

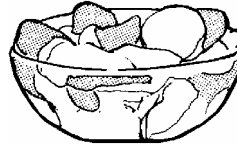
Dishes of the World



Mexico

Apple Salad (10-12 servings)

2 apples, cored, chopped, Red and Golden Delicious or Granny Smith
1/2 cup seedless raisins
1/2 cup celery, chopped
1/4 cup cheddar cheese, cubed
1/4 cup nuts, chopped (walnuts or pecans)
1/4 cup orange juice
8 oz. vanilla yogurt
Cinnamon (optional)



1. In medium bowl, combine apples, raisins, celery, cheese, and nuts.
2. Blend orange juice into yogurt. Pour over salad and toss well. Sprinkle with cinnamon, if desired.

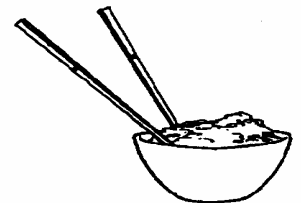
NUTRITION FACTS (per serving) - Calories 90 ~ fat 3 g ~ calories from fat 30 ~ sodium 40 mg ~ total carbohydrate 14 g

The Orient

Fruit Soup (12 servings)

2 cups orange juice
1 cup apple juice
1 cup strawberry yogurt

2 Tbsp. honey or powdered sugar
1 cup fruit (melons or berries)



1. Mix or blend orange juice, apple juice, strawberry yogurt and honey or powdered sugar.
2. Add banana and other fruit; mix and serve.

NUTRITION FACTS (per serving) - Calories 60 ~ fat 0 g ~ calories from fat 0 ~ sodium 15 mg ~ total carbohydrate 13 g

Africa

Moroccan Oranges (4-6 servings)

6 oranges, peeled
1 Tbsp. powdered sugar
1/4 cup almonds, slivered

4 pitted dates, chopped (optional)
1 Tbsp. lemon juice
1/2 tsp. Cinnamon



1. Peel oranges and section. Place in bowl.
2. Sprinkle sugar over oranges, toss gently.
3. Add almonds, dates and lemon juice. Stir gently.
4. Sprinkle orange mixture with cinnamon. Cover and refrigerate.

NUTRITION FACTS (per serving) - Calories 130 ~ fat 2.5 g ~ calories from fat 25 ~ sodium 0 mg ~ total carbohydrate 26 g

U.S.A

Greens with Ham (6 servings)

16 ounces frozen greens (turnip, mustard, collard, or mixture)
1/4 cup onion, chopped
1/2 cup ham or smoked turkey, chopped
1 cup water



1. Chop onion and meat into small pieces.
2. Place ingredients into saucepan. Simmer for 25 minutes.
3. Serve hot.

NUTRITION FACTS (per serving) - Calories 60 ~ fat 3 g ~ calories from fat 25 ~ sodium 40 mg ~ total carbohydrate 5 g

Italy

Frittata (4 servings)

1/4 cup chopped onion
2 Tbsp. margarine or vegetable oil
1 1/2 cups cooked vegetables, chopped
6 eggs, beaten

1/2 tsp. salt
1/8 tsp. pepper
1/4 cup Parmesan or Romano cheese, grated



1. Preheat oven to 400°F.
2. Heat oil in skillet (one that can be put in oven), and cook onions until soft.
3. Add vegetables, eggs, salt, and pepper. Cook over medium heat, stirring gently until eggs are almost set.
4. Smooth top of eggs and place in 400°F oven for 5 minutes or just until top is lightly browned
5. Sprinkle with cheese. Loosen with spatula and cut in wedges to serve.

NUTRITION FACTS (per serving) - Calories 230 ~ fat 16 g ~ calories from fat 140 ~ sodium 670 mg ~ total carbohydrate 7 g



UNIVERSITY OF ILLINOIS
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