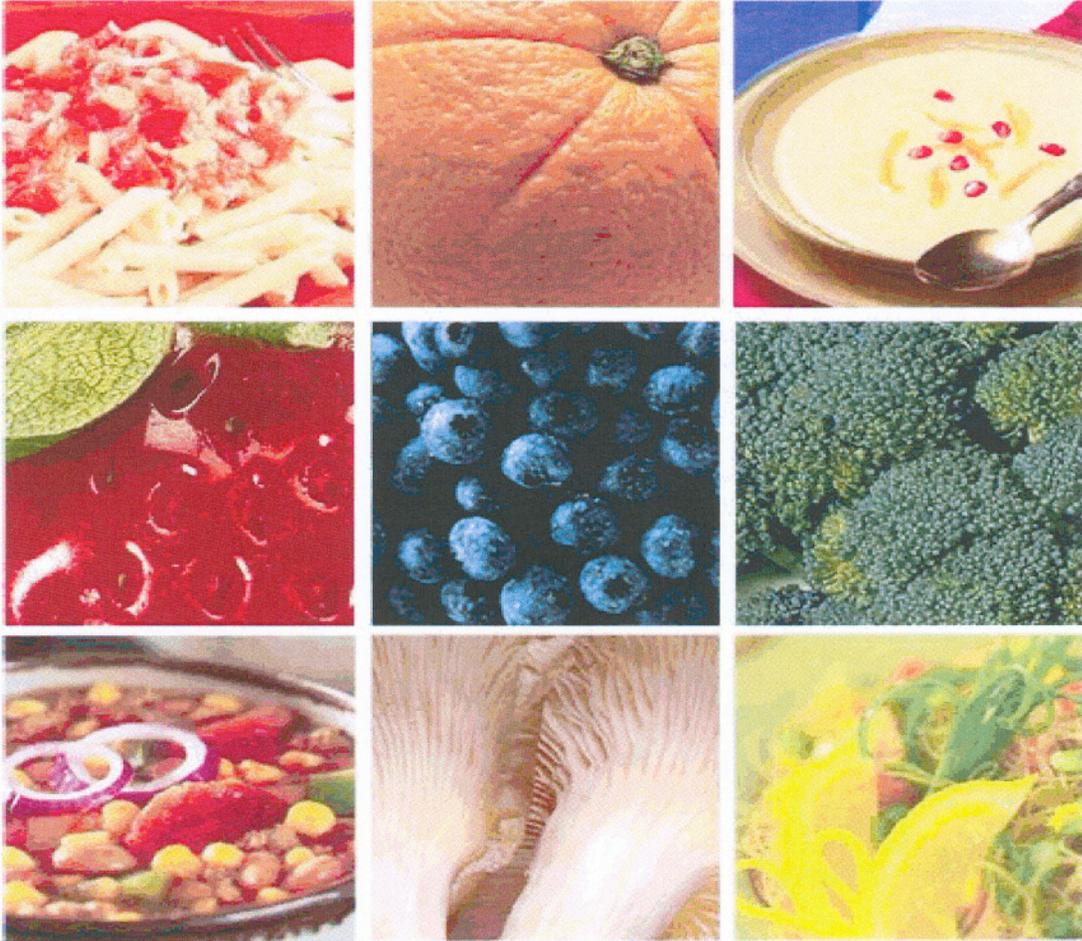


## Fruit and Vegetable Recipes



## Community Garden Recipes



## Table of Contents

1. Autumn Vegetable Succotash
2. Broccoli Soup
3. Butternut Squash Aux Fines Herbs
4. Cabbage Soup
5. Chicken Mole with Vegetables
6. Curried Butternut Apple Soup
7. Firehouse Lentil Soup
8. Grilled Corn on Cob
9. Grilled Vegetables
10. Mushroom Lasagna
11. Pasta Primavera
12. Pesto Minestrone
13. Potato Saute
14. Potato Vegetable Salad with Yogurt
15. Roasted Radishes and Root Vegetables
16. Roasted Squash with Potatoes & Garlic
17. Skillet Zucchini with Chopped Tomatoes
18. Stuffed Eggplant
19. Summer Squash Bisque
20. Winter Vegetable Stew

# 1. Autumn Vegetable Succotash

Recipe Summary:

- Preparation time: 20 minutes
- Number of Servings: 8
- Cups of Fruits and Vegetables per Person: 3

Ingredients:

- 1/4 cup olive oil
- 2 cloves garlic, finely chopped
- 2 cups diced zucchini
- 3 cups frozen lima beans
- 2 Tbsp coarsely chopped fresh sage
- 1 cup diced onion
- 2 cups diced red bell peppers
- 2 cups diced yellow summer squash
- 3 cups fresh or frozen corn kernels

Directions:

In a skillet over medium-high heat, add oil. Add onion; cook until translucent (2 minutes). Add garlic, bell peppers, zucchini, squash, lima beans, and corn. Season as desired; cook, stirring, until vegetables are tender (10 minutes). Stir in sage, and serve.

<b>Nutrition Facts</b>	
Autumn Vegetable Succotash	
Serving size 1/8 recipe	
<b>Amount Per Serving</b>	
<b>Calories 220</b>	Calories from Fat 70
<b>% Daily Value (DV)*</b>	
<b>Total Fat</b> 8g	12%
Saturated Fat 1g	5%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 40mg	2%
<b>Total Carbohydrate</b> 35g	12%
Dietary Fiber 7g	28%
Sugars 6g	
<b>Protein</b> 8g	
Vitamin A	30%
Vitamin C	150%
Calcium	4%
Iron	10%

\* Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange\*\*

- Carbohydrates: 2
  - Meat: 0
  - Fruit: 0
  - Vegetable: 1
  - Milk: 0
  - Fat: 1
  - Other: 0
- \*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

## 2. Broccoli Soup

Recipe Summary:

Preparation time: 30 minutes

Number of Servings: 4

Cups of Fruits and Vegetables per Person: 0.5

Ingredients:

- 3 cups chopped broccoli (or 2 10-ounce packages frozen broccoli)
- 1/2 cup chopped onion
- 2 cups nonfat milk
- 1/4 tsp salt
- Dash ground thyme
- 1/2 cup diced celery
- 1 cup low sodium chicken broth
- 2 Tbsp cornstarch
- Dash pepper
- 1/4 cup grated Swiss cheese

Directions:

Place vegetables and broth in saucepan. Bring to boil, reduce heat, cover, and cook until vegetables are tender (about 8 minutes). Mix milk, cornstarch, salt, pepper, and thyme; add to cooked vegetables. Cook, stirring constantly, until soup is lightly thickened and mixture just begins to boil. Remove from heat. Add cheese and stir until melted.

<b>Nutrition Facts</b>	
Broccoli Soup	
Serving size 1/4 of recipe	
Amount Per Serving	
<b>Calories 140</b>	<b>Calories from Fat 25</b>
% Daily Value (DV)*	
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 2g	8%
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 270mg</b>	<b>11%</b>
<b>Total Carbohydrate 20g</b>	<b>7%</b>
Dietary Fiber 5g	20%
Sugars 9g	
<b>Protein 11g</b>	
Vitamin A	35%
Vitamin C	140%
Calcium	30%
Iron	8%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange\*\*

Carbohydrates: 0

Meat: 0

Fruit: 0

Vegetable: 2

Milk: 0

Fat: 0

Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

### 3. Butternut Squash Aux Fines Herbs

Recipe Summary:

Preparation time: 40 minutes

Number of Servings: 4

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 1 lb butternut squash
- 1 cup thinly sliced onion
- 1/4 cup low-sodium chicken stock
- 1 Tbsp fresh parsley
- 1 tsp olive oil
- 3 large mushrooms, thinly sliced
- 1/2 tsp fresh tarragon
- 1-1/2 tsp fresh chives, snipped

Directions:

Peel the squash, remove the seeds and cut into 3/4 inch cubes. (To make peeling easier, prick the squash with a fork and microwave on high for 5 to 10 minutes.) Heat the oil in a large nonstick frying pan over medium-low heat, and add the onions and mushrooms. Sauté for about 5 minutes or until the onion softens. Add the squash and low-sodium chicken stock. Cover tightly and cook until the squash is tender, approximately 20 minutes. (If you are using dried chervil and/or tarragon, add these after 15 minutes of cooking.) Remove the cover, and cook a minute or two longer to evaporate most of the remaining liquid. Sprinkle on the parsley and chives, and also the fresh chervil and/or tarragon, if used.

<b>Nutrition Facts</b>	
Butternut Squash Aux Fines Herbs	
Serving size 1/4 recipe	
Amount Per Serving	
<b>Calories 70</b>	<b>Calories from Fat 10</b>
% Daily Value (DV)*	
<b>Total Fat 2g</b>	<b>2%</b>
Saturated Fat 0g	0%
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 10mg</b>	<b>0%</b>
<b>Total Carbohydrate 15g</b>	<b>5%</b>
Dietary Fiber 3g	12%
Sugars 4g	
<b>Protein 2g</b>	
Vitamin A	<b>200%</b>
Vitamin C	<b>40%</b>
Calcium	<b>6%</b>
Iron	<b>6%</b>

\* Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange\*\*

Carbohydrates: 1

Meat: 0

Fruit: 0

Vegetable: 2

Milk: 0

Fat: 0

Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

## 4. Cabbage Soup

Recipe Summary:

Preparation time: 4 hours

Number of Servings: 8

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 1 lb cabbage, finely shredded
- 4 carrots, sliced
- 2 vegetable bouillon, low sodium
- 1 qt tomato juice, low sodium
- 4 celery ribs, sliced
- 1 onion, chopped
- 2 garlic cloves, minced
- 4 cups water

Directions:

Combine all ingredients in slow cooker. Cover and cook on HIGH for 3-4 hours or until vegetables are tender.

<b>Nutrition Facts</b>	
Cabbage Soup	
Serving size 1/8 of recipe	
Amount Per Serving	
<b>Calories 70</b>	Calories from Fat 5
% Daily Value (DV)*	
<b>Total Fat 1g</b>	1%
Saturated Fat 0g	0%
<b>Cholesterol 0mg</b>	0%
<b>Sodium 140mg</b>	6%
<b>Total Carbohydrate 14g</b>	5%
Dietary Fiber 1g	4%
Sugars 2g	
<b>Protein 2g</b>	
Vitamin A	110%
Vitamin C	90%
Calcium	6%
Iron	6%

\* Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange\*\*

Carbohydrates: 0  
 Meat: 0  
 Fruit: 0  
 Vegetable: 2  
 Milk: 0  
 Fat: 0  
 Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

## 5. Chicken Mole with Vegetables

### Recipe Summary:

Preparation time: 1 hour, 30 minutes  
 Number of Servings: 6  
 Cups of Fruits and Vegetables per Person: 1

### Ingredients:

- 3 pounds chicken drumsticks and thighs, skin removed
- 6 dried guajillo chilies, seeded
- 1 onion, chopped
- 2 tsp ground cumin
- 4 chayotes, peeled and chopped
- 3 cups canned reduced-sodium chicken broth
- 6 tomatillos, husks removed, washed and chopped
- 5 cloves garlic, peeled
- 3 cups water
- 3/4 pound green beans, trimmed

### Directions:

Place chicken and broth in a large pot. Bring to a boil over high heat. Reduce heat to medium-low. Simmer, uncovered, for 30 minutes. In a large pan, cook chilies over low heat, turning frequently, until they change color and become fragrant. Stir in tomatillos, onion, garlic, cumin and 1 cup water. Bring to a boil over high heat. Cook, uncovered, for 5 minutes. Remove pan from heat. Let cool.

Place chili-tomatillo mixture (mole) in a blender container. Puree until smooth. Return pureed mixture to pan. Cook over medium heat, stirring occasionally, until thickened, about 5 minutes. Stir the thickened mole into chicken and broth. Simmer, uncovered, for 15 minutes. Meanwhile, in a medium saucepan, bring 2 cups water to a boil over high heat. Add chayotes and green beans. Cook 5 minutes. Drain. Serve with chicken and mole.

Nutrition Facts	
Chicken Mole with Vegetables	
Serving size 1/6 of recipe	
Amount Per Serving	
Calories 380	Calories from Fat 90
% Daily Value (DV)*	
Total Fat 10g	15%
Saturated Fat 3g	13%
Cholesterol 180mg	60%
Sodium 240mg	10%
Total Carbohydrate 20g	7%
Dietary Fiber 6g	24%
Sugars 8g	
Protein 52g	

Vitamin A	25%
Vitamin C	220%
Iron	25%
* Percent Daily Values are based on a 2,000 calorie diet.	

### Diabetic Exchange\*\*

Carbohydrates: 0  
 Meat: 6  
 Fruit: 0  
 Vegetable: 2  
 Milk: 0  
 Fat: 2  
 Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

## 6. Curried Butternut Apple Soup

Recipe Summary:

Preparation time: 1 hour

Number of Servings: 10

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 1/4 cup reduced fat margarine
- 1 rib celery
- 2 medium butternut squash (about 2 1/2 – 3 lbs) peeled, seeded, and cut into cubes
- 3 cups water (chicken stock or vegetable broth)
- 2 cups chopped onion
- 4 tsp curry powder
- 3 medium apples—peeled, cored, and chopped
- 1 cup cider

Directions:

In a heavy kettle, combine onions, celery, margarine and curry powder. Cover and cook over low heat until vegetables are tender (10–15 minutes), stirring often. Add cubed squash, chopped apples, and liquid (water, stock or broth) and bring to a boil. Reduce heat and simmer 20–30 minutes or until squash and apples are cooked thoroughly. Strain liquid and set aside. Puree the apple-squash mixture with one cup of the strained liquid. Add cider and remaining liquid to reach desired consistency. Garnish with grated apple, yogurt or low fat sour cream.

<b>Nutrition Facts</b>	
Curried Butternut Apple Soup	
Serving size 1/10 of recipe	
Amount Per Serving	
<b>Calories</b> 130	Calories from Fat 30
% Daily Value (DV)*	
<b>Total Fat</b> 4g	5%
Saturated Fat 1g	3%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 55mg	2%
<b>Total Carbohydrate</b> 26g	9%
Dietary Fiber 4g	16%
Sugars 11g	
<b>Protein</b> 2g	
Vitamin A	250%
Vitamin C	45%
Calcium	8%
Iron	6%

\* Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange\*\*

Carbohydrates: 0

Meat: 0

Fruit: 1

Vegetable: 3

Milk: 0

Fat: 1

Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

## 7. Firehouse Lentil Soup

Recipe Summary:

Preparation time: 30 minutes

Number of Servings: 6

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 1-1/2 cups uncooked lentils
- 1/2 tsp black pepper
- 1/2 tsp oregano
- 4 oz can diced green chilies, undrained
- 1 medium carrot, diced
- 1 Tbsp olive oil
- 6 cups water
- 1/2 tsp cumin
- 2 bay leaves
- 1 medium red bell pepper, chopped
- 1/4 cup lime juice

Directions:

Place first 6 ingredients in large pot. Bring to a boil and simmer until lentils are tender, about 20 minutes. Remove 1 cup of lentils and puree with green chilies in blender. Add back to the soup. Add bell peppers and carrots and cook until the vegetables are tender. Discard bay leaves before serving and serve with lime juice and olive oil.

<b>Nutrition Facts</b>	
Firehouse Lentil Soup	
Serving size 1/6 recipe	
Amount Per Serving	
<b>Calories 200</b>	Calories from Fat 25
% Daily Value (DV)*	
<b>Total Fat</b> 3g	5%
Saturated Fat 1g	3%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 80mg	3%
<b>Total Carbohydrate</b> 32g	11%
Dietary Fiber 12g	48%
Sugars 3g	
<b>Protein</b> 13g	
Vitamin A	40%
Vitamin C	80%
Calcium	6%
Iron	25%

\* Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange\*\*

Carbohydrates: 2  
 Meat: 0  
 Fruit: 0  
 Vegetable: 1  
 Milk: 0  
 Fat: 0  
 Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

## 8. Grilled Corn on Cob

### Recipe Summary:

Preparation time: 1 hour, 10 minutes

Number of Servings: 4

Cups of Fruits and Vegetables per Person: 1

### Ingredients:

- 4 ears fresh corn with silks and husks
- 1 fresh lime or lemon, cut into wedges
- salt and pepper to taste (optional)

### Directions:

Leaving on husks and silks, soak corn for 30 minutes in enough water to cover. Remove corn from water and pull the husks away from the top of the cobs to drain any excess water. Remove corn silk. Pull husks back up to cover corn. Arrange corn on grill over hot coals and close lid of grill. Cook 25–30 minutes, turning frequently, until corn is tender. If husks are too hot to handle, let them cool before removing them. Squeeze fresh lemon juice over corn. Sprinkle with salt, pepper, or chili powder.

### Quick and Easy Fresh Corn from the Microwave Oven

Pull down husks while leaving them attached at ends of corn. Remove corn silk.

Rinse. Pull husks back up to cover corn tightly. Microwave the ear for 3 minutes on high power. Pierce a kernel with fork to determine doneness. Re-secure husks and turn ear over if more cooking time is required. Cooking multiple ears of corn at the same time will require a longer cooking time. For husked corn, wrap ears in paper towel or microwave wrap and microwave until done.

<b>Nutrition Facts</b>	
Grilled Corn on Cob	
Serving size 1 ear of corn	
Amount Per Serving	
<b>Calories</b> 130	Calories from Fat 15
% Daily Value (DV)*	
<b>Total Fat</b> 2g	3%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 95mg	4%
<b>Total Carbohydrate</b> 29g	10%
Dietary Fiber 4g	16%
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	6%
Vitamin C	35%
Calcium	0%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet.	

### Diabetic Exchange\*\*

Carbohydrates: 2

Meat: 0

Fruit: 0

Vegetable: 0

Milk: 0

Fat: 0

Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

## 9. Grilled Vegetables

Recipe Summary:

Preparation time: 20 minutes

Number of Servings: 6

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 2 Tbsp vegetable oil
- 3 sweet potatoes, cut into 1-inch slices
- 1 eggplant, cut into 1/2-inch slices
- 2 cloves garlic, finely chopped
- 3 cobs of corn, cut into 2-inch sections
- 12 green onions, trimmed

Directions:

Mix oil and garlic in a large bowl. Add vegetables and toss. Place vegetables on broiler pan or grill. Cook 10 minutes, turning twice, until vegetables are tender. Place vegetables on a platter. Serve.

<b>Nutrition Facts</b>	
Grilled Vegetables	
Serving size 1/6 of recipe	
Amount Per Serving	
<b>Calories</b> 190	Calories from Fat 50
% Daily Value (DV)*	
<b>Total Fat</b> 6g	9%
Saturated Fat 1g	3%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 55mg	2%
<b>Total Carbohydrate</b> 34g	11%
Dietary Fiber 8g	32%
Sugars 8g	
<b>Protein</b> 5g	
Vitamin A	190%
Vitamin C	25%
Calcium	6%
Iron	8%

\* Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange\*\*

Carbohydrates: 2

Meat: 0

Fruit: 0

Vegetable: 1

Milk: 0

Fat: 1

Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

## 10. Mushroom Lasagna

### Recipe Summary:

Preparation time: 1 hour, 30 minutes

Number of Servings: 9

Cups of Fruits and Vegetables per Person: 1

### Ingredients:

- 1 lb low-fat cottage cheese
- 2 egg whites
- 1 Tbsp fresh minced chives
- 1/4 tsp freshly ground black pepper
- 1 cup onion (1 large), minced
- 1-1/2 lbs sliced mushrooms
- 4 cups low sodium red sauce of your choice
- 1/2 lb low-fat or part-skim ricotta cheese
- 2 Tbsp grated Parmesan cheese
- 1 Tbsp fresh minced parsley
- 8 oz whole wheat lasagna noodles, uncooked
- 1/4 cup dry red wine
- 1 cup chopped zucchini

### Directions:

Puree cottage cheese, ricotta, egg whites and Parmesan. Blend in chives, parsley and pepper by hand. In a large pot of lightly salted boiling water, cook lasagna noodles until just tender but not mushy, about 10 minutes.

Remove noodles with a slotted spoon, dip into cold water and lay out flat on clean kitchen towels (not paper towel, or they will stick).

In covered skillet, simmer onions in wine for about 5 minutes until very soft.

Stir frequently, but keep pot covered in between stirrings. Add mushrooms and zucchini and cook until soft and half their original volume, about 5 minutes. Drain the vegetables.

Preheat oven to 375°F. Combine the cheese mixture and all but 1/4 cup of the mushroom mixture. Spread 2 cups red sauce in the bottom of a 9-by-14 inch baking pan. Alternate layers of noodles and cheese mixture ending with a final layer of noodles. Cover with remaining sauce. Distribute reserved mushrooms over top. Bake, covered, for 1 hour. Uncover and bake for 5 minutes longer. Remove from oven and let sit for 10 minutes before cutting.

<b>Nutrition Facts</b>	
Mushroom Lasagna	
Serving size 1/9 of recipe	
Amount Per Serving	
Calories 240	Calories from Fat 45
% Daily Value (DV)*	
Total Fat 5g	8%
Saturated Fat 2g	10%
Cholesterol 10mg	3%
Sodium 360mg	15%

#### Diabetic Exchange\*\*

Carbohydrates: 1

Meat: 1

Fruit: 0

Vegetable: 2

Milk: 0

Fat: 0

Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association

<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 6g	24%
Sugars 8g	
<b>Protein</b> 17g	
Vitamin A	10%
Vitamin C	15%
Calcium	15%
Iron	20%

\* Percent Daily Values are based on a 2,000 calorie diet.

Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

## 11. Pasta Primavera

Recipe Summary:

Preparation time: 30 minutes

Number of Servings: 2

Cups of Fruits and Vegetables per Person: 3

Ingredients:

- 1 cup broccoli florets
- 1 cup sliced zucchini
- 1 Tbsp flour (for sauce)
- 1 cup skim milk (for sauce)
- 1/8 tsp black pepper (for sauce)
- 1 cup sliced carrots
- 1 cup macaroni or rotini pasta
- 1 Tbsp margarine (for sauce)
- 1/4 tsp dried basil (for sauce)
- 2 Tbsp Parmesan cheese (for sauce)

Directions:

Steam vegetables until crisp-tender, and cook macaroni according to package directions. In a small saucepan, melt margarine and 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.

<b>Nutrition Facts</b>	
Pasta Primavera	
Serving size 1/2 of recipe	
Amount Per Serving	
<b>Calories</b> 360	Calories from Fat 80
% Daily Value (DV)*	
<b>Total Fat</b> 8g	12%
Saturated Fat 2g	10%
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 200mg	8%
<b>Total Carbohydrate</b> 56g	19%
Dietary Fiber 5g	20%
Sugars 11g	
Protein 15g	
Vitamin A	180%
Vitamin C	80%
Calcium	25%
Iron	15%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange\*\*

Carbohydrates: 2

Meat: 0

Fruit: 0

Vegetable: 2

Milk: 0

Fat: 1

Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

## 12. Pesto Minestrone

### Recipe Summary:

- Preparation time: 30 minutes
- Number of Servings: 8
- Cups of Fruits and Vegetables per Person: 3

### Ingredients:

- 2 cups coarsely chopped cauliflower (the equivalent of about 2 small heads)
- 3 14.5 oz low sodium chicken broth
- 1 cup uncooked elbow macaroni or small pasta shells
- 1 cup sliced carrot
- 2 Tbsp olive oil
- 1 cup fresh, loosely packed basil leaves
- 1-1/2 cups chopped zucchini (1-2 medium)
- 1 16 oz can diced tomatoes, drained
- 3 cup kidney beans or black-eyed peas, drained and rinsed
- 1 cup chopped onion
- 2 garlic cloves
- 1 Tbsp water

### Directions:

#### *Minestrone*

In a 5-6 quart saucepan bring 1/2 cup water to boil and add 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.

#### *Pesto*

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.

<b>Nutrition Facts</b>	
Pesto Minestrone	
Serving size 1/8 recipe	
Amount Per Serving	
Calories 240	Calories from Fat 45
% Daily Value (DV)*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 130mg	5%
Total Carbohydrate 38g	13%
Dietary Fiber 12g	48%
Sugars 6g	
Protein 13g	

#### Diabetic Exchange\*\*

Carbohydrates: 2  
 Meat: 1  
 Fruit: 0  
 Vegetable: 1  
 Milk: 0  
 Fat: 1  
 Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

Vitamin A	60%
Vitamin C	30%
Calcium	4%
Iron	8%

\* Percent Daily Values are based on a 2,000 calorie diet.

## 13. Potato Saute

Recipe Summary:

Preparation time: 30 minutes

Number of Servings: 4

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 4 cups water
- 2 tsp vegetable oil
- 1 can corn, drained
- 1/2 tsp dried oregano
- 1/4 cup crumbled queso anejo or shredded Monterey Jack cheese
- 2 large russet potatoes, scrubbed and chopped
- 1 bell pepper, finely chopped
- 1 tomato, chopped
- salt and pepper to taste, optional

Directions:

In a large pan, bring water to a boil over high heat. Add potatoes. Cook until crisp-tender, about 5 minutes. Drain in a colander and pat dry. Set aside. In same pan, add vegetable oil. Heat over high heat until hot. Add potatoes and bell pepper. Cook for 2 minutes. Stir in corn, tomato, and oregano. Cook until vegetables are tender. Season with salt and pepper, if desired. Sprinkle each serving with 1 tablespoon cheese. Serve.

<b>Nutrition Facts</b>	
Potato Saute	
Serving size 1/4 of recipe	
<b>Amount Per Serving</b>	
<b>Calories 280</b>	<b>Calories from Fat 50</b>
<b>% Daily Value (DV)*</b>	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 2g	8%
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 450mg</b>	<b>19%</b>
<b>Total Carbohydrate 51g</b>	<b>17%</b>
Dietary Fiber 7g	28%
Sugars 9g	
<b>Protein 8g</b>	
Vitamin A	10%
Vitamin C	100%
Calcium	10%
Iron	10%

\* Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange\*\*

Carbohydrates: 3

Meat: 0

Fruit: 0

Vegetable: 1

Milk: 0

Fat: 1

Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

## 14. Potato Vegetable Salad with Yogurt

Recipe Summary:

Preparation time: 1 hour, 20 minutes

Number of Servings: 6

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 2 lbs red potatoes
- 2 cups cauliflower florets
- 1 medium cucumber
- 1/2 cup sliced scallions
- 3 Tbsp Dijon mustard
- 1/2 tsp freshly ground pepper
- 2 cups broccoli florets
- 2 medium carrots, peeled
- 3/4 cup sliced radishes
- 1 cup plain low-fat yogurt
- 1/2 tsp salt

Directions:

Steam potatoes until they are tender. While potatoes are cooling, steam broccoli and cauliflower until slightly cooked, about 4 minutes. Set broccoli and cauliflower aside to cool. Cut carrots into thin slivers. Slice cucumber. Cut potatoes into chunks. Gently stir all vegetables together in a large mixing bowl. In another bowl, whisk together yogurt, mustard, salt and pepper. Pour yogurt dressing over vegetables and stir carefully coated evenly. Refrigerate 1 hour before serving.

<b>Nutrition Facts</b>	
Potato Vegetable Salad with Yogurt	
Serving size 1/6 recipe	
Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 10
% Daily Value (DV)*	
<b>Total Fat</b> 1g	2%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 360mg	15%
<b>Total Carbohydrate</b> 34g	11%
Dietary Fiber 5g	20%
Sugars 8g	
<b>Protein</b> 7g	
Vitamin A	110%
Vitamin C	100%
Calcium	15%
Iron	10%

\* Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange\*\*

Carbohydrates: 1  
 Meat: 0  
 Fruit: 0  
 Vegetable: 1  
 Milk: 0  
 Fat: 0  
 Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

## 15. Roasted Radishes and Root Vegetables

### Recipe Summary:

Preparation time: 40 minutes

Number of Servings: 4

Cups of Fruits and Vegetables per Person: 1.5

### Ingredients:

- 3 medium sweet potatoes, peeled and cut into 2-inch chunks (about 3 cups)
- 2 medium red onions, peeled and quartered
- 1 whole head of garlic, cut in half lengthwise
- 1/2 tsp black pepper
- 1/4 tsp salt
- 4 medium parsnips, peeled and cut into 2-inch chunks, about 2 cups
- 12 oz radishes
- 2-1/2 Tbsp olive oil
- 1 Tbsp fresh or 1 tsp dried thyme

### Directions:

Preheat oven to 450 degrees.

In a large bowl put potatoes, parsnips, onions, radishes and garlic. Toss with olive oil, salt and pepper. Arrange vegetables in a single layer in a 15 1/2" x 10 1/2" roasting pan. bake until vegetables are tender and golden, stirring occasionally, about 45 minutes. Arrange vegetables on a serving platter. Sprinkle with thyme and garnish with thyme sprigs if desired.

<b>Nutrition Facts</b>	
Roasted Radishes and Root Vegetables	
Serving size 1/4 recipe	
Amount Per Serving	
<b>Calories</b> 260	Calories from Fat 80
% Daily Value (DV)*	
<b>Total Fat</b> 9g	14%
Saturated Fat 2g	8%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 240mg	10%
<b>Total Carbohydrate</b> 43g	14%
Dietary Fiber 9g	36%
Sugars 11g	
<b>Protein</b> 4g	
Vitamin A	280%
Vitamin C	60%
Calcium	10%
Iron	10%

\* Percent Daily Values are based on a 2,000 calorie diet.

### Diabetic Exchange\*\*

Carbohydrates: 2  
 Meat: 0  
 Fruit: 0  
 Vegetable: 1  
 Milk: 0  
 Fat: 2  
 Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

## 16. Roasted Squash with Potatoes & Garlic

Recipe Summary:

- Preparation time: 1 hour
- Number of Servings: 8
- Cups of Fruits and Vegetables per Person: 2

Ingredients:

- 1 unpeeled acorn squash, washed, halved, seeded and cut into 12 equal pieces
- 4 cloves garlic, peeled and crushed
- 1 large sprig rosemary
- 4 medium (about 2 lbs) unpeeled butter potatoes, washed and quartered
- 3 Tbsp olive oil

Directions:

Preheat oven on 425°F.

Combine squash, potatoes and garlic in 9 x 13-inch shallow baking pan. Drizzle with oil. Salt and pepper to taste. Top with rosemary sprig. Bake 45-50 minutes, turning once after vegetables are browned on one side.

Option: Squash may be peeled if desired.

<b>Nutrition Facts</b>	
Roasted Squash with Potatoes & Garlic	
Serving size 1/8 recipe	
Amount Per Serving	
<b>Calories</b> 150	Calories from Fat 45
% Daily Value (DV)*	
<b>Total Fat</b> 5g	8%
Saturated Fat 1g	3%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 10mg	0%
<b>Total Carbohydrate</b> 24g	8%
Dietary Fiber 3g	12%
Sugars 2g	
<b>Protein</b> 3g	
Vitamin A	4%
Vitamin C	25%
Calcium	4%
Iron	8%

\* Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange\*\*

- Carbohydrates: 1
- Meat: 0
- Fruit: 0
- Vegetable: 1
- Milk: 0
- Fat: 1
- Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

## 17. Skillet Zucchini with Chopped Tomatoes

Recipe Summary:

Preparation time: 10 minutes

Number of Servings: 4

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 1 tsp whipped light butter
- 4 small (6-in/15cm) zucchini, thinly sliced
- freshly ground pepper
- 1 cup chopped onion
- 2 medium tomato, chopped

Directions:

In a large nonstick skillet, melt margarine over medium heat; add onions and cook, stirring until softened. Add zucchini and cook for 2 minutes. Add tomatoes and cook for 3 to 5 minutes or until zucchini is tender-crisp. Season to taste with pepper.

<b>Nutrition Facts</b>	
Skillet Zucchini with Chopped Tomatoes	
Serving size 1/4 recipe	
Amount Per Serving	
<b>Calories 50</b>	Calories from Fat 5
% Daily Value (DV)*	
<b>Total Fat</b> 1g	1%
Saturated Fat 1g	3%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 20mg	1%
<b>Total Carbohydrate</b> 11g	4%
Dietary Fiber 3g	12%
Sugars 5g	
<b>Protein</b> 2g	
Vitamin A	15%
Vitamin C	60%
Calcium	4%
Iron	4%

\* Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange\*\*

Carbohydrates: 0

Meat: 0

Fruit: 0

Vegetable: 2

Milk: 0

Fat: 0

Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

## 18. Stuffed Eggplant

### Recipe Summary:

Preparation time: 45 minutes

Number of Servings: 4

Cups of Fruits and Vegetables per Person: 1

### Ingredients:

- 1-1/2 cups bread crumbs
- 2 diced tomatoes
- 1/2 cup diced onion
- 2 Tbsp fresh minced parsley
- vegetable cooking spray
- 2 eggplants
- 1/2 cup diced green bell pepper
- 1/3 cup diced celery
- 2 Tbsp fat free Parmesan cheese

### Directions:

Preheat oven to 350°F. Cut eggplants in half lengthwise. Scoop out and save the flesh, leaving the shells 3/8-inch-thick. If necessary, trim a small piece off the bottom of each shell so it won't tip over. Set aside. Coat large skillet with vegetable cooking spray. Chop up reserved eggplant and add to skillet. Add tomato, bell pepper, onion, and celery. Place skillet over medium heat; cover and cook about 5 minutes, until vegetables are tender. Remove skillet from heat. Stir in bread crumbs and parsley. Spoon mixture into the hollow eggplant shells. Arrange stuffed shells in a shallow baking dish coated with vegetable spray. Sprinkle 1½ tsp Parmesan on top of each shell. Bake for 25 minutes, until filling heats through and top is golden brown.

<b>Nutrition Facts</b>	
Stuffed Eggplant	
Serving size 1/4 recipe	
Amount Per Serving	
<b>Calories</b> 270	Calories from Fat 30
% Daily Value (DV)*	
<b>Total Fat</b> 4g	5%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 360mg	15%
<b>Total Carbohydrate</b> 51g	17%
Dietary Fiber 13g	48%
Sugars 11g	
<b>Protein</b> 11g	
Vitamin A	20%
Vitamin C	50%
Calcium	10%
Iron	20%

\* Percent Daily Values are based on a 2,000 calorie diet.

### Diabetic Exchange\*\*

Carbohydrates: 2

Meat: 0

Fruit: 0

Vegetable: 4

Milk: 0

Fat: 0

Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

## 19. Summer Squash Bisque

### Recipe Summary:

Preparation time: 30 minutes

Number of Servings: 6

Cups of Fruits and Vegetables per Person: 1

### Ingredients:

- 1 cup chopped shallots
- 2 garlic cloves, minced
- 2 small yellow summer squash, chopped
- 4 cups low sodium vegetable broth
- 1 tsp dried tarragon
- 6 thin slices zucchini (for garnish)
- 1/2 cup chopped green onion
- 4 medium zucchini, chopped
- 1 cup peeled and cubed Idaho potatoes
- 2 cups chopped kale
- 1/2 cup fat-free half and half
- 6 thin slices yellow summer squash (for garnish)

### Directions:

Spray large saucepan with cooking spray; heat over medium heat until hot. Saute shallots, green onions, and garlic until tender. Add chopped zucchini, yellow squash, and potato. Saute for 5 to 8 minutes.

Add stock, kale, and tarragon to saucepan; heat to boil and reduce heat to simmer, covered, until vegetables are tender about 10 to 15 minutes.

Process soup in food processor or blender until smooth and return to saucepan. Stir in half and half. Serve warm or chilled with a slice of zucchini and summer squash.

Nutrition Facts	
Summer Squash Bisque	
Serving size 1/6 recipe	
Amount Per Serving	
Calories 100	Calories from Fat 5
% Daily Value (DV)*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 130mg	5%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 5g	
Vitamin A	80%
Vitamin C	80%
Calcium	10%
Iron	10%

\* Percent Daily Values are based on a 2,000 calorie diet.

### Diabetic Exchange\*\*

Carbohydrates: 0

Meat: 0

Fruit: 0

Vegetable: 2

Milk: 0

Fat: 0

Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

## 20. Winter Vegetable Stew

### Recipe Summary:

Preparation time: 45 minutes

Number of Servings: 6

Cups of Fruits and Vegetables per Person: 1.5

### Ingredients:

- 1 cup onions, cut into 1/2 inch wedges
- 2 carrots
- 1 cup parsnips
- 1 red bell pepper
- 1 cup puréed tomato
- 1/4 tsp cayenne
- 1/4 tsp salt
- 1 bunch cilantro sprigs, rinsed, or thinly sliced green onions
- 1 sweet potato
- 1 lb banana or Hubbard squash
- 2 cloves garlic
- 2 cups low sodium, low-fat vegetable broth
- 2 Tbsp lime juice
- 1 (10 oz) package frozen peas
- 1/8 tsp black pepper

### Directions:

Peel onions and cut into 1/2-inch-thick wedges. Peel the sweet potato, carrots, squash, and parsnips; cut into 3/4-inch pieces. Peel and mince or press garlic. Rinse bell pepper; stem, seed, and cut into 1/2-inch strips.

Cook onions, sweet potato, carrots, squash, parsnips, garlic, and 1 cup of broth in a covered pan for 10 minutes, stirring occasionally. Add a few Tbsp of water if mixture begins sticking to pan.

Add 1 more cup of broth, along with the bell pepper, tomato sauce, lime juice, and cayenne to taste. Return to a boil, and then reduce heat. Simmer covered until vegetables are tender when pierced, about 12 to 15 minutes. If stew sticks to pan or gets thicker than desired, add more broth as needed.

Add peas and stir occasionally until hot, about 2 minutes. Add salt and pepper to taste. Ladle into soup bowls, and garnish with cilantro or sliced green onions.

<b>Nutrition Facts</b>	
Winter Vegetable Stew	
Serving size 1/6 recipe	
Amount Per Serving	
<b>Calories 150</b>	<b>Calories from Fat 10</b>
% Daily Value (DV)*	
<b>Total Fat 2g</b>	<b>2%</b>
<b>Saturated Fat 1g</b>	<b>3%</b>
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 390mg</b>	<b>16%</b>
<b>Total Carbohydrate 30g</b>	<b>10%</b>

### Diabetic Exchange\*\*

Carbohydrates: 1

Meat: 0

Fruit: 0

Vegetable: 3

Milk: 0

Fat: 0

Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

Dietary Fiber 8g	<b>32%</b>
Sugars 9g	
Protein 7g	
Vitamin A	<b>250%</b>
Vitamin C	<b>100%</b>
Calcium	<b>6%</b>
Iron	<b>10%</b>
* Percent Daily Values are based on a 2,000 calorie diet.	