

# Fruit and Veggie Quantity Recipe Cookbook



## 30 Tasty Fruit and Vegetable Based Recipes

- For use with School Lunch Programs; School Breakfast Programs; Head Start Programs; camps; congregate meal sites; restaurants; college and worksite cafeterias.
- Recipes expanded to serve 25, 50 and 100.
- Matching family-size recipes in appendix.
- Low in fat, saturated fat, sodium, added sugars; no trans fats.
- Each recipe identifies nutrients per serving, preparation time, and cups of fruits and vegetables per portion
- USDA recipe format.

Developed by the  
**New Hampshire Department of Health and Human Services**  
Division of Public Health Services  
Fruit and Vegetable Program

in collaboration with the  
**Centers for Disease Control and Prevention**  
Division of Nutrition, Physical Activity, and Obesity

and the  
**University of Hawaii, College of Tropical Agriculture and Human Resources**  
Cooperative Extension Service  
Nutrition Education for Wellness Program

with assistance from  
**Kearsarge Regional School District**

### Soups

Bean and Barley Soup  
Bean and Macaroni Soup  
Corn Chowder  
Old Fashioned  
Vegetable Soup  
Pesto Minestrone  
Touchdown  
Tomato Basil Soup

### Salads

Chicken Caesar-Style Salad  
Orange Couscous Salad  
Pineapple Poppy Seed Salad  
Rainbow Fruit Salad  
Raspberry Grape Salad  
Treasure Salad  
Tropical Fruit Salad

### Breakfast Items

Fruit on a Raft  
(Waffles with Apples)  
Fruity Breakfast Parfait  
Golden Apple Oatmeal  
Spanish Zucchini Frittata  
Strawberry Yogurt  
Breakfast Split

### Side Dishes

Apple Glazed  
Sweet Potatoes  
Orange-Sauced Vegetables  
Red Potatoes with Herbs  
Roasted Butternut Squash  
Vegetable Sage Stuffing

### Main Dishes

Chicken Caesar-Style Salad  
Chicken Ratatouille  
Spanish Zucchini Frittata  
Tomato and Bean Burritos  
Tomatoes with Garbanzos  
and Rosemary over  
Rotini Pasta

### Miscellaneous

Cool Clementines  
Go Bananas Orange Dip  
Polar Berries  
Strawberry Yogurt Shake

For a copy, go to [www.dhhs.nh.gov/DHHS/NHP/fruitsandveggies](http://www.dhhs.nh.gov/DHHS/NHP/fruitsandveggies) and click on "Fruit and Veggie Recipes."