

COOK BOOK



Vegetables

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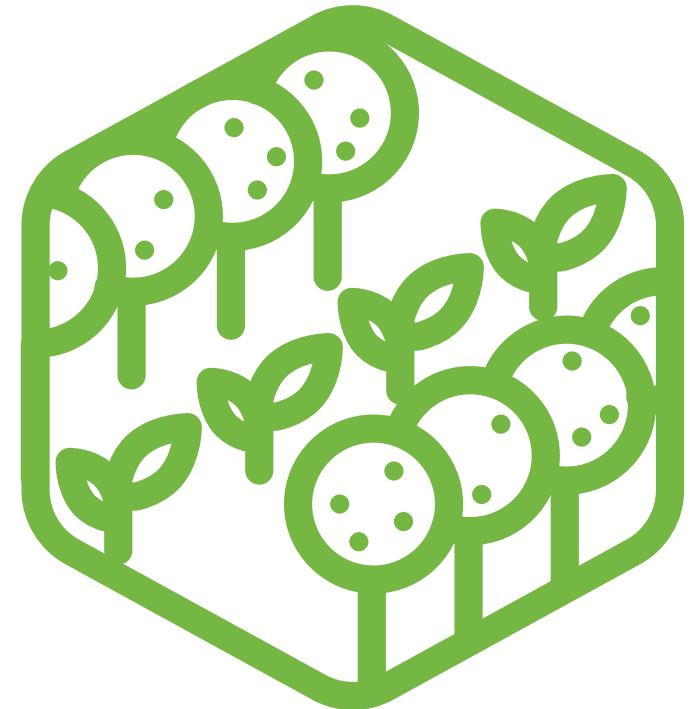
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Vegetables

Fill a quarter of your plate with vegetables! Vegetables come in a variety of shapes and colors which is why they contain so many different nutrients. In their whole form, veggies are low in calories, fat and have no cholesterol. They are rich in fiber, potassium, folate, vitamin A and vitamin C. These nutrients help decrease the risk of high blood pressure, heart disease, some cancers and improve bowel function. They also promote skin and eye health. The USDA recommends that most adults should consume 2 – 3 cups of vegetables every day.

Eat fresh veggies whenever possible but opting for canned or frozen vegetables can be a convenient option to help increase vegetable consumption. Frozen vegetables are often picked at peak ripeness and then immediately frozen which means they are just as nutritious as fresh and are easy to add into dishes straight from the freezer. Canned vegetables are also processed at peak freshness but are often high in sodium. When buying either of these options, try to avoid vegetables with added seasoning, choose low-sodium canned options, and rinse canned vegetables before using them.



Eat Vegetables Everyday

Below are some examples of how to include more vegetables into your everyday meal plan:

Breakfast

- Add vegetables into a breakfast omelet or egg scramble
- Boost your morning smoothie by adding a handful of spinach

Lunch

- Eat a salad with a variety of fresh vegetables, dark leafy green lettuce, and fat-free dressing
- Add cucumber slices, sprouts, and lettuce to your sandwich for a vitamin packed crunch

Dinner

- Add roasted vegetables as a side dish for a slightly sweet flavor
- Add chopped vegetables to casseroles and sauces

Snacks

- Hummus and carrots
- Bake your own kale chips



RECIPE**1****Baked
Salmon
over
Summer
Succotash****Prep time****15** MIN**Cook Time****25** MIN**Serves****2****Ingredients**

2 4oz. salmon filets
½ Cup black eye peas, rinsed (or another pea)
1 Cup diced squash and zucchini
1 small tomato, chopped
1 garlic clove, minced
1 Cup vegetable stock
4 leaves basil into thin ribbons
Tabasco
Worcester
1 teaspoon lemon juice

Note: Salmon contains omega-3 fatty acids which reduce inflammation

Directions

1. Pre-heat oven to 350 degrees. Place salmon on non-stick pan, season with salt and pepper. Bake for 20 min or until internal temperature reaches 145 degrees.
2. In a medium pan add oil and vegetable medley and sauté for 5 min. Add garlic, squash, and zucchini. Sauté for another 5 min, pour in vegetable stock and bring to simmer for 10 min, reducing liquid to half.
3. Pull salmon once done and let cool 5 min. Add tomatoes and toss to incorporate into succotash.
4. Season succotash with salt and pepper, 4 dashes tabasco, 2 dashes Worcester, and lemon juice.
5. Using a large, slotted spoon, place 2 spoons of succotash into small mound in center of bowl. Place salmon on top and garnish with ribbons of basil (if fresh basil is not available, dried basil may be used).

RECIPE

2

***Black Bean
Soup with
Avocado,
Red Onion,
and Cilantro***

Prep time

10 MIN

Cook Time

30 MIN

Serves

2



Ingredients

- 2 Cans black beans
- 1 Clove garlic, minced
- 1 teaspoons oil
- ½ Cup frozen vegetable medley
- 2 teaspoons Mexican herb mix:
 - ¼ Cup chili powder
 - 1 tablespoon ground cumin
 - 1 tablespoon onion powder
 - 1 teaspoon dried oregano
 - 1 teaspoon garlic powder
 - 1 teaspoon pepper
 - ½ teaspoon cinnamon
- 4 Cups vegetable stock
- ½ avocado, sliced thin for garnish
- 2 tablespoon fresh cilantro, for garnish
- (Optional: sour cream for garnish)

Directions

1. Place stock pot on medium heat and sauté vegetable medley in oil for 5-7 min. Add garlic, Mexican herb blend and cook for 3 more min, until garlic and spices are fragrant.
2. Add black beans, stock, and bring to simmer. Simmer on low-medium heat for 30 min.
3. Check for seasoning, adding salt and pepper if necessary. If a smoother texture is desired, place ½ soup mixture in blender and blend until desired texture is reached. Repeat with other half of soup.
4. Turn off heat and add spinach, tossing until spinach is wilted. Add in cooked rice and mix to combine.

Note:

This meal is low in saturated fat and cholesterol. Black beans also contain fiber which help with digestion. Can sub Mexican Herb Mix with Mrs. DASH from your previous MENTOR class.

RECIPE**3****Watermelon Salad with Arugula, Cucumber, and Goat Cheese****Prep time****10 MIN****Cook Time****0 MIN****Serves****2****Ingredients**

2 Cups watermelon
1 Cup arugula
1 cucumber, diced into ¼" cubes
1 oz. goat cheese
1 Tablespoon toasted pumpkin seed
1 Tablespoon extra-virgin olive oil
1 teaspoon balsamic vinegar (optional)

Note: Arugula contains potassium and vitamin A which help with lowering stroke risk and immune function respectively.

Directions

1. Dice watermelon in ½" cubes and set aside.
2. Toss arugula in bowl with half of the oil, season with salt and pepper and arrange on a plate to form a mound in center. Place cubed watermelon around base.
3. With a spoon, place drops of goat cheese around plate. Place cucumber around watermelon and drizzle rest of oil over cucumber and watermelon.
4. Drizzle balsamic vinegar and if looking for more crunch, sprinkle 1 teaspoon toasted, sliced almonds, pumpkin seed, walnuts, or personal preference.

RECIPE

4

**Baked
Chicken with
Rainbow
Roasted
Veggies over
Wild Rice**

Prep time

15 MIN

Cook Time

20 MIN

Serves

2



Ingredients

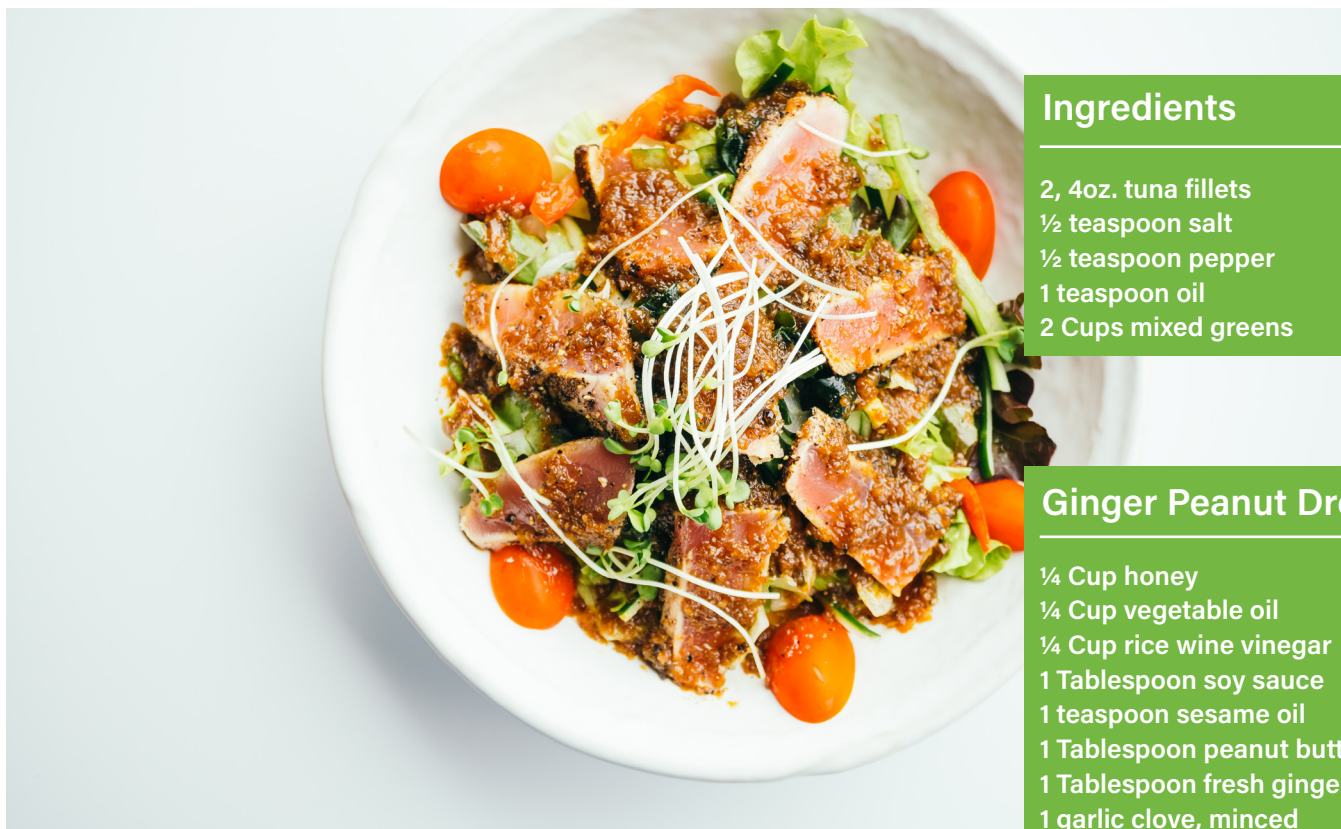
- 2 boneless, skinless chicken breasts
- 2 teaspoons Italian seasoning
- 1 Red Pepper, chopped
- 1 Sweet potato, chopped
- 1 Onion, large diced
- 2 heads broccoli, chopped
- 1 Cup Purple Cabbage, large diced
- 1 Bay leaf
- 2 Garlic cloves, cut in half
- 1 teaspoon thyme
- 1 teaspoons salt
- 2 teaspoons pepper
- 2 Tablespoons olive oil
- 1 Cup wild rice, cooked

Directions

1. Set oven to 400 degrees. Place vegetables, bay leaf, garlic, and thyme in a 9x13 Pyrex pan. Add oil and 1 teaspoon each of salt and pepper.
2. Place chicken on vegetables and season with Italian seasoning, salt, and pepper. Place in oven for 20-25 minutes.
3. Prepare wild rice according to directions on bag.
4. Pull chicken and check internal temp of 165 degrees.

Add ons or substitutions:

Chicken may be replaced with salmon, mackerel, trout, or tuna. Microwavable wild rice can be used to save time.

RECIPE**5*****Seared Tuna
Topped Salad
with Ginger
Peanut
Dressing*****Prep time****10** MIN**Cook Time****5** MIN**Serves****2****Ingredients**

2, 4oz. tuna fillets
½ teaspoon salt
½ teaspoon pepper
1 teaspoon oil
2 Cups mixed greens

Ginger Peanut Dressing

¼ Cup honey
¼ Cup vegetable oil
¼ Cup rice wine vinegar
1 Tablespoon soy sauce
1 teaspoon sesame oil
1 Tablespoon peanut butter
1 Tablespoon fresh ginger, minced
1 garlic clove, minced

Directions

1. Heat olive oil on non-stick pan to medium-high.
2. Season tuna fillets on both sides.
3. Add oil in pan and sear tuna on both sides for 2 ½ minutes.
4. Pull from pan and slice ¼ inch thick.
5. Place lettuce in bowl, top with sliced tuna, add dressing.

Directions (dressing)

4. Combine all ingredients in bowl and whisk together.

RECIPE

6

**Baked
Curry
Salmon
with
Vegetables**

Prep time

10 MIN

Cook Time

20 MIN

Serves

2



Ingredients

- 2, 4-6oz. salmon fillets
- ½ teaspoon salt
- 2 Tablespoon oil
- 1 Tablespoon curry paste
- 1 Tablespoon lime juice
- 2 teaspoon honey
- ½ onion, sliced
- 1 small squash, sliced
- ½ zucchini, sliced
- 1 Cup broccoli
- 1 teaspoon pepper

Directions

1. Set oven to 400 degrees. Place salmon on one end of non-stick baking sheet. Combine 1 teaspoon salt, 1 tablespoon oil, curry, lime juice, and honey in bowl. Brush mixture onto salmon.
2. Place sliced vegetables on other half of sheet pan and season with rest of oil, salt, and pepper.
3. Place pan in oven for 20 minutes or until thermometer reads 145 degrees.

Substitutions:

Other fish rich in Omega-3 may be used in place of salmon. For thinner fish, time may be reduced in the oven, but thermometer should still read 145 degrees to test for doneness.

RECIPE**7*****Kale and Chicken Ranch Wrap with Broccoli and Wild Rice*****Prep time****10** MIN**Cook Time****5** MIN**Serves****2****Ingredients**

1 Cup kale, chopped
2 Cups cooked chicken
2 Each flour tortilla wraps, spinach, red pepper, etc.
¼ Cup low-fat ranch
2 Cups broccoli
1 cup wild rice

Directions

1. Cook wild rice according to directions on package. Steam broccoli in pan with water and cover for 5 min. Season with salt and pepper.
2. Place tortilla wrap on counter and spread ranch on evenly.
3. Layer with kale and cooked chicken and wrap by folding ends in and rolling to close. Cut on the bias (diagonally) for plating.
4. Spoon wild rice onto plate with steamed broccoli and place cut wraps on plate and enjoy!

RECIPE

8

Shrimp and Artichoke Linguini

Prep time

5 MIN

Cook Time

20 MIN

Serves

4



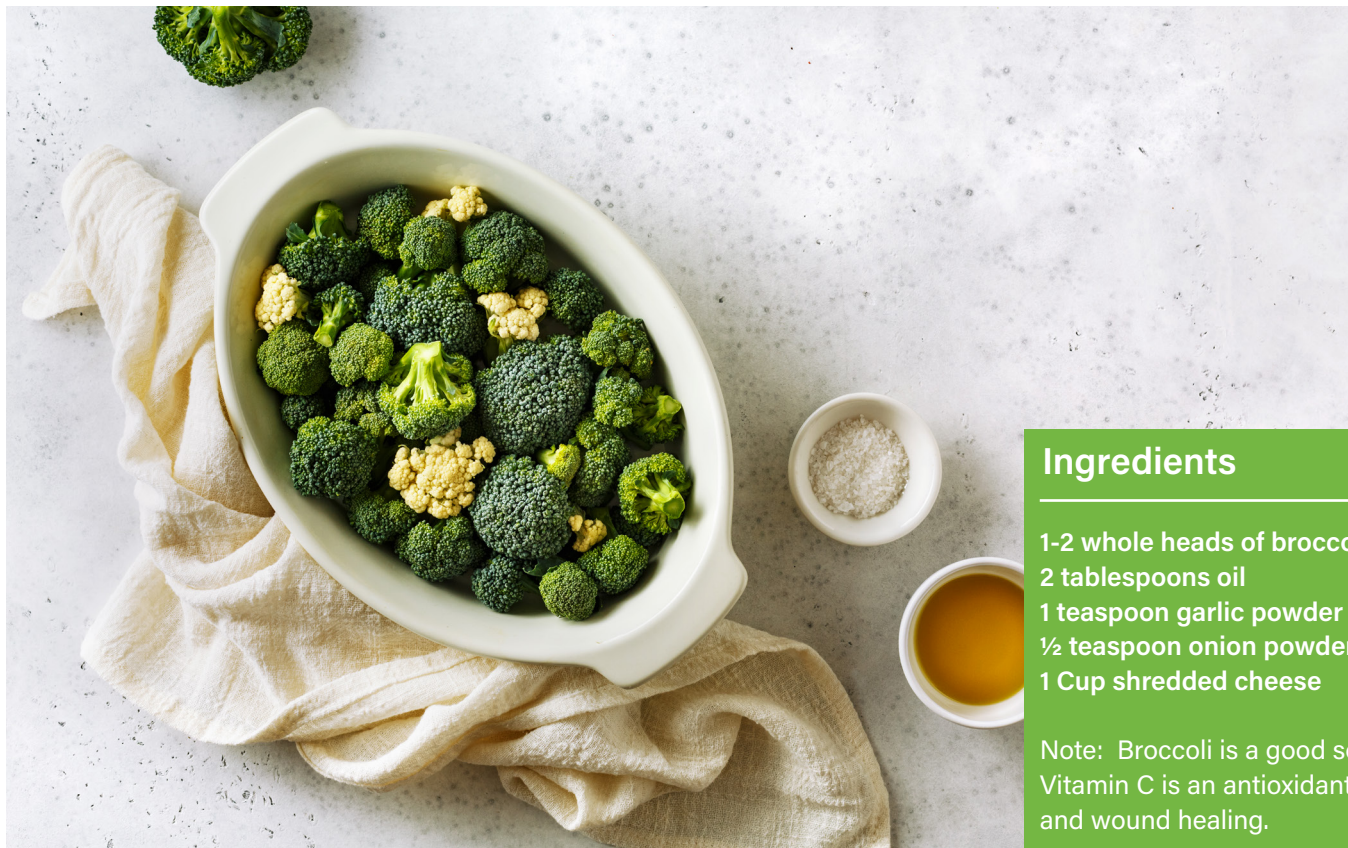
Ingredients

1 Lb. peeled and deveined shrimp
1 ½ Cups marinated artichoke hearts, drained
1 Tablespoon oil
8-10 oz. linguini
½ Cup sundried tomato strips
¼ Cup shredded parmesan + 1 Tablespoon
2 Cups spinach
½ Cup sliced red onion
¼ cup pine nuts, toasted (optional)
Salt and pepper

Note: Shrimp are a good source of protein and B-vitamins.

Directions

1. Cook pasta according to directions.
2. While pasta cooks, toast pine nuts on medium heat in a dry non-stick skillet until golden brown and fragrant. Set aside.
3. In large sauté pan, heat oil and add red onion, stirring until translucent. Add shrimp, tossing till pink and then add the artichoke hearts.
4. Turn heat off, toss in spinach until wilted. Add cooked pasta, sundried tomatoes, and parmesan.
5. Using tongs, serve pasta on plate. Garnish with remaining parmesan and toasted pine nuts.

RECIPE**9****Cheesy
Broccoli
Cauliflower****Prep time****5** MIN**Cook Time****45** MIN**Serves****4****Ingredients**

1-2 whole heads of broccoli/cauliflower
2 tablespoons oil
1 teaspoon garlic powder
½ teaspoon onion powder
1 Cup shredded cheese

Note: Broccoli is a good source of Vitamin C. Vitamin C is an antioxidant and helps with skin and wound healing.

Directions

1. Pre-heat oven to 400 degrees. Cut out large center stalk and place whole on sheet. Or, broccoli/cauliflower, can be cut into ¼'s after large stalk is cut.
2. Drizzle oil over broccoli and season with garlic and onion powder.
3. Cook for 40 min or until nice and browned.
4. Sprinkle shredded cheese and cook for another 5 min or until cheese is melted.
5. For an extra kick, 1 teaspoon chili flakes or ½ teaspoon of cayenne may be added to seasoning mix.
6. To serve, place on a plate with knife to cut individual portions.

RECIPE

10

**Roasted
Brussels
with Honey
Balsamic
Glaze**

Prep time

5 MIN

Cook Time

40 MIN

Serves

4



Ingredients

3 Cups brussels sprouts, halved
¼ Cup honey
2 tablespoons balsamic vinegar
2 teaspoons oil

Note: Brussels sprouts are a good source of Vitamin C. Vitamin C is an antioxidant and helps with skin and wound healing.

Directions

1. Pre-heat oven to 400 degrees
2. Cut root end off brussels sprouts and slice in half.
3. Place in small sauté pan, cut side down, and drizzle oil over brussels sprouts and season with salt and pepper to taste.
4. Cook for 30 min or until brussels sprouts start turning brown and crispy.
5. Add honey and balsamic vinegar to a small saucepan and cook for 5-10 min or until it thickens.
6. Pull from oven and carefully spoon balsamic reduction over the crispy vegetables.
7. May be eaten on their own or as a side accompanying a meal.

RECIPE **11**

**Vegetable
Frittata**

Prep time

10-15 MIN

Cook Time

10 MIN

Serves

4



Ingredients

- 6 large eggs
- ¼ Cup 2% milk
- 1 Cup shredded cheese
- 1 tablespoon vegetable oil
- ½ Cup broccoli
- ½ Cup onion, diced
- ½ Cup bell peppers, diced
- 1 small potato, peeled and diced small (or diced, frozen hash browns)
- 1 Cup spinach
- Salt and pepper to taste

Note: Vitamin C is found in bell peppers, broccoli and potatoes. Fortified cheese may also contain Vitamin D.

Directions

1. Pre-heat oven to 400 degrees. Set oven safe non-stick pan on med-high heat.
2. Mix eggs with 2% milk in a bowl and set aside.
3. Sauté potatoes in oil for 5-7 min till they start to get color. Add in onions, peppers, and broccoli.
4. Sauté vegetables for another 5-7 min. Turn off heat and add spinach, stirring to mix evenly.
5. Pour in egg mixture, stirring to spread evenly. Spread cheese over mixture and place in oven for 15-20 min. If your pan is not oven safe, transfer mixture into a pie dish.
6. To check for doneness, pull from oven and poke middle of frittata. If still runny, cook for additional 3-5 min or until middle is set.
7. Let cool for 5 min and slice into wedges. Serve on plate by itself or with a small side salad or fruit bowl

RECIPE

12

**Sauteed
Summer
Veggie
Pesto
Pasta**

Prep time

15 MIN

Cook Time

40 MIN

Serves

4



Ingredients

2 cups whole grain pasta
¼ cup sliced carrots
¼ cup broccoli
2 oz. spinach
¼ cup sweet onion
1 clove garlic
¼ cup sliced beets

Pesto

1 cup basil
½ cup spinach
¼-½ cup oil
1 Tablespoon almonds
¼ lemon juiced
1-2 Tablespoons shredded parmesan

Directions

1. Cook pasta according to package directions.
2. Slice vegetables ¼ in. thick, place in bowl and set aside.
3. To make the pesto, put basil, spinach, almonds, lemon juice and parmesan in blender.
4. Blend while slowly pouring in oil. Blend until smooth.
5. Place pan on medium heat. Add 2 tablespoons oil. Once hot, carefully add vegetables and stir. Continue cooking for 5-7 min.
6. Turn heat off and season with salt and pepper. Add 2 tablespoons of pesto into pan and toss to coat vegetables.
7. To plate, swirl pasta onto center of plate. Place vegetables on and around pasta. Garnish with parsley or parmesan (optional).

Nutrition Labels

Baked Salmon over Summer Succotash

Nutrition Facts			
Serving size: 4 oz (389 g)			
Servings Per Container: 2			
Amount per serving			
Calories: 225	Fat Calories: 49		
% Daily Value*			
Total Fat 6g			8%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 52mg			17%
Sodium 466mg			19%
Calcium 37mg			4%
Potassium 746mg			21%
Phosphorus 330mg			33%
Total Carb 14g			5%
Dietary Fiber 3g			12%
Sugars 4g			
Protein 30g			59%
Vitamin A 21%		Vitamin C 31%	
Calcium 4%	Iron 11%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat 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

Black Bean Soup with Avocado, Red Onion and Cilantro

Nutrition Facts			
Serving size: 1 cup (1068 g)			
Servings Per Container: 2			
Amount per serving			
Calories: 417	Fat Calories: 144		
% Daily Value*			
Total Fat 16g			25%
Saturated Fat 4g			20%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 464mg			19%
Calcium 201mg			20%
Potassium 2043mg			58%
Phosphorus 279mg			28%
Total Carb 54g			18%
Dietary Fiber 13g			51%
Sugars 2g			
Protein 38g			75%
Vitamin A 164%		Vitamin C 282%	
Calcium 20%	Iron 50%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat 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

Watermelon Salad with Arugula, Cucumber and Goat Cheese

Nutrition Facts			
Serving size: 1 cup (217 g)			
Servings Per Container: 2			
Amount per serving			
Calories: 195	Fat Calories: 121		
% Daily Value*			
Total Fat 14g			21%
Saturated Fat 4g			22%
Trans Fat 0g			
Cholesterol 11mg			4%
Sodium 91mg			4%
Calcium 78mg			8%
Potassium 310mg			9%
Phosphorus 141mg			14%
Total Carb 14g			5%
Dietary Fiber 1g			5%
Sugars 11g			
Protein 6g			12%
Vitamin A 27%		Vitamin C 24%	
Calcium 8%	Iron 8%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat 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

Nutrition Labels

Baked Chicken with Rainbow Roasted Veggies over Wild Rice

Nutrition Facts			
Serving size: 1 chicken breast with 1/2 cup rice (519 g)			
Servings Per Container: 2			
Amount per serving			
Calories: 394		Fat Calories: 133	
		% Daily Value*	
Total Fat	15g		23%
Saturated Fat	2g		11%
Trans Fat	0g		
Cholesterol	4mg		1%
Sodium	1294mg		54%
Calcium	175mg		17%
Potassium	1241mg		35%
Phosphorus	256mg		26%
Total Carb	58g		19%
Dietary Fiber	12g		49%
Sugars	13g		
Protein	13g		26%
Vitamin A 256%		Vitamin C 451%	
Calcium 17%		Iron 23%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat 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

Seared Tuna Topped Salad with Ginger Peanut Dressing

Nutrition Facts			
Serving size: 1 fillet (160 g)			
Servings Per Container: 2			
Amount per serving			
Calories: 141		Fat Calories: 31	
		% Daily Value*	
Total Fat	4g		5%
Saturated Fat	1g		4%
Trans Fat	0g		
Cholesterol	53mg		18%
Sodium	656mg		27%
Calcium	66mg		7%
Potassium	469mg		13%
Phosphorus	252mg		25%
Total Carb	2g		1%
Dietary Fiber	1g		3%
Sugars	0g		
Protein	26g		51%
Vitamin A 66%		Vitamin C 27%	
Calcium 7%		Iron 16%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat 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
Contains: Fish, Peanuts, Soy			

Baked Curry Salmon with Vegetables

Nutrition Facts			
Serving size: 1 fillet (272 g)			
Servings Per Container: 2			
Amount per serving			
Calories: 459		Fat Calories: 292	
		% Daily Value*	
Total Fat	33g		51%
Saturated Fat	6g		30%
Trans Fat	0g		
Cholesterol	70mg		23%
Sodium	794mg		33%
Calcium	50mg		5%
Potassium	803mg		23%
Phosphorus	364mg		36%
Total Carb	12g		4%
Dietary Fiber	3g		13%
Sugars	7g		
Protein	29g		58%
Vitamin A 10%		Vitamin C 98%	
Calcium 5%		Iron 7%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat 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
Contains: Fish			

Nutrition Labels

Kale and Chicken Ranch Wrap with Broccoli and Wild Rice

Nutrition Facts			
Serving size: 1 tortilla (403 g)			
Servings Per Container: 2			
Amount per serving			
Calories: 634	Fat Calories: 242		
		% Daily Value*	
Total Fat 28g			42%
Saturated Fat 6g			28%
Trans Fat 0g			
Cholesterol 91mg			30%
Sodium 1258mg			52%
Calcium 164mg			16%
Potassium 852mg			24%
Phosphorus 340mg			34%
Total Carb 62g			21%
Dietary Fiber 9g			36%
Sugars 5g			
Protein 39g			77%
Vitamin A 118%	Vitamin C 204%		
Calcium 16%	Iron 27%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat 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

Shrimp and Artichoke Linguini with Roasted Red Pepper Cream Sauce, Spinach and Red Onions

Nutrition Facts			
Serving size: 4 oz (294 g)			
Servings Per Container: 2			
Amount per serving			
Calories: 341	Fat Calories: 137		
		% Daily Value*	
Total Fat 16g			24%
Saturated Fat 2g			12%
Trans Fat 0g			
Cholesterol 163mg			54%
Sodium 1132mg			47%
Calcium 163mg			16%
Potassium 500mg			14%
Phosphorus 402mg			40%
Total Carb 26g			9%
Dietary Fiber 4g			16%
Sugars 4g			
Protein 25g			50%
Vitamin A 35%	Vitamin C 29%		
Calcium 16%	Iron 10%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat 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

Cheesy Broccoli Cauliflower

Nutrition Facts			
Serving size: 1/2 cup (107 g)			
Servings Per Container: 4			
Amount per serving			
Calories: 131	Fat Calories: 79		
		% Daily Value*	
Total Fat 9g			14%
Saturated Fat 2g			11%
Trans Fat 0g			
Cholesterol 6mg			2%
Sodium 195mg			8%
Calcium 139mg			14%
Potassium 249mg			7%
Phosphorus 176mg			18%
Total Carb 5g			2%
Dietary Fiber 2g			6%
Sugars 2g			
Protein 9g			17%
Vitamin A 12%	Vitamin C 71%		
Calcium 14%	Iron 3%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat 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

Nutrition Labels

Roasted Brussels with Honey Balsamic Glaze

Nutrition Facts			
Serving size: 3/4 cup (109 g)			
Servings Per Container: 4			
Amount per serving			
Calories: 125	Fat Calories: 23		
		% Daily Value*	
Total Fat 3g		4%	
Saturated Fat 0g		2%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 22mg		1%	
Calcium 36mg		4%	
Potassium 320mg		9%	
Phosphorus 56mg		6%	
Total Carb 26g		9%	
Dietary Fiber 3g		12%	
Sugars 20g			
Protein 3g		5%	
Vitamin A 12%	Vitamin C 109%		
Calcium 4%	Iron 7%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat 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

Vegetable Frittata

Nutrition Facts			
Serving size: 1/4 frittata (198 g)			
Servings Per Container: 4			
Amount per serving			
Calories: 292	Fat Calories: 180		
		% Daily Value*	
Total Fat 20g		31%	
Saturated Fat 9g		44%	
Trans Fat 0g			
Cholesterol 310mg		103%	
Sodium 341mg		14%	
Calcium 287mg		29%	
Potassium 376mg		11%	
Phosphorus 314mg		31%	
Total Carb 9g		3%	
Dietary Fiber 1g		5%	
Sugars 2g			
Protein 18g		37%	
Vitamin A 31%	Vitamin C 48%		
Calcium 29%	Iron 11%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat 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

Sauteed Summer Veggie Pesto Pasta

Nutrition Facts			
Serving size: 1 cup (127 g)			
Servings Per Container: 4			
Amount per serving			
Calories: 336	Fat Calories: 145		
		% Daily Value*	
Total Fat 17g		25%	
Saturated Fat 3g		13%	
Trans Fat 0g			
Cholesterol 2mg		1%	
Sodium 72mg		3%	
Calcium 90mg		9%	
Potassium 402mg		11%	
Phosphorus 186mg		19%	
Total Carb 38g		13%	
Dietary Fiber 6g		25%	
Sugars 3g			
Protein 9g		18%	
Vitamin A 71%	Vitamin C 25%		
Calcium 9%	Iron 15%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat 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
Contains: Milk, Nuts, Wheat			

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