

VERY VEGGIE PIZZA

INGREDIENTS

- 4 slices whole wheat bread
- 4 Tablespoons low salt tomato paste
- 2 teaspoons vegetable oil
- 1 cup vegetables, chopped (broccoli, zucchini, sweet peppers, onions or any combination of vegetables you like – frozen, canned or fresh)
- ¼ cup low fat shredded mozzarella cheese

DIRECTIONS

1. Wash hands with warm water and soap.
2. Preheat the oven to 400° F.
3. Place 4 slices of bread on a baking sheet.
4. Spread low salt tomato paste evenly over each slice of bread.
5. Cook the chopped vegetables in oil, over medium heat about 5 minutes or until the vegetables are soft.
6. Spread vegetables evenly between the 4 bread slices.
7. Sprinkle the cheese over the vegetables.
8. Bake until cheese melts, about 10 minutes.

For more free recipes, visit EatWellBeWell.org or call 1-800-695-3335.

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MAKES 4 SERVINGS

NUTRITION FACTS	
per serving	
calories.....	119
carbohydrates.....	19 gm
protein.....	5 gm
total fat.....	4 gm
saturated fat.....	1 gm
trans fat.....	0 gm
cholesterol.....	4 mg
fiber.....	6 gm
sodium.....	148 mg
calcium.....	213 mg
folate.....	9 mcg
iron.....	1.5 mg
total sugars.....	4 gm
calories from fat.....	27 %



SWEET ONION PINEAPPLE SALSA

INGREDIENTS

- ½ cup sweet onion, chopped
- 2 cups pineapple, chopped
- ½ cup red bell pepper, diced
- 1 Tablespoon fresh cilantro, chopped
- 1 Tablespoon fresh lime juice

DIRECTIONS

1. Wash hands with warm water and soap.
2. In a medium bowl, combine all ingredients, stirring until blended.
3. Serve cold.

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Recipe provided by Del Monte Fresh Produce Company.

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MAKES 5 SERVINGS
½ CUP EACH

NUTRITION FACTS	
per serving	
calories.....	60
carbohydrates.....	13.8 gm
protein.....	0.7 gm
total fat.....	0 gm
saturated fat.....	0 gm
trans fat.....	0 gm
cholesterol.....	1 mg
fiber.....	1.5 gm
sodium.....	2 mg
calcium.....	17.6 mg
folate.....	8.8 mcg
iron.....	0.3 mg
total sugars.....	11.4 gm
calories from fat.....	2.1 %



STEAMED PATTYPAN SQUASH

INGREDIENTS

- 4 pattypan squash (2.5" to 3" each, approximately 1 ½ pounds total)
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 Tablespoon chopped fresh basil or 1 teaspoon dried basil

DIRECTIONS

1. Wash hands with warm water and soap.
2. Cut squash in half lengthwise (from top to bottom).
3. Add 2 tablespoons of water to a microwave steamer. Lay the squash halves in the steamer and season with salt, pepper, basil and cover.
4. Place steamer into microwave and cook on high for 5-6 minutes. (If using a stovetop pot steamer basket, place one cup of water in the bottom of pot, insert steamer basket and add squash. When steam begins, cover and cook on medium to low heat for about 5-6 minutes, or until tender, but still firm (cooking time may vary depending on method of steaming). Check level of water periodically for stove top steaming.)
5. Serve warm and enjoy!

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Recipe provided by Graham Kerr

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MAKES 4 SERVINGS
2 HALVES EACH

NUTRITION FACTS	
per serving	
calories.....	30
carbohydrates.....	6 gm
protein.....	2 gm
total fat.....	0 gm
saturated fat.....	0 gm
trans fat.....	0 gm
cholesterol.....	0 mg
fiber.....	2 gm
sodium.....	145 mg
calcium.....	4 mg
folate.....	0.5 mcg
iron.....	0 mg
total sugars.....	4 gm
calories from fat.....	0 %

