

# Fruits and Vegetables

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The Child Care Food Program requires that breakfast contain a serving of vegetable(s) or fruit(s). Lunch and supper must contain two or more vegetables or fruits or a combination of both. They can be one of the two required components at snack. Remember that fresh, frozen or canned vegetables and/or fruits must be served at least twice a week at breakfast and twice a week at snack.

The recipes in this section all contribute  $\frac{1}{4}$  cup of fruit or vegetable towards the CCFP meal pattern. The portion size may be larger than that due to other ingredients in the recipe.

## Helpful Reminders about Fruits and Vegetables:

- Juice must be 100% vegetable or fruit juice. Unless orange or grapefruit juice, it must also be fortified with 100% or more of vitamin C.
- Fruit juice must not be served more than once a day.
- Fresh, frozen or canned vegetables and/or fruits (whole) must be served at least twice a week at breakfast and twice a week at snack.
- At lunch or supper, serve two or more kinds of vegetable(s) and/or fruit(s) or a combination of both.
- In order to count as a vegetable or fruit, a minimum of  $\frac{1}{8}$  cup is required.
- Two forms of the same fruit or vegetable may not be served in the same meal, for example, apple wedges and applesauce.
- Cooked dried peas or beans may be counted either as a vegetable or as a meat alternate but not as both in the same meal.
- Vegetables or fruits served as combination items such as fruit cocktail, mixed vegetables or peas and carrots may be credited to meet only one of the required items for lunch and supper.
- Only one fruit or vegetable component can be counted in a combination dish.

Vegetables and fruits are great sources of vitamins and minerals. They are also low in calories and fat. Regular consumption of vegetables and fruits lowers the risk of heart disease, high blood pressure, diabetes, obesity, and certain types of cancer. Although most of us don't worry about these diseases with children, 60% of overweight children have at least one risk factor for heart disease, and 25% of overweight children have 2 or more risk factors for heart disease.

Encouraging children to eat vegetables and fruits sets the stage for healthy eating habits later in life. One way to encourage vegetable and fruit

consumption is to prepare them in a healthy, tasty way. Remember these tips when preparing vegetables and fruits:

- Try using reduced fat products when making sauces for vegetables.
- Instead of using butter for flavor, try steaming vegetables with herbs, for example:
  - Steam green beans with dill and lemon wedges
  - Steam asparagus or broccoli with lemon slices
  - Steam carrots with basil, cinnamon or thyme
- Cook vegetables only until they are crisp, not mushy.
- If fruits look as if they may go bad before you can use them, freeze them for use in shakes, slushies, fruit sauces, or baked goods.
- Fresh tropical fruits such as kiwi, pineapple, papaya, or their juices can be added to a marinade to tenderize meat. Conversely, the same enzymes that tenderize meat, also prohibit gelatin from gelling. When making fruited jello, do not use fresh tropical fruits; use canned instead.

## Helpful Hints about some Fresh Fruits:

- Mangos should be soft, but not mushy and have a distinct smell.
- Mangos have a large round flat seed with two “cheeks” of meat on either side of the flat surfaces of the seed.
- To remove the meat, do not peel (this makes the fruit slippery).
- Stand the fruit up right with a thin side of the fruit facing you.
- Cut the “cheeks” off. Use a paring knife to carefully remove the rest of the meat from the seed.
- Lay the cheeks flat on the cutting board, skin side down. With a knife score the fruit in a checkerboard pattern, but do not cut through the skin.
- Turn the skin inside out. Cut the chunks of fruit off the skin.
- Pineapples should be plump and fresh with green leaves and have a sweet smell. They should give slightly when you push on them.
- Cut off the stem. This can be planted and a pineapple will grow out of the top, from the middle of all those leaves!
- Peel the fruit with a large sharp knife.
- You will notice the “eyes” left behind. These can be removed with the tip of a paring knife or the end of a vegetable peeler.
- If the fruit is very ripe the core will be soft enough to eat; if the core is woody or tough, carefully remove it.
- Kiwi should be firm, without bruises. To ripen it, store at room temperature in a plastic bag. Ripe kiwi is soft to the touch.
- The skin on the kiwi is edible but many people do not like it. Kiwi can be peeled and sliced or cut in half and scooped out with a spoon.

# Ambrosia

Number of Portions: 90  
 Size of Portion: 1/2 cup  
 Meal Pattern Contribution:  
 1/4 cup Fruit/Vegetable

## INGREDIENTS

Fruit Cocktail	1 (106 oz.) can
Mandarin Oranges	1 (101 oz.) can
Coconut	1 (14 oz.) can
Mini Marshmallows	1 lb.
Whipped Topping	1 lb.

Drain fruit. Mix ingredients in a large bowl, chill and serve.

“Refreshing and sweet!”

Calories, 68	Iron, 0 Mg	Protein, 0.9 G
Cholesterol, 0 Mg	Calcium, 17 Mg	Carbohydrates, 13.6 G
Sodium, 30 Mg	Vitamin A, 32 RE	Total Fat, 1.5 G
Dietary Fiber, 0.8 G	Vitamin C, 7 Mg	Saturated Fat, 1.3 G

# Tropical Fruit Cup

Number of Portions: 50\*

Size of Portion: 1/4 cup

Meal Pattern Contribution:  
1/4 cup Fruit/Vegetable

## INGREDIENTS

Sugar	1/2 cup
Strawberries	2 qt.
Mangos	5
Bananas	4
Lemon Juice	

Cut up strawberries. Sprinkle sugar over berries and let sit for 30 minutes in refrigerator. Peel mangos. Cut off seed. Cut mangos into bite size pieces. Peel bananas and cut into slices. Sprinkle with lemon juice. Mix all fruit together, chill and serve.

“Eat your colors!”

Note: Lemon juice not included in nutrient analysis.

\* Number of portions may vary due to sizes of fruit. The serving size will always be 1/4 of a cup.

Calories, 37	Iron, 0 Mg	Protein, 0.3 G
Cholesterol, 0 Mg	Calcium, 6 Mg	Carbohydrates, 9.4 G
Sodium, 1 Mg	Vitamin A, 82 RE	Total Fat, 0.2 G
Dietary Fiber, 1.1 G	Vitamin C, 20 Mg	Saturated Fat, 0 G

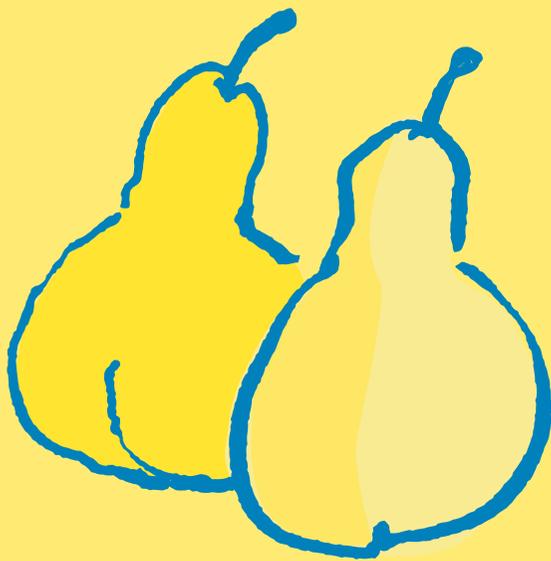
# Pear Bake

Number of Portions: 12  
 Size of Portion: 1/2 cup  
 Meal Pattern Contribution:  
 1/4 cup Fruit/Vegetable

## INGREDIENTS

Margarine	1/2 cup
Flour, all-purpose	2 cups
Pears, diced	1 (29 oz.) can
Cinnamon	2 tsp.
Sugar	1/2 cup
Baking Powder	1 Tbsp.
Vanilla	1 tsp.
Milk	1 cup

In a 5-quart bowl, melt margarine and add flour, pears, cinnamon, sugar, baking powder, vanilla, and milk. Mix well. Pour into 9 x 13 inch baking dish. Bake in 350° F oven for 45 minutes to 1 hour until brown.



Calories, 226  
 Cholesterol, 1 Mg  
 Sodium, 225 Mg  
 Dietary Fiber, 1.9 G

Iron, 1 Mg  
 Calcium, 107 Mg  
 Vitamin A, 87 RE  
 Vitamin C, 1 Mg

Protein, 3.1 G  
 Carbohydrates, 36.4 G  
 Total Fat, 8 G  
 Saturated Fat, 1.6 G

# Squash Casserole

Number of Portions: 15

Size of Portion: 1/2 cup

Meal Pattern Contribution:

1/4 cup Fruit/Vegetable;

1/2 oz. Meat/Meat Alternate

## INGREDIENTS

Yellow Squash	10
Onion, diced	1
Cream of Celery Soup	1 (10 <sup>3</sup> / <sub>4</sub> oz.) can
Salt and Black Pepper	to taste
Evaporated Milk	1/2 cup
Butter Crackers, crushed	18
Bacon Slices, crispy	3
Cheese, shredded	1/2 cup
Butter	1/2 cup
Eggs	2

Cook squash and onions. Drain. Mash squash and add soup, salt, pepper, and milk. Pour into greased casserole dish. Top with finely crushed crackers, bacon and shredded cheese. Melt butter. Wisk eggs and butter together and pour over dish. Bake for 15–20 minutes at 425° F.



Note: Salt not included in nutrient analysis.

Calories, 168	Iron, 1 Mg	Protein, 4.9 G
Cholesterol, 53 Mg	Calcium, 91 Mg	Carbohydrates, 11.9 G
Sodium, 310 Mg	Vitamin A, 121 RE	Total Fat, 11.8 G
Dietary Fiber, 2.9 G	Vitamin C, 20 Mg	Saturated Fat, 5.9 G

# Broccoli Casserole

Number of Portions: 50

Size of Portion: 2/3 cup

Meal Pattern Contribution:

1/4 cup Fruit/Vegetable; 1/2 Grain/Bread;  
1/2 oz. Meat/Meat Alternate

## INGREDIENTS

White Rice	2 lb.
Broccoli, frozen, cut	5 1/2 lb.
Cheddar Cheese, divided	2 lb.
Cream of Mushroom Soup	1 (26 oz.) can
Chicken Base	1 Tbsp.
Pimentos, diced	2/3 cup
Black Pepper	1 tsp.
Garlic Powder	1/2 tsp.

Cook rice according to directions on the package. Steam broccoli approximately 15 minutes (do not overcook). Mix all ingredients together except 1 lb. cheese. Pour into a baking pan that has been sprayed with a non-stick cooking spray. Sprinkle remaining cheese on top. Place in oven at 350° F until cheese has melted.

Calories, 169  
Cholesterol, 19 Mg  
Sodium, 250 Mg  
Dietary Fiber, 1.8 G

Iron, 1 Mg  
Calcium, 168 Mg  
Vitamin A, 161 RE  
Vitamin C, 30 Mg

Protein, 7.5 G  
Carbohydrates, 18.4 G  
Total Fat, 7.4 G  
Saturated Fat, 4.2 G

# Broccoli, Spinach or Corn Puff

Number of Portions: 28

Size of Portion: 1 piece

Meal Pattern Contribution:

1/4 cup Fruit/Vegetable;

1 Grain/Bread; 1 oz. Meat/Meat Alternate

## INGREDIENTS

Broccoli, frozen, chopped	3 lb.
OR	
Corn, frozen	3 lb.
OR	
Spinach, frozen, chopped	5 lb.
Milk	1 qt.
Eggs	8
Salt	2 tsp.
Biscuit Mix	4 cups
Cheddar Cheese, shredded	1 lb.

Heat oven to 325° F. Spray a 12 x 20 x 2 inch pan with nonstick vegetable oil. Cook frozen vegetable as directed on the bag, drain. Beat milk, eggs, salt, and biscuit mix until smooth. Stir in cooked vegetable and cheese. Pour into baking pan. Bake about 1 hour or until center is done. Slice pan 4 x 7.

### Broccoli

Calories, 182	Iron, 1 Mg	Protein, 9.5 G
Cholesterol, 79 Mg	Calcium, 194 Mg	Carbohydrates, 15 G
Sodium, 514 Mg	Vitamin A, 193 RE	Total Fat, 9.6 G
Dietary Fiber, 1.5 G	Vitamin C, 28 Mg	Saturated Fat, 4.7 G

### Corn

Calories, 213	Iron, 1 Mg	Protein, 9.6 G
Cholesterol, 79 Mg	Calcium, 169 Mg	Carbohydrates, 22.7 G
Sodium, 504 Mg	Vitamin A, 99 RE	Total Fat, 9.8 G
Dietary Fiber, 1.2 G	Vitamin C, 3 Mg	Saturated Fat, 4.7 G

### Spinach

Calories, 189	Iron, 2 Mg	Protein, 10.5 G
Cholesterol, 79 Mg	Calcium, 257 Mg	Carbohydrates, 15.9 G
Sodium, 562 Mg	Vitamin A, 721 RE	Total Fat, 9.7 G
Dietary Fiber, 2.4 G	Vitamin C, 20 Mg	Saturated Fat, 4.7 G

# Corn and Zucchini Mexicana

Number of Portions: 12  
 Size of Portion: 1/4 cup  
 Meal Pattern Contribution:  
 1/4 cup Fruit/Vegetable

## INGREDIENTS

Margarine	2 Tbsp.
Zucchini, fresh	1/2 lb.
Onion, dried, minced	1/4 tsp.
Processed Cheese Spread, cubed	1 cup
Whole Kernel Corn, drained	1 (15 1/4 oz.) can
Green Chili Pepper, chopped	2 Tbsp.

Melt margarine in a skillet. Add zucchini and onions. Cook for 5 minutes. Combine cheese, corn and green chilies; add to zucchini mixture. Cook over low heat until cheese is melted, approximately two minutes. Pour into a 8 x 8 inch baking pan. Bake uncovered at 350° F for 30 minutes.

“¡olé!”

Calories, 83	Iron, 0 Mg	Protein, 3.5 G
Cholesterol, 11 Mg	Calcium, 77 Mg	Carbohydrates, 5.2 G
Sodium, 246 Mg	Vitamin A, 63 RE	Total Fat, 5.8 G
Dietary Fiber, 0.7 G	Vitamin C, 4 Mg	Saturated Fat, 2.7 G

# Corn Casserole

Number of Portions: 32

Size of Portion: 1/2 cup

Meal Pattern Contribution:  
1/4 cup Fruit/Vegetable;

1 oz. Meat/Meat Alternate; 1 Grain/Bread

## INGREDIENTS

Whole Kernel Corn, drained	6 (15 <sup>3</sup> / <sub>4</sub> oz.) cans
Cheddar Cheese, shredded	1 lb.
Flour, all-purpose	1/4 cup
Milk	1 1/2 qt.
Bread Crumbs, dry	6 cups
Eggs, beaten	8

Combine all ingredients in a large bowl. Mix well. Pour into greased casserole dish. Bake at 425° F for 30–45 minutes.

Calories, 226  
Cholesterol, 70 Mg  
Sodium, 843 Mg  
Dietary Fiber, 2.1 G

Iron, 2 Mg  
Calcium, 190 Mg  
Vitamin A, 100 RE  
Vitamin C, 5 Mg

Protein, 11.4 G  
Carbohydrates, 29.5 G  
Total Fat, 7.6 G  
Saturated Fat, 3.9 G

# Au Gratin Potatoes

Number of Portions: 25

Size of Portion: 1/3 cup

Meal Pattern Contribution:  
1/4 cup Fruit/Vegetable

## INGREDIENTS

Potatoes	3 lb.
Salt, divided	2 tsp.
Margarine, divided	3/4 cup
Flour, all-purpose	3 Tbsp.
Milk	3 1/2 cups
Cheddar Cheese, shredded, divided	1/2 lb.
Bread Crumbs, dry	1/3 cup

Peel and dice potatoes. Steam or boil potatoes. Sprinkle with 1 tsp. salt. In another pot, melt 1/2 cup margarine. Add flour and 1 tsp. salt. Stir until smooth. Cook 5–10 minutes. Add milk gradually while stirring. Cook until thickened. Add 1/4 lb. cheese to sauce and stir until cheese is melted. Pour over potatoes. Pour into baking pans. Melt remaining margarine. Combine bread crumbs, margarine and remaining cheese. Sprinkle over top of potatoes. Bake at 350° F for 25–30 minutes.

Calories, 156	Iron, 0 Mg	Protein, 4.7 G
Cholesterol, 11 Mg	Calcium, 116 Mg	Carbohydrates, 14.5 G
Sodium, 497 Mg	Vitamin A, 99 RE	Total Fat, 8.9 G
Dietary Fiber, 1.2 G	Vitamin C, 4 Mg	Saturated Fat, 3.2 G

# Sweet Potato Sticks

Number of Portions: 8

Size of Portion: 1/4 cup or approximately 12 sticks

Meal Pattern Contribution:  
1/4 cup Fruit/Vegetable

## INGREDIENTS

Sweet Potatoes	1 lb.
Margarine, melted	1 Tbsp.
Cinnamon Graham Crackers, crushed	1 cup

Peel sweet potatoes, cut into 2 x 1/2 inch sticks. Crush graham crackers in a large plastic bag. Add sweet potatoes and melted margarine to plastic bag. Shake until sweet potatoes are coated with graham cracker crumbs. Bake on baking sheet spray with non-stick vegetable spray at 325° F for 45 minutes or until soft.

“Sweet!”

Calories, 117	Iron, 1 Mg	Protein, 1.7 G
Cholesterol, 0 Mg	Calcium, 16 Mg	Carbohydrates, 21.9 G
Sodium, 88 Mg	Vitamin A, 1151 RE	Total Fat, 2.7 G
Dietary Fiber, 2 G	Vitamin C, 13 Mg	Saturated Fat, 0.5 G

# Oven Baked Potato Wedges

Number of Portions: 15

Size of Portion: 1/4 cup

Meal Pattern Contribution:  
1/4 cup Fruit/Vegetable

## INGREDIENTS

Potatoes, baking	1 1/2 lb.
Canola Oil	1 1/2 Tbsp.
Salt	2 tsp.

Do not peel potatoes. Rinse under cold water and scrub clean with a vegetable brush. Pat potatoes dry with a paper towel. Slice potatoes in thin wedges and put slices in a bowl. Add 1 tablespoon of oil to bowl and toss potato wedges until lightly coated; add another 1/2 tablespoon if needed. Spread potato wedges on a baking sheet that has been sprayed with a non-stick cooking spray. Bake at 350° F until golden brown; approximately 30 minutes . Lightly salt before serving. (Seasoned salt may be used.)

“salty!”

Calories, 61  
Cholesterol, 0 Mg  
Sodium, 318 Mg  
Dietary Fiber, 1.1 G

Iron, 1 Mg  
Calcium, 5 Mg  
Vitamin A, 0 RE  
Vitamin C, 6 Mg

Protein, 1 G  
Carbohydrates, 11.5 G  
Total Fat, 1.4 G  
Saturated Fat, 0.1 G

# Collard Greens

Number of Portions: 24

Size of Portion: 1/4 cup

Meal Pattern Contribution:  
1/4 cup Fruit/Vegetable

## INGREDIENTS

Greens, frozen, chopped	3 lb.
Turkey Wings, smoked	1 lb.
Salt	1 tsp.
Onion, diced	1

In a large stockpot, combine all ingredients and enough water to cover them. Bring to a boil for 2 minutes and reduce heat to low. Cover and simmer for about 30 minutes or until greens are tender. Stir occasionally. Drain prior to serving.

Calories, 65	Iron, 1 Mg	Protein, 6.9 G
Cholesterol, 15 Mg	Calcium, 125 Mg	Carbohydrates, 4.4 G
Sodium, 137 Mg	Vitamin A, 339 RE	Total Fat, 2.6 G
Dietary Fiber, 1.7 G	Vitamin C, 15 Mg	Saturated Fat, 0.7 G

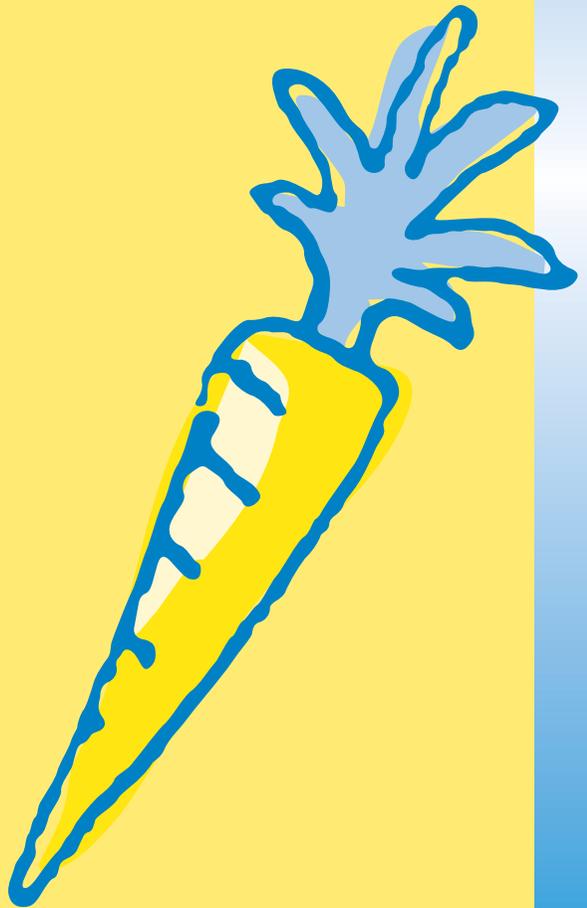
# Basil Carrots

Number of Portions: 10  
 Size of Portion: 1/4 cup  
 Meal Pattern Contribution:  
 1/4 cup Fruit/Vegetable

## INGREDIENTS

Carrots, sliced, drained	2 (15 oz.) cans
Margarine	1 1/2 Tbsp.
Basil, crushed	1 tsp.

In a large skillet, heat carrots with butter and basil until hot.



Calories, 28  
 Cholesterol, 0 Mg  
 Sodium, 144 Mg  
 Dietary Fiber, 0.8 G

Iron, 0 Mg  
 Calcium, 17 Mg  
 Vitamin A, 722 RE  
 Vitamin C, 1 Mg

Protein, 0.4 G  
 Carbohydrates, 2.9 G  
 Total Fat, 1.8 G  
 Saturated Fat, 0.3 G

# Vegetable Soup

Number of Portions: 85

Size of Portion: 1/2 cup

Meal Pattern Contribution:  
1/4 cup Fruit/Vegetable

## INGREDIENTS

Mixed Vegetables	2 (106 oz.) cans
Green Peppers, chopped	1 1/2 cups
Onions, chopped	1 1/2 cups
Vegetable Juice	2 (49 oz.) cans
Chicken Base	1/2 cup
Garlic	1 Tbsp.
Tomatoes, diced	3 cups
Seasoning Salt	to taste
Black Pepper	to taste

Boil vegetables, green peppers and onion until pepper and onion are soft. Add vegetable juice, chicken base, garlic, tomatoes, seasoning salt, and pepper. Simmer until served.

Note: Seasoning salt not included in nutrient analysis.

Calories, 37	Iron, 1 Mg	Protein, 1.4 G
Cholesterol, 0 Mg	Calcium, 21 Mg	Carbohydrates, 7.5 G
Sodium, 392 Mg	Vitamin A, 407 RE	Total Fat, 0.3 G
Dietary Fiber, 2.9 G	Vitamin C, 16 Mg	Saturated Fat, 0.1 G

# Carrot-Hamburger Soup

Number of Portions: 36

Size of Portion: 1/2 cup

Meal Pattern Contribution:  
1/4 cup Fruit/Vegetable

## INGREDIENTS

Ground Beef	1 lb.
Onion, chopped	1
Tomatoes, diced	1 (28 oz.) can
Water	2 cups
Beef Broth	3 (14 oz.) cans
Vegetable Juice	2 cups
Carrots, chopped	4
Celery Stalks, chopped	3
Bay Leaf	1
Potatoes, cubed	3

Brown meat and onion together. Combine all ingredients in a large pot. Simmer covered at least 2 hours or all day.



Calories, 65  
Cholesterol, 11 Mg  
Sodium, 187 Mg  
Dietary Fiber, 0.8 G

Iron, 1 Mg  
Calcium, 14 Mg  
Vitamin A, 220 RE  
Vitamin C, 10 Mg

Protein, 3.5 G  
Carbohydrates, 5.2 G  
Total Fat, 3.4 G  
Saturated Fat, 1.4 G

# Carrot and Raisin Salad

Number of Portions: 30  
 Size of Portion: 1/4 cup  
 Meal Pattern Contribution:  
 1/4 cup Fruit/Vegetable

## INGREDIENTS

Carrots, shredded	5 1/2 cups
Raisins	1 cup
Vanilla Yogurt	1 lb.
Lettuce	10 leaves

Combine all ingredients except lettuce leaves in a mixing bowl. Cover with plastic wrap and refrigerate for at least 15 minutes. Toss again before serving. Serve on lettuce leaf.

“Sweet and crunchy!”

Calories, 77	Iron, 1 Mg	Protein, 2.4 G
Cholesterol, 1 Mg	Calcium, 70 Mg	Carbohydrates, 17.2 G
Sodium, 36 Mg	Vitamin A, 1142 RE	Total Fat, 0.5 G
Dietary Fiber, 1.8 G	Vitamin C, 5 Mg	Saturated Fat, 0.3 G

# Chickpea and Vegetable Salad

Number of Portions: 15

Size of Portion: 1/3 cup

Meal Pattern Contribution:  
1/4 cup Fruit/Vegetable

## INGREDIENTS

Broccoli, florets	1 1/2 cups
Lemon Juice	1 Tbsp.
Garlic Powder	1/8 tsp.
Basil, dried	1 tsp.
Black Pepper	1/8 tsp.
Chickpeas (garbanzo beans), rinsed and drained	1 (15 oz.) can
Tomato, chopped	1
Mozzarella Cheese	1 cup
Carrot, shredded	1/2 cup

Blanch broccoli in boiling water for one minute. Combine lemon juice, garlic powder, basil, and pepper. Stir in other ingredients. Chill. Serve with pita bread.



Calories, 60  
Cholesterol, 4 Mg  
Sodium, 128 Mg  
Dietary Fiber, 1.7 G

Iron, 1 Mg  
Calcium, 71 Mg  
Vitamin A, 135 RE  
Vitamin C, 10 Mg

Protein, 3.8 G  
Carbohydrates, 7.9 G  
Total Fat, 1.7 G  
Saturated Fat, 0.9 G

# Cucumber and Onion Salad

Number of Portions: 65  
 Size of Portion: 1/3 cup  
 Meal Pattern Contribution:  
 1/4 cup Fruit/Vegetable

## INGREDIENTS

Cucumbers	5 lb.
Onions	1/2 lb.
Sour Cream	3 cups
Mayonnaise	3 cups
Salt	1 1/2 tsp.
Honey*	2 Tbsp.
Cider Vinegar	3/4 cup

Thinly slice cucumbers and onions. Blend rest of ingredients to form a thin cream dressing. Pour over cucumbers and onions. Mix lightly and chill.



\* Honey should never be served to children less than one year of age.

Calories, 104	Iron, 0 Mg	Protein, 0.7 G
Cholesterol, 11 Mg	Calcium, 20 Mg	Carbohydrates, 2.7 G
Sodium, 118 Mg	Vitamin A, 37 RE	Total Fat, 10.4 G
Dietary Fiber, 0.3 G	Vitamin C, 2 Mg	Saturated Fat, 2.3 G

# Pinto Beans

Number of Portions: 50

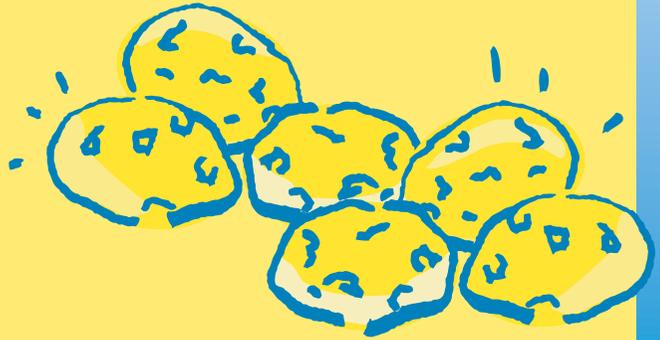
Size of Portion: 1/4 cup

Meal Pattern Contribution:  
1/4 cup Fruit/Vegetable or  
1 oz. Meat/Meat Alternate

## INGREDIENTS

Pinto Beans, dry	2 1/2 lb.
Water	3 3/4 qt.
Salt	1 Tbsp.
Ham Bones	1 1/4 lb
Garlic Powder	1/4 tsp.

Sort and wash beans. Add beans and salt to boiling water. Boil 2 minutes. Remove from heat. Cover and let soak one hour or, if more convenient, cool and let beans stand overnight in refrigerator. To season, add ham bones and garlic powder. Cook beans in soaking water 2 hours or until tender. Begin counting cooking time when water returns to boiling point. Add boiling water if beans become dry.



Note: Ham bones not included in nutrient analysis.

Calories, 77	Iron, 1 Mg	Protein, 4.7 G
Cholesterol, 0 Mg	Calcium, 29 Mg	Carbohydrates, 14.4 G
Sodium, 144 Mg	Vitamin A, 0 RE	Total Fat, 0.3 G
Dietary Fiber, 5.5 G	Vitamin C, 2 Mg	Saturated Fat, 0.1 G

# Black Eyed Peas

Number of Portions: 20

Size of Portion: 1/3 cup

Meal Pattern Contribution:  
1/4 cup Fruit/Vegetable or  
1 oz. Meat/Meat Alternate

## INGREDIENTS

Turkey Bacon, chopped	1/2 cup
Black Eyed Peas, frozen	2 lb.
Water	2 cups
Black Pepper	1/4 tsp.
Sugar	1 Tbsp.

Place a Dutch Oven pan over medium high heat and cook bacon for 3–4 minutes. Add the rest of the ingredients and bring to a boil. Reduce heat to simmer and allow to cook until the peas are tender, about 30 minutes. Serve hot.

Calories, 63

Cholesterol, 1 Mg

Sodium, 25 Mg

Dietary Fiber, 3 G

Iron, 1 Mg

Calcium, 12 Mg

Vitamin A, 1 RE

Vitamin C, 0 Mg

Protein, 3.9 G

Carbohydrates, 10.1 G

Total Fat, 0.9 G

Saturated Fat, 0.3 G