



Dear Parents and Caregivers,

Just as you do, we want your children to get and stay healthy. We know that sometimes getting kids to eat their veggies and fruits may be a challenge. In our school cafeteria, we offer at least one serving of fruit or juice at breakfast and two servings of fruits and/or vegetables at lunch daily. If you want to help your child have access to healthy foods, plan for him or her to eat at school.

On the back of this sheet, it is our pleasure to share with you family size recipes from one of our newest cookbooks, the *5 A Day Quantity Recipe Cookbook*. This cookbook of kid-tested recipes came to us as a result of collaboration between the North Dakota Department of Health and the North Dakota Department of Public Instruction.

In that same spirit of collaboration, we are pleased to collaborate with you to work toward the goal of providing our children with healthy, colorful and tasty meals.

From,

Your School Foodservice Team

This document and more information can be found at:
<http://www.dpi.state.nd.us/child/train/fvgalore.shtm>



5 A Day Family Size Recipes

Clip and keep...

Fruit on a Raft (Waffles with Apples)

Recipe Source: National Cancer Institute

Serves 2

4 frozen low fat whole grain waffles (or homemade waffles)

1 15 ounce can unsweetened apples

½ cup water

1/8 teaspoon allspice

1/8 teaspoon cloves

Place the applesauce and water in a small saucepan. Add spices and stir over medium heat until hot. While the sauce is heating, piece the waffles in the toaster or prepare your own. When waffles are done, divide the apples among the waffles and serve.

Polar Berries

Recipe Source: California Grape Commission/"Kids...Get Cookin'!", California 5 A Day Campaign

Serves 8

2 cups seedless red or green grapes or combination
Rinse grapes and drain well.

Place grapes loosely onto cookie sheet or other freezable plate and put into the freezer. When frozen, eat as is or toss them into your favorite yogurt or salad.



Old Fashioned Vegetable Soup

Recipe Source: Produce for Better Health Foundation/Pictsweet Frozen Foods

Serves 8

1 package (16 oz) Frozen mixed vegetables (carrots, potatoes, peas, green beans, etc.)

1 cup mushrooms (fresh), sliced

1 bay leaf

½ cup frozen, chopped onions

1 teaspoon dried whole basil

¼ cup frozen chopped green peppers

½ teaspoon salt

1 can (46 oz.) low sodium tomato juice

½ teaspoon pepper

½ cup winter squash

Combine all ingredients in a large dutch oven. Bring to a boil. Cover; reduce heat and simmer for 30 to 45 minutes. Remove bay leaf before serving.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site:

www.aboutproduce.com.

Orange-Sauced Vegetables

Recipe Source: Produce for Better Health Foundation/Polyp Prevention Trial

Serves 4

2 cups loose-pack frozen broccoli, baby carrots, and water chestnuts (or other frozen mixed vegetable combination)

½ teaspoon orange peel, finely shredded

¼ cup orange juice

1 Tablespoon Dijon-style mustard

1 teaspoon soy sauce

In a 1 quart microwave-safe casserole cook vegetables according to package microwave directions. While vegetables are cooking, in a small mixing bowl combine orange peel, orange juice, mustard and soy sauce. Stir with a fork or wire whisk until combined. Drain vegetables. Toss with orange juice mixture. Serve immediately.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site:

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