...a feast for the eyes to make healthy eating fun!

**YELLOW/WHITE**

**Simple Cauliflower Soup**

- **Preparation Time:** 30-40 minutes  
  **Serve:** 6
- Cups of fruits and vegetables per serving: 1 ½

**Ingredients:**
- 2 tablespoons unsalted butter
- 1 onion, chopped
- 1 head cauliflower, broken into small florets
- 1 potato, peeled and diced
- 2 cups vegetable stock
- 2 cups skim or fat free milk
- salt and pepper to taste

**Directions:**
- Melt the butter in a large pot over medium heat. Saute the onion in the butter for 5 minutes. Stir in the cauliflower and potato and saute for 5 more minutes.
- Pour in the stock, bring to a boil, reduce heat to low and simmer for 20 minutes, or until all vegetables are tender. Add the milk, stirring well to blend. Season with salt and pepper to taste.

**Banana Berry Jumble**

- **Preparation Time:** 25 minutes  
  **Serve:** 2
- Cups of fruits and vegetables per serving: ¾

**Ingredients:**
- 1 large banana, halved and cut into ½ inch pieces
- ¼ cup fresh or frozen cranberries
- ¼ cup oats
- ½ teaspoon nutmeg

**Directions:**
- Combine all ingredients in a large non-stick skillet. Cook on medium-high heat just until cranberries begin to soften, stirring occasionally. Remove from heat; cool slightly. Spoon into bowls and top with low-fat whipped topping, low fat yogurt, or low fat sour cream, if desired.

*Source: Produce for Better Health*
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**Jicama and Asian Pear Salad**

**Preparation Time:** 15 minutes  
**Serves:** 6

1 Cup of Fruits and Vegetables per Serving

**Ingredients:**
- 2 cups romaine lettuce, shredded
- 2 cups jicama, julienne-sliced
- 2 Asian pears, cored and chopped
- ½ cup golden raisins
- ¼ cup white wine vinaigrette
- ¼ cup apple cider or 100% apple juice
- ¼ tsp Chinese five-spice powder or ground allspice

**Directions:**
In a bowl, toss the shredded lettuce, jicama, Asian pears and golden raisins until combined. For dressing, whisk together the vinaigrette, apple cider or juice and five-spice powder or allspice until well mixed. Drizzle over salad and toss well. Serve immediately.

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**Ambrosia**

**Preparation Time:** 10 minutes  
**Serves:** 8

5/8 Cup of Fruits and Vegetables per Serving

**Ingredients:**
- 2 ½ pineapple chunks, fresh or canned in light syrup
- 1 ½ cups mandarin oranges, canned in light syrup and drain
- 1 banana, peeled and sliced
- 1 ½ cups grapes, seedless
- ¼ cup marshmallows, miniature
- 1/3 cup coconut flakes, unsweetened
- 8 oz yogurt, plain

**Directions:**
Drain oranges and pineapple (if needed). Combine fruit with marshmallows and coconut. Fold in yogurt. Serve

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Credit: [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)