



# Harvest of the Month

## Acknowledgements

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## Tasting Trio Recipe Booklet for Teachers

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## Apple Trio



**Makes 35 servings**  
3 apple slices  
(1 of each kind) per serving

### INGREDIENTS

- 5 Granny Smith apples
- 5 Red Delicious apples
- 5 Fuji apples

### PREPARATION

1. Remove stickers from apples, wash, and dry.
2. Slice each variety of apple with apple slicer and place serving on a napkin.
3. Serve immediately.



*Nutrition information per serving:* Calories 20,  
Carbohydrate 4g, Dietary Fiber 1g, Protein 1g, Total Fat 0g,  
Saturated Fat 0g, TransFat 0 g, Cholesterol 0mg, Sodium 64mg

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## Awesome Asparagus Appetizer



**Makes 35 servings**  
2 Tbsp. asparagus and  
black beans mixture per  
serving

### INGREDIENTS

- 1 lb. fresh baby asparagus
- 1 (15 oz.) can black beans
- 3 oz. balsamic vinaigrette

### PREPARATION

1. Cut the bottom-end of the asparagus and wash.
2. Drain and rinsed the black beans.
3. Cut the asparagus into 1" pieces and place in a large bowl.
4. Add the black beans to the asparagus.
5. Pour the vinaigrette over the mixture and gently toss until well coated.
6. Place 2 Tbsp. of mixture on a paper plate.
7. Serve immediately.



*Nutrition information per serving:* Calories 27, Total Fat 0g,  
Saturated Fat 0g, TransFat 0g, Cholesterol 0mg, Sodium 0mg,  
Carbohydrates 7g, Dietary Fiber 1g, Sugar 6g, Protein <1g

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## California Stacker (Avocados)



**Makes 35 servings**  
*1 cracker with 1 Tbsp. avocado and 1 tomato per serving*

### INGREDIENTS

- 3 ripe avocados
- 40 grape or cherry tomatoes
- Whole grain reduced-fat crackers

### PREPARATION

1. Rinse ingredients.
2. Cut the avocados in half, remove the peel and pit, and place in a bowl.
3. Dice avocado with a knife and mash.
4. Add 1 Tbsp. of avocado on a whole wheat cracker, then stack one tomato on top. Place on a napkin.
5. Serve immediately.



*Nutrition information per serving:* Calories 54, Carbohydrate 7g, Dietary Fiber 2g, Protein 1g, Total Fat 3g, Saturated Fat 0g, TransFat 0g, Cholesterol 0mg, Sodium 50mg

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## Golden Mandarin Beets



**Makes 35 servings**  
*¼ cup beet mixture per serving*

### INGREDIENTS

- 2 (15 oz.) canned beets
- 2 (11 oz.) canned mandarin oranges (in 100% juice)
- 2 cups golden raisins

### PREPARATION

1. Drain ingredients (reserve ¼ cup of juice).
2. Combine beets, mandarins, raisins, and ¼ cup of reserved juice in bowl and mix well.
2. Place ¼ cup of mixture on a paper plate.
3. Serve immediately.



*Nutrition information per serving:* Calories 46, Carbohydrate 12g, Dietary Fiber 1g, Protein 1g, Total Fat 0g, Saturated Fat 0g, TransFat 0g, Cholesterol 0mg, Sodium 40mg

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## Cottage Crunch Berries



**Makes 35 servings**  
2 mini-rice cakes per serving

### INGREDIENTS

- 1 pkg. (3.5 oz.) rice cake multigrain minis
- 16 oz. low-fat cottage cheese
- 8 oz. blackberries, rinsed
- 8 oz. blueberries, rinsed

### PREPARATION

1. Pass out 2 mini-rice cakes to each student.
2. Have students add 1 Tbsp. of cottage cheese on top of each rice cake.
3. Place 1 blueberry and 1 blackberry on top of the cottage cheese and place on a napkin.
4. Serve immediately.



**Nutrition information per serving:** Calories 23, Carbohydrate 3g, Dietary Fiber 1g, Protein 2g, Total Fat 0g, Saturated Fat 0g, TransFat 0 g, Cholesterol 2mg, Sodium 58mg

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## Bodacious Broccoli Slaw (Broccoli)



**Makes 35 servings**  
2 Tbsp. of broccoli slaw per serving

### INGREDIENTS

- 12 oz. shredded broccoli slaw
- 3 oz. raisins
- 2 oz. dry roasted sunflower seeds
- 3 oz. Asian sesame dressing

### PREPARATION

1. Pour all ingredients into a large mixing bowl.
2. Mix thoroughly until evenly coated.
3. Place into bowls for each group.
4. Have students spoon 2 Tbsp. of salad on a paper plate.
5. Serve immediately.



**Nutrition information per serving:** Calories 19, Carbohydrate 3g, Dietary Fiber 1g, Protein 0g, Total Fat 1g, Saturated Fat 0g, TransFat 0g, Cholesterol 0mg, Sodium 29mg

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## Cool Cabbage Confetti



**Makes 35 servings**  
*¼ cup cabbage mixture per serving*

### INGREDIENTS \*

- 1 (10 oz.) package shredded green cabbage
  - 1 (10 oz.) package shredded red cabbage
  - 1 (20 oz.) can pineapple chunks in 100% juice
- \* 1 tsp. Tajin seasoning may be added just before serving.

### PREPARATION

1. Wash cabbage and drain pineapple (reserve ¼ cup of the pineapple juice).
2. Add the green and red cabbage together in a large bowl and mix well.
3. Add the drained pineapple and ¼ cup the reserved pineapple juice.
4. Gently toss until well coated.
5. Place ¼ cup of mixture on a paper plate.
6. Serve immediately.



*Nutrition information per serving:* Calories 15, Carbohydrate 4g, Dietary Fiber 1g, Protein 0g, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 4mg

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## Tapas Corn Salsa



**Makes 35 servings**  
*2 crackers and 2 Tbsp. salsa per serving*

### INGREDIENTS

- 2 cups low sodium canned corn
- 2 cups chunky salsa
- 8 ounces whole wheat crackers

### PREPARATION

1. Drain ingredients.
2. Combine corn and salsa in a bowl and mix well.
3. Place 2 Tbsp. of salsa and 2 whole wheat crackers on a paper plate.
4. Serve immediately.



*Nutrition information per serving:* Calories 83, Carbohydrate 14g, Dietary Fiber 2g, Protein 2g, Total Fat 3g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 0mg, Sodium 292mg

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## Krazy Kale Salad\* (Cooked Greens)



**Makes 35 servings**  
*2 Tbsp. of kale salad per serving*

### INGREDIENTS\*

- 1 pkg. (16 oz.) shredded kale
- 5 oz. dried cranberries
- 3 oz. honey mustard dressing

### PREPARATION

1. Add all ingredients to a large mixing bowl and mix thoroughly.
2. Have students spoon 2 Tbsp. of salad on a paper plate.
3. Serve immediately.

\*Note: many greens typically cooked can also be eaten raw.



*Nutrition information per serving:* Calories 20, Carbohydrate 3g, Dietary Fiber 1g, Protein 0g, Total Fat 1g, Saturated Fat 0g, TransFat 0g, Cholesterol 1mg, Sodium 20mg

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## Cool Cucumber Cuties



**Makes 35 servings**  
*1 cracker per serving*

### INGREDIENTS

- 8 Persian cucumbers
- 1 box (9.5 oz.) Triscuit crackers
- 1-2 Tbsp. Tajin seasoning

### PREPARATION

1. Rinse, dry, and cut Persian cucumbers into ¼ slices.
2. Place 1 slice of cucumbers onto 1 cracker.
3. Sprinkle dash of Tajin seasoning on each and serve on a napkin.



*Nutrition information per serving:* Calories 32, Total Fat 1g, Saturated Fat 0g, TransFat 0 g, Cholesterol 0mg, Sodium 363mg, Carbohydrate 5g, Dietary Fiber 1g, Sugar 1g, Protein 1g

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## Mini Bean Pockets (Dry Beans)



**Makes 35 servings**  
*2 Tbsp. bean/salsa mixture inside a ¼ pita pocket per serving*

### INGREDIENTS

- 3 (15 oz.) canned black beans
- 1 jar (16 oz.) chunky mild salsa
- 9 whole wheat pita pockets

### PREPARATION

1. Open cans of black beans, drain and place into mixing bowl.
2. Open container of salsa and combine with black beans.
3. Cut whole wheat pita pockets in quarters.
4. Place 2 Tbsp. mixture inside pita pocket and place on paper plate.
5. Serve immediately.



*Nutrition information per serving:* Calories 66, Total Fat 1g, Saturated Fat 0g, TransFat 0g, Cholesterol 0mg, Sodium 255mg, Carbohydrate 13g, Dietary Fiber 3g, Sugar 1g, Protein 1g

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## Do-It-Yourself Trail Mix (Dried Fruit)



**Makes 35 servings**  
*2 Tbsp. of trail mix per serving*

### INGREDIENTS

- 3 oz. toasted oat cereal
- 1 pkg. (4 oz.) dried blueberries
- 1 pkg. (5 oz.) dried cherries
- 35 small bags

### PREPARATION

1. Pour each ingredient into a separate bowl.
2. Give a small bag to each student.
3. Have students spoon 2 tsp. of each ingredient into their bags.
4. Close bags and shake all ingredients together.
5. Open bags and enjoy!



*Nutrition information per serving:* Calories 18, Carbohydrate 5g, Dietary Fiber 0g, Protein 0g, Total Fat 0g, Saturated Fat 0g, TransFat 0 g, Cholesterol 0mg, Sodium 13mg

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## Spicy Grapefruit



**Makes 35 servings**  
*2 Tbsp. of grapefruit and jicama mixture per serving*

### INGREDIENTS

- 2 (15 oz.) canned grapefruit in 100% fruit juice
- 1 lb. jicama
- 1 tsp. chili seasoning

### PREPARATION

1. Drain grapefruit segments, reserving  $\frac{1}{4}$  cup juice.
2. Peel and dice jicama.
3. Add all ingredients, including juice, into a large mixing bowl and gently toss together.
4. Have students spoon 2 Tbsp. of mixture on a paper plate.
5. Serve immediately.



*Nutrition information per serving:* Calories 12, Carbohydrate 3g, Dietary Fiber 0g, Protein 0g, Total Fat 0g, Saturated Fat 0g, TransFat 0g, Cholesterol 0mg, Sodium 43mg

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## Three Bean Salad (Green Beans)



**Makes 35 servings**  
 *$\frac{1}{4}$  cup of salad per serving.*

### INGREDIENTS

- 2 cups low-sodium canned green beans
- 2 cups canned kidney beans
- 2 cups canned garbanzo beans (chick peas)
- $\frac{1}{3}$  cup Italian salad dressing

### PREPARATION

1. Drain ingredients
2. Combine ingredients in a bowl and mix well.
3. Place  $\frac{1}{4}$  cup of salad on a paper plate.
4. Serve one plate to each student.



*Nutrition information per serving:* Calories 49, Carbohydrate 8g, Dietary Fiber 2g, Protein 2g, Total Fat 1g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 176mg

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## Kool Kiwi Kabob



**Makes 35 servings**  
*1 kabob per serving*

### INGREDIENTS

- 6 gold kiwi
- 6 green kiwi
- 6 mozzarella sticks
- 35 coffee stir sticks

### PREPARATION

1. Give 1 coffee stick to each student.
2. Rinse kiwi.
3. Cut each kiwi length-wise and then cut each half into 3 pieces.
4. Cut each mozzarella stick into 6 pieces.
5. Have students assemble their kabobs; slide 1 green kiwi, 1 cheese piece, and 1 gold kiwi onto a coffee stick.
6. Serve immediately.



**Nutrition information per serving:** Calories 32, Carbohydrate 5g, Dietary Fiber 1g, Protein 1g, Total Fat 1g, Saturated Fat 0.25g, Trans Fat 0g, Cholesterol 3mg, Sodium 37mg

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## Sunny Breeze (Mandarins)



**Makes 35 servings**  
*¼ cup spinach with 2-3 Cutie segments per serving*

### INGREDIENTS

- 2 (6oz.) raw bagged spinach
- 10 Cutie mandarins
- 3 oz. Asian sesame dressing

### PREPARATION

1. Peel 10 mandarins and separate into sections in a bowl.
2. Mix mandarins with spinach.
3. Add Asian sesame dressing.
4. Place ¼ cup spinach with 2-3 mandarin sections on a paper plate.
5. Serve immediately.



**Nutrition information per serving:** Calories 48, Carbohydrate 4g, Dietary Fiber 0g, Protein 0g, Total Fat 3g, Saturated Fat 0.25g, Trans Fat 0g, Cholesterol 0mg, Sodium 76mg

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## Pea Dippin' Good

### Makes 35 servings

*1-2 snow peas and 1-2 snap peas with 1 tsp. dressing per serving*

### INGREDIENTS

- 1 (8 oz.) Snap Peas
- 1 (8 oz.) Snow Peas
- 1 (16 oz.) Greek yogurt containers
- 2 Tbsp. dry ranch mix

### PREPARATION

1. Rinse and dry snow peas.
2. Rinse and dry snap peas.
3. Mix yogurt and 2 Tbsp. ranch seasoning in bowl.
4. Place 1 tsp. of dressing mixture and 1-2 snap and 1 -2 snow peas on to a paper plate.



*Nutrition information per serving:* Calories 37, Total Fat 0g, Saturated Fat 0g, TransFat 0 g, Cholesterol 5mg, Sodium 146mg, Carbohydrates 3g, Dietary Fiber 0g, Sugar 6g, Protein 1g

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## Peachy Parfait

### Makes 35 servings

*2 Tbsp. of peach yogurt mixture topped with 1 tsp. cornflakes per serving*

### INGREDIENTS

- 1 (15 oz.) canned chopped peaches in 100% fruit juice
- 1 container (16 oz.) low-fat vanilla yogurt
- 3 oz. corn flakes

### PREPARATION

1. Drain peaches and place in serving bowl.
2. Add yogurt and mix gently.
3. Have each student spoon 2 Tbsp. of the mixture in a small cup.
4. Have students top their parfait with 1 tsp. of corn flakes.
5. Serve immediately.



*Nutrition information per serving:* Calories 19, Carbohydrate 4g, Dietary Fiber 0g, Protein 0g, Total Fat 0g, Saturated Fat 0g, TransFat 0g, Cholesterol 1mg, Sodium 20mg

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## Party Pear Frisbee



**Makes 35 servings**  
2 rice cakes per serving

### INGREDIENTS

- 8 ripe pears
- 4 (6 oz.) containers low-fat vanilla yogurt
- 3½ oz. bag of mini-rice cakes

### PREPARATION

1. Rinse, core, and dice pears.
2. Place 1 tsp. of yogurt and add pear chunks on top of each rice cake.
3. Place 2 rice cakes on a paper plate.
4. Serve immediately.



**Nutrition information per serving:** Calories 33, Carbohydrate 7g, Dietary Fiber 0g, Protein 1g, Total Fat 0g, Saturated Fat 0g, TransFat 0g, Cholesterol 1mg, Sodium 15mg

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## Persimmon Apple Delight (Persimmon)



**Makes 35 servings**  
2 Tbsp. of apples and persimmons per serving

### INGREDIENTS

- 8 Fuyu persimmons
- 2 Granny Smith apples
- 1 lemon
- 2 Tbsp. of honey

### PREPARATION

1. Rinse apples, persimmons, and lemons.
2. Core and dice the persimmons and apples and place in a bowl.
3. Cut the lemon in half and squeeze the juice into a small container.
4. Add the honey to the lemon juice and mix thoroughly with whisk.
5. Pour the lemon-honey dressing over the fruit until well-coated.
6. Place 2 Tbsp. of fruit salad on a paper plate.
7. Serve immediately.



**Nutrition information per serving:** Calories 100, Total Fat 0g, Saturated Fat 0g, TransFat 0 g, Cholesterol 3mg, Sodium 95mg, Carbohydrates 21g, Dietary Fiber 3g, Sugar 3g, Protein 3g

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## Dig Into Roots (Root Vegetables)



### Makes 35 servings

*2 pieces of jicama, carrots, and parsnips with 1 Tbsp. hummus per serving*

### INGREDIENTS

- 8 oz. jicama
- 8 oz. carrots
- 8 oz. parsnips
- 8 oz. hummus

### PREPARATION

1. Rinse and peel root vegetables.
2. Cut root vegetables into sticks.
3. Give each student a paper plate.
4. Have students take 2 pieces of each root vegetable and 1 Tbsp. of hummus.
5. Serve immediately.



**Nutrition information per serving:** Calories 48, Carbohydrate 4g, Dietary Fiber 0g, Protein 0g, Total Fat 3g, Saturated Fat 0.25g, Trans Fat 0g, Cholesterol 0mg, Sodium 76mg

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## Spinach Cranberry Salad (Salad Greens)



### Makes 35 servings

$\frac{1}{4}$  cup per serving

### INGREDIENTS

- 10 oz. raw spinach, washed and drained
- 9 oz. dried cranberries
- $\frac{1}{3}$  cup light balsamic vinaigrette

### PREPARATION

1. Combine spinach, cranberries and vinaigrette in a bowl and mix well.
2. Place  $\frac{1}{4}$  cup of salad on a paper plate.
3. Serve immediately.



**Nutrition information per serving:** Calories 13, Carbohydrate 3g, Dietary Fiber 0g, Protein 0g, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 23mg

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## Strawberry Shortcake

**Makes 35 servings**  
*1 strawberry per serving*

### INGREDIENTS

- 35 large strawberries
- 1 (32 oz.) vanilla low-fat yogurt
- graham crackers, 1 sleeve (9 full crackers)
- 35 small or snack size bags

### PREPARATION

1. Rinse and dry strawberries.
2. Pour yogurt into mixing bowl and stir.
3. Give each student a  $\frac{1}{4}$  of a graham cracker in a plastic bag. Ask students to close the bag and gently crush with their hands.
4. Have students dip strawberries into yogurt by holding from green stem on top.
5. Dip yogurt-covered strawberries into crushed graham crackers.
6. Place strawberries on a paper plate.
7. Serve immediately.



*Nutrition information per serving:* Calories 28, Total Fat 0g, Saturated Fat 0g, TransFat 0 g, Cholesterol 1mg, Sodium 10mg, Carbohydrate 5g, Dietary Fiber 1g, Sugar 4g, Protein 1g

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## Jack-o-Lantern Smash (Winter Squash)



**Makes 35 servings**  
*2 Tbsp. pumpkin mixture per serving*

### INGREDIENTS

- 2 (15 oz.) cans pumpkin pie mix
- 1 (6 oz.) container low-fat vanilla yogurt
- graham crackers, 1 sleeve (9 full crackers)

### PREPARATION

1. Place the pumpkin pie mix in a large bowl.
2. Add the yogurt to the pumpkin and mix thoroughly.
3. Place 2 Tbsp. of pumpkin mixture on a paper plate.
4. Add  $\frac{1}{4}$  of a graham cracker to the paper plate
5. Serve immediately.



*Nutrition information per serving:* Calories 36, Carbohydrate 8g, Dietary Fiber 1g, Protein 1g, Total Fat 0g, Saturated Fat 0g, TransFat 0g, Cholesterol 0mg, Sodium 63mg

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## Paradise Sweet Potatoes



### Makes 35 servings

*1 piece of sweet potato and pineapple per serving*

### INGREDIENTS

- 2 (15 oz.) cans sweet potatoes in light syrup
- 1 (20 oz.) can pineapple chunks in 100% juice
- 1½ tsp. ground cinnamon

### PREPARATION

1. Drain ingredients (reserve ¼ cup of the pineapple juice).
2. Combine sweet potatoes, pineapple chunks, cinnamon, and the reserved pineapple juice in a bowl and mix thoroughly.
3. Place 1 sweet potato and one pineapple chunk on a paper plate.
4. Serve immediately.



**Nutrition information per serving:** Calories 36, Carbohydrate 9g, Dietary Fiber 1g, Protein 0g, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 9mg

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## Ladybugs on a Leaf ( Zucchini)

### Makes 35 servings

*2 "ladybugs" per serving*

### INGREDIENTS\*

- 3 medium zucchini
- 16 oz. cherry tomatoes
- 6 oz. Italian salad dressing

\*Fresh or dried basil may be added just before serving.

### PREPARATION

1. Wash and slice each zucchini ¼" thick.
2. Wash cherry tomatoes and slice in half.
3. Place 2 slices of zucchini side by side on a plate.
4. Place ½ of a tomato on each slice of zucchini.
5. Drizzle a very small amount (less than ⅛ tsp.) on top of each tomato or "ladybug."



**Nutrition information per serving:** Calories 12, Carbohydrate 1g, Dietary Fiber 0g, Protein 0g, Total Fat 1g, Saturated Fat 0g, Trans Fat 0 g, Cholesterol 0mg, Sodium 36mg

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