

## Recipes

### **Vegetable Pizza**

- 2 packages of refrigerated biscuits
- ½ cup low-fat mayonnaise, miracle whip, or fat free sour cream
- 8 ounces fat free cream cheese
- 1 teaspoon dill weed

1. Spray pizza pan with non-stick cooking spray. Spread the biscuits on the pan and bake according to the package directions.
2. Mix the mayonnaise, cream cheese, and the dill weed together. Spread on top of the baked biscuits (after they have been cooled).
3. Chop your favorite fresh vegetables such as summer squash, rehydrated dried corn, carrots, broccoli, cauliflower, celery, radishes, onions, etc. to equal 1½ cups. Arrange on top of the mayonnaise mixture.
4. Cut in pieces. Refrigerate any leftovers.

Nutrition Facts: Serving Size: 1/20<sup>th</sup> of pizza; Calories: 67; Fat: Less than 1 gram; Cholesterol: 2 milligrams; Sodium: 268 milligrams; Carbohydrates: 12 grams; Dietary Fiber: Less than 1 gram; Sugar: 1 gram

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### **Fruit Salad**

- 3 tablespoons frozen orange juice concentrate
- 2 medium apples with peel, diced
- 1 medium orange, peeled and diced
- 1 medium banana, peeled and sliced

1. Place orange juice in a medium bowl.
2. Cut fruits, add to bowl, and toss lightly to cover with orange juice.
3. Chill in a covered bowl or serve right away.
4. When in season, add seedless grapes, melon, peaches, pears, or pineapple.
5. Serves 4.

Nutrition Facts: Serving Size: ½ cup; Calories: 104; Fat: 0 grams; Carbohydrates: 26 grams; Dietary Fiber: 4 grams; Good Source of Vitamin C.

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### **Traditional Trail Mix**

- 2 cups of grain food (such as ready-to-eat unsweetened cereal or wheat germ)
- 2 cups of nuts/seeds (such as sunflower seeds, pine nuts, almonds, peanuts, walnuts, pumpkin seeds, cashews, etc.)
- 2 cups of dried fruit (such as chokecherries, buffalo berries, juneberries, cranberries, raisins, bananas, apricots, peaches, cantaloupe, etc.)
- 2 cups of pretzels (any type)

1. Mix all the ingredients together and serve.
2. Makes 8 cups.
3. Serves 16.

Nutrition Facts: Serving Size: ½ cup; Calories: 190; Fat: 10 grams; Carbohydrates: 24 grams; Dietary Fiber: 4 grams; Sugar: 11 grams; Sodium: 195 milligrams

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**Other Nutritious Snack Ideas Include:** Popcorn, Whole Fresh Fruit, Sliced or Whole Vegetables, Dried Fruit, Dried Meat, Yogurt, Low Fat Cheeses, and Nuts