As a follow-up to our Fruit & Vegetable Galore trainings, the NJ Department of Agriculture will occasionally post ideas on our website to help you increase your students’ and adults’ consumption of healthy fruits and vegetables.

Do you have any great fruit and vegetable ideas?? E-mail them to janetceli@aol.com so we can share with others! Remember one small change can make a huge difference in the health and well being of New Jersey children!

School Food Service Link...

- Don’t Forget ---- Advertise and highlight the “Fruit & Veggie of the Month” on your menus!
  - September: Red Peppers & Cantaloupe
  - October: Yellow Squash & Apples
  - November: Carrots & Pineapple

- Feature a “Color Day” on the day that you offer the “Fruit or Vegetable of the Month” on your menu. Students wearing the specified fruit/veggie color receive a special treat (healthy snack). Encourage the entire school to get involved!
Try attached recipes featuring the “Fruit and Vegetable of the Month” for September, October and November.

Check out “ZAP ’em” with Fruits and Vegetables.

Make them Zany About Produce!

School Food Service Staff...

Educate your staff on the “Fruit & Vegetable of the Month” ---- Distribute the “Fact Sheet” and “Fun Facts” (from the “Quick Steps to Fruits & Vegetables Galore” manual) to your staff.

Review the star icons on your “Food Service Link” (from the “Quick Steps to Fruits & Vegetables Galore” manual) with your team. There are tips on “Presentation --- Meal Appeal”, “Quality” and “Safety” for each featured fruit and vegetable.

Classroom Link...

Duplicate the “Fruit & Vegetable of the Month” ---- “Fact Sheet” and “Fun Facts” (from the “Quick Steps to Fruits & Vegetables Galore” manual) and distribute to classroom teachers.

Request teachers to encourage children to try the featured fruits and vegetables of the month.

Home Link...

Encourage parents to serve the featured fruits and vegetables of the month at home.

Add information on your menus from the “Fact Sheet” and “Fun Facts” to your menus to educate parents.
“ZAP ‘em” with Fruits and Vegetables

Make your customers Zany About Produce!

Add Fresh Spinach to all your Tossed Salads!
If You Substitute 1½ lbs. of Fresh Spinach for Lettuce in a Recipe for 50 each ½ cup Portions of Tossed Salad --- Iron Increases by over 80% & Vitamin A by over 65% per serving!

Offer a Half of a Fresh Apple & a Half of a Fresh Orange in a Soufflé Cup!
The Contrast of Colors, Red & Orange, is Eye Appealing!
Also, the Citric Acid from the Orange Prevents the Apple from Turning Brown!

Offer a Choice of a Fresh Vegetable and a Cooked Vegetable Daily!
(Examples: Cooked Green Beans & Raw Carrot/Celery Sticks; Cooked Broccoli & Raw Cucumber/Carrot Circles …)

Feature a Green, Orange, Yellow… Vegetable Along with French Fries!
Allow Students to Take Fries and the Additional Green, Orange, Yellow… Veggie as Components of their Meal.
Do not give them a choice of broccoli or fries --- Allow them to take both!

Add Pasta or Rice to your Vegetables for Kid Appeal!
Marinated Black Bean Salad
Red Peppers/September
2 hours to marinate  Serves: 50 each ½ cup portions
½ cup = 3/8 cup vegetable component or 1 oz. protein & ¼ cup vegetable
USDA Recipe E-21

A Colorful Vegetable Salad to Serve with Tacos!

Ingredients:
2 quarts 2 cups canned black beans, drained, rinsed (5 lbs.)
1 quart 3 cups frozen corn, thawed (3 lbs. 8 oz.)
3 cups fresh green pepper, minced (12 oz.)
3 cups fresh red pepper, minced (12 oz.)
¾ cup onions, minced (4 oz.)
½ cup lemon juice
2 Tbsp parsley flakes
1 Tbsp ground cumin
2 tsp garlic powder
3 ¼ cups salsa (1lb. 12 oz.)
¼ cup vegetable oil
2 cups Monterey Jack cheese, shredded (1 lb.) (optional)

Directions:
1. Combine black beans, corn, peppers, and onions in a large bowl.
2. For dressing, combine and whisk together lemon juice, parsley, cumin, garlic powder, salsa & oil.
3. Pour dressing over vegetables and toss lightly to combine.
4. Cover and chill for 2 hours before serving.
5. Sprinkle Monterey Jack cheese (optional) on top of salad before serving.

Nutrients per serving (not including optional ingredients): 1/2 cup

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Offer Raw Carrots/ Celery/ Red Pepper Strips & Low Fat Dip
Cantaloupe Salsa
Cantaloupe/September

Makes 24 each ½ cup Servings

Source: Produce for Better Health/Del Monte Fresh Produce Company

3 each Cantaloupe
4 ½ cups Red Bell Pepper, Finely Chopped
1 ½ cups Cilantro or Parsley, Finely Chopped
1 cup Scallions, Finely Chopped
Juice of 6 Limes
Pinch of Salt & Hot Pepper Flakes

Directions:
Remove seeds and rind from cantaloupe. Chop cantaloupe into very small diced pieces. Put in a bowl. Add diced red pepper, cilantro, scallions and lime juice. Stir. Add pinch of salt and pepper flakes. Chill. Serve with chicken, hamburgers, chicken sandwiches, wraps, salads...

Nutritional Analysis Per Serving: Calories 21, Protein 1g, Fat 1g, Cholesterol 0mg, Carbohydrates 5g, Fiber 2g, Sodium 62mg

Add Cantaloupe Wedges as a Garnish to your Prepackaged Fresh Green or Spinach Salads

RANCH VEGGIES
(Yellow Squash/October)

Yield: Approx. 28 Servings (½ cup each)

✓ Combine 1 packet dry ranch dressing (½ cup) & ½ cup vegetable oil
✓ Toss with 8 pounds of frozen or fresh yellow squash, zucchini & red peppers*
✓ Bake at 350° (convection oven) for approx. 25 minutes; Stir while baking to blend flavors

*Note: Any vegetable combination can be substituted

Offer Yellow Squash ---- Raw with Low Fat Dip!
School Food Service Recipes

**Apples & Dips**

*Apples/October*

**Recipe Source:** Washington Apple Commission

Feature a “Dipper/Topping Day or Bar” each week in October! Offer a different dip or a variety of dips each time you feature this special. Let students go to a dipping/topping bar or place a choice of dips on your serving line for students to add their own excitement and creativity to this healthy fresh fruit.

Offer toppings too! *(Examples: granola, raisins, nuts...)*

Core apples; Cut into wedges; Drop into pineapple or citrus juice and water to prevent browning; Drain apples well before serving

*(Remember to save pineapple juice when opening cans of this fruit.)*

**PB & OJ Dip**

Yield: 100 each 2 oz. servings of dip

**Ingredients:**

- 7 lbs. Peanut Butter
- 2 qts. 8 oz. Orange Juice

**Directions:**

1- Cream pb & oj until well blended & smooth.
2- Portion 2 ounces of dip into soufflé cups.

**Pineapple-Cream Cheese Dip**

Yield: 100 each 2 oz. servings of dip

**Ingredients:**

- 6 lbs. 4 oz. Low Fat Cream Cheese
- 1 each #10 can Crushed Pineapple, Drained

**Directions:**

1- Cream together cream cheese and crushed pineapple until well blended
2- Portion 2 ounces of dip into soufflé cups.

**Try the Following for Apple Dips:**

- Low-Fat Vanilla Yogurt Mixed with Crushed Pineapples
- Caramel
- Chocolate Sauce
- Nacho or Plain Cheese Sauce
- Strawberry Glaze

Offer Mini Bags of Apples as a Healthy Snack!

Promote at a Discounted Price in October!
School Food Service Recipes

Hawaiian Pizza
Pineapple/November

Recipe Source (modified): www.richs.com  Rich Products Corporation
Serves: 8

Treat your customers to a taste of the Islands with this ham-topped pizza, flavored with tropical pineapple!

Ingredients:
1  16-inch Sheeted Dough
8 Ounces Canadian Turkey Bacon or 8 Ounces Turkey Ham, Cubed
10 Ounces Part Skim Mozzarella Cheese, Shredded
1 Tablespoon Olive Oil  (as needed)
1 Ounce Onion, sliced
6 Ounces Pineapple Tidbits, Well Drained
6 Ounces Pizza Sauce

Instructions
1. Overnight: Remove sheeted dough from case, leaving wax paper intact. Place on sheet pans and cover with oiled plastic to prevent drying. Refrigerate overnight. Place thawed dough sheets on oiled pizza pans or screens.
2. OR Same Day: Remove sheeted dough from case, remove wax paper and place on oiled pizza pan. Cover and thaw at room temperature for approximately 2 to 4 hours.
3. Dock dough to prevent bubbling or blistering.
4. Brush dough with olive oil.
5. Evenly spread pizza sauce over dough or crust, leaving a border around the edge.
6. Evenly distribute Canadian bacon or ham, pineapple, onion, and cheese over sauce. Or place cheese on before bacon/ham, pineapple, and onion.
7. Bake: Convection Oven 325° for approx. 16 - 20 minutes
   Conventional Oven 450° for approx. 18 - 22 minutes

Nutrients per serving (using Turkey Canadian Bacon): 1 slice

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Feature a “Yogurt Sundae” for Breakfast or Lunch.
Offer Crushed Pineapple, Peaches, Cherries, Dried Fruits, 1 oz. of Nuts or 1 oz. Cheese and ¼ cup of Granola or 1 Grain Serving such as a Graham Cracker Bag Treat.
Orange Glazed Carrots

Carrots/November
USDA Recipe I-13a
Serves: 25 each ½ cup portions

Ingredients:
1¼ #10 cans carrots or 2 ¾ lbs. frozen, drained, sliced
1 cup water
2 Tbsp & 2 tsp corn starch
½ cup margarine (4 oz.)
½ cup & 3 Tbsp brown sugar, packed (5 ¼ oz.)
¾ cup undiluted frozen orange juice concentrate (7 oz.)
1 tsp ground cinnamon
1 tsp ground nutmeg (optional)
1 cup raisins (5 oz.) (optional)

Directions:
1. Place 1 ¼ #10 cans or 2 ¾ lbs. frozen drained carrots into a steamtable pan
   (12" X 20" X 2 ½")
2. Mix water with cornstarch.
3. For glaze: Combine butter or margarine, brown sugar, undiluted orange juice
   concentrate, water mixture, nutmeg (optional) and cinnamon. Stir to blend.
5. Pour 2 ¾ cups glaze over pan of carrots.
6. Bake: Conventional Oven - 375°F for 20-30 minutes
   Convection Oven - 325°F for 15-20 minutes
7. Portion ½ cup per serving.

Nutrients per serving (not including optional ingredients): 1/2 cup

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Offer Mini Bags of Carrots as a Healthy A La Carte Snack!
Advertise this Snack at a Discounted Price in November!