Cooking with these recipes can help keep your family healthy!

**apple tuna sandwich**

**Number of Servings:** 3  
**Cups of Fruits & Vegetables per Person:** 3/4  
**Preparation time:** 10 minutes

**Ingredients:**
- 2 (6 oz) cans unsalted tuna in water, drained
- 1 medium apple, chopped
- 1 celery stalk, peeled and chopped
- 1/4 cup low-fat vanilla yogurt
- 1 tsp prepared mustard  
- 1 tsp honey
- 6 slices whole wheat bread
- 6 lettuce leaves
- 6 slices tomato

**Directions:**
Combine and mix the tuna, apple, celery, yogurt, mustard and honey. Spread 1/2 cup of the mixture on three bread slices. Top each slice of bread with lettuce, tomato and remaining bread. Cut sandwiches in half or as desired.

**Nutrition Facts:** Serv. Size 1 sandwich, Calories 330, Total Fat 6g, Total Carb 37g, Protein 38g, Fiber 6g, Vit C 20%, Vit A 40%, Iron 20%

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**corn salad**

**Number of Servings:** 6  
**Cups of Fruits & Vegetables per Person:** 1  
**Preparation time:** 15 minutes

**Ingredients:**
- 3 cups canned corn or thawed frozen corn
- 2 Tbsp olive oil
- 1 cup miniced red onion
- 2 tsp chili powder
- 1 tsp cumin
- 1 green bell pepper, seeded, and diced
- 1 red bell pepper, seeded and diced
- 1-1/2 cups seeded and diced tomatoes
- 4 Tbsp chopped fresh cilantro
- 3 Tbsp cider vinegar
- Salt and pepper to taste

**Directions:**
In a small sauté pan, warm olive oil over medium heat. Add onion and sauté for a few minutes. Add chili powder and cumin and sauté for 1 minute longer. In a serving bowl, combine corn, bell peppers, tomatoes, and cooled onions. Toss to mix. Add cilantro and vinegar. Toss well to combine. Season to taste with salt and pepper, and toss again.

This recipe is best served at room temperature.

**Nutrition Facts:** Serv. Size 1/6 recipe, Calories 150, Total Fat 6g, Total Carb 26g, Protein 4g, Vit A 35% DV, Vit C 150% DV, Iron 6% DV

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Eating fruits and vegetables is part of a healthy diet for both children and adults. They have vitamins and minerals that can help protect your health. Most are also lower in calories and higher in fiber than other foods.

There are more fruits and vegetables available in fresh, frozen, canned, 100% juice, and dried forms than ever before. Preparing complete meals at home is a good way to get more fruits and vegetables into your diet.

To find out how many fruits and veggies you need, visit: www.fruitsandveggiesmorematters.org

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**Sedgwick County WIC**

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This institution is an equal opportunity provider.
**Number of Servings:** 6

**Cups of Fruits & Vegetables per Person:** 1

**Preparation time:** 1 hour, 30 minutes

**Ingredients:**
- 6 medium Idaho potatoes
- 1 cup shredded light cheddar cheese
- 1/4 cup skim milk
- 1/8 tsp pepper

**Directions:**
- Scrub potatoes. Make shallow slits around the middle as if you were cutting the potatoes in half lengthwise. Bake at 350°F for 30 - 60 minutes until done, depending on size. Peel broccoli stems. Steam whole stalks just until tender and chop finely. Carefully slice the potatoes in half and scoop the insides into a bowl with the broccoli. Add milk, 3/4 cup cheese and pepper. Mash together until the mixture is pale green with dark green flecks. Heap into the potato jackets and sprinkle with remaining cheese. Return to oven to heat through (about 15 minutes).

**Nutrition Facts:** Serv. Size 1/6 recipe, Calories 210, Total Fat 2g, Total Carb 39g, Protein 10g, Vit A 4% DV, Vit C 90% DV, Iron 10% DV

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**Number of Servings:** 4

**Cups of Fruits & Vegetables per Person:** 1/2

**Preparation time:** 10 minutes

**Ingredients:**
- 1 1/2 cups fat free milk
- 1 cup low-fat plain yogurt
- 1 tsp vanilla
- 1/2 tsp cinnamon
- 1/8 tsp nutmeg
- 1 cup ice cubes

**Directions:**
- Combine all ingredients except ice cubes in blender or food processor; process until thick and creamy. With motor running, add ice cubes; process until smooth. Pour into tall glasses to serve.

**Nutrition Facts:** Serv. Size 1/4 recipe, Calories 160, Total Fat 2g, Total Carb 32g, Protein 7g, Vit A 6% DV, Vit C 15% DV, Iron 2% DV

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**Number of Servings:** 6

**Cups of Fruits & Vegetables per Person:** 1/2

**Preparation time:** 15 minutes

**Ingredients:**
- 1/2 cup EACH dried pink beans, lentils, black beans, yellow split peas, kidney beans, and black-eyed peas
- 8 cups water
- 1 smoked ham hock (about 1/2 pound)
- 1/2 tsp EACH dried basil, dried rosemary, marjoram, and crushed red chilies
- 1/2 tsp salt and black pepper
- 1 bay leaf
- 1 cup chopped onion
- 1/2 cup chopped carrots
- 1/2 cup chopped celery
- 2 (14-1/2 oz) cans diced tomatoes, undrained
- 1 (8 oz) can tomato sauce

**Directions:**
- Rinse the dried pink beans, lentils, black beans, yellow split peas, kidney beans, and black-eyed peas under cold running water. Place all the beans, lentils and peas in a large bowl, and then cover with water to 2 inches above the mixture. Cover and let stand 8 hours, then drain. Combine the drained bean, lentil, and pea mixture, water and ham hock in a large pot; bring to a boil. Add the spices, onion, carrots, celery, tomatoes, and tomato sauce. Cover, reduce heat, and simmer 2 hours. Uncover and cook 1 hour. Discard the bay leaf. Remove the ham hock from the soup. Remove the meat from the bone; shred the meat with 2 forks. Return the meat to the soup. Serve the Hearty Bean and Vegetable Soup immediately.

**Nutrition Facts:** Serv. Size 1/8 recipe, Calories 370, Total Fat 7g, Total Carb 51g, Protein 26g, Vit A 40% DV, Vit C 40% DV, Iron 35% DV

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**Number of Servings:** 4

**Cups of Fruits & Vegetables per Person:** 1/2

**Preparation time:** 10 minutes

**Directions:**
- Combine all ingredients except ice cubes in blender or food processor; process until thick and creamy. With motor running, add ice cubes; process until smooth. Pour into tall glasses to serve.

**Nutrition Facts:** Serv. Size 1/4 recipe, Calories 120, Total Fat 0g, Total Carb 29g, Protein 1g, Vit A 100% DV, Vit C 10% DV, Iron 4% DV

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**Number of Servings:** 8

**Cups of Fruits & Vegetables per Person:** 1

**Preparation time:** 11 hours

**Ingredients:**
- 1/2 cup EACH dried pink beans, lentils, black beans, yellow split peas, kidney beans, and black-eyed peas
- 1 bay leaf
- 1 cup chopped onion
- 1/2 cup chopped carrots
- 1/2 cup chopped celery
- 1 (14-1/2oz) cans diced tomatoes, undrained
- 1 (8oz) can tomato sauce

**Directions:**
- Rinse the dried pink beans, lentils, black beans, yellow split peas, kidney beans, and black-eyed peas under cold running water. Place all the beans, lentils and peas in a large bowl, and then cover with water to 2 inches above the mixture. Cover and let stand 8 hours, then drain. Combine the drained bean, lentil, and pea mixture, water and ham hock in a large pot; bring to a boil. Add the spices, onion, carrots, celery, tomatoes, and tomato sauce. Cover, reduce heat, and simmer 2 hours. Uncover and cook 1 hour. Discard the bay leaf. Remove the ham hock from the soup. Remove the meat from the bone; shred the meat with 2 forks. Return the meat to the soup. Serve the Hearty Bean and Vegetable Soup immediately.

**Nutrition Facts:** Serv. Size 1/8 recipe, Calories 200, Total Fat 2g, Total Carb 45g, Protein 4g, Vit A 2% DV, Vit C 10% DV, Iron 8% DV

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**Number of Servings:** 1

**Cups of Fruits & Vegetables per Person:** 1/2

**Preparation time:** 15 minutes

**Directions:**
- Combine apples, juice, water and seasonings; bring to a boil. Stir in rolled oats; cook 1 minute. Cover and let stand several minutes before serving.

**Nutrition Facts:** Serv. Size 1 recipe, Calories 200, Total Fat 2g, Total Carb 29g, Protein 1g, Vit A 100% DV, Vit C 10% DV, Iron 2% DV