



Fruit and Vegetable Recipes

Stir-Fried Cabbage and Zucchini Yields: 4 servings

- 2 medium zucchini (about 1 pound), thinly sliced
- 2 tablespoons vegetable or canola oil
- 6 cups packed sliced cabbage
- 1 teaspoon salt
- 1 teaspoon garlic powder

1. Wash hands and cooking area.
2. Wash and slice zucchini into thin strips.
3. Heat oil over high heat in skillet.
4. Add cabbage and zucchini to skillet; stir frying (stirring quickly and frequently) until vegetables are well coated with oil.
5. Add salt and garlic powder.
6. Reduce heat to medium high.
7. Continue stir-frying 7 to 8 minutes until vegetables are tender and crisp.

Per serving (excluding unknown items): 105.1 Calories; 7.31g Fat (64.7% calories from fat); 2.3g Protein; 9.7g Carbohydrate; 0mg Cholesterol; 610.3mg Sodium.

Cabbage-Fruit Salad Yields: 5-6 servings

- 2 cups shredded cabbage (½ head)
- 2 oranges, sectioned and seeded
- ½ cup crushed pineapple, drained
- 2 medium apples, chopped
- 2 tablespoons chopped peanuts and/or raisins (optional)
- 4 tablespoons plain low-fat yogurt
- 1 teaspoon honey, optional

1. Prepare cabbage, oranges, pineapple and apples as directed.
2. Mix all ingredients
3. Add peanuts, raisins, yogurt and honey.
4. Stir to coat mixture thoroughly with yogurt and honey.

Per serving (excluding unknown items): 94.3 Calories; 0.6g Fat (4.7% calories from fat); 1.6g Protein; 23.6g Carbohydrate; 1mg Cholesterol; 13mg Sodium. MyPyramid: 1½ Fruit.