

Fall Fruit & Veggie Recipes

Hamburger Skillet Dinner Serves 4

1 pound ground beef, lean
1 small onion, chopped
1/2 cup water
1/4 cup low-sodium soy sauce
2 potatoes, peeled, sliced
1 green pepper, chopped
1 cup chopped celery
2 cups chopped cabbage
1 can (15-ounce) tomatoes, drained

1. In a large skillet or pot brown beef and onion. Drain.
 2. Add onion, water, soy sauce, pepper, celery, cabbage and tomatoes.
 3. Cover and cook on high until is just begins to boil.
 4. Reduce heat and cook slowly (simmer) for about 15 minutes or until vegetables are done.
- NUTRITION FACTS (per serving) - Calories 300 ~ fat 12 g ~ calories from fat 110 ~ sodium 640 mg ~ total carbohydrate 25 g ~ fiber 5 g

Apple-Cabbage Slaw Serves 4

1/4 cup nonfat plain yogurt
1/4 teaspoon mustard
2 cups shredded cabbage
1 Tablespoon vinegar
1 cup chopped apple
Salt and pepper, to taste

1. Lightly mix apples and cabbage.
2. Add yogurt, vinegar, and mustard. Stir lightly.
3. Add salt and pepper, to taste.
4. Serve immediately.

NUTRITION FACTS (per serving) - Calories 30 ~ fat 0 g ~ calories from fat 0 ~ sodium 20 mg ~ total carbohydrate 7 g ~ fiber 1 g

Broccoli and Walnut Salad Serves 6

3 cups chopped broccoli florets
1/2 medium head cauliflower, chopped
1/2 cup raisins or 1 cup grapes, sliced
3/4 cup chopped onions
1 small bell pepper, thinly sliced
1/2 cup chopped walnuts
1/4 cup vinegar
1/4 cup vegetable oil
6 to 12 lettuce leaves
2 large tomatoes, cut into wedges

1. In a large mixing bowl, combine the broccoli, cauliflower, raisins, onions, bell pepper and walnuts.
2. In a separate bowl, whisk together the vinegar and olive oil.
3. Toss with the combined salad ingredients and serve on lettuce leaves with tomato wedges.

NUTRITION FACTS (per serving with grapes) - Calories 240 ~ fat 16 g ~ calories from fat 150 ~ sodium 60 mg ~ total carbohydrate 21 g ~ fiber 7 g



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