



Apples on the Grill

4 granny smith apples

1 Tablespoon sugar

1 teaspoon cinnamon

Cooking Spray

Spray a grill pan or use aluminum foil and spray before starting the grill.

Cut apples into wedges and then toss the apples with the sugar and cinnamon.

Place on grill and grill for 3-5 minutes until apples are tender.
Serve warm.

Grilled Vegetables

Recipe Summary:

Preparation Time: 20 minutes

Number of Servings: 6

Cups of Fruits and Vegetables Per Person: 1.00

Ingredients:

2 Tbsp vegetable oil

2 cloves garlic, finely chopped

3 sweet potatoes, cut into 1-inch slices

3 cobs of corn, cut into 2-inch sections

1 eggplant, cut into 1/2-inch slices

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.

Nutrition Facts	
Grilled Vegetables	
Serving Size 1/6 of recipe	
Amount Per Serving	
Calories 190	Calories from Fat 50
	% Daily Value (DV)*
Total Fat 6g	9%
Saturated Fat 1g	3%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 34g	11%
Dietary Fiber 8g	32%
Sugars 8g	
Protein 5g	
Vitamin A	190%
Vitamin C	25%
Calcium	6%
Iron	8%
* Percent Daily Values are based on a 2,000 calorie diet.	

Source: Center for Disease Control

Fiesta Hummus

Yield: 6 servings

Serving Size: 1/4 cup

Nutrition Facts		
Serving Size 1/4 cup (101g)		
Servings Per Container 6		
Amount Per Serving		
Calories 120	Calories from Fat 30	
% Daily Value*		
Total Fat 3g	5%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 330mg	14%	
Total Carbohydrate 18g	6%	
Dietary Fiber 3g	12%	
Sugars 2g		
Protein 5g		
Vitamin A 2%	Vitamin C 10%	
Calcium 6%	Iron 6%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>		
	<small>Calories</small>	
	<small>2,000</small>	
	<small>2,500</small>	
Total Fat	Less Than 65g	80g
Saturated Fat	Less Than 20g	25g
Cholesterol	Less Than 300mg	300 mg
Sodium	Less Than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
<small>Calories per gram:</small>		
	Fat 9	Carbohydrate 4 • Protein 4

Ingredients:

- 1 can garbanzo beans
- 1/2 teaspoon cumin
- 1/4 teaspoon salt
- dash cayenne pepper
- 2 garlic cloves, minced
- 1/2 cup plain, non-fat yogurt
- 1 Tablespoon lime juice
- 1 Tablespoon sesame oil
- 1-2 finely chopped jalapeno peppers
- 2 Tablespoons chopped cilantro

Instructions:

1. Drain and mash garbanzo beans in blender, food processor or with fork. Add remaining ingredients.
2. Blend until smooth. Chill one hour or overnight. Serve on crackers or tortilla chips. Promptly refrigerate leftovers.

Source:

Oregon State University

http://oregonstate.edu/dept/kbrec/sites/default/files/documents/health/Fiesta_Hummus.pdf

Available at SNAP-ED Connection Recipe Finder. www.recipefinder.nal.usda.gov

Cowboy Caviar

Ingredients:

- 1 (15-ounce) can kidney beans, drained
- 1 (15-ounce) can black beans, drained
- 1 (15-ounce) can corn, drained
- 1 (15-ounce) can crushed tomatoes or 2 medium tomatoes chopped
- 1 (4-ounce) can chopped green chiles, drained or small green pepper chopped
- ¼ cup onion, finely chopped
- 3 limes juiced (optional)
- 1 tablespoon vegetable oil or ¼ cup low fat Italian Dressing
- Salt and pepper to taste

Directions:

1. Mix kidney beans, black beans, corn, tomatoes, chilies, and onion in a large bowl.
2. Add lime juice, oil, salt, and pepper; toss gently to combine.
3. Serve alone or with tortilla chips

Makes: 16 (½ cup) servings

Nutrient Analysis per ½ cup serving: 90 calories, 1.5 grams of fat, 0 Cholesterol, 260 mg of sodium, 17 grams of Carbohydrate, 5 grams Dietary Fiber, 4 grams of Protein.

Source: Eating Smart – Being Active, EFNEP, Ohio State University Extension.

The following recipes are from *Cooking for a Life Time*, The University of Georgia Cooperative Extension.

Broccoli Salad

You'll Need -

2 bunches broccoli florets
1 bunch cauliflower
3 bunches green onions
½ cup dried cranberries
1/2 cups fat-free mayonnaise
1/4 cups Red wine vinegar
1/3 cups salad oil

1/2 teaspoons salt

Pepper, to taste

Take Out -

Knife
Cutting board
Measuring cups and spoons
Salad bowl
Small bowl
Spoon
Towels

1. Wash hands and assemble clean equipment.
2. Wash broccoli and cauliflower. Lay on towels to dry. Cut broccoli and cauliflower in small pieces; add cranberries and chopped onions.
3. Blend dressing ingredients and pour over vegetables. Refrigerate overnight.

Nutrient Analysis, per serving: 121 calories, 12 g. carbohydrates, 2 g. protein, 10 g. fat, Cholesterol 3 mg., 3g. fiber, Sodium 201 mg.

Marinated Broccoli Salad

You'll Need -

4 cups broccoli florets
4 medium carrots, thinly sliced
2 small onions, sliced and
separated in rings
1 can (2 ¼ oz.) sliced ripe
olives, drained
1 jar (2 oz.) diced pimentos,
drained
1 bottle (8 oz.) light Italian Salad
Dressing
¾ cups chopped walnuts

Take Out –

Measuring cups and spoons
Knife
Cutting board
Medium bowl
Mixing spoon

1. Wash hands and assemble clean equipment.
 2. In a bowl, combine the broccoli, carrots, onions, olives and pimentos. Add dressing and toss to coat.
 3. Cover and refrigerate for at least 4 hours. Just before serving stir in walnuts.
- Makes 8 servings.**

Nutrient Analysis, per serving: 145 calories, 10 g. carbohydrates, 4 g. protein, 11 g. fat, Cholesterol 2 mg., 4 g. fiber, Sodium 321 mg.

Mock Frozen “Peach” Daiquiri

You'll Need -

- 1 cup juice packed canned peaches
- 1 tablespoon fresh lemon juice
- 2 tablespoons frozen pink lemonade concentrate
- 1 cup crushed ice

Take Out –

- Blender
- Spatula
- Frosted glasses

1. Wash hands and assemble clean equipment.
2. Chill peaches in freezer until very cold. Add to blender container with pink lemonade concentrate, lemon juice and crushed ice. Puree until smooth. Pour into glasses. **Makes two servings.**

Nutrient Analysis, per serving: 80 calories, 21 g. carbohydrate, <1 g. protein, 0 g. fat, 1 g. dietary fiber, 0 mg. cholesterol, sodium 7 mg.

Guiltless Guacamole

You'll Need -

1 box 10 oz. frozen peas, thawed
½ ripe avocado, chopped
1 can 4 oz. green chili peppers, diced
3 tablespoons fresh lime juice
3 tablespoons fat free sour cream
1 minced clove of garlic
1 teaspoon ground cumin
1 ½ cup chopped plum tomatoes
1/3 cup chopped red onion
3 tablespoons chopped fresh cilantro
Salt and pepper to taste

Take Out -

Food processor
Measuring cups and spoons
Cutting board
Knife
Medium mixing bowl
Plastic wrap
Spatula
Scissors or kitchen shears

1. Combine first seven ingredients and process until smooth in a blender or food processor.
2. Put in medium mixing bowl and stir in tomatoes, onions and cilantro.
3. Season to taste.
4. Store covered in the refrigerator for up to four or five days.

Makes about 16 servings

¼ cup serving yields: 42 calories, 1.4 grams of fat, 1.7 protein grams, 6.2 grams of carbohydrates, 2.2 dietary fiber grams, 0 cholesterol and 69 mg of sodium

Spicy Turkey Tacos

You'll Need -

- 1 pound ground turkey
- 1 (8 oz.) can tomato sauce
- 1 teaspoon chili powder
- ½ teaspoon cumin
- ½ teaspoon oregano
- ¼ teaspoon garlic powder
- 8 taco shells, hard or soft
- 4 oz. shredded cheese
- 1 cup shredded lettuce
- ¼ cup taco sauce

Take Out –

- Large skillet
- Pancake turner
- Measuring cups and spoons

1. Wash hands and assemble clean equipment.
2. Brown ground turkey in large skillet and drain off grease.
3. Add tomato sauce, chili powder, cumin, oregano and garlic.
4. Simmer 5 minutes. Spoon turkey mixture into hard or soft taco shells.
5. Top with shredded cheese, lettuce and taco sauce.

Makes 8 servings

Nutrient Analysis, per serving: 217 calories, 11 g. carbohydrate, 15 g. protein, 13 g. fat, 2 g. dietary fiber, 60 mg. cholesterol, sodium 405 mg.

Confetti Bean Salad

You'll Need -

4 cans of beans, drained
and rinsed (black beans,
northern beans, purple
hull peas, and lima)
2 cups frozen corn, cooked
1 cup boiled, sliced mushrooms
1/2 cucumber, thinly sliced
1/2 green pepper, chopped
2 green onions, sliced
1 zucchini, sliced
1 teaspoon celery seed
1 dill pickle, chopped
2 tablespoon olive oil
4 tablespoons vinegar
1/2 cup Splenda

Take Out -

3-quart bowl
Knife
Cutting board
Measuring cups and spoons
Mixing spoon

1. Wash hands and assemble clean equipment.
2. Combine all ingredients in a 3-quart bowl. Cover and chill. **Makes 12 servings.**

Nutrient Analysis, per serving: 204 calories, 35 g carbohydrate, 11 g protein, 3 g fat, 11 g dietary fiber, 0 mg cholesterol, sodium 345 mg.

Source: *Cooking for a Life Time*, The University of Georgia Cooperative Extension.

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