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# **Apple Salad**

- 2 tablespoons whipped salad dressing or mayonnaise
- 1 tablespoon orange juice
- 2 cups diced apples
- 1 cup diced celery
- ¶ ½ cup raisins
- ¶ ½ cup nuts

Mix orange juice with salad dressing or mayonnaise. Add apples, celery, raisins and nuts; mix gently. Makes 8 servings.

Source: University of Kentucky Cooperative Extension Service

# Healthy Shop Healthy

**Apple Salad** 

- 2 tablespoons whipped salad dressing or mayonnaise
- 1 tablespoon orange juice
- 2 cups diced apples
- 1 cup diced celery
- √ 1/2 cup raisins
- ¶ ½ cup nuts

Mix orange juice with salad dressing or mayonnaise. Add apples, celery, raisins and nuts; mix gently. Makes 8 servings.

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# **Apple Salad**

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### Apple Salad

# Nutrition Facts Serving Size 1/2 cup

Amount Per Serving
Calories 110

	% Daily Value*
Total Fat 6g	9%
Sodium 45mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%

Vitamin A 2%	Vitamin C	4%
Calcium 2%	Iron	2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

### **Nutrition Facts**

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### **Awesome Granola**

- ◀ ¼ cup margarine, melted
- 3 cups rolled oats, uncooked
- ½ cup shredded or flaked coconut
- 1 cup chopped nuts
- ◀ ¼ cup honey or maple syrup
- 1½ teaspoon cinnamon

Source: Texas AgriLife Extension

Heat oven to 350°F. In a large bowl, combine all ingredients except raisins; mix well. Bake in a 13 × 9-inch pan for 25 to 30 minutes or until gold brown, stirring every 5 to 10 minutes. After removing from oven, stir in raisins. Cool thoroughly. Store in tightly covered container. Makes 10 servings. (See back of card for alternative cooking options.)



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LINUXEDCITY OF MICCOURLEVERICION

# **Awesome Granola**

- 3 cups rolled oats, uncooked
- ½ cup shredded or flaked coconut
- 1 cup chopped nuts
- ¼ cup honey or maple syrup
- 1½ teaspoon cinnamon
- √
  <sup>2</sup>/<sub>3</sub> cup raisins

Source: Texas AgriLife Extension

Heat oven to 350°F. In a large bowl, combine all ingredients except raisins; mix well. Bake in a 13 × 9-inch pan for 25 to 30 minutes or until gold brown, stirring every 5 to 10 minutes. After removing from oven, stir in raisins. Cool thoroughly. Store in tightly covered container. Makes 10 servings. (See back of card for alternative cooking options.)



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#### Awesome Granola

#### Notes:

- This recipe can also be made in an electric skillet. Set skillet to 300°F. Cook mixture in skillet until lightly browned, stirring constantly. Turn off heat. Stir in raisins. Cool thoroughly.
- This recipe can also be cooked in a microwave by using a glass baking dish. Microwave on HIGH about 8 minutes or until golden brown, stirring after every 2 minutes. Stir in raisins. Put mixture on cookie sheet or aluminum foil to cool.

Amount Per Serving	
Calories 250	
	% Daily Value*
Total Fat 14g	22%
Sodium 50mg	2%
Total Carbohydrate 30g	10%
Dietary Fiber 4g	18%
Protein 4g	
Vitamin A 4%	Vitamin C 0%
Calcium 2%	Iron 8%

#### Notes:

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### **Nutrition Facts**

Serving Size 1/2 cup (55g)

# Amount Per Serving Calories 250

	% Daily Value*
Total Fat 14g	22%
Sodium 50mg	2%
Total Carbohydrate 30g	10%
Dietary Fiber 4g	18%
Protein 4a	

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# **Baked Tortilla Chips**

- 8 small corn or whole-wheat flour tortillas
- Nonstick cooking spray
- Garlic salt or other spices

Source: University of Missouri Extension Family Nutrition Education Programs

Preheat oven to 450°F. Cut each tortilla into 6 wedges. Lay wedges on a cookie sheet that has been sprayed with cooking spray. Spray tops of tortillas lightly with cooking spray. Sprinkle with garlic salt, cinnamon and sugar, or other spices. Bake 6 to 10 minutes or until golden brown. Makes 4 servings.



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### Baked Tortilla Chips

#### Note:

- Serve with salsa, dips, salad or soup.
- For cinnamon-sugar, mix 1 tablespoon sugar and ½ teaspoon cinnamon. Chips made with cinnamon and sugar are great with fruit salsa.

Amount Per Serving	
Calories 120	
	% Daily Value
Total Fat 1.5g	2%
Sodium 5mg	5%
Total Carbohydrate 24g	8
Dietary Fiber 3g	12%
Protein 3g	
Vitamin A 0%	Vitamin C 09
Calcium 10%	Iron 4º

#### Note:

- Serve with salsa, dips, salad or soup.
- For cinnamon-sugar, mix 1 tablespoon sugar and ½ teaspoon cinnamon. Chips made with cinnamon and sugar are great with fruit salsa.

Amount Per Serving	
Calories 120	
	% Daily Value*
Total Fat 1.5g	2%
Sodium 5mg	5%
Total Carbohydrate 24g	8%
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#### Note:

- Serve with salsa, dips, salad or soup.
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### **Nutrition Facts** Serving Size 12 chips Amount Per Serving Calories 120 % Daily Value\* Total Fat 1.5g Sodium 5mg 8% Total Carbohydrate 24g Dietary Fiber 3g Protein 3g Vitamin A 0% Vitamin C 0% Calcium 10% Iron 4% Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on

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# **Banana Wraps**

- ◀ 1 (8-inch) flour tortilla
- 2 to 3 tablespoons peanut butter or low-fat cream cheese
- 1 banana, washed and peeled

Spread peanut butter or cream cheese on tortilla. Roll tortilla tightly around banana. Slice into pinwheels or serve whole. Makes 1 serving.

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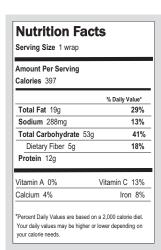
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### Banana Wraps



#### **Nutrition Facts** Serving Size 1 wrap **Amount Per Serving** Calories 397 % Daily Value\* Total Fat 19g 29% Sodium 288mg 13% Total Carbohydrate 53g 41% Dietary Fiber 5g Protein 12g Vitamin A 0% Vitamin C 13% Calcium 4% Iron 8% \*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on vour calorie needs

# Nutrition Facts Serving Size 1 wrap Amount Per Serving Calories 397

	% Daily Value*
Total Fat 19g	29%
Sodium 288mg	13%
Total Carbohydrate 53g	41%
Dietary Fiber 5g	18%
Protein 12g	

Vitamin A 0%	Vitamin C 13%
Calcium 4%	Iron 8%

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### **Bean and Rice Burritos**

- 1 small onion, chopped
- 2 cups cooked kidney beans or 1 (15-ounce) can, drained
- 2 cups cooked white or brown rice
- 8 (10-inch) flour tortillas
- √ ½ cup salsa
- ¶ ½ cup grated cheese

Preheat oven or electric skillet to 300°F. Mix onion, beans and rice. Put ½ cup of mixture in the middle of each tortilla. Fold tortilla sides to hold filling. Place each filled tortilla in baking pan or electric skillet. Bake 15 minutes. Serve with salsa and grated cheese. Makes 8 servings.

Source: The Pennsylvania Nutrition Education Program



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### Bean and Rice Burritos

#### Note:

 This recipe is a good use of leftover cooked rice.

#### **Nutrition Facts** Serving Size 1 burrito (187g) Amount Per Serving Calories 370 % Daily Value\* Total Fat 8g 12% Sodium 560mg Total Carbohydrate 60g Dietary Fiber 5g Protein 13g Vitamin A 2% Vitamin C 4% Calcium 15% Iron 20% \*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on

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# **Bean Dip**

- 2 cups canned kidney beans
- 1 tablespoon vinegar
- ◀ ¾ teaspoon chili powder
- ½ teaspoon ground cumin
- 2 teaspoons finely chopped onion
- 1 cup grated cheddar cheese

Source: The Pennsylvania Nutrition Education Program

Drain the kidney beans, reserving liquid in a small bowl. Place the beans, vinegar, chili powder and cumin in a medium bowl; mash with a fork. Add enough reserved bean liquid to make the dip easy to spread. Stir in the chopped onion and grated cheese. Store in a tightly covered container in the refrigerator. Use in 4 to 5 days.



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- 2 cups canned kidney beans
- 1 tablespoon vinegar
- ◀ ¾ teaspoon chili powder
- 1/8 teaspoon ground cumin
- 2 teaspoons finely chopped onion
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Bean Dip

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% Daily Value
% Daily Value
70 Daily Value
11
20
5
24
Vitamin C
Vitamin C 2

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Nutrition Facts

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# **Breakfast Banana Split**

- ◀ ½ small banana
- ¼ cup crunchy nugget cereal, granola or favorite oat or corn cereal
- ¼ cup low-fat flavored yogurt or cottage cheese
- ¼ cup pineapple tidbits
- 1 tablespoon chopped nuts
- Maraschino cherries (optional)

Source: University of Missouri Extension Family Nutrition Education Programs

Wash banana; peel and split lengthwise; place in a small cereal bowl. Sprinkle cereal over banana, reserving some for topping. Spoon yogurt or cottage cheese on top; drizzle with ½ teaspoon honey if using cottage cheese. Decorate with pineapple, cherry and reserved cereal. Makes 1 serving.



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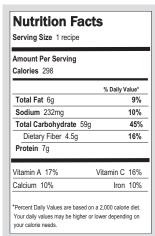


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### Breakfast Banana Split

#### Note:

• Other fruits and different yogurts can be used in this recipe.



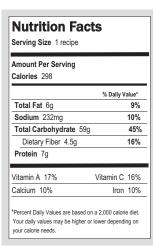
#### Note:

• Other fruits and different yogurts can be used in this recipe.

Amount Per Serving Calories 298	
Total Fat 6g	9%
Sodium 232mg	10%
Total Carbohydrate 59g	459
Dietary Fiber 4.5g	16%
Protein 7g	
Vitamin A 17%	Vitamin C 16%
Calcium 10%	Iron 109

#### Note:

• Other fruits and different yogurts can be used in this recipe.



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• Other fruits and different yogurts can be used in this recipe.

Amount Per Serving		
Calories 298		
	% Daily V	alue*
Total Fat 6g		9%
Sodium 232mg		10%
Total Carbohydrate 59	g	45%
Dietary Fiber 4.5g		16%
Protein 7g		
Vitamin A 17%	Vitamin C	16%
Calcium 10%	Iron	10%

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### Confetti Bean Salsa or Salad

- 1 (15-ounce) can black beans, rinsed and drained
- 1 (15-ounce) can corn, rinsed and drained
- 1 (16-ounce) jar salsa

Mix ingredients in a medium bowl. Serve as a dip or salad, or roll into a whole-wheat tortilla or pita pocket. Makes 6 servings.

Source: University of Missouri Extension Family Nutrition Education Programs

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Confetti Bean Salsa or Salad

### **Nutrition Facts** Serving Size 1/2 cup (149g) Amount Per Serving Calories 100 % Daily Value\* Total Fat 1g Sodium 550mg Total Carbohydrate 19g Dietary Fiber 5g 20% Protein 5g Vitamin A 4% Vitamin C 6% Calcium 4% Iron 10% \*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on

Nutrition Facts Serving Size 1/2 cup (149g)  Amount Per Serving			
		Calories 100	
			% Daily Value*
Total Fat 1g	2%		
Sodium 550mg	23%		
Total Carbohydrate 19g	6%		
Dietary Fiber 5g	20%		
Protein 5g			
Vitamin A 4%	Vitamin C 6%		
Calcium 4%	Iron 10%		

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Amount Per Serving Calories 100	
Calones 100	% Daily Value*
Total Fat 1g	29
Sodium 550mg	23%
Total Carbohydrate 19g	69
Dietary Fiber 5g	20%
Protein 5q	

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# **Creamy Peanut Butter Fruit Dip**

- ½ cup creamy peanut butter
- ¼ cup frozen unsweetened orange juice concentrate, thawed
- ¶ ½ cup plain low-fat yogurt

Beat together all ingredients until fluffy. Cover and chill. Serve with fruit. Makes 4 servings.

Source: University of Missouri Extension Family Nutrition Education Programs

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- ¶ ½ cup creamy peanut butter
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- 1/2 cup plain low-fat yogurt

Beat together all ingredients until fluffy. Cover and chill. Serve with fruit. Makes 4 servings.

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Creamy Peanut Butter Fruit Dip

#### **Nutrition Facts** Serving Size 1/4 cup Amount Per Serving Calories 230 Total Fat 16g 25% Sodium 160mg 7% Total Carbohydrate 15g Dietary Fiber 2g 8% Protein 10g Vitamin A 2% Vitamin C 40% Calcium 6% \*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Facts Serving Size 1/4 cup	
Amount Per Serving Calories 230	
	% Daily Value*
Total Fat 16g	25%
Sodium 160mg	7%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Protein 10g	
Vitamin A 2%	Vitamin C 40%
Calcium 6%	Iron 4%

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Protein 10g	
Vitamin A 2%	Vitamin C 40%
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**Nutrition Facts** 

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# **Crunchy and Fruity Yogurt Parfait**

- 1 (6-ounce) container vanilla or flavored low-fat yogurt
- ¶ ¼ cup dry cereal or granola
- 1 small banana, sliced
- 2 tablespoons raisins or other dried fruit

Spoon some yogurt into 2 small glasses or bowls. Cover with a layer of cereal or granola. Add another layer of yogurt. Add a layer of banana slices. Add another layer of yogurt. Sprinkle with raisins. Makes 2 servings.

Source: University of Missouri Extension Family Nutrition Education Programs



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# **Crunchy and Fruity Yogurt Parfait**

- 1 (6-ounce) container vanilla or flavored low-fat vogurt
- ¼ cup dry cereal or granola
- ◀ 1 small banana, sliced
- 2 tablespoons raisins or other dried fruit

Spoon some yogurt into 2 small glasses or bowls. Cover with a layer of cereal or granola. Add another layer of yogurt. Add a layer of banana slices. Add another layer of yogurt. Sprinkle with raisins. Makes 2 servings.

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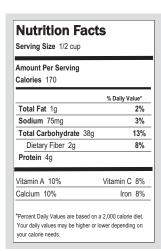
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Crunchy and Fruity Yogurt Parfait



Nutrition Facts Serving Size 1/2 cup		
Amount Per Serving		
Calories 170		
	% Daily Va	lue*
Total Fat 1g		2%
Sodium 75mg		3%
Total Carbohydrate 38g		13%
Dietary Fiber 2g		8%
Protein 4g		
Vitamin A 10%	Vitamin C	8%
Calcium 10%	Iron	8%

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Amount Per Serving		
Calories 170		
	% Daily Va	lue*
Total Fat 1g		2%
Sodium 75mg		3%
Total Carbohydrate 38g		13%
Dietary Fiber 2g		8%
Protein 4g		
Vitamin A 10%	Vitamin C	8%
Calcium 10%	Iron	8%

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your calorie needs.

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# **Easy Red Beans and Rice**

- Nonstick cooking spray
- 1 large onion, chopped
- 1 medium green bell pepper, seeded and chopped
- 1 teaspoon garlic powder
- 2 (14.5-ounce) cans diced tomatoes
- 1 (15.5-ounce) can kidney beans, drained and rinsed
- 6 cups cooked brown rice

Spray skillet with cooking spray. Cook onion and pepper over medium heat for 5 minutes or until tender. Add garlic powder, tomatoes and kidney beans. Bring mixture to a boil. Reduce heat to low; simmer for 5 minutes. Serve over rice. Makes 8 servings.

Source: Maryland Food Supplement Nutrition Education Program



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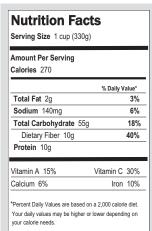
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Easy Red Beans and Rice





Your daily values may be higher or lower depending on

#### **Nutrition Facts** Serving Size 1 cup (330g) Amount Per Serving Calories 270 % Daily Value\* Total Fat 2g Sodium 140mg Total Carbohydrate 55g 18% Dietary Fiber 10g 40% Protein 10g Vitamin A 15% Vitamin C 30% Calcium 6% Iron 10% \*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Amount Per Serving		
Calories 270		
	% Daily Value	
Total Fat 2g	31	
Sodium 140mg	69	
Total Carbohydrate 55g	18	
Dietary Fiber 10g	400	
Protein 10g		
Vitamin A 15%	Vitamin C 30	
Calcium 6%	Iron 10	

\*Percent Daily Values are based on a 2.000 calorie diet.

Your daily values may be higher or lower depending on

Nutrition Facts

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# **Graham Cracker Treats**

- ¶ ½ cup peanut butter
- 4 (5 × 2.5-inch) graham crackers, broken into 8 squares, or 8 (2.5-inch square) graham crackers
- 1 banana, peach, pear or other soft fruit, sliced thin

Spread a thin layer of peanut butter on each graham cracker square. Top four of the squares with fruit slices. Put another graham cracker square on top, with the peanut butter facing down. Makes 4 servings.

Source: University of Missouri Extension Family Nutrition Education Programs



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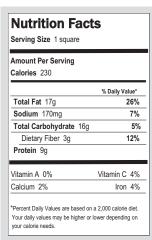
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### **Graham Cracker Treats**

#### Note:

• Use canned fruit instead of fresh if you wish. Drain well, and cut into thin slices



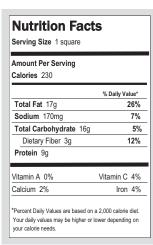
#### Note:

• Use canned fruit instead of fresh if you wish. Drain well, and cut into thin slices

Amount Per Serving	
Calories 230	
	% Daily Value*
Total Fat 17g	26%
Sodium 170mg	7%
Total Carbohydrate 16	ig <b>5</b> %
Dietary Fiber 3g	12%
Protein 9g	
Vitamin A 0%	Vitamin C 4%
Calcium 2%	Iron 4%

#### Note:

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# It's-a-Snap Fruit Salad

- 2 apples, cut into chunks
- 2 bananas, sliced
- 1 cup canned pineapple chunks, drained (reserve juice in small bowl)
- √ ½ cup grapes

Place fruit in a bowl. Add a little pineapple juice to keep fruit from turning brown. Stir well. Makes 6 servings.

Source: University of Missouri Extension Family Nutrition Education Programs

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- 1 cup canned pineapple chunks, drained (reserve juice in small bowl)
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Source: University of Missouri Extension Family Nutrition Education Programs

# It's-a-Snap Fruit Salad

- 2 apples, cut into chunks
- 2 bananas, sliced
- 1 cup canned pineapple chunks, drained (reserve juice in small bowl)
- √ 1/2 cup grapes

Place fruit in a bowl. Add a little pineapple juice to keep fruit from turning brown. Stir well. Makes 6 servings.

Source: University of Missouri Extension Family Nutrition Education Programs



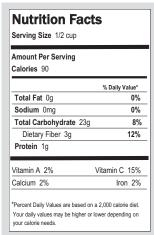


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### It's-a-Snap Fruit Salad

#### Note:

• Use any fresh fruit in season or other canned fruit (peaches, pears, apricots, mandarin oranges, etc.).



#### Note:

• Use any fresh fruit in season or other canned fruit (peaches, pears, apricots, mandarin oranges, etc.).

Amount Per Serving Calories 90	
Total Fat 0g	0%
Sodium Omg	0%
Total Carbohydrate 23	g <b>8</b> '
Dietary Fiber 3g	12%
Protein 1g	
Vitamin A 2%	Vitamin C 15%
Calcium 2%	Iron 2º

#### Note:

• Use any fresh fruit in season or other canned fruit (peaches, pears, apricots, mandarin oranges, etc.).

<b>Nutrition Facts</b>		
Serving Size 1/2 cup		
Amount Per Serving		
Calories 90		
	% Daily Value*	
Total Fat 0g	0%	
Sodium 0mg	0%	
Total Carbohydrate 23g	8%	
Dietary Fiber 3g	12%	
Protein 1g		
Vitamin A 2%	Vitamin C 15%	
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Amount Per Serving Calories 90		
	% Daily V	alue*
Total Fat 0g		0%
Sodium Omg		0%
Total Carbohydrate 23g		8%
Dietary Fiber 3g		12%
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Vitamin A 2%	Vitamin C	15%
Calcium 2%	Iror	1 2%

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# **Layered Black Bean Dip**

- 1 (15-ounce) can black beans, drained and rinsed
- ¼ teaspoon onion powder
- ¼ teaspoon dried oregano
- ◀ ½ teaspoon garlic powder
- 1/2 teaspoon cayenne pepper
- ½ cup salsa, thick and chunky
- ¶ ½ cup light sour cream
- ◀ ¼ cup chopped onion
- 2 ounces grated reduced-fat cheddar cheese

Mash beans and mix with onion powder, oregano, garlic powder and cayenne pepper. Spread on a serving dish. Top with salsa, sour cream, onions and grated cheese. Makes 16 servings

Sources Cornell Cooperative Extension of Onondaga County



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# Layered Black Bean Dip

- 1 (15-ounce) can black beans, drained and rinsed
- ⁴¼ teaspoon onion powder
- ¼ teaspoon dried oregano
- 1/8 teaspoon garlic powder
- 1/8 teaspoon cayenne pepper
- ¶ ½ cup salsa, thick and chunky
- ¶ ½ cup light sour cream
- 4 ¼ cup chopped onion
- 2 ounces grated reduced-fat cheddar cheese

Mash beans and mix with onion powder, oregano, garlic powder and cayenne pepper. Spread on a serving dish. Top with salsa, sour cream, onions and grated cheese. Makes 16 servings

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- 1 (15-ounce) can black beans, drained and rinsed
- ◀ ¼ teaspoon onion powder
- ◀ ¼ teaspoon dried oregano
- ◀ ½ teaspoon garlic powder
- 1/8 teaspoon cayenne pepper
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- ◀ ¼ cup chopped onion
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Layered Black Bean Dip

#### 

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Vitamin C 0%

Iron 2%

### **Nutrition Facts**

Serving Size 2 Tablespoons (39g)

Amount Per Serving Calories 40

	% Daily Value*
Total Fat 1.5g	2%
Sodium 150mg	6%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Protein 2g	

Vitamin A 2%	Vitamin C	0%
Calcium 6%	Iron	2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

### **Nutrition Facts**

Serving Size 2 Tablespoons (39g)

Amount Per Serving Calories 40

Vitamin A 2%

Calcium 6%

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# **Magical Fruit Salad**

- 1 (20-ounce) can pineapple chunks, drained
- ◀ ½ pound grapes
- 2 bananas, sliced
- 1¾ cups nonfat or lowfat milk
- 1 (3.5-ounce) package instant pudding mix, lemon or vanilla

Combine pineapple, grapes and banana slices in large bowl. Pour the milk over the fruit. While slowly stirring the fruit mixture, sprinkle in the pudding mix. Let the mixture stand for 5 minutes and serve. Makes 12 servings.

Source: Oregon State University Extension Service

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- 1¾ cups nonfat or lowfat milk
- 1 (3.5-ounce) package instant pudding mix, lemon or vanilla

Combine pineapple, grapes and banana slices in large bowl. Pour the milk over the fruit. While slowly stirring the fruit mixture, sprinkle in the pudding mix. Let the mixture stand for 5 minutes and serve. Makes 12 servings.

Source: Oregon State University Extension Service

# **Magical Fruit Salad**

- 1 (20-ounce) can pineapple chunks, drained
- 1/2 pound grapes
- 2 bananas, sliced
- 1¾ cups nonfat or lowfat milk
- 1 (3.5-ounce) package instant pudding mix, lemon or vanilla

Combine pineapple, grapes and banana slices in large bowl. Pour the milk over the fruit. While slowly stirring the fruit mixture, sprinkle in the pudding mix. Let the mixture stand for 5 minutes and serve. Makes 12 servings.

Source: Oregon State University Extension Service





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Magical Fruit Salad

# Nutrition Facts

Serving Size 1/12 of recipe (130g)

Amount Per Serving
Calories 100

	% Daily Value*
Total Fat 0g	0%
Sodium 140mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Protein 2g	

Vitamin A 2% Vitamin C 15% Calcium 4% Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

### **Nutrition Facts**

Serving Size 1/12 of recipe (130g)

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# **Minestrone Soup**

- 16 ounces frozen vegetables, any type
- 30 ounces stewed tomatoes, canned, low-sodium
- 28 ounces broth, any flavor, canned, low sodium
- 15 ounces beans, canned, any type
- ◀ 1 teaspoon dried basil
- ◀ ¼ teaspoon pepper
- 1 cup uncooked pasta, any type

In a large pot, combine frozen vegetables, tomatoes, broth, beans, basil and pepper. Bring the soup to a boil. Add the pasta; reduce heat to low. Let simmer for 6 to 8 minutes or until pasta and vegetables are tender. Makes 6 servings.

Source: Rutgers Cooperative Extension



# **Minestrone Soup**

- 16 ounces frozen vegetables, any type
- 30 ounces stewed tomatoes, canned, low-sodium
- 28 ounces broth, any flavor, canned, low sodium
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Minestrone Soup

#### **Nutrition Facts** Serving Size 1 cup (438g) Amount Per Serving Calories 210 % Daily Value\* Total Fat 1.5g Sodium 560mg Total Carbohydrate 41g 14% Dietary Fiber 8g 32% Protein 11g Vitamin A 90% Vitamin C 80% Calcium 10% Iron 15% \*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on vour calorie needs.

<b>lutrition Facts</b> erving Size 1 cup (438g)		
Amount Per Serving Calories 210		
	% Daily V	alue*
Total Fat 1.5g		2%
Sodium 560mg		23%
Total Carbohydrate 41g		14%
Dietary Fiber 8g		32%
Protein 11g		
Vitamin A 90%	Vitamin C	80%
Calcium 10%	Iron	15%

#### **Nutrition Facts** Serving Size 1 cup (438g) Amount Per Serving Calories 210 % Daily Value\* Total Fat 1.5g Sodium 560mg Total Carbohydrate 41g 14% Dietary Fiber 8g 32% Protein 11g Vitamin A 90% Vitamin C 80% Calcium 10% Iron 15% \*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on vour calorie needs.

Amount Per Serving Calories 210	
	% Daily Value
Total Fat 1.5g	20
Sodium 560mg	23%
Total Carbohydrate 41g	14'
Dietary Fiber 8g	32%
Protein 11g	
Vitamin A 90%	Vitamin C 809
Calcium 10%	Iron 159

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on

your calorie needs.

Nutrition Facts

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# **No-Bake Breakfast Bar**

- 3 large shredded wheat biscuits or 1 to 2 cups of any other cereal (granola, cornflakes, oat circles, etc.)
- 1 cup peanut butter
- √3 cup nonfat dry milk powder (optional)
- ◀ ¼ cup honey or maple syrup
- √2 cup nuts or raisins (optional)

Crush the cereal. Mix all ingredients together. Press the mixture firmly into an  $8 \times 8$ -inch pan. Cut into squares to serve. Makes 12 servings.

Source: University of Missouri Extension Family Nutrition Education Programs



### No-Bake Breakfast Bar

- 3 large shredded wheat biscuits or 1 to 2 cups of any other cereal (granola, cornflakes, oat circles, etc.)
- 1 cup peanut butter
- √3 cup nonfat dry milk powder (optional)
- ¼ cup honey or maple syrup
- ½ cup nuts or raisins (optional)

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### No-Bake Breakfast Bar

#### Notes:

- Children can help with this recipe by crushing the cereal or measuring the dry ingredients.
- Adding the nonfat dry milk powder adds protein, calcium and vitamin D.

Amount Per Serving	
Calories 170	
	% Daily Value*
Total Fat 11g	17%
Sodium 100mg	4%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 2%

#### Notes:

- Children can help with this recipe by crushing the cereal or measuring the dry ingredients.
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Nutrition Fac Serving Size 1 square	cts	
Amount Per Serving		
Calories 170		
	% Daily Value	*
Total Fat 11g	17	%
Sodium 100mg	4	%
Total Carbohydrate 14	g 5	%
Dietary Fiber 2g	8	%
Protein 6g		
Vitamin A 0%	Vitamin C 0	%
Calcium 2%	Iron 2	%
Percent Daily Values are based Your daily values may be higher		

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### **Peanut Butter Treats**

- ¶ 4 cup peanut butter, creamy or chunky
- 1/4 cup honey or light pancake syrup
- ½ cup nonfat dry milk powder
- ◀ ¼ cup quick oats
- ◀ ¾ cup crisp rice cereal

Source: University of Missouri Extension Family Nutrition Education Programs

In a large mixing bowl, combine peanut butter, honey, dry milk, oats and ¼ cup of rice cereal. Shape into 1-inch balls. Put the remaining ½ cup rice cereal in a large zip-close bag and crush with hands. Place balls in bag and shake until balls are covered with cereal. Store in covered container in the refrigerator. Makes 18 pieces.



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# **Peanut Butter Treats**

- ◀ ¼ cup peanut butter, creamy or chunky
- ¶ 1/4 cup honey or light pancake syrup
- ◀ ¼ cup quick oats
- ◀ ¾ cup crisp rice cereal

Source: University of Missouri Extension Family Nutrition Education Programs

In a large mixing bowl, combine peanut butter, honey, dry milk, oats and ¼ cup of rice cereal. Shape into 1-inch balls. Put the remaining ½ cup rice cereal in a large zip-close bag and crush with hands. Place balls in bag and shake until balls are covered with cereal. Store in covered container in the refrigerator. Makes 18 pieces.



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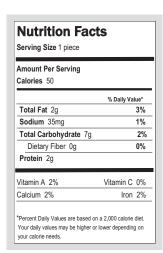
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### Peanut Butter Treats



Nutrition Fac Serving Size 1 piece	cts
Amount Per Serving Calories 50	
	% Daily Value*
Total Fat 2g	3%
Sodium 35mg	1%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Protein 2g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 2%

#### **Nutrition Facts** Serving Size 1 piece Amount Per Serving Calories 50 % Daily Value\* Total Fat 2g Sodium 35mg 1% Total Carbohydrate 7g 2% Dietary Fiber 0g 0% Protein 2g Vitamin A 2% Vitamin C 0% Calcium 2% Iron 2% \*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on

your calorie needs.

Amount Per Serving	
Calories 50	
	% Daily Value*
Total Fat 2g	3%
Sodium 35mg	1%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Protein 2g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 2%

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**Nutrition Facts** 

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# **Pumped-Up Pudding**

- ◀ ¼ cup low-fat milk
- 1 (3.4-ounce) package instant pudding mix, any flavor
- 2 cups plain low-fat yogurt
- 1 cup bite-size fresh fruit pieces

Add milk to the instant pudding mix; stir until smooth. Add yogurt; stir. Refrigerate until ready to serve over fruit pieces. Makes 4 servings.

Source: University of Missouri Extension Family Nutrition Education Programs

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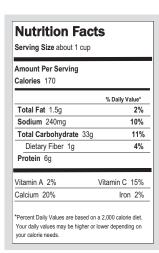
Source: University of Missouri Extension Family Nutrition Education Programs



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### Pumped-Up Pudding



Nutrition Fac Serving Size about 1 cup		
Amount Per Serving Calories 170		
	% Daily V	alue*
Total Fat 1.5g		2%
Sodium 240mg		10%
Total Carbohydrate 33	g	11%
Dietary Fiber 1g		4%
Protein 6g		
Vitamin A 2%	Vitamin C	15%
Calcium 20%	Iros	1 2%

#### **Nutrition Facts** Serving Size about 1 cup Amount Per Serving Calories 170 % Daily Value\* Total Fat 1.5g Sodium 240mg Total Carbohydrate 33g 11% Dietary Fiber 1g 4% Protein 6g Vitamin A 2% Vitamin C 15% Calcium 20% Iron 2% \*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on vour calorie needs.

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### **Trail Mix**

- Crisp no- or low-sugar cereal, such as Crispix
- Oat cereal, such as Cheerios
- Small pretzels
- Small animal-shaped cookies, such as animal crackers or Teddy Grahams
- Raisins or other dried fruit

Put each food into a separate small bowl. Place one spoonful from each bowl into a small plastic bag. Shake the bag to mix.

Source: University of Missouri Extension Family Nutrition Education Programs

# Stock Healthy Shop Healthy

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### Trail Mix

#### Notes:

- Nutrition per serving varies with ingredients used.
- This is a great recipe to make with children.

Amount Per Serving	
Calories 111	
	% Daily Value*
Total Fat <1g	0%
Sodium 145mg	6%
Total Carbohydrate 27g	21%
Dietary Fiber 2g	7%
Protein 2g	
Vitamin A 0%	Vitamin C 5%
Calcium 2%	Iron 6%

#### Notes:

- Nutrition per serving varies with ingredients used.
- This is a great recipe to make with children.

Amount Per Serving	
Calories 111	
	% Daily Value*
Total Fat <1g	0%
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Amount Per Serving		
Calories 111		
	% Daily Va	lue*
Total Fat <1g		0%
Sodium 145mg		6%
Total Carbohydrate 27g	1	21%
Dietary Fiber 2g		7%
Protein 2g		
Vitamin A 0%	Vitamin C	5%
Calcium 2%	Iron	6%

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# **Tropical Carrot, Pineapple, Raisin Salad**

- 1½ cups grated carrots
- 1 small can crushed pineapple
- ◀ ½ cup raisins
- ¶ ½ cup light mayonnaise

Put carrots, pineapple and raisins in a bowl; toss lightly. Add enough mayonnaise to moisten. Chill. Serve on lettuce or cabbage, if desired. Makes 6 servings.

Source: University of Missouri Extension Family Nutrition Education Programs



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# **Tropical Carrot, Pineapple, Raisin Salad**

- 1½ cups grated carrots
- 1 small can crushed pineapple
- ¶ ½ cup raisins
- 1/2 cup light mayonnaise

Put carrots, pineapple and raisins in a bowl; toss lightly. Add enough mayonnaise to moisten. Chill. Serve on lettuce or cabbage, if desired. Makes 6 servings.

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Tropical Carrot, Pineapple, Raisin Salad

### Note:

• Add apples, celery or nuts such as walnuts, if you wish.

#### **Nutrition Facts** Serving Size 1/2 cup **Amount Per Serving** Calories 140 % Daily Value\* Total Fat 7g 7% Sodium 160mg Total Carbohydrate 21g 7% Dietary Fiber 2g 8% Protein 1g Vitamin A 90% Vitamin C 8% Calcium 2% Iron 4% \*Percent Daily Values are based on a 2,000 calorie diet. your calorie needs.

#### Note:

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Amount Per Serving	
Calories 140	
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Total Fat 7g	11%
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Total Carbohydrate 21	lg <b>7</b> %
Dietary Fiber 2g	8%
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# **Vegetable Fried Rice**

- 2 tablespoons vegetable oil
- ◀ ½ cup chopped celery
- 4 vup chopped onion
- 1 (10-ounce) package frozen vegetables
- 2 cups cooked white or brown rice
- 1 tablespoon reduced-sodium soy sauce
- Dash pepper

Heat oil in a large frying pan. Add celery and onion; stir fry for 2 minutes. Add vegetables; stir until vegetables are tender-crisp. Add cooked rice. Sprinkle with soy sauce and pepper. Stir fry for 2 minutes until the rice is heated and the flavors are blended. Makes 4 servings.

Source: The Pennsylvania Nutrition Education Program



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# **Vegetable Fried Rice**

- 2 tablespoons vegetable oil
- ◀ ½ cup chopped celery
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- Dash pepper

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Source: The Pennsylvania Nutrition Education Program



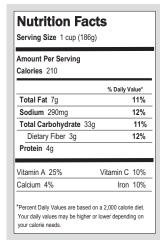


For best results, print two-sided cards on heavyweight paper, such as card stock. Select the "flip on short edge" print setting to ensure the back side of the card isn't upside down. Cut out each card along dashed lines.

### Vegetable Fried Rice

#### Notes:

- Use reduced-sodium soy sauce to help keep sodium content low.
- This recipe is a good use of leftover cooked rice.



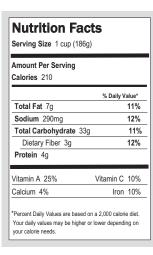
#### Notes:

- Use reduced-sodium soy sauce to help keep sodium content low.
- This recipe is a good use of leftover cooked rice.

Amount Per Serving		
Calories 210		
	% Daily Va	lue*
Total Fat 7g		11%
Sodium 290mg		12%
Total Carbohydrate 3	3g	11%
Dietary Fiber 3g		12%
Protein 4g		
Vitamin A 25%	Vitamin C	10%
Calcium 4%	Iron	10%

#### Notes:

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#### Notes:

- Use reduced-sodium soy sauce to help keep sodium content low.
- This recipe is a good use of leftover cooked rice.

Nutrition Facts Serving Size 1 cup (186g)		
Amount Per Serving		
Calories 210		
	% Daily Va	alue*
Total Fat 7g		11%
Sodium 290mg		12%
Total Carbohydrate 33g	g	11%
Dietary Fiber 3g		12%
Protein 4g		
Vitamin A 25%	Vitamin C	10%
Calcium 4%	Iron	10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on		

your calorie needs.

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# **Veggie Noodles**

- 16 ounces pasta, uncooked
- 2 cups canned vegetables, drained
- 1 cup spaghetti sauce
- 1/2 cup shredded cheese

Note: Use fresh or frozen vegetables instead of canned, if you wish. Cook just before adding to pasta. Or use leftover cooked vegetables.

Cook pasta according to package directions. Drain and return pasta to cooking pot. Add vegetables and spaghetti sauce. Heat over medium-low heat just until the vegetables are hot. Sprinkle with cheese just before serving. Makes 4 servings.



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LINIU/EDCITY OF MICCOLIDI EVTENCION

# **Veggie Noodles**

- 16 ounces pasta, uncooked
- 2 cups canned vegetables, drained
- 1 cup spaghetti sauce
- ½ cup shredded cheese

Note: Use fresh or frozen vegetables instead of canned, if you wish. Cook just before adding to pasta. Or use leftover cooked vegetables.

Cook pasta according to package directions. Drain and return pasta to cooking pot. Add vegetables and spaghetti sauce. Heat over medium-low heat just until the vegetables are hot. Sprinkle with cheese just before serving. Makes 4 servings.



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### Veggie Noodles

### **Nutrition Facts**

Serving Size 1/4 of recipe (435g)

#### Amount Per Serving Calories 570

Protein 23g

vour calorie needs.

	% Daily Value*
Total Fat 9g	14%
Sodium 470mg	20%
Total Carbohydrate 98g	33%
Dietary Fiber 8g	32%

Vitamin A 200% Vitamin C 15%

Calcium 15% Iron 30%

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

Serving Size 1/4 of recipe (435g)

#### Amount Per Serving

Calories 570

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Protein 23a	

Protein 23g

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 Vitamin C 15%

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Dietary Fiber 8g	32%
Protein 23g	

 Vitamin A 200%
 Vitamin C 15%

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Protein 23q	

Protein 23g

Vitamin A 200%	Vitamin C	159
Vitamin A 200% Calcium 15%	Iron	309

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# **Zesty Veggie Pasta Salad**

- 2 quarts water
- 8 ounces whole-wheat or regular pasta, any shape
- 1 cup low-calorie vinegar-and-oil salad dressing, any flavor
- 1 cup vegetables (cook and cool fresh or frozen vegetables, or use canned)

In a medium to large saucepan, bring water to a boil. Add pasta. Cook, uncovered, at a rapid boil for 5 to 10 minutes or until tender but firm. Drain. Gently toss pasta and salad dressing. Fold in vegetables. Cover and chill until ready to serve. Makes 6 servings.

Source: University of Missouri Extension Family Nutrition Education Programs



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### Zesty Veggie Pasta Salad

#### Notes:

- Fresh and frozen vegetables will have less sodium than canned.
- This recipe is a good use of leftover cooked vegetables.
- Add cubed low-fat cheese to make this recipe a main-dish salad.

Amount Per Serving	
Calories 200	
	% Daily Value*
Total Fat 3g	5%
Sodium 460mg	19%
Total Carbohydrate 39g	13%
Dietary Fiber 4g	16%
Protein 5g	
Vitamin A 6%	Vitamin C 2%
Calcium 4%	Iron 6%

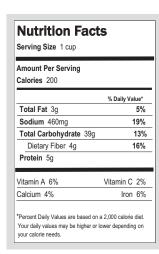
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***************************************		