

Exploring Fruits and Veggies

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Most people should eat between 2 ½ to 6 ½ cups of fruits and vegetables every day, but most do not get enough. Virtually all national health organizations stress that people who eat a colorful variety of vegetables and fruits as part of a healthy diet have a reduced risk of chronic diseases, including strokes, diabetes, and some types of cancer. Research also suggests that fruits and vegetables may help in preventing and treating heart disease and high blood pressure. Replacing fruits and vegetables for high-fat food may also make it easier to control weight.

Many people get stuck in a rut and eat the same fruits and vegetables every day. They are not adventuresome when exploring the produce department. With the influx of individuals from different cultures the grocery store has become an international market of flavors from around the world. So make it a point to purchase and try new and different fruits or vegetables each time you buy groceries. Experimenting with exotic fruits and vegetables is an easy way to add color, interest and excitement to your family’s meal.

High in Fiber

Blackberries Grapefruit Kiwifruit Oranges Raspberries

Fruits and vegetables containing fiber do so much more than help to maintain a healthy digestive tract. Studies have shown that diets high in fiber (and low in fat) help to prevent high blood pressure, heart disease, stroke, certain types of cancer and the most common form of diabetes. A fiber-rich diet may also protect against colon cancer.

Top 12 High in Vitamin A

Apricots Cantaloupes Carrots Collard Greens Hot Chile Peppers Leaf Lettuce
Romaine Lettuce Mangoes Nectarines Peaches Spinach Sweet Potatoes

The old saying about carrots being good for your eyes is true. Carrots, like the other fruits and vegetables listed here, are high in vitamin A, which promotes good vision, especially in dim light. Vitamin A also helps to form and maintain healthy, skin, teeth, mucous membranes, and skeletal and soft tissue. Some research indicates that vitamin A may increase resistance to infection in children.

Top 12 High in Vitamin C

Broccoli Cabbage Cantaloupe Cauliflower Grapefruit Green Pepper
Brussel Sprouts Kiwifruit Orange Papaya Strawberries Mustard Greens

This essential vitamin has multiple benefits: keeping teeth and gums healthy, aiding in iron absorption, maintaining normal connective tissue and healing wounds. Vitamin C may also help in preventing cataracts.

High in Iron

White Beans Spinach

Good Source of Iron

Chickpeas Lentils Lima Beans Pink Beans Small White Beans Winged Beans

Iron is good for blood: in particular, it’s essential to the formation of hemoglobin, which carries oxygen in muscles. To help your body absorb iron from fruit and vegetables, try to include a food item high in vitamin C in the same meal.

Top 12 Sodium-Free Favorites

Apples Avocados Bananas Bell Peppers Cucumbers Eggplant
Grapefruit Kiwifruit Mushrooms Oranges Potatoes Summer Squash

For those watching their sodium intake to reduce the risks of hypertension or high blood pressure, there is a wide variety of delicious, sodium-free fruits and vegetables that can be included in a sodium-free or low-sodium diet plan.

Cruciferous Vegetables

Broccoli Brussel Spouts Cabbage Cauliflower Kale Turnips

So named for the cross-like formation of the flowers produced by these types of plants, cruciferous vegetables are helpful in the prevention of certain types of cancer.

Top 12 Good Sources of Folate

Asparagus Endive Lima Beans Pigeon Bean Pinto Bean Strawberries
Chickpeas Lentils Mustard Greens Pink Bean Spinach White Beans

Essential to the growth and function of new cells, folate, also known as folacin or folic acid, is important in every diet, but especially for pregnant women. Folic acid may lower the rate of some birth defects such as spina bifida. It may also be helpful in the prevention of cancer of the cervix.

FRUITS

APPLES

Braeburn Apples

These apples were developed in New Zealand. Look for apples that are red flushed and striped over greenish-gold skin. The Braeburn is a good eating apple with firm, juicy flesh and sweet-tart flavor. U.S. Braeburn Apples are available year round.

Crispin Apples

Developed in Japan as Mutsu. It was renamed for European and North American distribution. Crispin is a large, greenish russet apple with a golden blush. The crisp, deep creamy flesh is honey flavored when ripe. Excellent eating and cooking apple that retains its shape. Available December to March.

Honeycrisp Apples

Honeycrisp fruit is characterized by an exceptionally crisp and juicy texture. Its flesh is cream colored and coarse. The flavor is sub-acid and ranges from mild and well-balanced to strongly aromatic, depending on the degree of maturity. Honeycrisp fruit has shown excellent storage characteristics. The outstanding flavor and texture can be maintained for

at least six months in refrigerated storage. Honeycrisp apple's harvest season ranges from September 15 to October 10 in east central Minnesota.

Lady Apples

The petite Lady apple is the oldest apple, first discovered in 1628. The oblong Lady apple is flattened on both ends, and as small as an inch-and-half across. The skin is shiny, pale green with a red blush. They are delectably crisp and tart. Available November to March.

Pink Lady

This is the finest Western Australian-based apple that is also grown in the U.S. The Pink Lady is distinguished by true pink coloring, crisp crunch and smooth texture. The flavor is similar to a Granny Smith, sweet-tart. Excellent for eating or baking. Available September through February.

BERRIES

Blackberries

Blackberries grow on bramble bushes with needle-sharp prickles. Bumpy and purplish-black in color, blackberries are the largest of the wild berries. Available May through September. Attached hulls are sign the berries were picked while immature. To store, lay a paper towel on a baking sheet, place unwashed berries in a single layer. Cover with another towel and refrigerate for up to 2 days. Do not wash berries until ready to use. Blackberries improve with cooking, which intensifies the flavor and softens the seedy texture.

Raspberries

These berries come in three colors: red, black and gold. The seeds in each drupelet provide high fiber content. Raspberries are available year-round, with peaks in June and early September. To store in the refrigerator follow the same procedure as for blackberries, but raspberries can be refrigerated for up to 3 days.

Serving ideas: To enhance the flavor of fresh fruit, squeeze on a little lemon juice. For a special occasion, sprinkle fruit lightly with rum or brandy. If fruit is overripe, mash lightly with a fork and serve over vanilla ice cream or yogurt for a quick dessert. For sorbet, puree frozen berries in a food processor with confectioners sugar to taste. Spoon into chilled glasses and serve.

CITRUS

Blood Orange

The flesh of the blood orange is a red, purple or burgundy. They have a subtle taste of raspberry-sweet and are less acidic than regular oranges. Originally brought to the United States by Spanish and Italian immigrants. There are 2 varieties, the Ruby Red and Moro grown in California and Florida. Available December through May. Select ones that are heavy for their size-they will be the juiciest. Store Blood Oranges in a loosely wrapped plastic bag in the refrigerator for up to 1 week.

Kumquat

Kumquats have a sweet, pungent rind and a bitter, dry flesh. (Cousin to the orange). The skin and flesh are eaten together. Available from November to March. Rounder variety is generally sweeter and milder than the oval variety. Wash and dry thoroughly. Store in a loosely wrapped plastic bag in the refrigerator. For a uniform, tender texture and mellow flavor, drop kumquats in boiling water for 20 seconds, drain and chill in ice water. Dry fruit and refrigerate. To use, slice and remove seeds with knife tip. They are wonderful preserved in syrup or brandy. They make tangy sauces for meat or poultry.

Mandarin/Tangerine

The most common mandarin orange found in the U.S. is the tangerine, originally from Tangiers. Clementine is the one variety that is seedless. Depending on the variety, they are available November through June.

Tangelo

The Tangelo is a hybrid, a cross between a tangerine and a grapefruit. Most common variety available in North America is the Minneola, grown in Florida. Available November through March. Keep tangelos at room temperature for consumption within 5 days. Otherwise refrigerate for up to 2 weeks.

Temple Orange

As known as a Royal Mandarin. Temple oranges are tangors, a cross between a tangerine and an orange. Available January through March. Dip segments in yogurt make a healthy snack.

Ugli Fruit

Ugli Fruit is homely with an odd pear shape, thick skin and greenish-yellow color. It tastes like a honeyed tangerine and tart grapefruit. Native to Jamaica and available from winter

through spring. Keep at room temperature for consumption within 5 days or store for up to 3 weeks in the refrigerator.

Citrus Tips: Add citrus flavored butter to hot vegetables. Put 4 ounces of unsalted butter in a mixing bowl and beat with a wooden spoon or electric mixer until soft. Add 2 teaspoons of fresh orange or lime juice or 1 teaspoon lemon juice and the grated zest of 1 orange, lime or lemon. Try different combinations for exciting taste sensations.

Another tip: Cut a lemon, lime, or orange in half with a zigzag edge and trim the base to sit flat. Then dip the points into fresh chopped parsley. Serve this with your favorite fish entrée.

MELONS

Casaba

Casabas are large, deep-ridged, golden-yellow skinned melons. The cream-colored flesh is juicy with a mild taste likened to cucumber. Available September to November. Wrap melons in a plastic bag and refrigerate up to 5 days. They are good plain or with a sprinkle of lime juice.

Crenshaw

Some say the Crenshaw is the most sweetly succulent melon in the world. It is a hybrid cross of the Casaba and Cantaloupe. Available July to October. Wrap melon in a plastic bag and refrigerate up to 5 days.

Honeydew

Honeydew has a pale greenish-white skin and pale-green flesh. Available year round. Wrap in a plastic bag and refrigerate up to 5 days.

Juan Canary

This is a variation of the Casaba melon. The flesh is creamy white, tinged with pink around the seed cavity. They are in season from July to November. They are good eaten plain or sprinkled with fresh lime juice.

Pepino

This melon has an ivory skin streaked with deep purple. They range in size from a plum to a large papaya; the entire pepino melon is edible. It tastes like a combination of pear and banana. Also known as mellowfruit and treemelon. Available from late fall to mid-spring. Store ripe melons in a plastic bag in the refrigerator for up to 3 days. Peel before eating out-of-hand. Add zest with lemon or lime juice, basil, salt and pepper.

Persian

The Persian melon is a large, grayish-green muskmelon with a netted rind. Salmon-colored flesh is sweet. Available July to October. They peak late summer. Store ripened melon in a plastic bag for up to 5 days in the refrigerator.

Santa Claus Melon

Also known as the Christmas Melon. It is a netted cultivar of Muskmelon. The coloring will be mottled yellow and green. The skin will feel slightly waxy when ripe. Melons are available from California and Arizona June until October. From South America melons are in the stores during the winter months. The melons that are available during the summer months are sweeter.

Ripeness Test: Hold melon firmly in both hands and lightly press the area immediately around the tip of the melon at the opposite end from the stem. The surface should give slightly. Another hint for ripeness is a pleasantly sweet aroma.

TROPICAL FRUIT

Burro Banana

These chunky green bananas come from Mexico. They have a soft creamy flesh that tastes slightly lemony.

Red Banana

Also known as Jamaican banana. Smaller than regular banana with a deep red or purple skin. The flavor of the creamy white-pink flesh has a hint of raspberry. Grown in Central America.

Caramboia/Star Fruit

Glossy yellow with prominent ribs. It forms a star shape when sliced horizontally. The Caramboia has a flowery combination of plums, McIntosh apples and Concord grapes, with a touch of citrus. The edible skin is slightly waxy. Available from summer to mid-winter. Look for wide ribbed fruit-narrow-ribbed fruit tend to be tart.

Kiwifruit

Originally an export of New Zealand was named for their famous kiwi bird. Available year-round. A pale center is surrounded by emerald flesh, flecked with tiny black edible seeds. Taste is a combination of cantaloupe, strawberry and citrus. Refrigerate ripe kiwifruit for up to 1 week.

Mango

In season from January through October. Mangos are very juicy!

Papaya

Range in size from 1 to 20 pounds. The most common variety found in the U.S. is the Solo. The Solo is pear-shaped with a vivid golden skin. The center cavity is packed with gelatin-covered seeds that are edible but very peppery. Best eaten raw with lime. Papayas are available year-round.

Plantain

When the plantain is green to near yellow, the flavor bland and the texture is starchy-perfect for boiling and frying. When the plantain is yellow to brown, it has a slight fruitiness and firm texture that suits any part of the meal. Black, ripe plantains are sweeter and ideal for dessert.

OTHER FRUIT

Florida Avocado

Florida Avocados have a smooth green skin and is nicknamed “alligator pear”. Some claim that the Florida avocado is sweeter, lighter and moister than the California Avocado. They come to market from August to January. Avocados ripen best off the tree.

Hass Avocado

Hass Avocados have a rich and buttery, sweet, nutty flavor. The Hass avocado has dark, pebbly skin and is smaller and creamier than the Florida avocado. In South Africa and Hawaii, the avocado is served with sugar and lime juice for breakfast. Peak season is from February to October.

Pomegranates

Pomegranates are the size of a large orange and have a smooth leathery skin ranging from red to yellow-pink. Each fruit contains masses of edible seeds individually covered by a delicious translucent, juicy, red pulp. Store up to 2 months at room temperature or store in a cool dark place up to a month. To eat: Peel the skin and cut fruit in half. Scoop away the seeds in their pulp. The membrane separating the seeds is bitter and should not be eaten.

VEGETABLES

BEANS AND PEAS

Black Beans

They are rich in protein and fiber yet low in fat. Black beans are also known as turtle beans, or in Hispanic markets as *frijoles negros*.

Black-Eyed Peas

Good sources of protein, black-eyed peas are small beige beans with a black “eye” in the middle. They are also called cowpeas.

Cranberry Beans

The pod of cranberry beans is not green. It is large, knobby and beige with cranberry red splotches. The beans are shaped like lima beans and are creamy white with cranberry-red streaks. They have a rich nutty flavor. When cooked, the shelled cranberry beans lose their red color. They are available fresh in the summer and dried year-round.

Garbanzo Beans

Shaped like a hazelnut, they are buff-colored, slightly lumpy and larger than a pea. Also known as chickpeas and ceci. The flavor is rich and nuttier than most beans.

CUCUMBERS

English/Burpless

Can grow as long as 2 feet. They are nearly seedless. Since seeds can cause indigestion English cucumbers are also known as Burpless. Available year round.

Japanese

The Japanese cucumber is a mild slicing cucumber. Used for thousands of years as a natural coolant for the palate. It is slender and deep green with a bumpy, ridged skin. Its taste is mild. They are available year round.

EGGPLANTS

White

White eggplants are smaller and more firmly textured than the common purple eggplant. They are denser, creamier and less bitter, even though they can have more seeds.

GREENS

Kohlrabi

The flavor is similar to fresh broccoli stems with a mellow touch of radish. Kohlrabi is not a root but a thickened, enlarged stem, with smaller, leafed stems shooting up from the top. The leaves are edible and when cooked, taste like a combination of kale and collard greens. Peak season is early summer. Can be cooked or eaten raw.

Radicchio

Radicchio (rod-EEK-ee-o) is red leafed chicory. Bittersweet and satiny, it is a favorite of gourmets. It starts as a green-leafed plant, turns deeper green and then reddens when the weather cools. Available year round.

MUSHROOMS

Portabella

Meaty and delicious, portabella are large, generally 4 to 6 inches wide. Their stems are thick and topped by mottled brown cap with dark brown gills. Portabellas are matured cremini mushrooms. Wipe caps with a damp paper towel to remove dirt. Combine salt, pepper, minced garlic and parsley to taste. Sprinkle over gills side. Top with 3 tablespoons olive oil and grill for 2 to 3 minutes. Do not overcook. Available year round.

ONIONS

Leeks

Leeks are the sweetest member of the onion family. Their flavor is mild with a sweet nuttiness. Leeks must be well cleaned as they are full of sand and grit. If using whole: cut off the roots, make an "X" in the bulbs and soak in a mixture of water and 1 tablespoon vinegar for 30 minutes. If using sliced: cut in half lengthwise and put each leaf under cold running water to remove grit. Eat only the white and pale green parts of a leek. Leeks maybe eaten raw but the flavor is enhanced when sautéed or braised.

RADISHES

Black

Black radishes look more like black turnips. They have a crisp white flesh that tastes like a turnip. A poplar way to serve the black radish is to grate and salt it, bind together with sour cream or chicken fat and slather mixture on black bread. Available primarily in the winter.

Daikon

A large Asian radish with a peppery, sweet fresh flavor. They look like very large white carrots. Daikon contains *diastatse*, an enzyme that aids in digestion. Available year round.

SQUASH

Australian Blue

Also known as Queensland pumpkin. When cooked the flesh is soft with a mild pumpkin flavor. This squash has amazing recuperative powers. If a bad spot is cut out the squash naturally seals itself. This winter squash is available July to March.

Buttercup

Shaped like a small, dark green pumpkin with narrow stripes of bluish gray. The orange flesh is finely textured, creamy and mild. When cooked the taste is similar to a sweet potato. In stores late summer through winter. Buttercups can be baked, steamed or simmered.

Butternut

Like other winter squash, the Butternut has a hard skin, firm flesh and larger seeds than summer squash. Two-thirds of its body is cylindrical then it broadens into bulbous shape. Nicknamed the African bell. This squash goes well with pork.

Chayote

Chayote (chay-O-tay). Color can vary but the most common is pale green. The flesh is firm and extremely mild and taste like a cucumber. Chayote has one large seed that is soft and edible. When cooked the seed tastes like a cross between a lima bean and almond. Poach Chayote like a pear, in a sweet-syrup and enjoy for dessert. Available year round.

Hubbard

Hubbard squash is one of the largest winter squashes often growing to 25 pounds. The skin is tough and bumpy and can be orange, gray-blue or green. Available September through March.

Kabocha

Kabocha (kah-BOW-cha). The squash is dark green with uneven, pale-green stripes. The flesh is fine grained, sweet and yellowish-orange. Grown in the United States but most of the crop goes to Japan. Available year round. Cut in half and remove seeds. Bake with butter, brown sugar and grated ginger in the center cavity.

Opo

Also known as long melon. This variety of squash is related to the cucumber family. An Opo resembles a zucchini. Its skin is smooth, yellowy green. Opo squash also goes by the name bottle gourd. Available year round in Asian specialty markets. Peak season is summer to early fall.

Patty Pan

Patty pans are petite. They are sometimes called scalloped squash. When small they are pale green. As they mature they become paler. They are available throughout summer and early fall. Patty pans are cooked whole. Wash and steam for about 5 minutes or until fork tender. Toss with butter, Parmesan cheese, salt and pepper.

Spaghetti

When cooked the flesh separates quite naturally into long spaghetti-like strands. A great substitute for spaghetti. Available year round.

Turban

Turban squashes have a bright-orange, flattened round base. On top of this striped cap of the Turban squash are three large lumps. It has a firm, dry, sweet, deep-orange flesh that makes it a very tasty winter squash. Available from June through January.

Winter Melon

Winter melon is a huge muskmelon that is used as a squash. Range from 1 to 2 feet across. Skin is the color of honeydew but with a white dusting that looks like snow. The white interior tastes like zucchini. It is a good side dish for spicy foods.

TOMATOES

Tamarillos

Tamarillo was once known as tree tomatoes. The bitter inedible skin can be golden-orange or purple-red (The yellow is milder than the red). Inside the golden pink flesh surrounds two purple seed pouches. To eat raw, sliced peeled fruit. Sprinkle with lime juice and sugar and let sit a few hours. Tamarillos can be baked, simmered in simple syrup, or made into jams and chutneys.

Tomatillo

Tomatillos (tohm-ah-TEE-ohs) have a lemon-herb taste and provide the base for green sauces and salsas. Also known as Mexican green tomatoes, they are the size and shape of a

small green tomato surrounded by parchment-like husk. Remove husks and discard. Wash off the sticky residue and cut out the core. Tomatillos can be eaten raw; however the flavor is enhanced and they are less acidic when cooked. Cooking softens their thick skins. Available year round.

OTHER VEGETABLES

Anise

Also known as sweet anise or Florentine fennel, anise has a licorice like aroma and flavor. Its seeds are often sold labeled as aniseed, and aniseed's flavor twin-star anise-are used for flavoring as well. Prepare as you would celery, cutting off the stems and leaves and removing the core and strings. Available year round.

Artichoke

Eating a fresh artichoke is a chore. Under the furry choke is the heart—the best part. Remove the stem near the base then cut off the top quarter of the artichoke. Steam artichoke stem side up for 30 to 40 minutes. They are done when it feels similar to a boiled potato. Drain and cool. Serve with lemon butter or hollandaise sauce.

Seaphire

Also known as sea asparagus or samphire. This plant grows in salt water, impairing it with a salty flavor and crisp crunchy texture. It is high in vitamin A and a good source of calcium and iron. It can be eaten raw or cooked. Available year round. Do not freeze.

White Asparagus

White asparagus is creamy white and thick stemmed. The stalk of white asparagus is grown underground so it can't produce chlorophyll and turn green. Consequently, white asparagus is milder and more delicate than green. White asparagus stems must be peeled. Lay flat in a pan with water to cover. Bring to gentle boil and cook for 10 to 15 minutes to crisp-tender. White asparagus is available year round.

ETHNIC

Breadfruit

Breadfruit looks like a melon with bumpy green scales. It is eaten like a vegetable. Taste varies with its state of ripeness. When green it is like a raw potato. Cooked when partially ripe breadfruit has the consistency of a sticky plantain. When fully ripe it can be made into a custard-like dish. Breadfruit is never eaten raw.

Cherimoya

Also known as custard apple or sherbert fruit. This fruit looks like an oversized green pinecone. Cherimoya has a juicy, creamy white flesh and large black seeds. Its custard like texture tastes like a combination of pineapple, papaya, mango and vanilla custard making it a wonderful dessert fruit. Serve well-chilled. Simply halve, remove the seeds and scoop out the flesh with a spoon.

Jicama

Jicama (HEE-ka-mah) is a tuberous root that resembles a large beige turnip. Its crunchy, juicy texture resembles that of water chestnuts, but the flavor is sweet and nutty. When peeled jicama will not discolor. Great in salads or stir-fry, Jicama is also good with dips. Sprinkle Jicama slices with lime juice and some cayenne pepper for a good appetizer. Does not lose its crunchiness when cooked.

Pummelo

Pummelos (pom-UH-loh) are thought to be the ancestors of grapefruit. They are one of the largest citrus fruits ranging in size from a cantaloupe to a watermelon. Their flesh varies from tart to juicy sweet but they are never bitter. Available mid-January to mid-February

Quince

Quinces have a potent, wild tropical musky aroma. Shaped like a fat pear or a golden delicious apple the skin can be smooth or woolly. Most consider quince to tart to be eaten raw. Flavor improves with cooking becoming a rich apple-pear. They have a high pectin content making them a good choice for jams and jellies. Peel, core and poach, bake or braise. Cooked quince can be pureed like applesauce.

As Americans enlarge their repertoire of fruits and vegetables to meet the 5 a day recommendation, the avant-garde in the kitchen are acquiring unfamiliar ingredients from all over the world to expand the variety of fresh produce served at home. Take your family on a trip around the world without leaving home. Specialty produce enhances meals and snacks, reflecting the melting pot of diverse taste and culture called America.

Source: Dr. Richter's Fresh Produce Guide

Suggestion for Club Lesson: Ask club members to bring one of the items listed and hold a tasting party for the refreshments.

Texas Caviar

Mix together in a large bowl:

- 1 can white shoe peg corn-drained
- 1 can black beans-drained and rinsed
- 1 can back-eyed peas-drained and rinsed
- 1 can pinto beans-drained and rinsed
- 1-4oz can green chilies
- 1-4oz jar chopped pimentos-drained
- 1 small onion-chopped
- 1 cup (total) green and red pepper –chopped
- 4-6 teaspoons Jalapeño peppers-chopped

Dressing

Bring to a boil, and then cool:

- ¾ cup cider vinegar
 - ½ cup oil
 - 1 cup sugar (you can use Splenda®)
 - 1 teaspoon salt
 - ½ teaspoon pepper
 - 1 tablespoon water
- Add cooled dressing to the bean mixture and refrigerate overnight.
Serve with chips or a side dish.

Roasted Chickpeas

Ingredients:

- 1 can (14-19 oz) chickpeas, rinsed and drained

Directions:

1. Preheat oven to 350°F.
2. On an ungreased baking sheet, spread the chickpeas in a single layer and bake for 50 minutes until browned and crisp enough to rattle.

Recipe source:

<http://www.dlife.com>

Number of Servings: 4

FuFu

5 cups water
4 ripe plantains
1 tbsp butter
1 clove garlic, minced
4 green onions, chopped

Directions

1. Peel plantains and slice into 1 inch pieces.
2. Bring water to a boil. Add plantain pieces and cook on medium-high for 20 minutes until most water is absorbed.
3. Add butter and garlic to plantains. Mash with a potato masher.
4. Garnish with green onions.

For creamy texture add $\frac{1}{4}$ cup skim milk or soy milk to plantains when mashing.

Source: fruits and vegetables More Matters

Indian Mango Lassi

1 small mango, quartered, pitted and peeled
 $\frac{3}{4}$ cup non-fat plain yogurt
 $\frac{1}{3}$ cup orange juice
2 ice cubes

Directions

Combine all the ingredients in a blender. Blend until smooth and frothy.

Variation: Try using strawberries, bananas, or other fruit in place of the mango.

Source: fruits and vegetables More Matters

Jicama Salad

1 large jicama, peeled and thinly sliced
1 small red onion, peeled and thinly sliced
2 tbsp finely chopped cilantro
2 tbsp finely chopped mint
3 tbsp lime juice
1 tsp salt

Directions

Arrange jicama and red onion slices on a serving plate.

Sprinkle with salt, lime juice, mint, and cilantro.

Mango Salsa

1 ripe mango., pitted, peeled, and finely chopped
½ medium sized green pepper, finely chopped
2 tsp orange juice
½ medium sized red onion, finely chopped
2 tbsp lime juice
1/8 tsp salt
¼ tsp black pepper

Directions

1. Combine all ingredients in a large bowl; mix well.
2. Cover and chill at least 2 hours before serving; cover and store leftovers in the refrigerator.

Cool Cucumber Salad

1 English/Burpless cucumber
½ sweet onion, thinly sliced
1 tbsp olive oil
2 tbsp cider vinegar
2 tsp Splenda®
1 tsp sea salt
½ tsp fresh ground pepper

Directions

Combine cucumber and onion in a medium bowl. Combine remaining ingredients in a small bowl. Add the dressing to the cucumber and onions and toss well. Cover and refrigerate up to 2 hours before serving.

Serve 4

Source: Best of Diabetic Connect Low-Carb Recipes