

Easy Fruit Salad

Ingredients

- 1 can mixed fruit, in juice
- 1 can pineapple chunks, in juice
- 1 red apple
- 1 orange
- 1 (8-ounce) container low-fat vanilla yogurt
- 1 tablespoon honey*

*Do not feed honey to children under 1 year of age.

Directions

1. Wash hands with warm water and soap.
2. Open the can of mixed fruit and pineapple with the can opener. Pour both cans into the colander over a bowl to drain. Save the juice to drink later.
3. Wash the apple in cool water. Pat dry with paper towels.
4. Have an adult cut the apple into 4 sections on the cutting board using the cutting knife. Cut out the apple core and seeds. Cut the apple in large chunks.
5. Wash the orange in cool water. Peel the orange and separate the orange segments. Have an adult cut each segment in half and remove all the seeds.
6. Put the yogurt and honey in the mixing bowl. Stir with the wooden spoon until mixed. Add the drained fruit and pineapple and the apple and orange. Stir with the spoon until mixed. Serve cold.

For more free recipes, visit EatWellBeWell.org



Makes 4 servings

Nutrition Facts

per serving	
Calories.....	203
Carbohydrates.....	47 gm
Protein.....	3 gm
Total Fat.....	1 gm
Saturated Fat.....	0.5 gm
Trans Fat.....	0 gm
Cholesterol.....	3 mg
Dietary Fiber.....	3.4 gm
Total Sugars.....	24 gm
Sodium.....	55 mg
Calcium.....	112 mg
Folate.....	12 mcg
Iron.....	0.3 mg
Calories from Fat.....	5%



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Hummus and Veggie Wraps

Ingredients

- 1 (14.5-ounce) can garbanzo beans, rinsed and drained (about 1 1/2 cups cooked)
- 1/2 cup plain yogurt or tahini (sesame seed paste)
- 1 garlic clove, minced
- 1 tablespoon lemon juice
- 1 tablespoon cumin
- 4 whole wheat tortillas, large or burrito size
- 1 green pepper, sliced
- 1 tomato, sliced
- 1 cucumber, sliced

Directions

1. Puree garbanzo beans, yogurt or tahini, garlic, lemon juice, and cumin in a blender to make hummus.
2. Refrigerate until ready to use.
3. Spread hummus on tortilla. Layer green pepper, tomato, and cucumber on top. Roll up and eat!

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Makes 4 servings

Nutrition Facts

per serving	
Calories.....	300
Carbohydrates.....	50 gm
Protein.....	14 gm
Total Fat.....	7 gm
Saturated Fat.....	2 gm
Trans Fat.....	0 gm
Cholesterol.....	0 mg
Dietary Fiber.....	5 gm
Total Sugars.....	6 gm
Sodium.....	470 mg
Calcium.....	136 mg
Folate.....	71 mcg
Iron.....	2.1 mg
Calories from Fat.....	2%



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Protein Power Veggie Salad

Ingredients

- 1 lemon, juiced and peel grated
- 2 teaspoons vinegar
- 2 teaspoons sugar
- 2 tablespoons low fat plain yogurt
- 1 teaspoon Italian seasonings blend
- 1 (15-ounce can) garbanzo beans, drained and rinsed
- 2 tablespoons finely diced red onion
- 1 celery stalk, diced
- 1 cup frozen vegetable mix, thawed
- 2 cups chopped fresh spinach leaves

Directions

1. Wash hands with soap and warm water.
2. Wash fresh vegetables before preparing.
3. Whisk lemon peel and juice, vinegar, sugar, yogurt and Italian seasoning in a medium size mixing bowl.
4. Add garbanzo beans, onion, celery, vegetable mix and spinach leaves to the bowl. Toss well and serve.

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Makes 2 servings

Nutrition Facts

per serving	
Calories.....	190
Carbohydrates.....	36 gm
Protein.....	11 gm
Total Fat.....	2.5 gm
Saturated Fat.....	0 gm
Trans Fat.....	0 gm
Cholesterol.....	0 gm
Dietary Fiber.....	9 gm
Total Sugars.....	9 gm
Sodium.....	270 mg
Calcium.....	119 mg
Folate.....	274 mcg
Iron.....	3.2 mg
Calories from Fat.....	12%



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