



5 A Day Quantity Recipe Cookbook

40 Tasty Fruit and Vegetable Based Recipes

- Expanded to 25, 50 and 100 servings
- Low in total fat, saturated fat, cholesterol and sodium
- Each recipe provides at least one serving of a fruit or vegetable per portion
- Conform to USDA recipe format
- Each recipe identifies
 - Nutrients per serving
 - 5 A Day servings per portion
 - Approximate prep time
 - Recipe source
- The original family-size recipes are part of the appendix

Developed by

- NH Department of Education, Division of Program Support, Bureau of Nutrition Programs and Services
- NH Department of Health and Human Services, Division of Public Health Services, Nutrition and Health Promotion Section, 5 A Day for Better Health Program

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For a copy, go to

<http://www.ed.state.nh.us/education/doe/organization/programsupport/bnps/cookbook.pdf>

Soups

Bean and Barley Soup
Bean and Macaroni Soup
Corn Chowder
Fruit Soup
Old Fashioned Vegetable Soup
Pesto Minestrone
Touchdown Tomato Basil Soup

Salads

Caesar-Style Salad
Orange Couscous Salad
Pineapple Poppy Seed Salad
Rainbow Fruit Salad
Raspberry Grape Salad
Spinach Salad with
Mandarin Orange Dressing
Sunshine Salad
Treasure Salad
Tropical Fruit Salad
Warm Spinach Salad-Atlantic
Culinary Academy
Watermelon Romaine Salad

Breakfast Items

Fruit on a Raft
(Waffles with Apples)
Fruity Breakfast Parfait
Golden Apple Oatmeal
Spanish Zucchini Frittata
Strawberry Yogurt Breakfast
Split

Side Dishes

Apple Glazed Sweet Potatoes
Colorful Mashed Potatoes
Orange-Sauced Vegetables
Red Potatoes with Herbs
Roasted Butternut Squash
Vegetable Sage Stuffing
Wonderful Stuffed Potatoes

Main Dishes

Chicken Ratatouille
Tomato and Bean Burritos
Tomatoes with Garbanzos and
Rosemary over Rotini Pasta
Pasta Primavera

Miscellaneous

Cool Clementines
Go Bananas Orange Dip
Polar Berries
Strawberry Yogurt Shake
Vegetable Sandwich Booster