

# Pinto & Great Northern Beans

## Key Points

- Before preparing dried beans, sort through for tiny pebbles or shriveled beans.
- Dried beans need to be soaked before they are cooked.
- The best way to soak dried beans is to cover them in cold water and bring to a gentle boil, turn off heat and allow beans to soak in the water for 1-2 hours. \*Do not add salt to the soaking water. Drain water and rinse with fresh water.
- To cook beans, cover soaked beans with fresh water and simmer for 1-2 hours. Do not let the beans dry out, beans should always be covered with water.



## Pinto Bean Stew

### Ingredients:

1 1/2 cups chopped onion  
1 bell pepper, chopped  
2 carrots, chopped  
4 garlic cloves, minced  
1 tablespoon chili powder  
1 can (6 ounces) tomato paste  
1 can (14.5 ounces) low sodium chicken broth  
2 cups cooked pinto beans  
Salt and pepper to taste

### Directions:

1. Add 1/2 cup water to a medium pot. Cook the onion, green pepper, carrots and garlic in the water for 5 minutes over medium heat or until soft.
2. Stir in the chili powder, tomato paste, chicken broth and pinto beans.
3. Cook for 20 minutes. Add a little water if the beans start to stick to the bottom of the pot.
4. Serve over hot cooked rice.
5. Refrigerate leftovers.

**Makes 6 servings.**

## Bean & Tuna Salad

### Ingredients:

2 cups cooked great northern beans  
1 onion, chopped  
2 tomatoes, chopped  
1 can (6.5 ounces) tuna, packed in water, drained  
2 tablespoons vegetable oil  
1 tablespoon lemon juice  
1 garlic clove, minced  
Salt and pepper to taste

### Directions:

1. Make the salad: In a large bowl, mix beans, onion, tomatoes and tuna.
2. Make the dressing: In a small bowl, mix oil, lemon juice, garlic, salt and pepper. Mix well.
3. Pour the dressing over the salad and serve cold.
4. Refrigerate leftovers.

**Makes 4 servings.**

## Quick Tips

- One pound dried beans (2 cups) equals 5 to 6 cups cooked beans.
- Beans are an inexpensive source of protein and fiber.
- Dried beans can be kept in an air tight container for a year.
- Remember to rinse all fruits and vegetables before using.

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# The Nutrition Facts Label — What does it tell us?

**Recipe Name:**  
**Pinto Bean Stew**

**Recipe Name:**  
**Bean & Tuna Salad**

<b>Nutrition Facts</b>			
Serving Size (265g)		Servings Per Container	
Amount Per Serving			
<b>Calories 140</b>	<b>Calories from Fat 10</b>		
	% Daily Value*		
<b>Total Fat 1g</b>			<b>2%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol 0mg</b>			<b>0%</b>
<b>Sodium 380mg</b>			<b>16%</b>
<b>Total Carbohydrate 27g</b>			<b>9%</b>
Dietary Fiber 8g			<b>32%</b>
Sugars 8g			
<b>Protein 7g</b>			
<b>Vitamin A 70%</b>		<b>Vitamin C 50%</b>	
<b>Calcium 6%</b>		<b>Iron 15%</b>	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

**1. Start with the serving size.**

**2. Check calories.**

**3. Limit these:**  
- Total fat  
- Saturated fat  
- Trans fat  
- Cholesterol  
- Sodium

**4. Get enough of these:**  
- Fiber  
- Vitamins A and C  
- Iron  
- Calcium

<b>Nutrition Facts</b>			
Serving Size (300g)		Servings Per Container	
Amount Per Serving			
<b>Calories 280</b>	<b>Calories from Fat 70</b>		
	% Daily Value*		
<b>Total Fat 8g</b>			<b>12%</b>
Saturated Fat 1g			<b>5%</b>
Trans Fat 0g			
<b>Cholesterol 15mg</b>			<b>5%</b>
<b>Sodium 490mg</b>			<b>20%</b>
<b>Total Carbohydrate 35g</b>			<b>12%</b>
Dietary Fiber 8g			<b>32%</b>
Sugars 6g			
<b>Protein 19g</b>			
<b>Vitamin A 2%</b>		<b>Vitamin C 30%</b>	
<b>Calcium 10%</b>		<b>Iron 20%</b>	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
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Total Fat	Less than	65g	80g
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Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

**Percent (%) Daily Value:**  
**5% or less is LOW**  
**20% or more is HIGH**

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# Escarole

## Key Points

- For best buy, look for escarole with bright green leaves with no wilting, bruising or yellowing.
- To prepare escarole, remove any tough or damaged outer leaves. Cut off the root and tear leaves into large pieces. Rinse and dry well.
- To store fresh, wrap unwashed greens in a damp paper towel and keep in the refrigerator for up to 1 week.
- Escarole contains vitamin A, which is good for healthy eyes and skin.



## Beets, Beans and Greens Salad

### Ingredients:

- 1/4 cup lemon juice or vinegar
- 1 garlic clove, minced
- 2 teaspoons mustard
- 2 tablespoons vegetable oil
- Salt and pepper to taste
- 2 cups sliced cooked beets
- 1 head escarole, torn into bite size pieces
- 2 cups cooked white beans

### Directions:

1. Make the dressing: In a large bowl, combine the lemon juice, garlic, mustard, oil, salt and pepper.
2. Place the sliced beets in a small bowl.
3. Measure 1 tablespoon of the dressing and add to the beets. Toss well to coat the beets in the dressing.
4. Add the escarole and beans to the remaining dressing in the large bowl. Toss well.
5. Place the escarole and bean mixture onto 6 plates.
6. Top the salad with the beets and serve. Enjoy!
7. Refrigerate leftovers.

**Makes 6 servings.**

## Braised Escarole with Beans

### Ingredients:

- 2 tablespoons vegetable oil
- 2 garlic cloves, minced
- 1 chopped onion
- 1 head escarole, chopped
- 1/4 cup low sodium chicken broth
- 2 cups cooked white beans
- 2 tablespoons parmesan cheese (optional)
- Dash red pepper flakes (optional)

### Directions:

1. In a large pot, heat oil over medium heat.
2. Add garlic and cook for 1 minute, stirring often.
3. Add onion and cook for 2 minutes more.
4. Add escarole and cook until wilted, about 2 minutes.
5. Add the chicken broth and white beans.
6. Simmer until the beans are heated through, about 5 minutes.
7. Season with red pepper flakes and parmesan cheese.
8. Serve and enjoy!
9. Refrigerate leftovers.

**Makes 4 servings.**

## Quick Tips

- A medium head of escarole equals 7 cups torn leaves.
- Stir chopped escarole into soup a few minutes before serving.
- Add a few escarole leaves to a green salad.
- Remember to rinse all fruits and vegetables before using.

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# The Nutrition Facts Label — What does it tell us?

**Recipe Name:**  
**Beets, Beans, and Greens Salad**

**Recipe Name:**  
**Braised Escarole with Beans**

<b>Nutrition Facts</b>			
Serving Size (215g)		Servings Per Container	
<b>Amount Per Serving</b>			
<b>Calories 160</b>	<b>Calories from Fat 45</b>		
		<b>% Daily Value*</b>	
<b>Total Fat 5g</b>		<b>8%</b>	
Saturated Fat 0.5g		<b>3%</b>	
Trans Fat 0g			
<b>Cholesterol 0mg</b>		<b>0%</b>	
<b>Sodium 250mg</b>		<b>10%</b>	
<b>Total Carbohydrate 22g</b>		<b>7%</b>	
Dietary Fiber 10g		<b>40%</b>	
Sugars 3g			
<b>Protein 7g</b>			
<b>Vitamin A 35%</b>	<b>• Vitamin C 15%</b>		
<b>Calcium 10%</b>	<b>• Iron 20%</b>		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

**1. Start with the serving size.**

**2. Check calories.**

**3. Limit these:**  
- Total fat  
- Saturated fat  
- Trans fat  
- Cholesterol  
- Sodium

**4. Get enough of these:**  
- Fiber  
- Vitamins A and C  
- Iron  
- Calcium

<b>Nutrition Facts</b>			
Serving Size (282g)		Servings Per Container	
<b>Amount Per Serving</b>			
<b>Calories 240</b>	<b>Calories from Fat 80</b>		
		<b>% Daily Value*</b>	
<b>Total Fat 9g</b>		<b>14%</b>	
Saturated Fat 1.5g		<b>8%</b>	
Trans Fat 0g			
<b>Cholesterol 5mg</b>		<b>2%</b>	
<b>Sodium 100mg</b>		<b>4%</b>	
<b>Total Carbohydrate 31g</b>		<b>10%</b>	
Dietary Fiber 14g		<b>56%</b>	
Sugars 3g			
<b>Protein 12g</b>			
<b>Vitamin A 60%</b>	<b>• Vitamin C 20%</b>		
<b>Calcium 20%</b>	<b>• Iron 20%</b>		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
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Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

**Percent (%) Daily Value:**  
**5% or less is LOW**  
**20% or more is HIGH**

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# Peppers

## Key Points

- For the best buy, choose firm peppers with no soft spots.
- To prepare peppers, rinse and remove the stem, core and seeds.
- To store fresh, refrigerate peppers for 7-10 days.
- Peppers contain vitamin C, which is good for fighting colds and healing cuts.

## Bell Pepper & White Bean Salad

### Ingredients:

3 cups chopped arugula or spinach leaves  
1 cup chopped bell peppers  
1/3 cup sliced red onion  
1 1/2 cups cooked or 1 can (16 ounces) white beans, rinsed and drained  
1 1/2 tablespoons balsamic vinegar (or other vinegar)  
1 tablespoon vegetable oil  
1 garlic clove, minced  
Salt and pepper, to taste

### Directions:

1. In a large bowl, combine arugula (or spinach), peppers, red onion, and white beans.
2. In a small bowl, mix vinegar, oil, garlic, salt and pepper.
3. Pour dressing over salad and mix well.
4. Serve and enjoy!
5. Refrigerate leftovers.

### Makes 6 servings.

*Adapted from [www.cookinglight.com](http://www.cookinglight.com)*

## Pepper & Tomato Stew

### Ingredients:

2 tablespoons vegetable oil  
1 cup chopped onion  
3 garlic cloves, sliced  
5 cups chopped tomatoes  
5 cups chopped bell peppers  
2 teaspoons paprika  
1/4 teaspoon red pepper flakes (optional)

### Directions:

1. Heat oil in a large pot over medium heat.
2. Add onion and garlic and cook until soft, about 5 minutes. Stir often.
3. Add tomatoes, peppers, paprika, and red pepper flakes. Stir. Cook until peppers are soft, about 20 minutes.
4. Serve hot and enjoy!
5. Refrigerate leftovers.

### Makes 6 servings.

*Adapted from Vegetarian Cooking for Everyone*



## Quick Tips

- Peppers can be eaten raw. Cut into strips and eat plain or with dip.
- To roast peppers, place in a dry pan and cook over medium-high heat until skins darken. Place in a sealed bag for 5 minutes. Remove seeds and chop.
- Add chopped peppers to pasta sauce or rice dishes.

## Cooking is Family Time!

### Kids can:

- Rinse peppers before using.
- Help remove seeds of pepper with a spoon.

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# The Nutrition Facts Label — What does it tell us?

**Recipe Name:**  
**Bell Pepper and  
 White Bean Salad**

**Recipe Name:**  
**Pepper and Tomato Stew**

<b>Nutrition Facts</b>			
Serving Size (98g)		Servings Per Container	
Amount Per Serving			
<b>Calories 100</b>	Calories from Fat 25		
	% Daily Value*		
<b>Total Fat 2.5g</b>			<b>4%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol 0mg</b>			<b>0%</b>
<b>Sodium 110mg</b>			<b>5%</b>
<b>Total Carbohydrate 15g</b>			<b>5%</b>
Dietary Fiber 6g		<b>24%</b>	
Sugars 2g			
<b>Protein 5g</b>			
<b>Vitamin A 30%</b>		<b>Vitamin C 40%</b>	
<b>Calcium 6%</b>		<b>Iron 10%</b>	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
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Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

**1. Start with the serving size.**

**2. Check calories.**

**3. Limit these:**  
 - Total fat  
 - Saturated fat  
 - Trans fat  
 - Cholesterol  
 - Sodium

**4. Get enough of these:**  
 - Fiber  
 - Vitamins A and C  
 - Iron  
 - Calcium

<b>Nutrition Facts</b>			
Serving Size (249g)		Servings Per Container	
Amount Per Serving			
<b>Calories 100</b>	Calories from Fat 30		
	% Daily Value*		
<b>Total Fat 3.5g</b>			<b>5%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol 0mg</b>			<b>0%</b>
<b>Sodium 25mg</b>			<b>1%</b>
<b>Total Carbohydrate 13g</b>			<b>4%</b>
Dietary Fiber 2g		<b>8%</b>	
Sugars 8g			
<b>Protein 2g</b>			
<b>Vitamin A 35%</b>		<b>Vitamin C 60%</b>	
<b>Calcium 4%</b>		<b>Iron 8%</b>	
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	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
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Calories per gram:			
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# Spinach

## Key Points

- For the best buy, choose spinach with crisp, dark green leaves.
- To prepare spinach, rinse leaves well to remove all the dirt.
- To store fresh, refrigerate for up to 3 days.
- Spinach contains vitamin A, which is good for healthy eyes and skin.



## Spinach Orange Salad

### Ingredients:

4 cups fresh spinach, stems removed and torn  
2 cups orange sections  
1 onion, sliced thin  
1 tablespoon vegetable oil  
1 tablespoon vinegar  
3 tablespoons orange juice  
Salt and pepper to taste

### Directions:

1. In a large bowl, combine spinach, orange sections and onion slices. Toss gently.
2. In a small bowl, combine oil, vinegar and orange juice to make dressing. Mix well.
3. Pour dressing on top of spinach mixture. Add salt and pepper to taste.
4. Toss well and serve.
5. Refrigerate leftovers.

**Makes 4 servings.**

## Spinach and Beans

### Ingredients:

2 tablespoons vegetable oil  
1 onion, chopped  
2 garlic cloves, minced  
3 1/2 cups cooked great northern beans  
6 cups fresh spinach, stems removed  
1 tablespoon vinegar  
Salt and pepper to taste

### Directions:

1. In a large frying pan, heat oil over medium heat.
2. Add onion, cook 2 minutes, stirring often.
3. Add garlic, cook 1 minute.
4. Add beans and cook until hot, about 3 minutes.
5. Add spinach and vinegar (add spinach in small batches), stirring often until spinach is wilted, about 3 minutes.
6. Season with salt and pepper and serve.
7. Refrigerate leftovers.

**Makes 6 servings.**

## Quick Tips

- Add spinach to homemade or canned soups.
- Cook spinach and add to rice and pasta dishes.
- Use spinach in tossed salads.
- Remember to rinse all fruits and vegetables before using.

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**Spinach Orange Salad**

**Recipe Name:**  
**Spinach and Beans**

<b>Nutrition Facts</b>			
Serving Size (184g)		Servings Per Container	
Amount Per Serving			
<b>Calories 110</b>	<b>Calories from Fat 35</b>		
		% Daily Value*	
<b>Total Fat 4g</b>		<b>6%</b>	
Saturated Fat 0g		<b>0%</b>	
Trans Fat 0g			
<b>Cholesterol 0mg</b>		<b>0%</b>	
<b>Sodium 170mg</b>		<b>7%</b>	
<b>Total Carbohydrate 18g</b>		<b>6%</b>	
Dietary Fiber 3g		<b>12%</b>	
Sugars 14g			
<b>Protein 2g</b>			
<b>Vitamin A 70%</b>	<b>Vitamin C 70%</b>		
<b>Calcium 8%</b>	<b>Iron 6%</b>		
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**1. Start with the serving size.**

**2. Check calories.**

**3. Limit these:**  
- Total fat  
- Saturated fat  
- Trans fat  
- Cholesterol  
- Sodium

**4. Get enough of these:**  
- Fiber  
- Vitamins A and C  
- Iron  
- Calcium

<b>Nutrition Facts</b>			
Serving Size (218g)		Servings Per Container	
Amount Per Serving			
<b>Calories 230</b>	<b>Calories from Fat 45</b>		
		% Daily Value*	
<b>Total Fat 5g</b>		<b>8%</b>	
Saturated Fat 0.5g		<b>3%</b>	
Trans Fat 0g			
<b>Cholesterol 0mg</b>		<b>0%</b>	
<b>Sodium 390mg</b>		<b>16%</b>	
<b>Total Carbohydrate 36g</b>		<b>12%</b>	
Dietary Fiber 9g		<b>36%</b>	
Sugars 4g			
<b>Protein 12g</b>			
<b>Vitamin A 60%</b>	<b>Vitamin C 20%</b>		
<b>Calcium 10%</b>	<b>Iron 20%</b>		
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Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

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**5% or less is LOW**  
**20% or more is HIGH**

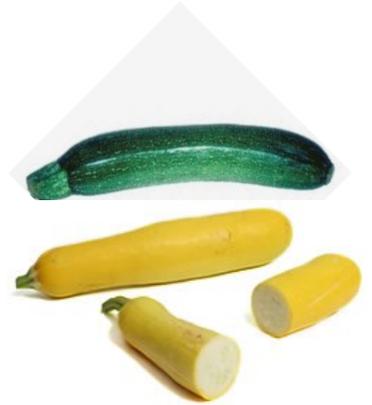
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# Summer Squash

## Key Points

- For the best buy, choose summer squash (yellow or green) that is firm and without soft spots.
- To prepare summer squash, scrub and rinse skins. Cut off ends before using.
- To store fresh, refrigerate in an open plastic bag for up to 3 days.
- Summer squash contains potassium, which is good for a healthy heart.



## Summer Squash & White Bean Salad

### Ingredients:

4 cups diced summer squash  
1 cup chopped red onion  
1 19-ounce can cannellini beans, drained and rinsed  
2 tablespoons vegetable oil  
1/4 cup apple cider vinegar  
1/2 tablespoon chopped rosemary  
Salt and pepper to taste

### Directions:

1. In a large bowl, combine summer squash, onion, and beans.
2. In a small bowl, mix oil, vinegar, rosemary, salt, and pepper.
3. Pour oil mixture over bean-squash mixture and toss.
4. Chill, serve and enjoy!
5. Refrigerate leftovers.

**Makes 10 servings.**

*Adapted from newhope360.com*

## Zucchini Spaghetti

### Ingredients:

1 tablespoon oil  
1 cup chopped onion  
4 cloves garlic, minced  
2 cups chopped tomatoes  
4 cups zucchini, sliced in thin strips  
Red pepper flakes to taste

### Directions:

1. In a large pan, heat oil over medium heat.
2. Add onion and cook until soft, about 5 minutes.
3. Add garlic and stir for 1 minute.
4. Add tomatoes and cook, stirring, for 10 minutes.
5. Add zucchini and cook just until soft, about 3 minutes. Add red pepper flakes to taste.
6. Enjoy by itself or with your favorite pasta!
7. Refrigerate leftovers.

**Makes 8 servings.**

## Quick Tips

- Grate summer squash into an omelet.
- Slice and eat fresh in salads or as part of a cold vegetable platter.
- Steam chopped summer squash in a small amount of water for 5 minutes. Season with pepper and fresh herbs.
- **Kids can help!** Rinsing fresh squash under water is an easy, fun way to include your child in the kitchen!

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*Just Say Yes* to Fruits and Vegetables

# The Nutrition Facts Label — What does it tell us?

**Recipe Name:**  
**Summer Squash and  
 White Bean Salad**

**Recipe Name:**  
**Zucchini Spaghetti**

<b>Nutrition Facts</b>			
Serving Size (146g)		Servings Per Container	
Amount Per Serving			
<b>Calories 80</b>	<b>Calories from Fat 30</b>		
		% Daily Value*	
<b>Total Fat 3.5g</b>			<b>5%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol 0mg</b>			<b>0%</b>
<b>Sodium 75mg</b>			<b>3%</b>
<b>Total Carbohydrate 11g</b>			<b>4%</b>
Dietary Fiber 3g		<b>12%</b>	
Sugars 3g			
<b>Protein 3g</b>			
<b>Vitamin A 4%</b>		<b>Vitamin C 8%</b>	
<b>Calcium 4%</b>		<b>Iron 6%</b>	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

**1. Start with the serving size.**

**2. Check calories.**

**3. Limit these:**  
 - Total fat  
 - Saturated fat  
 - Trans fat  
 - Cholesterol  
 - Sodium

**4. Get enough of these:**  
 - Fiber  
 - Vitamins A and C  
 - Iron  
 - Calcium

<b>Nutrition Facts</b>			
Serving Size (145g)		Servings Per Container	
Amount Per Serving			
<b>Calories 50</b>	<b>Calories from Fat 15</b>		
		% Daily Value*	
<b>Total Fat 2g</b>			<b>3%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol 0mg</b>			<b>0%</b>
<b>Sodium 10mg</b>			<b>0%</b>
<b>Total Carbohydrate 7g</b>			<b>2%</b>
Dietary Fiber 2g		<b>8%</b>	
Sugars 4g			
<b>Protein 2g</b>			
<b>Vitamin A 10%</b>		<b>Vitamin C 50%</b>	
<b>Calcium 4%</b>		<b>Iron 6%</b>	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

**Percent (%) Daily Value:**  
**5% or less is LOW**  
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# Black Beans

## Key Points

- Before preparing dried beans, sort for pebbles or shriveled beans.
- Dried beans need to be soaked before they are cooked.
- To soak dried beans, cover in cold water and bring to a gentle boil, turn off heat and allow beans to soak in water for 1-2 hours. Do not add salt to the soaking water. Drain water and rinse with fresh water.
- To cook beans, cover with fresh water and simmer for 1-2 hours. Do not let beans dry out, beans should always be covered with water.



## Black Bean & Sweet Potato Stew

### Ingredients:

2 tablespoons vegetable oil  
1 onion, chopped  
2 garlic cloves, minced  
1 green pepper, chopped  
1 1/2 cups diced sweet potato  
2 tomatoes, chopped  
2 cups cooked black beans  
2 tablespoons chopped fresh parsley  
or 2 teaspoons dried parsley  
(optional)  
Salt and pepper to taste

### Directions:

1. Heat oil in a large pot over medium heat. Add onion, garlic and pepper. Cook until soft.
2. Add sweet potato and 2 cups water. Cook until sweet potatoes are soft, about 15 minutes.
3. Stir in tomatoes, black beans, parsley, salt and pepper. Cook for 5 more minutes.
4. Serve hot and enjoy!
5. Refrigerate leftovers.

### Makes 6 servings.

Adapted from <http://fatfreevegan.com>

## Black Bean Spread

### Ingredients:

1 1/2 cups cooked or 1 can (15.5 ounces) of black beans, rinsed  
1 onion, chopped  
3/4 teaspoon paprika  
1 tablespoon apple cider vinegar  
1 tablespoon vegetable oil  
1 garlic clove, minced  
2 tablespoons chopped basil  
(optional)  
Salt and pepper to taste

### Directions:

1. Combine all ingredients in a large bowl. Mash together and mix well.
2. Serve and enjoy!
3. Refrigerate leftovers.

### Makes 10 servings.

Adapted from [www.vegweb.com](http://www.vegweb.com)

## Quick Tips

- One pound dried beans (2 cups) equals 5 to 6 cups cooked beans.
- Beans are an inexpensive source of protein and fiber.
- Dried beans can be kept in an airtight container for a year.

## Cooking is Family Time!

### Kids can:

- Help sort through dried beans before soaking.
- Help mash beans with a fork.

*Just Say Yes* to Fruits and Vegetables

For more information about Stellar Farmers' Markets, visit [nyc.gov](http://nyc.gov) and search "farmers' markets". Visit [jsyfruitveggies.org](http://jsyfruitveggies.org) for more great recipes!

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# The Nutrition Facts Label — What does it tell us?

**Recipe Name:**  
**Black Bean and**  
**Sweet Potato Stew**

**Recipe Name:**  
**Black Bean Spread**

<b>Nutrition Facts</b>			
Serving Size (210g) Servings Per Container			
Amount Per Serving			
<b>Calories 180</b>		<b>Calories from Fat 45</b>	
% Daily Value*			
<b>Total Fat 5g</b>		<b>8%</b>	
Saturated Fat 0.5g		<b>3%</b>	
Trans Fat 0g			
<b>Cholesterol 0mg</b>		<b>0%</b>	
<b>Sodium 105mg</b>		<b>4%</b>	
<b>Total Carbohydrate 30g</b>		<b>10%</b>	
Dietary Fiber 7g		<b>28%</b>	
Sugars 6g			
<b>Protein 6g</b>			
<b>Vitamin A 100%</b>		<b>Vitamin C 70%</b>	
<b>Calcium 6%</b>		<b>Iron 10%</b>	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

1. Start with the serving size.

2. Check calories.

3. Limit these:  
- Total fat  
- Saturated fat  
- Trans fat  
- Cholesterol  
- Sodium

4. Get enough of these:  
- Fiber  
- Vitamins A and C  
- Iron  
- Calcium

<b>Nutrition Facts</b>			
Serving Size (45g) Servings Per Container			
Amount Per Serving			
<b>Calories 50</b>		<b>Calories from Fat 15</b>	
% Daily Value*			
<b>Total Fat 1.5g</b>		<b>2%</b>	
Saturated Fat 0g		<b>0%</b>	
Trans Fat 0g			
<b>Cholesterol 0mg</b>		<b>0%</b>	
<b>Sodium 60mg</b>		<b>3%</b>	
<b>Total Carbohydrate 8g</b>		<b>3%</b>	
Dietary Fiber 3g		<b>12%</b>	
Sugars 1g			
<b>Protein 2g</b>			
<b>Vitamin A 2%</b>		<b>Vitamin C 2%</b>	
<b>Calcium 2%</b>		<b>Iron 4%</b>	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

**Percent (%) Daily Value:**  
**5% or less is LOW**  
**20% or more is HIGH**

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# Black Beans

## Key Points

- Before preparing dried beans, sort through for tiny pebbles or shriveled beans.
- Dried beans need to be soaked before they are cooked.
- The best way to soak dried beans is to cover them in cold water and bring to a gentle boil, turn off the heat and allow beans to soak in the water for 1-2 hours. \*Do not add salt to the soaking water. Drain water and rinse with fresh water.
- To cook beans, cover with fresh water and simmer for 1-2 hours. Do not let beans dry out, beans should always be covered with water.



## Black Beans & Rice

### Ingredients:

1 tablespoon vegetable oil  
1 onion, chopped  
1 green pepper, chopped  
2 garlic cloves, minced  
1 can (14.5 ounces) diced tomatoes  
2 cups cooked black beans  
1 teaspoon chili powder  
1 1/2 cups uncooked brown or white rice  
Salt and pepper to taste

### Directions:

1. Heat oil in a large pot over medium heat.
2. Add onion, green pepper and garlic. Cook until soft.
3. Stir in tomatoes, black beans, 3 cups water, and chili powder.
4. Bring to a boil and stir in rice.
5. Reduce heat, cover, and cook until rice is cooked, about 30-40 minutes.
6. Let stand for 5 minutes and then serve.
7. Refrigerate leftovers.

**Makes 5 servings.**

## Black Bean Wraps

### Ingredients:

2 cups cooked black beans  
1/2 cup low fat shredded cheese  
1/3 cup salsa  
1/2 cup cooked brown or white rice  
1 1/2 cups shredded lettuce  
4 flour tortillas

### Directions:

1. In a medium bowl, combine black beans, cheese, salsa and rice.
2. Top each tortilla with 3/4 cup of the black bean mixture and some lettuce.
3. Roll up tortillas and slice in half to serve.
4. Refrigerate leftovers.

**Makes 4 servings.**

## Quick Tips

- One pound dried beans (2 cups) equals 5 to 6 cups cooked beans.
- Beans are an inexpensive source of protein and fiber.
- Dried beans can be kept in an airtight container for a year.
- Remember to rinse all fruits and vegetables before using.

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# The Nutrition Facts Label — What does it tell us?

**Recipe Name:**  
**Black Beans and Rice**

**Recipe Name:**  
**Black Bean Wraps**

<b>Nutrition Facts</b>			
Serving Size (278g)		Servings Per Container	
<b>Amount Per Serving</b>			
<b>Calories</b> 360	Calories from Fat 40		
		% Daily Value*	
<b>Total Fat</b> 5g			<b>8%</b>
Saturated Fat 0.5g			<b>3%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 320mg			<b>13%</b>
<b>Total Carbohydrate</b> 69g			<b>23%</b>
Dietary Fiber 10g			<b>40%</b>
Sugars 6g			
<b>Protein</b> 12g			
<b>Vitamin A</b> 15%	• <b>Vitamin C</b> 70%		
<b>Calcium</b> 6%	• <b>Iron</b> 20%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

**1. Start with the serving size.**

**2. Check calories.**

**3. Limit these:**  
- Total fat  
- Saturated fat  
- Trans fat  
- Cholesterol  
- Sodium

**4. Get enough of these:**  
- Fiber  
- Vitamins A and C  
- Iron  
- Calcium

<b>Nutrition Facts</b>			
Serving Size (216g)		Servings Per Container	
<b>Amount Per Serving</b>			
<b>Calories</b> 310	Calories from Fat 45		
		% Daily Value*	
<b>Total Fat</b> 5g			<b>8%</b>
Saturated Fat 2g			<b>10%</b>
Trans Fat 0g			
<b>Cholesterol</b> 5mg			<b>2%</b>
<b>Sodium</b> 640mg			<b>27%</b>
<b>Total Carbohydrate</b> 52g			<b>17%</b>
Dietary Fiber 11g			<b>44%</b>
Sugars 3g			
<b>Protein</b> 16g			
<b>Vitamin A</b> 4%	• <b>Vitamin C</b> 2%		
<b>Calcium</b> 8%	• <b>Iron</b> 10%		
*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

**Percent (%) Daily Value:**  
**5% or less is LOW**  
**20% or more is HIGH**

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# Black Beans

## Key Points

- Before preparing dried beans, sort through for tiny pebbles or shriveled beans.
- Dried beans need to be soaked before they are cooked.
- The best way to soak dried beans is to cover them in cold water and bring to a gentle boil, turn off the heat and allow beans to soak in the water for 1-2 hours. \*Do not add salt to the soaking water. Drain water and rinse with fresh water.
- To cook beans, cover with fresh water and simmer for 1-2 hours. Do not let beans dry out. They should always be covered with water.



## Black Bean Veggie Patties

### Ingredients:

2 cups cooked black beans, mashed  
1/2 green pepper, finely chopped  
1/2 onion, finely chopped  
3 garlic cloves, minced  
1 egg  
1 tablespoon chili powder  
1 1/2 teaspoons cumin (optional)  
1/2 teaspoon hot sauce (optional)  
1/2 cup bread crumbs  
Salt and pepper to taste

### Directions:

1. In a large bowl, mix mashed beans, green pepper, onion and garlic.
2. In a small bowl, mix egg, chili powder, cumin and hot sauce. Add to large bowl. Stir in bread crumbs. Add salt and pepper to taste.
3. To make 1 patty, lightly pack some of the mixture to fill 1/3 cup measuring cup. Take mixture out of cup and form into a patty or burger shape. Repeat to make the other 4 patties.
4. Spray frying pan with non-stick cooking spray. Cook patties over medium heat for 5 minutes on each side.\*\*
5. Serve and enjoy!
6. Refrigerate leftovers.

\*\*The temperature of the patties must reach 160° F in the center to be sure the egg has been properly cooked.

**Makes 5 servings.**

## Quick Tips

- One pound dried beans (2 cups) equals 5 to 6 cups cooked beans.
- Beans are an inexpensive source of protein and fiber.
- Dried beans can be kept in an airtight container for a year.
- Remember to rinse all fruits and vegetables before using.

Just Say Yes to Fruits and Vegetables

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# The Nutrition Facts Label — What does it tell us?

**Recipe Name:**  
**Black Bean Veggie Patties**

<b>Nutrition Facts</b>		
Serving Size (126g) Servings Per Container		<b>1. Start with the serving size.</b>
Amount Per Serving		
<b>Calories 160</b>	<b>Calories from Fat 20</b>	<b>2. Check calories.</b>
% Daily Value*		
<b>Total Fat 2g</b>	<b>3%</b>	<b>3. Limit these:</b> - Total fat - Saturated fat - Trans fat - Cholesterol - Sodium
Saturated Fat 0.5g	3%	
Trans Fat 0g		
Cholesterol 45mg	15%	
Sodium 270mg	11%	
<b>Total Carbohydrate 28g</b>	<b>9%</b>	
Dietary Fiber 8g	32%	<b>4. Get enough of these:</b> - Fiber - Vitamins A and C - Iron - Calcium
Sugars 2g		
<b>Protein 9g</b>		
Vitamin A 10% • Vitamin C 25%		
Calcium 6% • Iron 15%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories:	2,000    2,500
Total Fat	Less than	65g    80g
Saturated Fat	Less than	20g    25g
Cholesterol	Less than	300mg    300mg
Sodium	Less than	2,400mg    2,400mg
Total Carbohydrate		300g    375g
Dietary Fiber		25g    30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		

**Percent (%) Daily Value:**  
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**20% or more is HIGH**

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# Black Beans

## Key Points

- Before preparing dried beans, sort through for tiny pebbles or shriveled beans.
- Dried beans need to be soaked before they are cooked.
- The best way to soak dried beans is to cover them in cold water and bring to a gentle boil, turn off the heat and allow beans to soak in the water for 1-2 hours. \*Do not add salt to the soaking water. Drain water and rinse with fresh water.
- To cook beans, cover with fresh water and simmer for 1-2 hours. Do not let beans dry out. They should always be covered with water.



## Fiesta Bean and Potato Salad

### Ingredients:

3 potatoes, cut into chunks  
3 tablespoons vegetable oil  
2 1/2 tablespoons lime juice  
1 1/2 teaspoons chili powder  
1 cup salsa  
2 cups cooked black beans  
2 cups corn  
Salt and pepper to taste

### Directions:

1. In a large pot, add potatoes and cover with water. Bring to a boil and cook for 12 minutes, or just until tender. Drain and cool.
2. In large bowl, mix together oil, lime juice and chili powder. Add potatoes.
3. Stir in salsa, black beans and corn.
4. Toss gently to combine. Add salt and pepper to taste.
5. Serve hot or cold and enjoy!
6. Refrigerate leftovers.

**Makes 8 servings.**

## Black Bean Dip with Veggies

### Ingredients:

1 3/4 cups cooked black beans  
1 3/4 cups cooked chickpeas  
1 tablespoon vegetable oil  
3 tablespoons lemon juice  
1 garlic clove, chopped  
1 tablespoon low sodium taco seasoning\*\*  
2 cups of carrot sticks (or 2 cups cut raw vegetables)  
Salt and pepper to taste

### Directions:

1. Put all ingredients except carrot sticks in a blender.
2. Blend until smooth (add 2-3 tablespoons water to thin if needed).
3. Serve as dip with carrot sticks.
4. Enjoy!
5. Refrigerate leftovers.

**Makes 8 servings.**

\*\*For a different flavor, replace taco seasoning with 1 1/2 teaspoons of curry powder.

## Quick Tips

- One pound dried beans (2 cups) equals 5 to 6 cups cooked beans.
- Beans are an inexpensive source of protein and fiber.
- Dried beans can be kept in an airtight container for a year.
- Remember to rinse all fruits and vegetables before using.

Just Say Yes to Fruits and Vegetables

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# The Nutrition Facts Label — What does it tell us?

**Recipe Name:**  
**Fiesta Bean and  
 Potato Salad**

**Recipe Name:**  
**Black Bean Dip  
 with Veggies**

<b>Nutrition Facts</b>			
Serving Size (173g)		Servings Per Container	
<b>Amount Per Serving</b>			
<b>Calories</b> 180	Calories from Fat 50		
		% Daily Value*	
<b>Total Fat</b> 6g	9%		
Saturated Fat 0.5g	3%		
Trans Fat 0g			
<b>Cholesterol</b> 0mg	0%		
<b>Sodium</b> 320mg	13%		
<b>Total Carbohydrate</b> 29g	10%		
Dietary Fiber 6g	24%		
Sugars 4g			
<b>Protein</b> 7g			
Vitamin A 6%	• Vitamin C 20%		
Calcium 4%	• Iron 8%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

**1. Start with the serving size.**

**2. Check calories.**

**3. Limit these:**  
 - Total fat  
 - Saturated fat  
 - Trans fat  
 - Cholesterol  
 - Sodium

**4. Get enough of these:**  
 - Fiber  
 - Vitamins A and C  
 - Iron  
 - Calcium

<b>Nutrition Facts</b>			
Serving Size (131g)		Servings Per Container	
<b>Amount Per Serving</b>			
<b>Calories</b> 130	Calories from Fat 25		
		% Daily Value*	
<b>Total Fat</b> 3g	5%		
Saturated Fat 0g	0%		
Trans Fat 0g			
<b>Cholesterol</b> 0mg	0%		
<b>Sodium</b> 220mg	9%		
<b>Total Carbohydrate</b> 20g	7%		
Dietary Fiber 7g	28%		
Sugars 3g			
<b>Protein</b> 6g			
Vitamin A 110%	• Vitamin C 8%		
Calcium 4%	• Iron 8%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

**Percent (%) Daily Value:**  
**5% or less is LOW**  
**20% or more is HIGH**

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# Mushrooms

## Key Points

- For the best buy, choose mushrooms that look smooth and dry. They should not smell moldy!
- To prepare fresh mushrooms, rinse under running water. Pat dry with a paper towel if desired. Trim off rough ends of stems.
- To store fresh mushrooms, place them in a paper bag and refrigerate for up to 5 days.
- Mushrooms contain potassium, which is good for a healthy heart.



## Quick Tips

- Try a mushroom omelet for breakfast.
- Add mushrooms to a soup, stew or stir-fry.
- Cook garlic and mushrooms. Add lemon juice to taste. Serve as a side dish or on meats.
- Remember to rinse all fruits and vegetables before using.

## Mushrooms and Beans

### Ingredients:

2 tablespoons vegetable oil  
1 onion, chopped  
1 garlic clove, minced  
3 cups whole fresh mushrooms (10 ounce package), cut in half  
1/2 teaspoon basil (optional)  
1/2 teaspoon oregano (optional)  
2 cups cooked cannellini or great northern beans  
1 cup tomato sauce  
2 tablespoons grated Parmesan cheese

### Directions:

1. In a large frying pan, heat oil over medium heat.
2. Add onions and garlic, cook 2 minutes, stirring often.
3. Add mushrooms, basil, and oregano. Cook 6 minutes, stirring often.
4. Stir in beans and tomato sauce, heat through. Stir in Parmesan.
5. Serve as a side dish, or over pasta or rice if desired.
6. Refrigerate leftovers.

**Makes 6 servings.**

## Confetti Rice

### Ingredients:

2 teaspoons vegetable oil  
12 mushrooms, sliced  
2 garlic cloves, minced  
2 carrots, peeled and sliced  
Black pepper, to taste  
1 cup chicken broth  
1 cup uncooked rice  
1/2 cup peas

### Directions:

1. In a large frying pan, heat oil over medium heat.
2. Add mushrooms and garlic. Cook for 3 minutes, stirring often.
3. Stir in carrots, black pepper, chicken broth, 1 cup water, and rice.
4. Cover, reduce heat to low, and simmer for 20 minutes, until rice is cooked.
5. Stir in peas. Cover and let sit for 5 minutes.
6. Refrigerate leftovers.

**Makes 4 servings.**



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# The Nutrition Facts Label — What does it tell us?

**Recipe Name:**  
**Mushrooms and Beans**

**Recipe Name:**  
**Confetti Rice**

<b>Nutrition Facts</b>			
Serving Size (204g)		Servings Per Container	
Amount Per Serving			
<b>Calories 180</b>	<b>Calories from Fat 50</b>		
		% Daily Value*	
<b>Total Fat 6g</b>			<b>9%</b>
Saturated Fat 1g			<b>5%</b>
Trans Fat 0g			
<b>Cholesterol 5mg</b>			<b>2%</b>
<b>Sodium 390mg</b>			<b>16%</b>
<b>Total Carbohydrate 25g</b>			<b>8%</b>
Dietary Fiber 6g			<b>24%</b>
Sugars 5g			
<b>Protein 9g</b>			
Vitamin A 4%	•	Vitamin C 10%	
Calcium 10%	•	Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

**1. Start with the serving size.**

**2. Check calories.**

**3. Limit these:**  
- Total fat  
- Saturated fat  
- Trans fat  
- Cholesterol  
- Sodium

**4. Get enough of these:**  
- Fiber  
- Vitamins A and C  
- Iron  
- Calcium

<b>Nutrition Facts</b>			
Serving Size (213g)		Servings Per Container	
Amount Per Serving			
<b>Calories 240</b>	<b>Calories from Fat 35</b>		
		% Daily Value*	
<b>Total Fat 4g</b>			<b>6%</b>
Saturated Fat 0.5g			<b>3%</b>
Trans Fat 0g			
<b>Cholesterol 0mg</b>			<b>0%</b>
<b>Sodium 60mg</b>			<b>3%</b>
<b>Total Carbohydrate 45g</b>			<b>15%</b>
Dietary Fiber 3g			<b>12%</b>
Sugars 3g			
<b>Protein 7g</b>			
Vitamin A 90%	•	Vitamin C 8%	
Calcium 4%	•	Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

**Percent (%) Daily Value:**  
**5% or less is LOW**  
**20% or more is HIGH**

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# Melons

## Key Points

- For the best buy, choose melons that have a good scent and are heavy for their size with no bruises.
- To prepare melons, rinse the rinds and cut them in half or in wedges and remove the seeds.
- To store fresh, leave whole melons at room temperature out of direct sunlight for up to 1 week. Refrigerate cut melons for up to 5 days.
- Melons contain vitamin A, which is good for healthy eyes and skin.



## Melon Bowls

### Ingredients:

1 melon (cantaloupe or honeydew)  
1 cup low fat yogurt  
3 cups chopped mixed fruit

### Directions:

1. Cut melon in half and remove seeds.
2. Scoop out an inch of melon around the center, widening the 'bowl'. Chop and set aside.
3. In a large bowl, mix the chopped melon, yogurt and chopped mixed fruit.
4. Scoop fruit mixture into melon bowls.
5. Chill for 1 hour.
6. Serve cold and enjoy!
7. Refrigerate leftovers.

**Makes 6 servings.**

## Watermelon Black Bean Salsa

### Ingredients:

2 cups chopped watermelon, seeds removed  
1 cup cooked black beans  
1/2 cup chopped onion  
1 tablespoon chopped green chilies  
1 garlic clove, minced  
2 tablespoons lime juice  
1 tablespoon vegetable oil  
Salt to taste (optional)

### Directions:

1. In a large bowl, mix all ingredients together.
2. Cover and chill in refrigerator.
3. Stir and serve with tortilla chips or with chicken or fish.
4. Refrigerate leftovers.

**Makes 4 servings.**

## Quick Tips

- Serve melon balls or cubes with cottage cheese.
- Add melon cubes or melon balls to fruit salads.
- Serve melon halves with chicken or seafood salads.
- Remember to rinse all fruits and vegetables before using.

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# The Nutrition Facts Label — What does it tell us?

## Recipe Name: Melon Bowls

## Recipe Name: Watermelon Black Bean Salsa

<b>Nutrition Facts</b>			
Serving Size (321g)		Servings Per Container	
Amount Per Serving			
<b>Calories 140</b>	<b>Calories from Fat 5</b>		
	% Daily Value*		
<b>Total Fat 1g</b>			<b>2%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol 5mg</b>			<b>2%</b>
<b>Sodium 65mg</b>			<b>3%</b>
<b>Total Carbohydrate 31g</b>			<b>10%</b>
Dietary Fiber 4g			<b>16%</b>
Sugars 25g			
<b>Protein 3g</b>			
<b>Vitamin A 4%</b>		<b>Vitamin C 90%</b>	
<b>Calcium 8%</b>		<b>Iron 4%</b>	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

1. Start with the serving size.

2. Check calories.

3. Limit these:  
- Total fat  
- Saturated fat  
- Trans fat  
- Cholesterol  
- Sodium

4. Get enough of these:  
- Fiber  
- Vitamins A and C  
- Iron  
- Calcium

<b>Nutrition Facts</b>			
Serving Size (155g)		Servings Per Container	
Amount Per Serving			
<b>Calories 120</b>	<b>Calories from Fat 35</b>		
	% Daily Value*		
<b>Total Fat 4g</b>			<b>6%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol 0mg</b>			<b>0%</b>
<b>Sodium 150mg</b>			<b>6%</b>
<b>Total Carbohydrate 19g</b>			<b>6%</b>
Dietary Fiber 4g			<b>16%</b>
Sugars 6g			
<b>Protein 5g</b>			
<b>Vitamin A 10%</b>		<b>Vitamin C 15%</b>	
<b>Calcium 2%</b>		<b>Iron 6%</b>	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

**Percent (%) Daily Value:  
5% or less is LOW  
20% or more is HIGH**

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# Broccoli

## Key Points

- For the best buy, choose broccoli with dark green florets and stems.
- To prepare broccoli, wash and trim florets from stalks. Enjoy florets raw or cooked.
- To keep fresh, store in the refrigerator, unwashed in a plastic bag for up to 1 week.
- Broccoli contains vitamin C, which is good for fighting colds and healing cuts.



## Broccoli Stir-fry

### Ingredients:

2 teaspoons vegetable oil  
2 garlic cloves, minced  
3 cups broccoli florets  
2 carrots, chopped  
1 bell pepper, cut into strips  
1 onion, chopped  
2 tablespoons lemon juice  
1/2 teaspoon salt (optional)

### Directions:

1. In a large frying pan, add oil and garlic. Cook over high heat for 2 minutes.
2. Add broccoli, carrots, and 1/2 cup of water. Cook for 3 minutes, stir often.
3. Add pepper and onion. Continue to cook for 5 more minutes, and continue to stir often.
4. Remove from heat. Vegetables will be crisp and brightly colored.
5. Toss with lemon juice and salt.
6. Serve and enjoy!
7. Refrigerate leftovers.

**Makes 5 servings.**

## Broccoli Chickpea Dip

### Ingredients:

4 cups chopped broccoli  
2 garlic cloves  
2 cups cooked chickpeas  
1 teaspoon cumin  
1/4 cup lemon juice  
2 tablespoons vegetable oil

### Directions:

1. In a large pot over high heat bring 2 cups of water to a boil.
2. Add broccoli and cook for 5 minutes.
3. Rinse broccoli under cold water until cool.
4. Puree all ingredients in a blender.
5. Serve or chill. Enjoy!
6. Refrigerate leftovers.

**Makes 8 servings.**

*Adapted from [www.nytimes.com](http://www.nytimes.com)*

## Quick Tips

- Eat raw broccoli with a low-fat salad dressing for a healthy, crunchy snack!
- Add broccoli to pasta dishes and on top of pizza.
- Steam broccoli with garlic for a delicious side dish.
- **Kids can help!** Breaking pieces of broccoli off the stalk is an easy, fun way to enjoy cooking with your child!

*Just Say Yes* to Fruits and Vegetables

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# The Nutrition Facts Label — What does it tell us?

**Recipe Name:**  
**Broccoli Stir Fry**

**Recipe Name:**  
**Broccoli Chickpea Dip**

<b>Nutrition Facts</b>			
Serving Size (160g)		Servings Per Container	
Amount Per Serving			
<b>Calories 70</b>	<b>Calories from Fat 20</b>		
	% Daily Value*		
<b>Total Fat 2g</b>			<b>3%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol 0mg</b>			<b>0%</b>
<b>Sodium 270mg</b>			<b>11%</b>
<b>Total Carbohydrate 10g</b>			<b>3%</b>
Dietary Fiber 3g			<b>12%</b>
Sugars 5g			
<b>Protein 2g</b>			
<b>Vitamin A 70%</b>		<b>Vitamin C 60%</b>	
<b>Calcium 4%</b>		<b>Iron 2%</b>	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

**1. Start with the serving size.**

**2. Check calories.**

**3. Limit these:**  
- Total fat  
- Saturated fat  
- Trans fat  
- Cholesterol  
- Sodium

**4. Get enough of these:**  
- Fiber  
- Vitamins A and C  
- Iron  
- Calcium

<b>Nutrition Facts</b>			
Serving Size (131g)		Servings Per Container	
Amount Per Serving			
<b>Calories 130</b>	<b>Calories from Fat 45</b>		
	% Daily Value*		
<b>Total Fat 5g</b>			<b>8%</b>
Saturated Fat 0.5g			<b>3%</b>
Trans Fat 0g			
<b>Cholesterol 0mg</b>			<b>0%</b>
<b>Sodium 35mg</b>			<b>1%</b>
<b>Total Carbohydrate 18g</b>			<b>6%</b>
Dietary Fiber 6g			<b>24%</b>
Sugars 3g			
<b>Protein 6g</b>			
<b>Vitamin A 25%</b>		<b>Vitamin C 90%</b>	
<b>Calcium 6%</b>		<b>Iron 10%</b>	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

**Percent (%) Daily Value:**  
**5% or less is LOW**  
**20% or more is HIGH**

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# Chickpeas (Garbanzo Beans)

## Key Points

- Before preparing dried beans, sort through for tiny pebbles or shriveled beans.
- To cook beans, cover with fresh water and simmer 1-2 hours. Beans should always be covered with water or they will dry out. If overcooked, they will fall apart.
- If soaked for 12-24 hours before use, cooking time can be shortened to about 30 minutes. \*Do not add salt to the soaking water. Drain water and rinse with fresh water before cooking.



## Garbanzo Bean Stir-Fry

### Ingredients:

1 tablespoon vegetable oil  
1 chopped onion  
3 minced garlic cloves  
2 cups cooked chickpeas  
4 cups chopped kale leaves  
1 tablespoon chopped fresh oregano  
(or 1 teaspoon dried oregano)  
2 teaspoons parsley (optional)  
2 tablespoons lemon juice  
Salt and pepper to taste

### Directions:

1. In a large frying pan, heat the oil over medium heat.
2. Add onions and garlic, and cook until soft.
3. Add chickpeas and cook for about 5 minutes.
4. Add kale, oregano, parsley, and cook for 6 more minutes.
5. Remove from heat and add lemon juice. Mix well.
6. Season with salt and pepper.
7. Serve immediately.
8. Refrigerate leftovers.

**Makes 8 servings.**

*Recipe adapted from 101cookbooks.com*

## Garbanzo Bean Salad

### Ingredients:

2 cups cooked chickpeas  
1/2 cup chopped red onion  
1 sliced cucumber  
1/3 cup chopped bell pepper  
2 tomatoes chopped  
1 tablespoon vegetable oil  
1/3 cup vinegar  
1 tablespoon chopped fresh oregano  
(or 1 teaspoon dried oregano)  
Salt and pepper to taste

### Directions:

1. In a large bowl combine chickpeas, onion, cucumber, bell pepper, and tomatoes.
2. In a small bowl combine oil, vinegar, oregano, salt and pepper.
3. Add oil and vinegar dressing to chickpea mixture. Mix well.
4. Serve immediately or chill before serving.
5. Refrigerate leftovers.

**Makes 6 servings.**

*Recipe adapted from allrecipes.com*

## Quick Tips

- One pound dried beans (2 cups) equals 5 to 6 cups cooked beans.
- Beans are an inexpensive source of protein and fiber.
- Dried beans can be kept in an airtight container for a year.
- Remember to rinse all fruits and vegetables before using.



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# The Nutrition Facts Label — What does it tell us?

**Recipe Name:**  
**Garbanzo Bean Stir-Fry**

**Recipe Name:**  
**Garbanzo Bean Salad**

<b>Nutrition Facts</b>			
Serving Size (189g)		Servings Per Container	
Amount Per Serving			
<b>Calories 160</b>	<b>Calories from Fat 50</b>	% Daily Value*	
<b>Total Fat 6g</b>	<b>9%</b>		
Saturated Fat 0.5g	<b>3%</b>		
Trans Fat 0g			
<b>Cholesterol 0mg</b>	<b>0%</b>		
<b>Sodium 310mg</b>	<b>13%</b>		
<b>Total Carbohydrate 22g</b>	<b>7%</b>		
Dietary Fiber 7g	<b>28%</b>		
Sugars 6g			
<b>Protein 7g</b>			
<b>Vitamin A 35%</b>	<b>Vitamin C 50%</b>		
<b>Calcium 8%</b>	<b>Iron 10%</b>		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

**1. Start with the serving size.**

**2. Check calories.**

**3. Limit these:**  
- Total fat  
- Saturated fat  
- Trans fat  
- Cholesterol  
- Sodium

**4. Get enough of these:**  
- Fiber  
- Vitamins A and C  
- Iron  
- Calcium

<b>Nutrition Facts</b>			
Serving Size (265g)		Servings Per Container	
Amount Per Serving			
<b>Calories 140</b>	<b>Calories from Fat 45</b>	% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>		
Saturated Fat 0.5g	<b>3%</b>		
Trans Fat 0g			
<b>Cholesterol 0mg</b>	<b>0%</b>		
<b>Sodium 250mg</b>	<b>10%</b>		
<b>Total Carbohydrate 19g</b>	<b>6%</b>		
Dietary Fiber 6g	<b>24%</b>		
Sugars 6g			
<b>Protein 6g</b>			
<b>Vitamin A 4%</b>	<b>Vitamin C 35%</b>		
<b>Calcium 6%</b>	<b>Iron 10%</b>		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

**Percent (%) Daily Value:**  
**5% or less is LOW**  
**20% or more is HIGH**

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# Grapes

## Key Points

- For the best buy, choose grapes that are firm and attached to the stem.
- To prepare grapes, rinse and remove from stem.
- To keep fresh, store grapes in the refrigerator for up to 3 days.
- Grapes contain fiber, which helps to keep you regular.



## Autumn Fruit Salad

### Ingredients:

- 2 1/2 cups seedless grapes
- 2 apples, cored and chopped
- 1 banana, peeled and sliced
- 2 cups chopped pears
- 1 cup lowfat vanilla yogurt
- 1 teaspoon cinnamon
- 1 tablespoon apple cider or juice
- 1/2 cup almond slivers (optional)

### Directions:

1. Cut grapes in half.
2. Combine grapes, apples, banana and pears in a medium bowl.
3. In a small bowl, mix yogurt with cinnamon and apple cider or juice.
4. Pour yogurt mixture and almonds over fruit, and mix.
5. Chill and serve.
6. Refrigerate leftovers.

**Makes 8 servings.**

## Greens and Grapes

### Ingredients:

- 2 cups seedless grapes
- 5 cups mixed salad greens
- 2 cups cooked chick peas
- 2 cups orange segments
- 3 tablespoons vinegar
- 2 tablespoons vegetable oil
- 1 teaspoon sugar

### Directions:

1. In a large bowl, combine grapes, salad greens, chick peas and oranges.
2. In a small bowl, mix vinegar, oil, and sugar.
3. Pour oil mixture over salad mixture.
4. Toss well and serve.
5. Refrigerate leftovers.

**Makes 8 servings.**

## Quick Tips

- Freeze grapes for a cool snack!
- Serve grapes with cheese and crackers.
- Add grapes to all types of salads.
- Remember to rinse all fruits and vegetables before using.



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# The Nutrition Facts Label — What does it tell us?

**Recipe Name:**  
**Autumn Fruit Salad**

**Recipe Name:**  
**Greens and Grapes**

<b>Nutrition Facts</b>			
Serving Size (179g)		Servings Per Container	
<b>Amount Per Serving</b>			
<b>Calories 160</b>	<b>Calories from Fat 30</b>		
		<b>% Daily Value*</b>	
<b>Total Fat 3.5g</b>			<b>5%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol 0mg</b>			<b>0%</b>
<b>Sodium 20mg</b>			<b>1%</b>
<b>Total Carbohydrate 31g</b>			<b>10%</b>
Dietary Fiber 4g			<b>16%</b>
Sugars 23g			
<b>Protein 3g</b>			
<b>Vitamin A 2%</b>		<b>Vitamin C 10%</b>	
<b>Calcium 6%</b>		<b>Iron 4%</b>	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

**1. Start with the serving size.**

**2. Check calories.**

**3. Limit these:**  
- Total fat  
- Saturated fat  
- Trans fat  
- Cholesterol  
- Sodium

**4. Get enough of these:**  
- Fiber  
- Vitamins A and C  
- Iron  
- Calcium

<b>Nutrition Facts</b>			
Serving Size (158g)		Servings Per Container	
<b>Amount Per Serving</b>			
<b>Calories 160</b>	<b>Calories from Fat 40</b>		
		<b>% Daily Value*</b>	
<b>Total Fat 5g</b>			<b>8%</b>
Saturated Fat 0.5g			<b>3%</b>
Trans Fat 0g			
<b>Cholesterol 0mg</b>			<b>0%</b>
<b>Sodium 10mg</b>			<b>0%</b>
<b>Total Carbohydrate 26g</b>			<b>9%</b>
Dietary Fiber 5g			<b>20%</b>
Sugars 14g			
<b>Protein 5g</b>			
<b>Vitamin A 30%</b>		<b>Vitamin C 30%</b>	
<b>Calcium 6%</b>		<b>Iron 8%</b>	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

**Percent (%) Daily Value:**  
**5% or less is LOW**  
**20% or more is HIGH**

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# Chickpeas (Garbanzo Beans)

## Key Points

- Before preparing dried beans, sort through for tiny pebbles or shriveled beans.
- To cook beans, cover with fresh water and simmer 1-2 hours. Beans should always be covered with water or they will dry out. If overcooked, they will fall apart.
- If soaked for 12-24 hours before use, cooking time can be shortened to about 30 minutes. \*Do not add salt to the soaking water. Drain water and rinse with fresh water before cooking.



## Indian Spiced Vegetables

### Ingredients:

1 tablespoon vegetable oil  
3 garlic cloves, minced  
1 onion, chopped  
1 teaspoon hot sauce (optional)  
2 tablespoons curry powder (optional)  
1 cup peas  
1 3/4 cups cooked chickpeas  
1 package (10 ounce) frozen chopped spinach, thawed  
1 cup plain low fat yogurt  
Salt and pepper, to taste

### Directions:

1. In a large pot, add oil, garlic, onion, hot sauce and curry powder. Cook over medium heat until soft (about 3 minutes).
2. Add peas, chickpeas, spinach, yogurt and 1/2 cup water.
3. Add salt and pepper to taste.
4. Cook and stir until heated through (about 5 minutes).
5. Serve and enjoy!
6. Refrigerate leftovers.

**Makes 8 servings.**

## Chickpea Salad

### Ingredients:

1 1/2 cups plain low fat yogurt  
2 garlic cloves, minced  
1 teaspoon sugar  
1 teaspoon cumin (optional)  
1/2 teaspoon chili powder  
1 3/4 cups cooked chickpeas  
1 bell pepper, finely chopped  
1 cup peas  
Salt and pepper, to taste

### Directions:

1. In a medium bowl, mix yogurt, garlic, sugar, cumin and chili powder.
2. Add chickpeas, bell pepper and peas. Stir.
3. Add salt and pepper to taste.
4. Cover and refrigerate for 1 hour.
5. Serve and enjoy!
6. Refrigerate leftovers.

**Makes 6 servings.**

## Quick Tips

- One pound dried beans (2 cups) equals 5 to 6 cups cooked beans.
- Beans are an inexpensive source of protein and fiber.
- Dried beans can be kept in an airtight container for a year.
- Remember to rinse all fruits and vegetables before using.



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# The Nutrition Facts Label — What does it tell us?

**Recipe Name:**  
Indian Spiced Vegetables

**Recipe Name:**  
Chickpea Salad

<b>Nutrition Facts</b>			
Serving Size (157g)		Servings Per Container	
Amount Per Serving			
<b>Calories</b> 120	Calories from Fat 30		
		% Daily Value*	
<b>Total Fat</b> 3.5g			<b>5%</b>
Saturated Fat 0.5g			<b>3%</b>
Trans Fat 0g			
<b>Cholesterol</b> 5mg			<b>2%</b>
<b>Sodium</b> 240mg			<b>10%</b>
<b>Total Carbohydrate</b> 15g			<b>5%</b>
Dietary Fiber 5g			<b>20%</b>
Sugars 6g			
<b>Protein</b> 6g			
<b>Vitamin A</b> 70%	• <b>Vitamin C</b> 25%		
<b>Calcium</b> 10%	• <b>Iron</b> 15%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

1. Start with the serving size.

2. Check calories.

3. Limit these:  
- Total fat  
- Saturated fat  
- Trans fat  
- Cholesterol  
- Sodium

4. Get enough of these:  
- Fiber  
- Vitamins A and C  
- Iron  
- Calcium

<b>Nutrition Facts</b>			
Serving Size (179g)		Servings Per Container	
Amount Per Serving			
<b>Calories</b> 130	Calories from Fat 20		
		% Daily Value*	
<b>Total Fat</b> 2.5g			<b>4%</b>
Saturated Fat 1g			<b>5%</b>
Trans Fat 0g			
<b>Cholesterol</b> 5mg			<b>2%</b>
<b>Sodium</b> 260mg			<b>11%</b>
<b>Total Carbohydrate</b> 19g			<b>6%</b>
Dietary Fiber 5g			<b>20%</b>
Sugars 8g			
<b>Protein</b> 8g			
<b>Vitamin A</b> 15%	• <b>Vitamin C</b> 45%		
<b>Calcium</b> 15%	• <b>Iron</b> 8%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

**Percent (%) Daily Value:**  
**5% or less is LOW**  
**20% or more is HIGH**

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# Lettuce

## Key Points

- For the best buy, choose lettuce that is firm, green and smells sweet.
- To prepare lettuce, remove the center core and outer wilted leaves. Rinse well and dry with a clean towel.
- To store fresh, wrap lettuce in damp paper towels and refrigerate for up to 3 days.
- Lettuce contains vitamin A, which is good for healthy eyes and skin.



## Lettuce and Chickpea Salad

### Ingredients:

6 cups shredded lettuce  
2 cups cooked chickpeas  
2 tomatoes, chopped  
1 cucumber, chopped  
1/2 cup chopped onion  
1 tablespoon vegetable oil  
1/4 cup apple cider vinegar  
1 tablespoon fresh parsley or 1  
teaspoon dried parsley (optional)  
Salt and pepper, to taste

### Directions:

1. Place lettuce in a large bowl.
2. Add chickpeas, tomatoes, cucumber, and onions to lettuce. Toss lightly.
3. In a small bowl, mix oil, vinegar, parsley, salt and pepper.
4. Pour dressing over lettuce salad and toss.
5. Serve immediately.
6. Refrigerate leftovers.

**Makes 4 servings.**

Adapted from [www.vegweb.com](http://www.vegweb.com)

## Stir-fried Lettuce

### Ingredients:

2 teaspoons vegetable oil  
4 garlic cloves, minced  
1 tablespoon low-sodium soy sauce  
1 teaspoon honey or sugar  
2 heads lettuce, chopped  
1/4 teaspoon crushed red pepper  
flakes (optional)  
Salt and pepper, to taste

### Directions:

1. Heat oil in a large pot over medium heat.
2. Add garlic, cook for 2 minutes. Stir often.
3. Add soy sauce and honey and stir.
4. Add lettuce and cook until lettuce is soft, about 2-3 minutes.
5. Add red pepper flakes. Add salt and pepper to taste.
6. Serve hot and enjoy!
7. Refrigerate leftovers.

**Makes 4 servings.**

## Quick Tips

- Shred lettuce and add to a soup or stir fry.
- Squeeze lemon juice and a bit of oil over lettuce for a quick salad.
- Use lettuce leaves to wrap up your favorite sandwich fillings!
- Remember to rinse all fruits and vegetables before using.

*Just Say Yes* to Fruits and Vegetables

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# The Nutrition Facts Label — What does it tell us?

**Recipe Name:**  
Lettuce and Chickpea  
Salad

**Recipe Name:**  
Stir Fried Lettuce

<b>Nutrition Facts</b>			
Serving Size (356g)		Servings Per Container	
Amount Per Serving			
<b>Calories 210</b>	<b>Calories from Fat 50</b>		
	% Daily Value*		
<b>Total Fat 6g</b>		<b>9%</b>	
Saturated Fat 0.5g		<b>3%</b>	
Trans Fat 0g			
<b>Cholesterol 0mg</b>		<b>0%</b>	
<b>Sodium 160mg</b>		<b>7%</b>	
<b>Total Carbohydrate 33g</b>		<b>11%</b>	
Dietary Fiber 9g		<b>36%</b>	
Sugars 9g			
<b>Protein 10g</b>			
<b>Vitamin A 15%</b>	<b>• Vitamin C 40%</b>		
<b>Calcium 10%</b>	<b>• Iron 20%</b>		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

1. Start with the serving size.

2. Check calories.

3. Limit these:  
- Total fat  
- Saturated fat  
- Trans fat  
- Cholesterol  
- Sodium

4. Get enough of these:  
- Fiber  
- Vitamins A and C  
- Iron  
- Calcium

<b>Nutrition Facts</b>			
Serving Size (93g)		Servings Per Container	
Amount Per Serving			
<b>Calories 45</b>	<b>Calories from Fat 20</b>		
	% Daily Value*		
<b>Total Fat 2.5g</b>		<b>4%</b>	
Saturated Fat 0g		<b>0%</b>	
Trans Fat 0g			
<b>Cholesterol 0mg</b>		<b>0%</b>	
<b>Sodium 290mg</b>		<b>12%</b>	
<b>Total Carbohydrate 5g</b>		<b>2%</b>	
Dietary Fiber 1g		<b>4%</b>	
Sugars 2g			
<b>Protein 2g</b>			
<b>Vitamin A 50%</b>	<b>• Vitamin C 6%</b>		
<b>Calcium 4%</b>	<b>• Iron 6%</b>		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

**Percent (%) Daily Value:**  
**5% or less is LOW**  
**20% or more is HIGH**

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# Green Beans

## Key Points

- For the best buy choose firm, crisp fresh green beans.
- To prepare fresh green beans, rinse and remove ends before eating.
- To store fresh green beans, put in a loosely closed plastic bag and store in the refrigerator for 3 to 5 days.
- Green beans contain vitamin A, which is good for healthy eyes and skin.



## Green Beans with Potatoes

### Ingredients:

4 potatoes, cut into chunks  
1 onion, sliced  
1 cup chicken broth  
1/4 teaspoon garlic powder  
Dash of black pepper  
1 3/4 cups cooked green beans  
1 tablespoon vegetable oil  
2 tablespoons lemon juice  
(or yellow mustard)

### Directions:

1. In a medium pot, add potatoes, onion, chicken broth, garlic powder and pepper.
2. Bring to a boil. Reduce heat, cover and simmer for 15 minutes or until potatoes are tender.
3. Add green beans, stir gently.
4. Heat on low for 5 minutes, or until green beans are heated through.
5. Remove from heat. Drizzle vegetable oil and lemon juice (or mustard) on top, and serve with a slotted spoon.
6. Refrigerate leftovers.

**Makes 6 servings.**

## Three Bean Salad

### Ingredients:

1 3/4 cups cooked green beans  
1 3/4 cups cooked kidney beans  
1 3/4 cups cooked chick peas  
(also called garbanzo beans)  
1 onion, chopped  
3 tablespoons red or white vinegar  
3 tablespoons vegetable oil  
3 tablespoons sugar  
1 garlic clove, minced (optional)

### Directions:

1. Make the salad: Put the beans and onion in a large bowl.
2. Make the dressing: In a small bowl, combine vinegar, oil, sugar and garlic. Mix well.
3. Pour the dressing over the salad and toss together.
4. Cover and refrigerate.
5. Serve cold and enjoy!
6. Refrigerate leftovers.

**Makes 8 servings.**

## Quick Tips

- Add green beans to a soup, stew or stir-fry.
- Chop fresh green beans and add them to a tossed salad for some crunch.
- Cook in a frying pan with garlic and a small amount of olive oil for a tasty side dish.
- Remember to rinse all fruits and vegetables before using.

Just Say Yes to Fruits and Vegetables

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# The Nutrition Facts Label — What does it tell us?

**Recipe Name:**  
**Green Beans  
with Potatoes**

**Recipe Name:**  
**Three Bean Salad**

<b>Nutrition Facts</b>			
Serving Size (196g) Servings Per Container			
Amount Per Serving			
<b>Calories 120</b>		<b>Calories from Fat 35</b>	
% Daily Value*			
<b>Total Fat 4g</b>		<b>6%</b>	
Saturated Fat 0.5g		<b>3%</b>	
Trans Fat 0g			
<b>Cholesterol 0mg</b>		<b>0%</b>	
<b>Sodium 55mg</b>		<b>2%</b>	
<b>Total Carbohydrate 22g</b>		<b>7%</b>	
Dietary Fiber 3g		<b>12%</b>	
Sugars 4g			
<b>Protein 4g</b>			
<b>Vitamin A 4%</b>	•	<b>Vitamin C 40%</b>	
<b>Calcium 4%</b>	•	<b>Iron 6%</b>	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

**1. Start with the serving size.**

**2. Check calories.**

**3. Limit these:**  
- Total fat  
- Saturated fat  
- Trans fat  
- Cholesterol  
- Sodium

**4. Get enough of these:**  
- Fiber  
- Vitamins A and C  
- Iron  
- Calcium

<b>Nutrition Facts</b>			
Serving Size (166g) Servings Per Container			
Amount Per Serving			
<b>Calories 170</b>		<b>Calories from Fat 50</b>	
% Daily Value*			
<b>Total Fat 6g</b>		<b>9%</b>	
Saturated Fat 0.5g		<b>3%</b>	
Trans Fat 0g			
<b>Cholesterol 0mg</b>		<b>0%</b>	
<b>Sodium 150mg</b>		<b>6%</b>	
<b>Total Carbohydrate 24g</b>		<b>8%</b>	
Dietary Fiber 7g		<b>28%</b>	
Sugars 8g			
<b>Protein 6g</b>			
<b>Vitamin A 4%</b>	•	<b>Vitamin C 8%</b>	
<b>Calcium 6%</b>	•	<b>Iron 10%</b>	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

**Percent (%) Daily Value:**  
**5% or less is LOW**  
**20% or more is HIGH**

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# Kidney Beans

## Key Points

- Before preparing dried beans, sort through for tiny pebbles or shriveled beans.
- Dried beans need to be soaked before they are cooked.
- The best way to soak dried beans is to cover them in cold water and bring to a gentle boil, turn off heat and allow beans to soak in the water for 1-2 hours. \*Do not add salt to the soaking water. Drain water and rinse with fresh water.
- To cook beans, cover with fresh water and simmer for 1-2 hours. Do not let the beans dry out, beans should always be covered with water.



## Quick Tips

- One pound dried beans (2 cups) equals 5 to 6 cups cooked beans.
- Beans are an inexpensive source of protein and fiber.
- Dried beans can be kept in an air tight container for a year.
- Remember to rinse all fruits and vegetables before using.

## Minestrone Soup

### Ingredients:

1 onion, chopped  
1 cup chopped carrots  
2 garlic cloves, minced  
3 cans (14.5 ounces)  
low sodium chicken broth  
1 tablespoon tomato paste  
2 cups chopped cabbage  
1 teaspoon basil (optional)  
1 teaspoon oregano (optional)  
2 cups cooked red kidney beans  
Salt and pepper, to taste

### Directions:

1. Spray a large pot with non stick cooking spray. Cook onions, carrots, and garlic for 5 minutes.
2. Add broth, tomato paste, cabbage, basil and oregano.
3. Bring to a boil; reduce heat to medium and cook for 15 minutes or until all vegetables are tender.
4. Add kidney beans and cook for 5 more minutes.
5. Add salt and pepper to taste. Enjoy!
6. Refrigerate leftovers.

**Makes 8 servings.**

## Pasta with Beans

### Ingredients:

2 tablespoons oil  
3 garlic cloves, minced  
1 can (28 ounces) diced tomatoes  
1 head escarole, chopped  
2 cups cooked red kidney beans  
2 cups pasta shells, cooked and drained  
Salt and pepper, to taste

### Directions:

1. Heat oil in a large pot. Add garlic and cook until lightly browned.
2. Add canned tomatoes and escarole. Bring to a boil.
3. Cover and cook over medium heat for 10 minutes. Stir often.
4. Add kidney beans and cook for 5 more minutes.
5. Serve over hot cooked pasta. Enjoy!
6. Refrigerate leftovers.

**Makes 8 servings.**

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# The Nutrition Facts Label — What does it tell us?

**Recipe Name:**  
**Minestrone Soup**

**Recipe Name:**  
**Pasta with Beans**

<b>Nutrition Facts</b>			
Serving Size (244g)		Servings Per Container	
Amount Per Serving			
<b>Calories 100</b>	<b>Calories from Fat 5</b>		
		% Daily Value*	
<b>Total Fat 1g</b>			<b>2%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol 0mg</b>			<b>0%</b>
<b>Sodium 150mg</b>			<b>6%</b>
<b>Total Carbohydrate 17g</b>			<b>6%</b>
Dietary Fiber 6g		<b>24%</b>	
Sugars 4g			
<b>Protein 7g</b>			
<b>Vitamin A 50%</b>	<b>Vitamin C 20%</b>		
<b>Calcium 6%</b>	<b>Iron 10%</b>		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

**1. Start with the serving size.**

**2. Check calories.**

**3. Limit these:**  
- Total fat  
- Saturated fat  
- Trans fat  
- Cholesterol  
- Sodium

**4. Get enough of these:**  
- Fiber  
- Vitamins A and C  
- Iron  
- Calcium

<b>Nutrition Facts</b>			
Serving Size (241g)		Servings Per Container	
Amount Per Serving			
<b>Calories 170</b>	<b>Calories from Fat 35</b>		
		% Daily Value*	
<b>Total Fat 4g</b>			<b>6%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol 0mg</b>			<b>0%</b>
<b>Sodium 310mg</b>			<b>13%</b>
<b>Total Carbohydrate 26g</b>			<b>9%</b>
Dietary Fiber 6g		<b>24%</b>	
Sugars 4g			
<b>Protein 7g</b>			
<b>Vitamin A 40%</b>	<b>Vitamin C 35%</b>		
<b>Calcium 6%</b>	<b>Iron 15%</b>		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

**Percent (%) Daily Value:**  
**5% or less is LOW**  
**20% or more is HIGH**

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# Sweet Potatoes

## Key Points

- For the best buy, choose sweet potatoes that are tapered at both ends.
- To prepare sweet potatoes, scrub and remove eyes and dark spots.
- To keep fresh, store in a cool, dry place for 1-2 weeks.
- Sweet potatoes contain vitamin A, which is good for healthy eyes and skin.



## Sweet Potato & Apple Stir-Fry

### Ingredients:

2 tablespoons vegetable oil  
4 cups chopped sweet potatoes  
1 teaspoon fresh ginger (optional)  
2 cups chopped apples  
1 teaspoon cinnamon

### Directions:

1. Heat oil in a large pot over medium heat.
2. Add sweet potatoes, cover and cook for 5 minutes.
3. Add 1/2 cup water and ginger, if using. Cover and cook 5 minutes, stirring often.
4. Add apples and cinnamon. Cook for 10 more minutes until sweet potatoes are soft.
5. Serve immediately and enjoy as a dessert or a sweet side dish.
6. Refrigerate leftovers.

**Makes 5 servings.**

## Sweet Potato and Red Bean Chili

### Ingredients:

2 teaspoons vegetable oil  
1 diced onion  
3 cups diced sweet potatoes  
2 minced garlic cloves  
2 cups chopped tomatoes  
1 1/2 tablespoons chili powder  
2 teaspoons ground cumin  
1 1/2 cups cooked, or 1 can (15 ounces) red beans, rinsed  
2 tablespoons chopped cilantro (optional)

### Directions:

1. Heat oil in a large pot over medium heat.
2. Add onions and sweet potatoes. Cook for 4 minutes.
3. Stir in the garlic, tomatoes, chili powder, cumin, and 1 1/2 cups water. Cook for 10 minutes.
4. Add beans. Cook until the beans are heat, about 5 minutes.
5. Add, cilantro, salt, and pepper.
6. Serve and enjoy!
7. Refrigerate leftovers.

**Makes 5 servings.**

## Quick Tips

- For a baked sweet potato, scrub and wrap in foil. Bake at 375° F for 1 hour .
- Boil sweet potatoes and mash. Add butter and milk for mashed sweet potatoes.
- Sweet potatoes can be used in place of regular potatoes.
- Remember to rinse all fruits and vegetables before using.

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# The Nutrition Facts Label — What does it tell us?

## Recipe Name:

Sweet Potato and Apple Stir-Fry

## Recipe Name:

Sweet Potato and Red Bean Chili

<b>Nutrition Facts</b>			
Serving Size (197g)		Servings Per Container	
<b>Amount Per Serving</b>			
<b>Calories 210</b>	<b>Calories from Fat 50</b>		
		<b>% Daily Value*</b>	
<b>Total Fat 6g</b>		<b>9%</b>	
Saturated Fat 0.5g		<b>3%</b>	
Trans Fat 0g			
<b>Cholesterol 0mg</b>		<b>0%</b>	
<b>Sodium 10mg</b>		<b>0%</b>	
<b>Total Carbohydrate 41g</b>		<b>14%</b>	
Dietary Fiber 4g		<b>16%</b>	
Sugars 13g			
<b>Protein 2g</b>			
<b>Vitamin A 290%</b>	<b>Vitamin C 35%</b>		
<b>Calcium 6%</b>	<b>Iron 4%</b>		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

1. Start with the serving size.

2. Check calories.

3. Limit these:  
- Total fat  
- Saturated fat  
- Trans fat  
- Cholesterol  
- Sodium

4. Get enough of these:  
- Fiber  
- Vitamins A and C  
- Iron  
- Calcium

<b>Nutrition Facts</b>			
Serving Size (264g)		Servings Per Container	
<b>Amount Per Serving</b>			
<b>Calories 180</b>	<b>Calories from Fat 20</b>		
		<b>% Daily Value*</b>	
<b>Total Fat 2g</b>		<b>3%</b>	
Saturated Fat 0g		<b>0%</b>	
Trans Fat 0g			
<b>Cholesterol 0mg</b>		<b>0%</b>	
<b>Sodium 210mg</b>		<b>9%</b>	
<b>Total Carbohydrate 37g</b>		<b>12%</b>	
Dietary Fiber 6g		<b>24%</b>	
Sugars 10g			
<b>Protein 5g</b>			
<b>Vitamin A 200%</b>	<b>Vitamin C 40%</b>		
<b>Calcium 10%</b>	<b>Iron 15%</b>		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

**Percent (%) Daily Value:**  
**5% or less is LOW**  
**20% or more is HIGH**

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# Lettuce

## Key Points

- For the best buy, choose lettuce that is firm, green and smells sweet.
- To prepare lettuce, remove the center core and outer wilted leaves. Rinse well and dry with a clean towel.
- To store fresh, wrap lettuce in damp paper towels and refrigerate for up to 3 days.
- Lettuce contains vitamin A, which is good for healthy eyes and skin.



## Taco Salad

### Ingredients:

6 cups torn lettuce leaves  
2 cups cooked kidney beans  
3 tomatoes, chopped  
1/3 cup low fat sour cream  
2 teaspoons low sodium taco seasoning  
1/2 cup crushed baked tortilla chips  
1/4 cup shredded low fat cheese

### Directions:

1. Place lettuce in a large bowl.
2. In a medium bowl, mix together the beans, tomatoes, sour cream and taco seasoning.
3. Top lettuce with bean mixture.
4. Toss lightly.
5. Top salad with crushed tortilla chips and cheese.
6. Serve and enjoy!
7. Refrigerate leftovers.

**Makes 5 servings.**

## Easy Dinner Salad

### Ingredients:

1 head lettuce, cut into 6 wedges  
1 1/4 cups cherry tomatoes  
2 tablespoons low fat mayonnaise  
2 tablespoons ketchup  
1 tablespoon minced onion  
1 tablespoon sweet pickle relish  
Black pepper to taste

### Directions:

1. Place lettuce wedges on small plates.
2. To make the dressing: In a small bowl, combine the mayonnaise, ketchup, onion and relish.
3. Pour 1 tablespoon of the dressing over each lettuce wedge. Sprinkle with tomatoes and black pepper.
4. Serve and enjoy!
5. Refrigerate leftovers.

**Makes 6 servings.**

## Quick Tips

- Shred lettuce and add to a soup or stir fry.
- Squeeze lemon juice and a bit of oil over lettuce for a quick salad.
- Use lettuce leaves to wrap up your favorite sandwich fillings!
- Remember to rinse all fruits and vegetables before using.

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# The Nutrition Facts Label — What does it tell us?

**Recipe Name:**  
**Taco Salad**

**Recipe Name:**  
**Easy Dinner Salad**

<b>Nutrition Facts</b>			
Serving Size (257g)		Servings Per Container	
Amount Per Serving			
<b>Calories</b> 190	<b>Calories from Fat</b> 35	% Daily Value*	
<b>Total Fat</b> 4g		<b>6%</b>	
Saturated Fat 1.5g		<b>8%</b>	
Trans Fat 0g			
<b>Cholesterol</b> 5mg		<b>2%</b>	
<b>Sodium</b> 170mg		<b>7%</b>	
<b>Total Carbohydrate</b> 29g		<b>10%</b>	
Dietary Fiber 6g		<b>24%</b>	
Sugars 4g			
<b>Protein</b> 10g			
<b>Vitamin A</b> 80%	<b>Vitamin C</b> 50%		
<b>Calcium</b> 10%	<b>Iron</b> 15%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

**1. Start with the serving size.**

**2. Check calories.**

**3. Limit these:**  
- Total fat  
- Saturated fat  
- Trans fat  
- Cholesterol  
- Sodium

**4. Get enough of these:**  
- Fiber  
- Vitamins A and C  
- Iron  
- Calcium

<b>Nutrition Facts</b>			
Serving Size (73g)		Servings Per Container	
Amount Per Serving			
<b>Calories</b> 30	<b>Calories from Fat</b> 10	% Daily Value*	
<b>Total Fat</b> 1g		<b>2%</b>	
Saturated Fat 0g		<b>0%</b>	
Trans Fat 0g			
<b>Cholesterol</b> 0mg		<b>0%</b>	
<b>Sodium</b> 130mg		<b>5%</b>	
<b>Total Carbohydrate</b> 5g		<b>2%</b>	
Dietary Fiber 1g		<b>4%</b>	
Sugars 3g			
<b>Protein</b> 1g			
<b>Vitamin A</b> 25%	<b>Vitamin C</b> 10%		
<b>Calcium</b> 2%	<b>Iron</b> 2%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

**Percent (%) Daily Value:**  
**5% or less is LOW**  
**20% or more is HIGH**

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# Pinto & Great Northern Beans

## Key Points

- Before preparing dried beans, sort through for tiny pebbles or shriveled beans.
- Dried beans need to be soaked before they are cooked.
- The best way to soak dried beans is to cover them in cold water and bring to a gentle boil, turn off heat and allow beans to soak in the water for 1-2 hours. \*Do not add salt to the soaking water. Drain water and rinse with fresh water.
- To cook beans, cover soaked beans with fresh water and simmer for 1-2 hours. Do not let the beans dry out, beans should always be covered with water.



## Pinto Bean Stew

### Ingredients:

1 1/2 cups chopped onion  
1 bell pepper, chopped  
2 carrots, chopped  
4 garlic cloves, minced  
1 tablespoon chili powder  
1 can (6 ounces) tomato paste  
1 can (14.5 ounces) low sodium chicken broth  
2 cups cooked pinto beans  
Salt and pepper to taste

### Directions:

1. Add 1/2 cup water to a medium pot. Cook the onion, green pepper, carrots and garlic in the water for 5 minutes over medium heat or until soft.
2. Stir in the chili powder, tomato paste, chicken broth and pinto beans.
3. Cook for 20 minutes. Add a little water if the beans start to stick to the bottom of the pot.
4. Serve over hot cooked rice.
5. Refrigerate leftovers.

**Makes 6 servings.**

## Bean & Tuna Salad

### Ingredients:

2 cups cooked great northern beans  
1 onion, chopped  
2 tomatoes, chopped  
1 can (6.5 ounces) tuna, packed in water, drained  
2 tablespoons vegetable oil  
1 tablespoon lemon juice  
1 garlic clove, minced  
Salt and pepper to taste

### Directions:

1. Make the salad: In a large bowl, mix beans, onion, tomatoes and tuna.
2. Make the dressing: In a small bowl, mix oil, lemon juice, garlic, salt and pepper. Mix well.
3. Pour the dressing over the salad and serve cold.
4. Refrigerate leftovers.

**Makes 4 servings.**

## Quick Tips

- One pound dried beans (2 cups) equals 5 to 6 cups cooked beans.
- Beans are an inexpensive source of protein and fiber.
- Dried beans can be kept in an air tight container for a year.
- Remember to rinse all fruits and vegetables before using.



*This institution is an equal opportunity provider and employer. This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689.*

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# The Nutrition Facts Label — What does it tell us?

**Recipe Name:**  
**Pinto Bean Stew**

**Recipe Name:**  
**Bean & Tuna Salad**

<b>Nutrition Facts</b>			
Serving Size (265g)		Servings Per Container	
Amount Per Serving			
<b>Calories 140</b>	<b>Calories from Fat 10</b>		
		% Daily Value*	
<b>Total Fat 1g</b>			<b>2%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol 0mg</b>			<b>0%</b>
<b>Sodium 380mg</b>			<b>16%</b>
<b>Total Carbohydrate 27g</b>			<b>9%</b>
Dietary Fiber 8g			<b>32%</b>
Sugars 8g			
<b>Protein 7g</b>			
<b>Vitamin A 70%</b>		<b>Vitamin C 50%</b>	
<b>Calcium 6%</b>		<b>Iron 15%</b>	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

**1. Start with the serving size.**

**2. Check calories.**

**3. Limit these:**  
- Total fat  
- Saturated fat  
- Trans fat  
- Cholesterol  
- Sodium

**4. Get enough of these:**  
- Fiber  
- Vitamins A and C  
- Iron  
- Calcium

<b>Nutrition Facts</b>			
Serving Size (300g)		Servings Per Container	
Amount Per Serving			
<b>Calories 280</b>	<b>Calories from Fat 70</b>		
		% Daily Value*	
<b>Total Fat 8g</b>			<b>12%</b>
Saturated Fat 1g			<b>5%</b>
Trans Fat 0g			
<b>Cholesterol 15mg</b>			<b>5%</b>
<b>Sodium 490mg</b>			<b>20%</b>
<b>Total Carbohydrate 35g</b>			<b>12%</b>
Dietary Fiber 8g			<b>32%</b>
Sugars 6g			
<b>Protein 19g</b>			
<b>Vitamin A 2%</b>		<b>Vitamin C 30%</b>	
<b>Calcium 10%</b>		<b>Iron 20%</b>	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

**Percent (%) Daily Value:**  
**5% or less is LOW**  
**20% or more is HIGH**

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet., Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). To find out more, contact: 1-800-342-3009 or go to: myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W

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# Sugar Pumpkins

## Key Points

- For the best buy, choose sugar pumpkins that have firm stalks with bright orange skins and no spots.
- To prepare a sugar pumpkin, poke 3 holes in the pumpkin. Place on a cookie sheet and bake for 60-90 minutes at 400° F or until a knife inserted in the pumpkin goes in and out easily. Cool the pumpkin, cut in half, remove the seeds and stringy pulp. Scoop out the soft pulp all the way to the skin.
- To keep fresh, store in a cool dry place for up to 1 month.
- Pumpkin contains vitamin A, which is good for healthy eyes and skin.



## Quick Tips

- To boil a sugar pumpkin, rinse, cut into small pieces and remove seeds. Boil for 10-20 minutes. The pumpkin can be peeled before or after cooking.
- A 4 pound sugar pumpkin equals 2 cups mashed pumpkin.
- Scoop seeds from pumpkin. Salt lightly and bake at 350° F for 15 minutes.
- Remember to rinse all fruits and vegetables before using.

## Pumpkin Stuffing

### Ingredients:

1 1/2 cups chopped onion  
1 1/2 cups chopped celery  
1 zucchini, chopped  
2 cups chopped cooked pumpkin  
3 corn muffins  
1/2 cup low sodium chicken broth  
1 teaspoon poultry seasoning (optional)

### Directions:

1. In a large frying pan over medium heat, cook onion, celery and zucchini in 1/2 cup water for 10 minutes or until soft.
2. Add pumpkin and cook another 5 minutes adding 1/4 cup water if pan is dry.
3. Crumble the corn muffins and add to the frying pan.
4. Add the chicken broth. Stir to combine.
5. If stuffing is too dry, add 1/4 cup water.
6. Heat over medium heat until stuffing is hot, stirring often. Enjoy!
7. Refrigerate leftovers.

**Makes 8 servings.**

## Pumpkin Stew

### Ingredients:

1 onion, chopped  
2 garlic cloves, chopped  
2 teaspoons chili powder  
1 teaspoon cinnamon (optional)  
2 cups chopped tomatoes  
3 cups chopped cooked pumpkin  
1 1/2 cups corn  
4 cups cooked pinto beans  
2 cups chicken broth

### Directions:

1. In a large pot over medium heat, cook the onion in 1/2 cup water until soft.
2. Add the garlic, chili powder and cinnamon. Cook 1 minute.
3. Add the tomatoes and cook 5 minutes. Add the pumpkin, corn, beans and the chicken broth. Cook 15 minutes or until the pumpkin is very soft, adding 1/2 cup water if stew is too thick. Enjoy!
4. Refrigerate leftovers.

**Makes 6 servings.**

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# The Nutrition Facts Label — What does it tell us?

**Recipe Name:**  
Pumpkin Stuffing

**Recipe Name:**  
Pumpkin Stew

<b>Nutrition Facts</b>			1. Start with the serving size.	<b>Nutrition Facts</b>																																																									
Serving Size (108g) Servings Per Container		Amount Per Serving		Serving Size (510g) Servings Per Container		Amount Per Serving																																																							
<b>Calories 110</b>		Calories from Fat 30	2. Check calories.	<b>Calories 250</b>		Calories from Fat 20																																																							
		% Daily Value*				% Daily Value*																																																							
<b>Total Fat 3g</b>		5%	3. Limit these: - Total fat - Saturated fat - Trans fat - Cholesterol - Sodium	<b>Total Fat 2g</b>		3%																																																							
Saturated Fat 0g		0%		Saturated Fat 0.5g		3%																																																							
Trans Fat 0g				Trans Fat 0g																																																									
<b>Cholesterol 0mg</b>		0%		<b>Cholesterol 0mg</b>		0%																																																							
<b>Sodium 85mg</b>		4%	4. Get enough of these: - Fiber - Vitamins A and C - Iron - Calcium	<b>Sodium 300mg</b>		13%																																																							
<b>Total Carbohydrate 17g</b>		6%		<b>Total Carbohydrate 49g</b>		16%																																																							
Dietary Fiber 1g		4%		Dietary Fiber 13g		52%																																																							
Sugars 7g				Sugars 11g																																																									
<b>Protein 2g</b>			<b>Protein 12g</b>																																																										
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Calcium 2%		• Iron 4%	Calcium 15%		• Iron 30%																																																								
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# Kidney Beans

## Key Points

- Before preparing dried beans, sort through for tiny pebbles or shriveled beans.
- Dried beans need to be soaked before they are cooked.
- The best way to soak dried beans is to cover them in cold water and bring to a gentle boil, turn off heat and allow beans to soak in the water for 1-2 hours. \*Do not add salt to the soaking water. Drain water and rinse with fresh water.
- To cook beans, cover with fresh water and simmer for 1-2 hours. Do not let the beans dry out, beans should always be covered with water.



## Rancher's Beans

### Ingredients:

1 teaspoon vegetable oil  
1/4 cup chopped bell pepper  
1/4 cup chopped onion  
2 cups cooked kidney beans  
2 cups cooked pink beans  
1/2 cup tomato sauce  
2 tablespoon brown sugar  
1 tablespoon mustard  
Salt and pepper, to taste

### Directions:

1. Heat oil in a large pot over medium heat.
2. Add peppers and onions and cook over medium heat until soft, about 3 minutes.
3. Add beans, tomato sauce, brown sugar and mustard.
4. Cook uncovered for 10 minutes until thoroughly heated.
5. Add salt and pepper to taste. Enjoy!
6. Refrigerate leftovers.

**Makes 10 servings.**

## Kidney Bean and Pasta Salad

### Ingredients:

1 bell pepper, chopped  
1 teaspoon onion powder  
2 teaspoons Italian seasoning or oregano  
1/3 cup white or red vinegar  
2 garlic cloves, minced  
1/4 cup vegetable oil  
2 tomatoes, diced  
2 cups cooked kidney beans  
5 cups cooked pasta, cooled  
1/2 cup shredded low fat cheddar cheese (optional)  
Salt and pepper, to taste

### Directions:

1. In a large bowl, mix together pepper, onion powder, Italian seasoning, vinegar and garlic. Stir in oil.
2. Add remaining ingredients and toss together.
3. Add salt and pepper to taste.
4. Chill and serve. Enjoy!
5. Refrigerate leftovers.

**Makes 8 servings.**

## Quick Tips

- One pound dried beans (2 cups) equals 5 to 6 cups cooked beans.
- Beans are an inexpensive source of protein and fiber.
- Dried beans can be kept in an air tight container for a year.
- Remember to rinse all fruits and vegetables before using.

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# The Nutrition Facts Label — What does it tell us?

**Recipe Name:**  
**Rancher's Beans**

**Recipe Name:**  
**Kidney Bean and Pasta Salad**

## Nutrition Facts

Serving Size (109g)  
Servings Per Container

Amount Per Serving

**Calories 110**      **Calories from Fat 5**

% Daily Value\*

**Total Fat 0.5g**      **1%**  
Saturated Fat 0g      **0%**  
Trans Fat 0g  
**Cholesterol 0mg**      **0%**  
**Sodium 200mg**      **8%**

**Total Carbohydrate 21g**      **7%**

Dietary Fiber 5g      **20%**

Sugars 4g

**Protein 6g**

Vitamin A 2%      • Vitamin C 6%

Calcium 4%      • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

1. Start with the serving size.

2. Check calories.

3. Limit these:  
- Total fat  
- Saturated fat  
- Trans fat  
- Cholesterol  
- Sodium

4. Get enough of these:  
- Fiber  
- Vitamins A and C  
- Iron  
- Calcium

## Nutrition Facts

Serving Size (235g)  
Servings Per Container

Amount Per Serving

**Calories 280**      **Calories from Fat 70**

% Daily Value\*

**Total Fat 8g**      **12%**  
Saturated Fat 1g      **5%**  
Trans Fat 0g  
**Cholesterol 0mg**      **0%**  
**Sodium 230mg**      **10%**

**Total Carbohydrate 41g**      **14%**

Dietary Fiber 6g      **24%**

Sugars 3g

**Protein 11g**

Vitamin A 2%      • Vitamin C 40%

Calcium 8%      • Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
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Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**Percent (%) Daily Value:**  
**5% or less is LOW**  
**20% or more is HIGH**

# Pinto Beans

## Key Points

- Before preparing dried beans, sort through for tiny pebbles or shriveled beans.
- Dried beans need to be soaked before they are cooked.
- The best way to soak dried beans is to cover them in cold water and bring to a gentle boil, turn off heat and allow beans to soak in the water for 1-2 hours. \*Do not add salt to the soaking water. Drain water and rinse with fresh water.
- To cook beans, cover soaked beans with fresh water and simmer for 1-2 hours. Do not let the beans dry out, beans should always be covered with water.



## Spiced Apple Bean Muffins

### Ingredients:

1 cup sugar  
1/4 cup canola or vegetable oil  
1 egg, beaten  
2 cups cooked pinto beans, mashed  
1 cup flour  
1 teaspoon baking soda  
1 1/2 teaspoons cinnamon  
1 teaspoon ground cloves (optional)  
2 cups peeled and diced apples  
1 teaspoon vanilla  
1/2 cup raisins  
1/2 cup chopped pecans (optional)

### Directions:

1. Preheat oven to 375° F.
2. In large bowl, blend sugar and oil. Add eggs and beans, and mix thoroughly.
3. Stir in remaining ingredients.
4. Pour into greased muffin tin.
5. Bake for 15–20 minutes or until toothpick comes out clean.
6. Cool and enjoy!
7. Refrigerate leftovers.

**Makes 12 servings.**

## Pinto Bean Salad

### Ingredients:

2 cups cooked pinto beans  
2 apples, cored and chopped  
1/4 cup finely chopped celery  
1/4 cup diced green chilies  
1 1/2 tablespoons cider vinegar  
1 1/2 tablespoons vegetable oil  
1/2 teaspoon onion powder  
1/8 teaspoon hot sauce (optional)  
Salt and pepper to taste

### Directions:

1. Make the salad: in a medium bowl, mix together beans, apples, celery and green chilies.
2. Make the dressing: in a small bowl, combine vinegar, vegetable oil, onion powder and hot sauce. Mix well.
3. Pour dressing over the salad and toss together.
4. Cover and refrigerate for 30 minutes before serving.
5. Serve and enjoy!
6. Refrigerate leftovers.

**Makes 8 servings.**

## Quick Tips

- One pound dried beans (2 cups) equals 5 to 6 cups cooked beans.
- Beans are an inexpensive source of protein and fiber.
- Dried beans can be kept in an air tight container for a year.
- Remember to rinse all fruits and vegetables before using.



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# The Nutrition Facts Label — What does it tell us?

**Recipe Name:**  
Spiced Apple Bean Muffin

**Recipe Name:**  
Pinto Bean Salad

<b>Nutrition Facts</b>	
Serving Size (109g) Servings Per Container	
Amount Per Serving	
<b>Calories 250</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 20mg</b>	<b>7%</b>
<b>Sodium 170mg</b>	<b>7%</b>
<b>Total Carbohydrate 40g</b>	<b>13%</b>
Dietary Fiber 4g	16%
Sugars 24g	
<b>Protein 4g</b>	
Vitamin A 0%	• Vitamin C 2%
Calcium 4%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

1. Start with the serving size.

2. Check calories.

3. Limit these:  
- Total fat  
- Saturated fat  
- Trans fat  
- Cholesterol  
- Sodium

4. Get enough of these:  
- Fiber  
- Vitamins A and C  
- Iron  
- Calcium

<b>Nutrition Facts</b>	
Serving Size (122g) Servings Per Container	
Amount Per Serving	
<b>Calories 100</b>	<b>Calories from Fat 25</b>
% Daily Value*	
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 190mg</b>	<b>8%</b>
<b>Total Carbohydrate 16g</b>	<b>5%</b>
Dietary Fiber 4g	16%
Sugars 5g	
<b>Protein 3g</b>	
Vitamin A 0%	• Vitamin C 6%
Calcium 4%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
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Cholesterol	Less than 300mg    300mg
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Total Carbohydrate	300g    375g
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