

Crunchy Stir-Fry

Ingredients:

- ½ cup vertically sliced onion
- 1 cup thinly sliced carrots (2 medium)
- 1 tsp vegetable oil
- 1 tsp dried basil, crushed
- 1 cup fresh or frozen Chinese pea pods
- 1 Tbsp water
- 1 Golden Delicious or Criterion apple (medium) cored and thinly sliced

Preparation:

1. Stir-fry onion, carrots and basil in oil in non-stick skillet until carrots are tender.
2. Stir in pea pods and water; stir-fry 2 minutes. Remove from heat.
3. Stir in apples, serve hot.

Serve with brown rice and orange slices!

Serves 4, ½ cup servings

Nutritional analysis (per serving): 50 calories, 1 g protein, 2 g fat, 0 g saturated fat, 10 g carbohydrate, 6 g sugar, 0 mg cholesterol, 25 mg sodium, 2 g dietary fiber. An excellent source of Vitamin A!

Italian Vegetable Casserole

Ingredients:

- 1 zucchini, sliced
- 1 yellow squash, sliced
- ½ red bell pepper, chopped
- 2 tomatoes, chopped
- ¼ cup fat free Italian dressing
- 2 cups brown rice, cooked
- ¼ cup Parmesan cheese
- Non-stick cooking spray

Preparation:

1. Spray 2 quart casserole dish with non-stick cooking spray.
2. Mix vegetables and dressing together in the casserole dish.
3. Cook vegetables in microwave for 10 minutes, stirring every 2-3 minutes.
4. Sprinkle Parmesan cheese over the top of the vegetables.
5. Serve vegetables over rice.

For more cheesy flavor, add mozzarella in place of the Parmesan. Also can be served over whole wheat pasta instead of rice.

Serves 4. 1 serving = 1 cup vegetables + ½ cup rice.

Nutritional analysis: 165 calories, 7 g protein, 2 g fat, 0 g saturated fat, 31 g carbohydrate, 4 g fiber, 0 mg cholesterol, 278 mg sodium, 117 mg calcium, 1.4 mg iron.



*A recipe from "Having Fun in the Kitchen"
Waco-McLennan County WIC Program, 2010*

Zucchini Breakfast Bread

Ingredients:

3 large eggs, beaten
1 $\frac{3}{4}$ cup sugar
 $\frac{1}{2}$ cup vegetable oil
 $\frac{1}{2}$ cup cinnamon applesauce
1 tablespoon vanilla extract
2 cups zucchini, shredded or grated
3 cups self rising flour
 $\frac{1}{2}$ cup walnuts or pecans, chopped

(To substitute 3 cups self-rising flour, use 3 cups all-purpose flour + 4 teaspoons baking powder + $\frac{1}{4}$ teaspoon salt.)

Preparation:

1. Preheat the oven to 350° F. Spray a non-stick 9x5 inch loaf pan with cooking spray.
2. In a large bowl, whisk together the beaten eggs, sugar, oil, applesauce and vanilla.
3. Dump in the zucchini. Stir with a large spoon. Sprinkle in flour. Stir well.
4. Pour batter in the loaf pan. Sprinkle nuts over the batter. Bake for one hour, or until a toothpick comes out clean. Cool for 15 minutes on a cooling rack.
5. Loosen bread from the sides and remove the bread to cool completely on the rack. Once cool, slice and serve. (Hint: The bread slices even better when partially frozen.)

Yield 14 slices.

Nutritional analysis (per slice): 328 calories, 5 g protein, 12 g fat, 2 g saturated fat, 48 g carbohydrate, 45 mg cholesterol, 360 mg sodium, 1 g fiber.

Glazed Carrots

Ingredients:

$\frac{1}{2}$ stick (1/4 cup) butter or margarine
2 cups baby carrots
 $\frac{1}{4}$ cup pure maple syrup
 $\frac{1}{2}$ teaspoon ground cinnamon

Preparation:

1. Using a table knife, cut butter into 4 pieces
2. Place carrots, maple syrup, cinnamon and butter in a microwave-safe bowl.
3. Cover bowl loosely with plastic wrap.
4. Microwave on high-power for 8 minutes.
5. Use oven mitts to remove from microwave. Carefully remove plastic wrap.
6. Using a spoon, stir mixture.
7. Return to microwave. Cook, uncovered for 4 minutes, stirring every minute.
8. Using oven mitts, remove from microwave. Serve hot.

Perfect for serving with ham, chicken or pork. Use extra glaze to add flavor.

Serves 4, $\frac{1}{2}$ cup servings

Nutritional analysis (per serving): 180 calories, 0 g protein, 12 g fat, 2 g saturated fat, 19 g carbohydrate, 0 mg cholesterol, 136 mg sodium, 2 g dietary fiber. An excellent source of Vitamin A!



*A recipe from "Having Fun in the Kitchen"
Waco-McLennan County WIC Program, 2010*