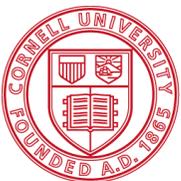




Farmers' Market Nutrition Program

Recipe Collection

Cornell University Cooperative Extension
in NYC



Cornell University
Cooperative Extension
New York City

<http://nyc.cce.cornell.edu>

Farmers' Market Nutrition Program collaborators
NYS Department of Agriculture and Markets (NYSDAM)
Special Supplemental Nutrition Program for Women, Infants and
Children (WIC)
NYS Office for the Aging (SOFA)
Cornell University Cooperative Extension (CCE)

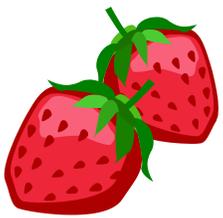


Table of Contents

Swiss Chard and Beet Green Salad

Peach Tomato Salsa

Tossed Salad Vegetable Parade

Dress-Up Corn

Quick Sautéed Greens

Vegetables Stir-Fry

Raw Beet and Apple Slaw

Fall Vegetable Salad

Summer Squash Medley

Fresh and Fruity Cole Slaw

Carrot-Raisin Salad

Braised Cabbage

Caribbean Callaloo

Cabbage and Potato Sauté

Zucchini Chopped Tomatoes

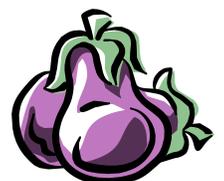
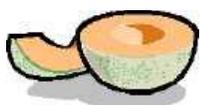
Chunky Applesauce

No Cook Corn Salad

Squash and Kale Sauté

Easy Ratatouille

Wilted Kale with Coconut
Ginger and Lime





Swiss Chard and Beet Green Salad

Yields 3 servings (1 cup each)

Ingredients

- 1 ½ cups swiss chard, chopped
- 1 cup beet greens, chopped
- ½ cup beets, grated

For dressing

- 1 tablespoon olive oil
- 1 tablespoon vinegar
- 1 teaspoon dried oregano
- ¼ teaspoon black pepper, if desired

Instructions

1. Wash the swiss chard, beet greens, and beets well.
2. Chop the swiss chard and beet greens. Grate the beets.
3. To make the dressing—mix oil, vinegar, oregano and black pepper together.
4. Combine all ingredients in a bowl. Mix together and serve cold.

Helpful Information

- Try adding different greens – kale, lettuce, spinach.
- For an extra hint of sweetness try adding ½ cup of your favorite fruit.
- Use a vegetable brush to give the beets a good scrub down! Keep the skin on for more fiber and nutrients.

Source: CUCE-NYC FMNP Recipe Collection 2014



Recipe analyzed using *The Food Processor® Nutrition Analysis Software* from ESHA Research, Salem, Oregon.

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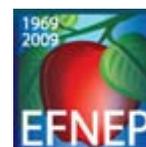
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Nutrition Facts

Servings Size 1 cup

Servings Per Recipe 3 servings

Amount Per Serving		% Daily Value*	
Calories	70	Calories from Fat	35
Total Fat	3.5g		5%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	115mg		5%
Total Carbohydrate	9g		3%
Dietary Fiber	3g		12%
Sugars	6g		
Protein	2g		
Vitamin A	30%	Vitamin C	20%
Calcium	4%	Iron	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:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	• Carbohydrate 4
			• Protein 4
Label analysis based on ingredients listed.			





Ensalada de Acelga y Hojas de Remolacha

Rinde 3 raciones (1 taza cada una)

Ingredientes

- 1 ½ tazas de acelga, picadas
- 1 taza de hojas de remolacha, picadas
- ½ taza de remolacha, rallada

Para el aderezo

- 1 cucharada de aceite de oliva
- 1 cucharada de vinagre
- 1 cucharadita de orégano seco
- ¼ de cucharadita de pimienta negra, a gusto

Instrucciones

1. Lave la acelga, hojas de remolacha, y las remolachas. Corte las hojas de remolacha y la acelga. Ralle las remolachas.
2. Para preparar el aderezo—mezcle el aceite, vinagre, oregano, y pimienta negra.
3. Mezcle todos los ingredientes y el aderezo en un tazón. Sirvala fría.

Información Útil

- Try adding different greens – kale, lettuce, spinach. Trate de agregar diferentes verduras como lechuga, la col rizada, y espinaca.
- Agregue ½ taza de sus frutas preferidas para un toque más dulce a su ensalada.
- Utilice un cepillo para verduras para lavar bien las remolachas! Mantenga la piel para más nutrición y fibra.

Nutrition Facts	
Servings Size 1 cup	
Servings Per Recipe 3 servings	
Amount Per Serving	
Calories 60	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 1g	
Vitamin A 50%	Vitamin C 30%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
Label analysis based on ingredients listed.	

Source: CUCE-NYC FMNP Recipe Collection 2014



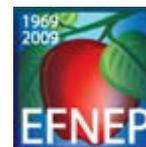
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Tossed Salad Vegetable Parade

Yields 5 servings (1 cup each)

Ingredients

2 cups red and green leaf lettuce
½ cup spinach
¼ cup kale, finely chopped
1 beet, grated
1 carrot, grated
2-3 radishes, grated
½ green bell pepper, chopped
1 ear raw corn kernels
1 small cucumber, chopped
1 small summer squash, chopped

For dressing

1 tablespoon olive oil
1 tablespoon vinegar
1 teaspoon dried oregano
¼ teaspoon black pepper,
if desired

Instructions

1. Wash and cut vegetables as desired. Measure and toss into salad bowl.
2. To make the dressing—mix oil, vinegar, oregano and black pepper together.
3. Pour dressing over the salad. Mix together and serve cold.

Helpful Information

- To serve as a main dish, add 1 can of garbanzo beans or chick peas (rinsed and drained) or cubes of lean poultry or fish.
- Add 1 cup of your favorite fruit (chopped) for a hint of sweetness. Try adding apples, pears, peaches, or grapes.

Source: CUCE-NYC FMNP Recipe Collection 2014



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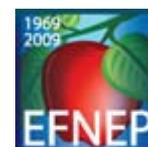
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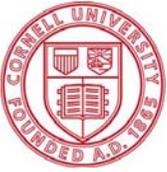
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Nutrition Facts	
Serving Size 1 cup	
Servings Per Recipe 5 servings	
Amount Per Serving	
Calories 60	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 1g	
Vitamin A 50%	Vitamin C 30%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
Larger analysis based on ingredients listed.	





Ensalada Mixta Desfile de Vegetales

Rinde 5 raciones (1 taza cada una)

Ingredientes

2 tazas de lechuga de hoja roja y verde
½ taza de espinaca
¼ de taza de col rizada, tiras delgadas
1 remolacha cruda, rallada
1 zanahorias, rallada
2-3 rábanos, rallados
½ pimiento verde, picado
1 maíz desgranado
1 pepino pequeño, cortado
1 calabaza de verano pequeña, cortada

Para el aderezo

1 cucharada de aceite de oliva
1 cucharada de vinagre
1 cucharadita de orégano seco
¼ de cucharadita de pimienta negra, a gusto

Instrucciones

1. Lave y corte todos los vegetales como desee. Mídalos y échelos en un tazón.
2. Para preparar el aderezo - mezcle juntos el vinagre, el aceite, el orégano, y la pimienta negra.
3. Rocíe el aderezo sobre la ensalada. Mézclela y sírvala fría.

Información Útil

- Para servir como plato principal, agregue 1 lata de garbanzos (enjuagados y escurridos) o cubos de pollo sin grasa o pescado magro.
- Agregue 1 taza de su fruta favorita (picada) para un toque de dulzura. Trate de añadir manzanas, peras, duraznos o uvas.

Source: CUCE-NYC FMNP Recipe Collection 2014

Nutrition Facts

Servina Size 1 cup
Servings Per Recipe 5 servings

Amount Per Serving

Calories 60 Calories from Fat 25

% Daily Value*

Total Fat 3g 5%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 35mg 1%

Total Carbohydrate 7g 2%

Dietary Fiber 2g 8%

Sugars 3g

Protein 1g

Vitamin A 50% • Vitamin C 30%

Calcium 2% • Iron 4%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Label analysis based on ingredients listed.



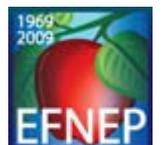
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Quick Sautéed Greens

Yields 5 servings (1/2 cup each)

Ingredients

- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 1 bunch of scallions (or 2 onions) chopped
- 4 cups your favorite greens washed, stems removed, cut into shreds
(try combining kale, Swiss chard, collard greens, or others)
- 2 tablespoons water
- Dash of crushed red pepper or hot sauce, optional

Instructions

1. Heat oil in large skillet over medium heat until hot.
2. Add garlic and scallions or onions and cook until slightly wilted (about 1-2 minutes).
3. Add the greens, seasonings and water. Stir ingredients well.
4. Cover the pan, and cook the greens over low heat for 8 to 10 minutes. Stir occasionally.

Helpful Information

- Slice greens into bite-size shreds by rolling several leaves together. Cut them into 1/4-inch strips with a sharp knife.
- Try sautéing with callaloo, dandelion greens, cabbage, or Chinese cabbage. Add carrots and beets. They are delicious!

Source: CUCE-NYC FMNP Recipe Collection 2014

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Recipe 5 servings	
Amount Per Serving	
Calories 60	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 1g	
Vitamin A 40%	Vitamin C 25%
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:	
	Calories: 2,000 2,500
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Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
Label analysis based on ingredients listed.	



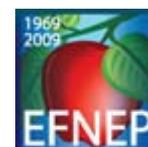
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Hojas Verdes Salteadas

Rinde 5 raciones (1/2 taza cada una)

Ingredientes

- 1 cucharada de aceite de oliva
- 3 dientes de ajo picados
- 1 manojo de cebollines o 2 cebollas picadas
- 4 tazas de sus hojas verdes favoritas, lavadas, con tallos removidos, y cortadas en tiras (trate de combinar col rizada, hojas de nabo u otros)
- 2 cucharadas de agua
- 1 pizca de chile en polvo o salsa picante (opcional)

Instrucciones

1. Caliente el aceite en un sartén a fuego mediano.
2. Agregue el ajo, los cebollines o la cebolla y saltéelos por 1 o 2 minutos o hasta que estén ligeramente cocidos.
3. Agregue las hojas verdes, las especias y el agua. Mezcle bien todos los ingredientes.
4. Cubra el sartén y cocine a fuego lento por 8 o 10 minutos. Muévelos de vez en cuando.

Información Útil

- Enrolle varias hojas juntas y córtelas en tiras de un 1/4 pulgada.
- Pruebe saltar con callaloo, hojas de diente de león, repollo o repollo chino. Agregue zanahorias y betabel o remolacha. ¡Son deliciosos!

Source: CUCE-NYC FMNP Recipe Collection 2014



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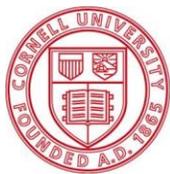
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Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Recipe 5 servings	
Amount Per Serving	
Calories 60	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 1g	
Vitamin A 40%	• Vitamin C 25%
Calcium 6%	• Iron 2%
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Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
Label analysis based on ingredients listed.	





Raw Beet and Apple Slaw

Yields 5 servings (½ cup each)

Ingredients

- 1 small cucumber, grated (1 cup)
- 1 large apple (do not peel), grated (1 cup)
- 3-4 beets, grated (1 cup)
- ½ cup beet greens, finely chopped
- 2 tablespoons vinegar
- ½ teaspoon ginger
- ¼ teaspoon ground black pepper
- 1 tablespoon olive oil

Instructions

1. Grate cucumber, apple, and beets into a medium sized bowl.
2. Stir in beet greens.
3. Add vinegar, ginger, pepper, and olive oil into the bowl, mix well.
4. Serve immediately or keep refrigerated until served.

Helpful Information

- Don't throw away the beet leaves and stems! Beet greens can be steamed, sautéed, or added raw to salads.
- Experiment with your recipe – grate in carrots, turnips and other market fresh vegetables.

Source: CUCE-NYC FMNP Recipe Collection 2014



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Nutrition Facts

Serving Size ½ cup

Servings Per Recipe 5 servings

Amount Per Serving

Calories 80 Calories from Fat 15

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 60mg 3%

Total Carbohydrate 15g 5%

Dietary Fiber 4g 16%

Sugars 10g

Protein 2g

Vitamin A 8% • Vitamin C 15%

Calcium 4% • Iron 6%

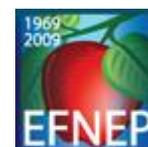
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

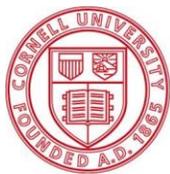
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Label analysis based on ingredients listed.





“Slaw” de Remolacha Cruda y Manzana

Rinde 5 raciones (½ taza cada una)

Ingredientes

- 1 pepino pequeño, rallado (1 taza)
- 1 manzana grande (con la cáscara), rallada (1 taza)
- 3-4 remolachas (betabeles), ralladas (1 taza)
- ½ taza de hojas de remolacha, picadas
- 2 cucharadas de vinagre
- ½ cucharadita de jengibre
- ¼ cucharadita de pimienta negra
- 1 cucharada de aceite de oliva
- 1 pizca de chile en polvo o salsa picante (opcional)

Instrucciones

1. Ralle el pepino, la manzana, y la remolacha en un tazón mediano.
2. Mezcle las hojas verdes de la remolacha.
3. Agregue vinagre, el jengibre, la pimienta y el aceite de oliva al tazón. Mezcle bien.
4. Sirva inmediatamente o mantenga refrigerado hasta que lo sirva

Información Útil

- No tire las hojas y los tallos! Las hojas de remolacha se pueden cocinar a vapor, saltar, o añadir crudas en ensaladas.
- Experimente con la receta—ralle en esta receta zanahorias, nabos, u otros vegetales de la marqueta.

Source: CUCE-NYC FMNP Recipe Collection 2014



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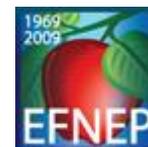
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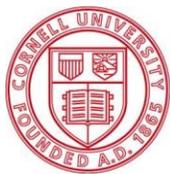
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Nutrition Facts	
Serving Size ½ cup Servings Per Recipe 5 servings	
Amount Per Serving	
Calories 80	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	16%
Sugars 10g	
Protein 2g	
Vitamin A 8%	Vitamin C 15%
Calcium 4%	Iron 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:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
Label analysis based on ingredients listed.	





Summer Squash Medley

Yields 6 servings (1 cup each)

Ingredients

- 6 small summer squash (green and yellow can be mixed)
- 1½ cups green beans
- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 2 tablespoons fresh basil (or mint), minced
- 1 teaspoon oregano
- Black pepper if desired

Instructions

1. Cut the squash into thin round slices.
2. Cut green beans into thin ½ inch pieces.
3. Heat oil in a large skillet. Add the garlic and sauté until golden. Do not allow to brown.
4. Add the beans and cook 1 minute. Add the squash and continue cooking and stirring occasionally. Cook for 5-6 minutes or until squash is tender.
5. Stir in fresh herbs. Cook one more minute and serve hot.

Nutrition Facts

Serving Size 1 cup	
Servings Per Recipe 6 servings	
Amount Per Serving	
Calories 60	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 2g	
Vitamin A 8%	• Vitamin C 35%
Calcium 4%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
Label analysis based on ingredients listed.	

Helpful Information

- Cook your summer green and yellow squash with the skins on– it’s delicious and more nutritious!
- Add hot pepper if you want a hot spicy dish.
- Summer squash are great eaten raw with dips or cut into pieces in salads.

Source: CUCE-NYC FMNP Recipe Collection 2014



Recipe analyzed using *The Food Processor® Nutrition Analysis Software* from ESHA Research, Salem, Oregon.

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Calabazas Salteadas con Habichuelas Verdes

Rinde 6 raciones (1 taza cada una)

Ingredientes

- 6 calabacines de verano pequeños (puede mezclar verdes y amarillos)
- 1 ½ tazas de vainitas o ejotes frescos
- 1 cucharada de aceite de oliva
- 3 dientes de ajo, picados
- 2 cucharadas de albahaca fresca (o menta), picada
- 1 cucharadita de orégano
- Pimienta al gusto

Instrucciones

1. Corte los calabacines en rodajas delgadas.
2. Corte los ejotes en pedacitos de ½ pulgada.
3. Caliente el aceite en un sartén grande. Agregue el ajo y saltéelo por hasta que esté dorado. No deje que se queme o quede de color marrón.
4. Añada los ejotes y cocínelos por 1 minuto. Agregue los calabacines y deje que se sigan cocinando, moviéndolos de vez en cuando. Cocine por 5-6 minutos o hasta que los calabacines estén suaves.
5. Añada las hierbas frescas. Cocínelo un minuto más y sírvalo caliente.

Nutrition Facts

Serving Size 1 cup
Servings Per Recipe 6 servings

Amount Per Serving	
Calories 60	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 2g	
Vitamin A 8%	Vitamin C 35%
Calcium 4%	Iron 4%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Label analysis based on ingredients listed.

Información Útil

- Cocine sus calabazas de verano verdes y amarillos con sus cáscaras, son deliciosos y más nutritivos.
- Agregue ají picante si quiere un plato picante.
- Las calabazas de verano saben muy bien crudas untadas en dips o picadas en ensaladas.

Source: CUCE-NYC FMNP Recipe Collection 2014



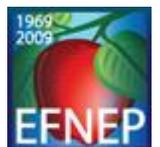
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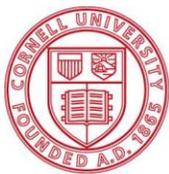
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Carrot Raisin Salad

Yields 6 servings (½ cup each)

Ingredients

- 6 medium carrots, grated
- ¾ cup raisins
- ½ cup of non-fat or low-fat vanilla yogurt
- 1 tablespoon orange juice

Instructions

1. Rinse and scrub carrots with a vegetable brush. Shred carrots using a grater.
2. In a large bowl, mix all ingredients together well.
3. Chill and serve.

Helpful Information

- Tastes great with ½ cup of your favorite unsalted nuts and a chopped apple!
- Add other vegetables to this recipe, such as finely grated cabbage.
- Fruits and vegetables are great sources of vitamins, minerals, and fiber, so make your plate ½ vegetables and fruits every day!

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Recipe 6 servings	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	12%
Sugars 21g	
Protein 2g	
Vitamin A 110%	• Vitamin C 10%
Calcium 6%	• Iron 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:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
Label analysis based on ingredients listed.	

Source: CUCE-NYC FMNP Recipe Collection 2014



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

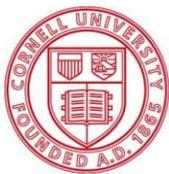
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Ensalada de Zanahorias y Pasas

Rinde 6 raciones (½ taza cada una)

Ingredientes

- 6 zanahorias medianas, ralladas
- ¾ de taza de pasas
- ½ taza de yogur con sabor a vainilla, sin grasa o bajo en grasa
- 1 cucharada de jugo de naranja

Instrucciones

1. Lave y restriegue las zanahorias con un cepillo para vegetales. Ralle las zanahorias usando un rallador.
2. En un recipiente grande, mezcle bien todos los ingredientes.
3. Ponga en el refrigerador hasta servir.

Información Útil

- ¡Sabe delicioso con ½ taza de sus nueces sin sal favoritas y una manzana picada!
- Añada otros vegetales a esta receta, como col o repollo rallado finamente.
- Las frutas y vegetales son grandes fuentes de vitaminas, minerales, y fibra. ¡Haga vegetales y frutas la mitad de su plato cada día!

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Recipe 6 servings	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	12%
Sugars 21g	
Protein 2g	
Vitamin A 110%	• Vitamin C 10%
Calcium 6%	• Iron 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:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
Label analysis based on ingredients listed.	

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Caribbean Callaloo

Yields 6 servings (½ cup each)

Ingredients

- 2 pounds fresh callaloo
- 1 tablespoon canola or olive oil
- 1 medium yellow onion, chopped
- 1 clove garlic, chopped
- 3 medium tomatoes, diced
- ⅛ teaspoon black pepper
- 1 tablespoon fresh chopped basil
- Dash of hot pepper if desired

Instructions

1. Wash callaloo well under cold running water. Remove discolored leaves. Peel any tough ribs and stems. Bundle leaves and stems together and chop into fine shreds.
2. Heat oil in a large skillet on medium heat. Cook onions and garlic until golden.
3. Stir in callaloo, tomatoes, and seasonings.
4. Cover and steam for about 5 minutes, until greens are wilted

Helpful Information

- Callaloo is sometimes referred to as “wild spinach.” Spinach or kale can be used in place of callaloo or even mixed with it.
- Cook callaloo and other leafy greens quickly with little or no water to retain the bright green color.
- Steaming quickly helps to preserve valuable nutrients, flavor, and color, without adding fat and calories.

Source: CUCE-NYC FMNP Recipe Collection 2014

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Recipe 6 servings	
Amount Per Serving	
Calories 80	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 4g	
Vitamin A 90%	• Vitamin C 130%
Calcium 35%	• Iron 20%
<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: 2,000 2,500</small>
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	
<small>Label analysis based on ingredients listed.</small>	



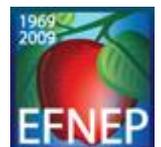
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Calalú Caribeño

Rinde 6 raciones (½ taza cada una)

Ingredientes

- 2 libras de calalú fresco
- 1 cucharada de aceite de canola o de oliva
- 1 cebolla amarilla mediana, picada
- 1 diente de ajo, picado
- 3 tomates medianos, cortados en cubitos
- ⅛ cucharadita de pimienta negra
- 1 cucharada de albahaca
- Una pizca de chile picante (si desea)

Instrucciones

1. Lave bien el calalú en una corriente de agua fría. Remueva las hojas que están descoloridas. Pele los nervios grandes de las hojas y los tallos. Junte las hojas y los tallos y córtelos en tiras finitas.
2. Caliente el aceite en un sartén grande a fuego medio alto. Cocine la cebolla y el ajo hasta que estén dorados.
3. Eche y remueva el calalú, los tomates, y los condimentos en el sartén.
4. Tape el sartén y cocine al vapor por 5 minutos hasta que las hojas verdes estén marchitas.

Información Útil

- Al calalú se le llama ‘espinaca salvaje’. Puede usar espinaca o col rizada en vez de calalú, o también puede mezclarlo con el calalú.
- Cocine el calalú u otras verduras de hoja verde rápidamente sin o con muy poca agua para retener el color verde brillante.
- Cocer al vapor rápidamente conserva nutrientes valiosos, sabor, y color, sin añadir grasa y calorías.

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Recipe 6 servings	
Amount Per Serving	
Calories 80	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 4g	
Vitamin A 90%	• Vitamin C 130%
Calcium 35%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Label analysis based on ingredients listed.

Source: CUCE-NYC FMNP Recipe Collection 2014



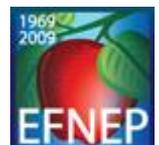
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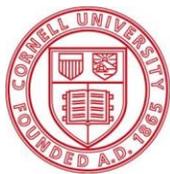
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Zucchini Chopped Tomatoes

Yields 4 servings (½ cup each)

Ingredients

- 1 tablespoon of olive oil
- 2 small onions, chopped
- 4 small zucchini, chopped
- 2 tomatoes, chopped
- 1 tablespoon fresh herbs, minced (parsley, cilantro, or basil)
- ¼ teaspoon black pepper, optional

Instructions

1. In a large skillet, heat oil over medium heat. Add onions. Sauté until softened.
2. Add zucchini. Sauté 2 minutes.
3. Add tomatoes and herbs. Cook 3-5 minutes, or until zucchini is tender.
4. Season with pepper and serve.

Helpful Information

- Serve this simple recipe with different fresh herbs. Cut the leaves into small pieces and sprinkle on top.
- Cooking with fresh garlic and herbs makes food taste good, so you can use less salt!
- Cook your zucchini and yellow summer squash with the skins on. It's delicious and more nutritious!
- Try this recipe without cooking. Just chop zucchini smaller, add a little apple cider vinegar, and toss.

Source: CUCE-NYC FMNP Recipe Collection 2014



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Nutrition Facts	
Serving Size 1/2 cup	
S Servings Per Recipe 4 servings	
Amount Per Serving	
Calories 60	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 2g	
Vitamin A 8%	• Vitamin C 60%
Calcium 4%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
Label analysis based on ingredients listed.	





Calabacines y Tomates Picados

Rinde 4 raciones (½ taza cada una)

Ingredientes

- 1 cucharada de aceite de oliva
- 2 cebollas pequeñas, cortadas
- 4 calabacines o zucchini pequeños, cortados
- 2 tomates, cortados
- 1 cucharada de hierbas frescas, picadas (perejil, cilantro o albahaca)
- Pimienta negra, a gusto

Instrucciones

1. En un sartén grande, caliente el aceite a fuego medio. Agregue las cebollas. Sofríalas hasta que se ablanden.
2. Agregue los calabacines. Sofría por 2 minutos.
3. Agregue los tomates y las hierbas. Cocine de 3 a 5 minutos o hasta que el calabacín este suave.
4. Sazone con pimienta y sirva.

Información Útil

- Sirva esta simple receta con diferentes hierbas frescas. Corte las hojas en trozos pequeños y rocíelas encima.
- Cocinar con ajo fresco y hierbas hacen que la comida sepa bien- ¡así usa menos sal!
- Cocine su calabaza de verano verde y amarilla con sus cáscaras. ¡Es delicioso y más nutritivo!
- Trate esta receta sin cocinarla. Solo corte el zucchini mas pequeño, agregue un poco de vinagre de cidra y mezcle.

Source: CUCE-NYC FMNP Recipe Collection 2014



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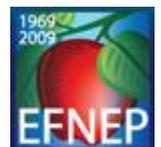
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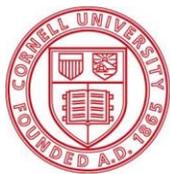
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Nutrition Facts	
Serving Size 1/2 cup	
:Servings Per Recipe 4 servings	
Amount Per Serving	
Calories 60	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
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Dietary Fiber 2g	8%
Sugars 6g	
Protein 2g	
Vitamin A 8%	• Vitamin C 60%
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Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
Label analysis based on ingredients listed.	





Ensalada de Maíz Crudo

Rinde 6 raciones (½ taza cada una)

Ingredientes

- 4 mazorcas grandes de maíz, saque los granos del maíz
- 1 pimiento verde, picado
- 6 tomates rojos, picados
- 2 zanahorias medianas, ralladas
- ¼ de taza de cebollines, picados finamente
- 1 diente de ajo, picado
- 2 cucharaditas de aceite de oliva
- 2 cucharadas de vinagre de sidra
- ½ taza de cilantro fresco, picado

Pruebe con:

- ¼ cucharadita de pimienta negra
- ¼ de jalapeño, picado

Instrucciones

1. Lave todos los vegetales. Prepare los vegetales picándolos o rallándolos.
2. Agregue todos los vegetales en un tazón grande y mézclelos.
3. Agregue ajo, aceite, vinagre, cilantro fresco y pimienta negra. Mezcle bien y sirva.

Información Útil

- Se puede comer el maíz crudo.
- No cocine el maíz crudo demasiado. Cocine las mazorcas de maíz al vapor con 2-3 pulgadas de agua en una olla. Hágalo hervir, apague el fuego, y deje la olla tapada de 3 a 5 minutos.

Source: CUCE-NYC FMNP Recipe Collection 2014



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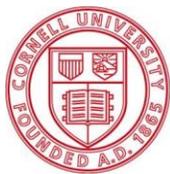
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Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Recipe 6 servings	
Amount Per Serving	
Calories 150	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 30g	10%
Dietary Fiber 6g	24%
Sugars 10g	
Protein 5g	
Vitamin A 70%	Vitamin C 80%
Calcium 4%	Iron 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:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
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Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
Label analysis based on ingredients listed.	



Easy Ratatouille

Yields 6 servings (1/2 cup each)

Ingredients

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 large onion, sliced
- 2 medium eggplants, chopped
- 4 small zucchini, sliced
- 2 green bell peppers, chopped
- 5 medium red tomatoes, chopped
- 1 tablespoon fresh basil, cilantro, or parsley, chopped
- 1/4 teaspoon black pepper

Directions

1. Heat oil in large skillet over medium heat.
2. Add garlic and onion and cook until onion is soft.
3. Add eggplant and zucchini. Cook until lightly browned and almost tender.
4. Add the green pepper and tomatoes. Cook for about 5 minutes.
5. Add fresh herbs and pepper. Cover the pan and cook for 5 more minutes.

Helpful Information

- Different varieties of eggplants are all delicious. Experiment with each color or mix them all together.
- Cook eggplant with or without the skins. Eggplants have edible skins.
- Eggplant can be baked in the oven or grilled. Add eggplant to soups and stews. Toss some raw eggplant into your green salad. Just be sure to cut it very small.

Source: CUCE-NYC FMNP Recipe Collection 2014



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

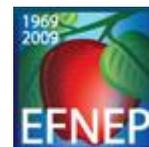
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Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Recipe 6 servings	
Amount Per Serving	
Calories 120	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 21g	7%
Dietary Fiber 9g	36%
Sugars 11g	
Protein 4g	
Vitamin A 25%	• Vitamin C 110%
Calcium 6%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
Label analysis based on ingredients listed.	





Guiso De Berenjena

Rinde 6 raciones (1/2 taza cada una)

Ingredientes

- 1 cucharada de aceite de oliva
- 2 dientes de ajo, picados finamente
- 1 cebolla grande, rebanada
- 2 berenjenas medianas, cortadas
- 4 calabacines (zucchini), rebanados
- 2 pimientos verdes, cortados
- 5 tomates rojos medianos, cortados
- 1 cucharada de albahaca, cilantro, o perejil fresco, picado
- 1/4 cucharadita de pimienta negra

Instrucciones

1. Calienta el aceite en un sartén grande en fuego mediano.
2. Añada el ajo y la cebolla y sofríalos hasta que la cebolla esté suave.
3. Añada la berenjena y los calabacines. Cocínelos hasta que estén un poco dorados y casi suaves.
4. Añada el pimiento verde y tomates. Caliéntelos por 5 minutos.
5. Añada hierbas frescas y pimienta negra. Cubra el sartén y déjelo cocinar por unos 5 minutos más.

Información Útil

- Diferentes variedades de berenjenas son todas deliciosas. Experimente con cada color o mézclelas todas juntas.
- Cocine la berenjena con o sin la cáscara. Las berenjenas tienen cáscaras que se pueden comer.
- La berenjena se puede hornear o cocer en la parrilla. Agregue berenjena a las sopas o a los estofados. Ponga un poco de berenjena cruda en su ensalada verde. Solo asegúrese de picarla en pequeños pedazos.

Source: CUCE-NYC FMNP Recipe Collection 2014



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

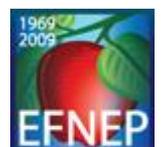
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Nutrition Facts	
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Servings Per Recipe 6 servings	
Amount Per Serving	
Calories 120	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 21g	7%
Dietary Fiber 9g	36%
Sugars 11g	
Protein 4g	
Vitamin A 25%	Vitamin C 110%
Calcium 6%	Iron 8%
*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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Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
Label analysis based on ingredients listed.	





Peach Tomato Salsa

Yields 5 servings (½ cup each)

Ingredients

- 3 tomatoes, chopped
- 3 tomatillos with paper-like husk removed, chopped
- ½ green bell pepper, chopped
- ½ cucumber, unpeeled, chopped
- 2 peaches, chopped
- 1 red onion, chopped
- 2 tablespoons fresh lime juice
- ½ cup cilantro, chopped
- ¼ teaspoon black pepper, optional
- 1 jalapeño pepper, chopped small, optional

Instructions

1. Add all chopped vegetables to a large bowl. Add fresh lime juice and mix well.
2. Mix in fresh cilantro and black pepper.
3. Serve immediately or keep refrigerated.

Helpful Information

- Try adding mango, pineapple or nectarines for a different fruity flavor.
- Grate in carrots or other market fresh vegetables.
- Salsas are healthy delicious dips for whole wheat pita bread or tortilla chips.
- Top pork chops, chicken, or fish with salsa after its cooked or while its cooking.

Source: CUCE-NYC FMNP Recipe Collection 2014

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Recipe 5 servings	
Amount Per Serving	
Calories 70	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	12%
Sugars 10g	
Protein 2g	
Vitamin A 8%	Vitamin C 60%
Calcium 4%	Iron 4%
*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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Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
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Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
Label analysis based on ingredients listed.	



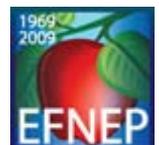
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Salsa de Durazno y Tomate

Rinde 5 raciones (1/2 taza cada una)

Ingredientes

- 3 tomates, picados
- 3 tomatillos con la cáscara removida, picados
- 1/2 pimiento verde, picado
- 1/2 pepino, sin pelar, picado
- 2 duraznos, picados
- 1 cebolla roja, picada finamente
- 2 cucharadas de jugo de lima fresco
- 1/2 taza de cilantro fresco, picado
- 1/4 cucharadita de pimienta negra, si desea
- 1 jalapeño, picado finamente, si desea

Instrucciones

1. Agregue todos los vegetales cortados en un tazón grande. Agregue el jugo de lima fresco y mezcle bien.
2. Mézclelo con cilantro fresco y pimienta negra.
3. Sirva inmediatamente o mantenga refrigerado.

Información Útil

- Trate de agregar mango, piña, o nectarinas para un sabor diferente de fruta.
- Ralle y agregue zanahorias, nabos u otros vegetales frescos de la marqueta.
- Las salsa son dips deliciosos saludables para pan de pita integral o los chips de tortilla.
- Ponga esta salsa sobre chuletas de puerco, pollo, o pescado después que están cocidos o mientras se cocinan.

Source: CUCE-NYC FMNP Recipe Collection 2014



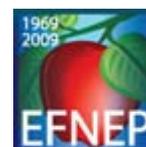
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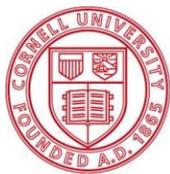
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Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Recipe 5 servings	
Amount Per Serving	
Calories 70	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	12%
Sugars 10g	
Protein 2g	
Vitamin A 8%	• Vitamin C 60%
Calcium 4%	• Iron 4%
*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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Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
Label analysis based on ingredients listed.	



Dressed-Up Corn

Yields 8 servings (1 cup each)

Ingredients

- 4 large ears of corn
- 1 green pepper
- 1 medium onion
- 1 large tomato
- 2 carrots
- 1 teaspoon olive or canola oil
- ½ cup fresh cilantro
- dash of pepper

Instructions

1. Cut the corn off the cob. (Cut off the bottom of the corn and stand it up on the cutting board. Hold the corn at the top and begin slicing off the kernels in a downward motion.)
2. Cut the pepper, onion, and tomato into small pieces.
3. Grate the carrots with a vegetable peeler or the large side of a cheese grater.
4. Heat oil in pan over medium heat for a few seconds.
5. Add onion and cook for about 5 minutes.
6. Add pepper, carrot, and tomato to the pan, and cook for about 3 minutes.
7. Add corn, mixing well with the onion, pepper, carrot, and tomato mixture.
8. Allow to cook for another 5 minutes or until thoroughly heated. Mix in fresh cilantro.
9. Season with pepper.

Helpful Information

- Fresh corn and other vegetables can be eaten raw. Try serving this recipe without cooking it.
- Use basil or mint instead of cilantro for a different taste.

Source: CUCE-NYC FMNP Recipe Collection 2014



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

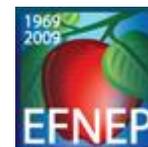
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Nutrition Facts	
Serving Size 1 cup	
Servings Per Recipe 8	
Amount Per Serving	
Calories 90	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 3g	
Vitamin A 35%	Vitamin C 35%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
Label analysis based on ingredients listed.	





Maíz Aliñado

Rinde 8 porciones (1 taza cada una)

Ingredientes

- 4 mazorcas grandes de maíz (elote)
- 1 pimiento verde
- 2 cebolla mediana
- 1 tomate grande
- 2 zanahorias medianas
- 1 cucharadita de aceite de oliva o de canola
- 1/2 taza de cilantro fresco
- pizca de pimienta

Instrucciones

1. Corte el maíz de la mazorca. (Usando un cuchillo afilado, corte la parte baja del maíz y párelo en la tabla de cortar. Sujete el maíz por la parte de arriba y comience a cortar los granos del maíz con movimientos de arriba hacia abajo.)
2. Corte el pimiento verde, la cebolla y el tomate en pedazos pequeños.
3. Ralle la zanahoria con el lado grande de un rallador de queso.
4. Caliente el aceite en el sartén a fuego mediano por unos segundos.
5. Agregue la cebolla y saltéela por unos 5 minutos.
6. Añada el pimiento, zanahorias y tomate al sartén. Cocínelos por 3 minutos.
7. Agregue el maíz, mezclándolo bien con la cebolla, el pimiento, las zanahorias, y el tomate.
8. Déjelo cocinar por 5 minutos más o hasta que todo esté bien caliente. Mezcle con el cilantro fresco.
9. Sazónelo con pimienta.

Información Útil

- Use albahaca o menta en vez de cilantro para un sabor diferente.
- El maíz fresco de la granja está lleno de dulce natural- sabe bien sin añadir sal o mantequilla.

Source: CUCE-NYC FMNP Recipe Collection 2014

Nutrition Facts

Serving Size 1 cup
Servings Per Recipe 8

Amount Per Serving

Calories 90 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 18g **6%**

Dietary Fiber 3g **12%**

Sugars 5g

Protein 3g

Vitamin A 35% • Vitamin C 35%

Calcium 2% • Iron 4%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Label analysis based on ingredients listed.

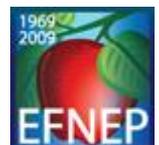
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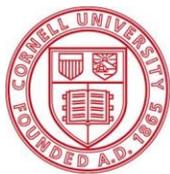
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Vegetales “Estilo Oriental”

Rinde 8 raciones (1/2 taza cada una)

Ingredientes

- 1 cucharada de aceite de oliva
- 1 diente de ajo, picado en trozos pequeños
- 6 zanahorias medianas, ralladas
- 1 pimiento verde mediano, picado finamente
- 1 cebolla mediana, cortada
- 3 tazas de repollo, cortado
- 2 duraznos grande (1 taza picada), cortados
- 1 cucharada de cilantro, menta, o albahaca fresca, cortada

Instrucciones

1. Caliente el aceite en un sartén grande. Añada el ajo. Sofríalo y cocínelo por un minuto hasta que el ajo se dore. No deje que el ajo se queme.
2. Agregue las zanahorias, el pimiento verde, la cebolla, y el repollo. Mézclelos y cocínelos por 6 o 8 minutos. Si necesita, añada un poco de agua.
3. Agregue los duraznos. Agregue las hierbas. Cubra y cocine por 1 o 2 minutos o hasta que estén suaves.

Información Útil

- Cocinar con ajo fresco y hierbas hacen que la comida sepa deliciosa– ¡así no usa sal!
- Sirva como plato principal añadiendo trozos cocidos de carne magra, pollo, o pescado. Delicioso con arroz, tallarines, o pan de pita.

Source: CUCE-NYC FMNP Recipe Collection 2014



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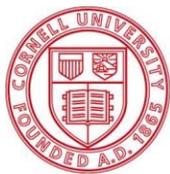
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Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Recipe 8 servings	
Amount Per Serving	
Calories 80	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	16%
Sugars 8g	
Protein 2g	
Vitamin A 90%	• Vitamin C 70%
Calcium 4%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
Label analysis based on ingredients listed.	





Fall Vegetable Salad

Yields 6 servings (1 cup each)

Ingredients

- 1 head lettuce, chopped
- ½ cup kale, chopped
- 1 medium carrot, grated
- 4 radishes, grated
- ½ red bell pepper, chopped
- 1 ear corn, kernels removed from cob
- ½ small cucumber, chopped
- ½ cup broccoli, chopped
- 1 apple, chopped
- 1 peach, chopped
- 1 tablespoon cilantro, chopped

For dressing:

- 1 tablespoon olive oil
- 1 tablespoon apple cider vinegar
- 1 teaspoon dried oregano
- ¼ teaspoon black pepper

Instructions

1. Add all vegetables to a large bowl and toss together.
2. To make the dressing, mix oil, vinegar, oregano and black pepper together.
3. Pour dressing over vegetables. Mix together and serve cold.

Helpful Information

- Fall is the time to experiment with your salad recipe. Try new varieties of apples and radishes - radish leaves are edible!
- To serve as a main dish, add 1 can of garbanzo beans or chickpeas (drained and rinsed) or cooked cubes of lean poultry or fish.

Source: CUCE-NYC FMNP Recipe Collection 2014



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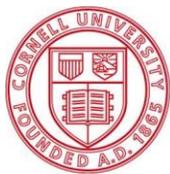
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Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 2g	
Vitamin A 70%	Vitamin C 70%
Calcium 4%	Iron 6%
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Cholesterol	Less than 300mg 300mg
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Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
Label analysis based on ingredients listed.	



Ensalada de Vegetales de Otoño

Rinde 6 raciones (1 taza cada una)

Ingredientes

- 1 lechuga entera, picada
- ½ taza de col rizada, picada
- 1 zanahoria mediana, rallada
- 4 rábanos, rallados
- ½ pimiento rojo, picado
- 1 mazorca de maíz, desgranada
- ½ pepino pequeño, picado
- ½ taza de brócoli
- 1 manzana, picada
- 1 durazno, picado
- 1 cucharada de cilantro, picado fino

Para el aderezo:

- 1 cucharada de aceite de oliva
- 1 cucharada de vinagre
- 1 cucharadita de orégano seco
- ¼ cucharadita de pimienta negra

Instrucciones

1. Añada todos los vegetales a un tazón grande y mézclelos juntos.
2. Para preparar el aderezo, mezcle el aceite, el vinagre, el orégano y la pimienta negra juntos.
3. Rocíe el aderezo sobre la ensalada. Mézclela y sírvala fría.

Información Útil

- En el otoño experimente con sus recetas de ensalada. Trate nuevas variedades de manzanas y rábanos ¡las hojas de rábanos se pueden comer!
- Sirva como plato principal, agregando 1 lata de garbanzos (enjuagados y escurridos) o cubos de pollo o pescado magro cocidos.

Source: CUCE-NYC FMNP Recipe Collection 2014



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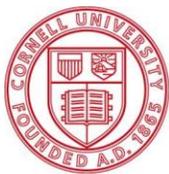
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Nutrition Facts	
Serving Size 1 cup	
Servings Per Recipe 6 servings	
Amount Per Serving	
Calories 90	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 2g	
Vitamin A 70%	Vitamin C 70%
Calcium 4%	Iron 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:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
Label analysis based on ingredients listed.	





Fresh and Fruity Cole Slaw

Yields 20 servings (½ cup each)

Ingredients

- 1 small onion, chopped
- 3 tablespoons apple cider vinegar
- 1 tablespoon olive oil
- ¼ teaspoon ground black pepper
- ⅛ teaspoon salt, optional
- ¼-½ head cabbage, shredded (about 3 cups)
- 2 medium carrots, grated
- ⅓ cup kale, chopped
- 6 radishes, grated
- 1 medium apple, grated
- ¼ cup fresh parsley or cilantro, chopped

Instructions

1. In the bottom of a large bowl combine chopped onion, vinegar, oil, pepper, and salt (if desired). Let onion mixture stand for 10 minutes.
2. Add cabbage, carrots, kale, radishes, apple and herbs to bowl. Mix well.
3. Chill at least 15 minutes before serving.

Helpful Information

- Try using red cabbage or use both red and green cabbage!
- Radish tops are edible. Try adding just a little to your green salads to see if you like them.
- Use a variety of apples. Try a crisp and sweet variety of apple to use in this recipe.

Source: Adapted Radish Slaw Recipe from [Celebrating a Healthy Harvest](#)
part of CUCE-NYC FMNP Recipe Collection 2014



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

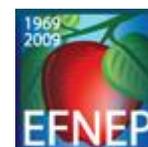
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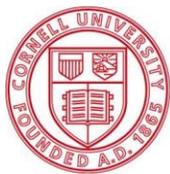
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Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Recipe 20 servings	
Amount Per Serving	
Calories 25	Calories from Fat 5
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 1g	
Vitamin A 15%	• Vitamin C 20%
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:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
Label analysis based on ingredients listed.	





Ensalada de Col Fresca y Afruitada

Rinde 20 raciones (½ taza cada una)

Ingredientes

- 1 cebolla pequeña, picada
- 3 cucharadas de vinagre de cidra de manzana
- 1 cucharada de aceite de oliva
- ¼ de cucharadita de pimienta negra molida
- ⅛ de cucharadita de sal, si desea
- ¼-½ col entera, cortada en tiras (como 3 tazas)
- 2 zanahorias medianas, ralladas
- ⅓ de taza de col rizada, cortada
- 6 rábanos, rallados
- 1 manzana mediana, rallada
- ½ taza de perejil o cilantro, picado

Instrucciones

1. En un tazón grande, mezcle la cebolla picada, el vinagre (o jugo de limón), el aceite, la pimienta, y la sal (si desea). Deje esta mezcla de cebolla reposar 10 minutos.
2. Añada la col, las zanahorias, los rábanos, la manzana y las hierbas al tazón. Mezcle bien.
3. Enfríelo por los menos 15 minutos antes de servir.

Información Útil

- ¡Trate de usar col morada o use ambas, col morada y col verde!
- Se pueden comer las hojas de rábano. PÓ ngale solo un poco a sus ensaladas verdes para ver si le gusta.
- Utilice una variedad de manzanas. Pruebe un tipo de manzana crujiente y dulce para usar en esta receta.

Source: Adapted Radish Slaw Recipe from Celebrating a Healthy Harvest
part of CUCE-NYC FMNP Recipe Collection 2014



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Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Recipe 20 servings	
Amount Per Serving	
Calories 25	Calories from Fat 5
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 1g	
Vitamin A 15%	Vitamin C 20%
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:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
Label analysis based on ingredients listed.	





Braised Cabbage

Yields 6 servings (1 cup)

Ingredients

- 1 medium green cabbage, shredded
- 2 medium yellow onions, halved and thinly sliced
- 2 garlic cloves, minced
- 1 tablespoon fresh ginger, minced
- 1 bird chili pepper, whole (or other hot pepper of your choice)
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon water

Instructions

1. Heat the pan on medium heat, and then add oil.
2. Immediately add onion, garlic, ginger, and chili pepper. Cook, stirring occasionally, until the onions start to brown.
3. Add the shredded cabbage and 1 tablespoon of water. Cook for 15 to 20 minutes until the cabbage is soft, stirring occasionally.

Helpful Information

- Other dark leafy greens can be used or mixed together. Try Kale, Mustard, Turnip or Collard greens.
- Braising is an easy cooking technique you can use for other vegetables.

Nutrition Facts

Serving Size 1 cup
Servings Per Recipe 6

Amount Per Serving
Calories 100 Calories from Fat 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 13g **4%**

Dietary Fiber 4g **16%**

Sugars 2g

Protein 2g

Vitamin A 6% • Vitamin C 140%

Calcium 8% • Iron 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:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Label analysis based on ingredients listed.



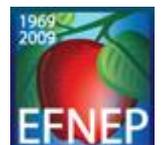
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Estofado de Repollo

Rinde 6 raciones (1 taza)

Ingredientes

- 1 repollo verde mediano, finamente rallado
- 2 cebollas amarillas de tamaño mediano, finamente picado en lonjas
- 2 dientes de ajo, picados
- 1 cucharada de gengibre fresco, picado
- 1 bird chili pepper, entero (o cualquier pimiento picante de su preferencia)
- 2 cucharadas de aceite de olive extra-virgen
- 1 cucharada de agua

Instrucciones

1. Caliente el aceite en un sartén a fuego mediano.
2. Inmediatamente agregue las cebollas, ajo, gengibre, y pimiento picante. Cocine y muévalos de vez en cuando hasta que estén un poco dorados.
3. Agregue el repollo rallado y una cucharada de agua. Cocine por 15 a 20 minutos hasta que el repollo esté tiernos , muévalos ocasionalmente.

Información Útil

- Otras verduras de hojas verdes pueden ser utilizadas o mezcladas. ¡Trate la col rizada, las hojas de mostaza, las hojas de nabo o la acelga!
- Estofados (o cocinar a fuego lento) es una técnica de cocina fácil que puede utilizar para preparar otras verduras

Source: adapted from "A Taste of African Heritage and Health, An Oldways Program"
part of CUCE-NYC FMNP Recipe Collection 2014

Nutrition Facts	
Serving Size 1 cup Servings Per Recipe 6	
Amount Per Serving	
Calories 100	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 13g	4%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 2g	
Vitamin A 6%	• Vitamin C 140%
Calcium 8%	• Iron 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:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
Label analysis based on ingredients listed.	



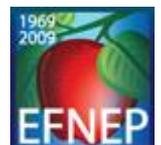
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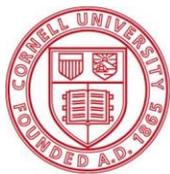
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Cabbage and Potato Sauté

Yields 6 servings (½ cup each)

Ingredients

- 2 tablespoons olive oil
- 4 cloves of garlic, minced
- 1 medium onion, chopped
- 1 large potato, chopped small
- 1 large ear of corn, kernels removed from cob
- 1 large carrot, grated
- ¼-½ head of cabbage, shredded (about 3.5 cups)
- 2 tablespoons fresh basil, minced
- ½ teaspoon black pepper
- ½ cup water

Instructions

1. Heat skillet over medium heat. Add potatoes and ¼ cup of water. Cover and allow potatoes to soften. Cook 3-5 minutes. Pierce with fork to tell when potatoes are tender.
2. Once potatoes are tender, stir in garlic, onion and oil. Cook until onions are soft, about 5 minutes.
3. Add corn and another ¼ cup of water. Cover and let cook 2 minutes.
4. Add grated carrot and cabbage. Allow to soften by covering and cooking for an additional 5-7 minutes.
5. Stir in basil and serve warm.

Helpful Information

- Be sure to slice the potatoes thin so that they will cook quickly and taste best.
- Try replacing half of the potato with parsnips or another root vegetable.
- If basil isn't available, switch it out for other fresh herbs, like parsley, sage, thyme, or cilantro.

Source: CUCE-NYC FMNP Recipe Collection 2014



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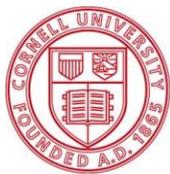
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Nutrition Facts	
Servings Per Recipe 6 servings	
Servings Per Container 6	
Amount Per Serving	
Calories 140	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 23g	8%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 3g	
Vitamin A 20%	• Vitamin C 80%
Calcium 6%	• Iron 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:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
Label analysis based on ingredients listed.	





Salteado de Col y Papas

Rinde 6 porciones (½ taza cada una)

Ingredientes

- 2 cucharadas de aceite de oliva
- 4 dientes de ajo, picado
- 1 cebolla mediana, cortada
- 1 papa grande, cortada en pequeños pedazos
- 1 mazorca de maíz grande, remueva los granos de la mazorca
- 1 zanahoria grande, rallada
- ¼-½ cabeza de col o repollo, cortada en tiras (como 3.5 tazas)
- 2 cucharadas de albahaca fresca, cortada
- ½ cucharada de pimienta negra
- ½ taza de agua

Instrucciones

1. Caliente un sartén a fuego mediano. Agregue las papas y un ¼ de taza de agua. Cubra y deje que las papas se pongan suaves. Cocine de 3 a 5 minutos. Hunda un tenedor en las papas para ver si están suaves.
2. Cuando las papas estén suaves, ponga el ajo, la cebolla, y el aceite. Cocine hasta que la cebolla esté suave, como 5 minutos.
3. Agregue el maíz y otro ¼ de taza de agua. Cubra y deje que se cocine 2 minutos.
4. Agregue zanahoria rallada y col. Deje que se suavizen al cubrir y cocinar por unos 5 a 7 minutos más.
5. Ponga la albahaca y sirva caliente.

Helpful Information

- Asegúrese de cortar las papas bien finitas para que se cocinen rápido y sepan mejor.
- Trate de reemplazar la mitad de la papa con chiviría u otro vegetal de raíz comestible.
- Si no hay albahaca, cámbiela por otras hierbas frescas, como perejil, salvia, tomillo, o cilantro.

Source: CUCE-NYC FMNP Recipe Collection 2014



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Nutrition Facts

Servings Per Recipe 6 servings
Servings Per Container 6

Amount Per Serving

Calories 140 **Calories from Fat 45**

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 23g **8%**

Dietary Fiber 4g **16%**

Sugars 3g

Protein 3g

Vitamin A 20% • Vitamin C 80%

Calcium 6% • Iron 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:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Label analysis based on ingredients listed.





Chunky Applesauce

Yields 4 servings (1/2 cup each)

Ingredients

- 4 medium apples, diced small
- 1/4 cup apple cider (optional)
- 1/8 teaspoon cinnamon
- 1 cup water

Instructions

1. Add apples, cider, cinnamon and 1/4 cup water to a saucepan, over low-medium heat, and stir ingredients together.
2. Cover and let cook for about 15 minutes; check apple mixture every few minutes and stir. If it looks dry, add water, but no more than 1/4 cup at a time.
3. When apples are soft, use a potato masher or the back of a spoon to mash to the consistency you like.

Helpful Information

- Enjoy this applesauce hot or cold! Tastes great on top of oatmeal, yogurt or on its own.
- Experiment! Add cranberries, raisins, nuts or any other of your favorite additions.
- Keep the skin on the apple for more fiber and nutrients.
- Store in the refrigerator for up to a week in a sealed container.

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Recipe 4	
Amount Per Serving	
Calories 100	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 21g	
Protein 0g	
Vitamin A 2%	• Vitamin C 15%
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:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Label analysis based on ingredients listed.

Source: Adapted from GrowNYC Greenmarket Recipe “Chunky Applesauce” part of CUCE-NYC FMNP Recipe Collection 2014



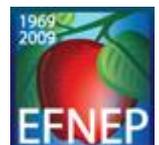
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Puré Crujiente de Manzana

Rinde 4 raciones (1/2 taza cada una)

Ingredientes

- 4 manzanas medianas, cortadas en trozos pequeños
- ¼ taza de sidra de manzana (opcional)
- ⅛ cucharadita de canela en polvo
- 1 taza de agua

Instrucciones

1. Agregue las manzanas, la sidra, la canela en polvo, y ¼ de taza de agua a una olla a fuego mediano. Mezcle los ingredientes.
2. Cubra y deje cocinar por aproximadamente 15 minutos. De vez en cuando mezcle los ingredientes, si luce seco añádele un poco de agua, pero no mas de ¼ de taza cada vez.
3. Cuando las manzanas esten suaves use un majador de papas o la parte trasera de una cuchara para darle la consistencia de pure que usted desee.

Información Útil

- Disfrute el pure de manzana caliente o frio! Es un excelente acompañamiento para la avena, el yogur o simplemente solo.
- Experimente! Agregue arándanos, pasas, nueces, o cualquiera otro de sus ingredientes favoritos.
- Mantenga la piel de la manzana por su contenido nutricional y la fibra.
- Mantengalo en un embase sellado en su nevera hasta por una semana.

Source: Adapted from GrowNYC Greenmarket Recipe “Chunky Recipe”
part of CUCE-NYC FMNP Recipe Collection 2014



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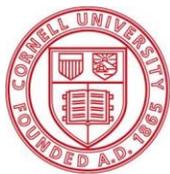
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Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Recipe 4	
Amount Per Serving	
Calories 100	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 21g	
Protein 0g	
Vitamin A 2%	Vitamin C 15%
Calcium 2%	Iron 2%
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Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
Label analysis based on ingredients listed.	





Squash and Kale Sauté

Yields 5 servings (1 cup each)

Ingredients

- ½ butternut squash, peeled, seeded and cut into ½ inch cubes
- ½ bunch kale, washed and chopped
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon vinegar or lemon juice
- 1½ cups diced fresh tomatoes
- 1 tablespoon vegetable oil

Instructions

1. Heat oil in frying pan on medium. Add onion and garlic. Sauté 3 minutes or until onion is soft.
2. Stir in squash cubes and sauté 1 minute.
3. Add tomato. Cover pan, increase heat to medium-high, and bring to a boil. Adjust heat to simmer. Cook 10-15 minutes, or until squash is tender.
4. Add kale. Cover and cook another 5 minutes.

Helpful Information

- Try this recipe with acorn squash, kabocha, or any of the many winter squash sold at markets.
- Add 1 cup raisins, cranberries, apricots (chopped), or any of your favorite dried fruits for a hint of sweetness.

Source: Adapted from Mediterranean Squash Stew from [GET FRESH!](#)

Division of Nutritional Sciences, Cornell University & Cornell Cooperative Extension, 2001
part of CUCE-NYC FMNP Recipe Collection 2014



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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Nutrition Facts	
Serving Size 1 cup	
Servings Per Recipe 5	
Amount Per Serving	
Calories 120	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 4g	
Vitamin A 390%	Vitamin C 180%
Calcium 15%	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:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 • Protein 4
Label analysis based on ingredients listed.	





Calabaza y Col Rizada Salteadas

Rinde 5 raciones (1 taza cada ración)

Ingredientes

- ½ calabaza, pelada, sin pepita, y cortada en cubitos de ½ pulgada
- ½ racimo de col rizada, lavada y picada
- 1 cebolla pequeña, picada
- 2 dientes de ajo, picados
- 1 cucharada de vinagre or jugo de limón
- 1½ taza de tomates frescos cortados 1 cucharada de aceite vegetal

Instrucciones

1. Caliente el aceite en un sartén de freír a fuego mediano. Agregue la cebolla y el ajo. Sofría por 3 minutos o hasta que la cebolla esté suave.
2. Agregue y remueva los cubitos de calabaza. Sofría 1 minuto.
3. Añada el tomate. Tape el sartén, suba la llama a fuego alto, y deje que hierva. Ajuste el fuego para que hierva a fuego lento. Cocínelo de 10-15 minutos, o hasta que la calabaza esté suave.
4. Agregue la col rizada. Tápele y cocínelo por otros 5 minutos.

Información Útil

- Trate esta receta con calabaza de bellota, kabocha, o cualquiera de las calabazas que se venden en los mercados.
- Añada 1 taza de pasas, arándanos, albaricoques (picados), o cualquiera de sus frutas secas favoritas para darle un gusto dulce.

Source: Adapted from Mediterranean Squash Stew from GET FRESH!

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Calories per gram:	
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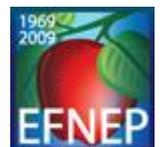
Recipe analyzed using *The Food Processor® Nutrition Analysis Software* from ESHA Research, Salem, Oregon.

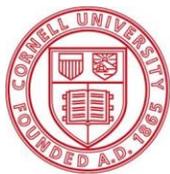
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Wilted Kale with Coconut, Ginger, and Lime

Yields 4 servings (1/2 cup each)

Ingredients

- 1/2 cup light coconut milk
- 1 teaspoon canola oil
- 1 jalapeño pepper, seeds removed and minced
- 2 teaspoons ginger, minced
- 8 cups kale stems removed and chopped
- 1/2 teaspoon sugar
- 2 teaspoons lime juice
- 1/8 teaspoon salt (optional)

Instructions

1. Heat a deep fry pan over medium-low heat.
2. Add 1 tablespoon coconut milk and canola oil.
3. Add jalapeño and ginger; cook for 1 minute.
4. Add kale; cook for 2 minutes.
5. Add remaining coconut milk and sugar; cover and cook for 4 minutes.
6. Stir in lime juice and a little salt if desired.

Helpful Information

- Kale comes in different varieties. Try kale with blue green, dark green or purple green leaves. Try mixing them together. Do not overcook and you will taste the difference.
- Trying adding chickpeas or your favorite beans. Don't forget to rinse canned beans before using!

Source: Adapted From “Wilted Kale with Coconut, Ginger, and Lime” Cooking Light SEPTEMBER 2013 part of CUCE-NYC FMNP Recipe Collection 2014



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Nutrition Facts	
Serving Size 1/2 Cup	
Servings Per Recipe 4 servings	
Amount Per Serving	
Calories 100	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 5g	
Vitamin A 410%	• Vitamin C 270%
Calcium 20%	• Iron 15%
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Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

Label analysis based on ingredients listed.





Col rizada con leche de coco, gengibre y limón

Rinde 4 raciones (1/2 media taza cada uno)

Ingredientes

- ½ taza de leche de coco ligera en grasa
- 1 cucharada de aceite de canola
- 1 ají Jalapeño pequeño, sin semillas y finamente picado
- 2 cucharadas de gengibre finamente picado
- 8 tazas de col rizada, remover los tallos y picarlas finamente
- ½ cucharadita de azúcar
- 2 cucharadas de jugo de limón
- 1/8 cucharadita de sal (opcional)

Instrucciones

1. Caliente una sartén a fuego medio.
2. Agregue una cucharada sopera de leche de coco y aceite de canola.
3. Añadir el ají Jalapeño mezclado con el gengibre, cocinar por un minuto.
4. Agregue la col rizada; cocinarla por espacio de 2 minutos.
5. Luego proceda a añadir la leche de coco restante y el azúcar; cubrir la mezcla por 4 minutos o hasta que todo este bien cocinado.
6. Finalmente añada el jugo del limón y un poco de sal al gusto.

Información Útil

- La col rizada viene en diferentes variedades. Puedes encontrarla de color azul-verdoso, verde oscuro, o la que tiene hojas verdes y morada. Intente mezclarlas todas juntas. Para mayor sabor no las sobre cocine.
- Puedes también acompañarlas con garbanzos o sus habichuelas predilectas. No olvides lavar las habichuelas enlatadas para reducir el contenido de sal, antes de utilizarlas.

Source: Adapted From “Wilted Kale with Coconut, Ginger, and Lime” Cooking Light SEPTEMBER 2013 part of CUCE-NYC FMNP Recipe Collection 2014

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