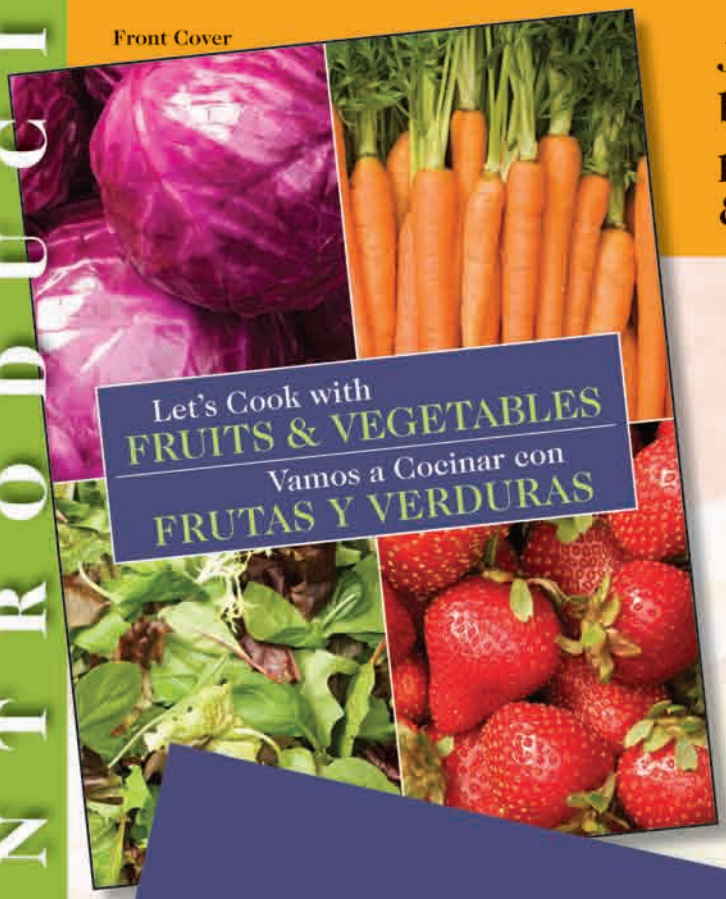
INTRODUCING

Let's Cook with FRUITS & VEGETABLES

Vamos a Cocinar con Frutas y Verduras

Front Cover



Back Cover

Join other WIC agencies by providing your WIC participants with this fruit & vegetable cookbook.

Book details:

- 8 1/2 X 11
- 96 full color pages
- High quality - soft cover
- Printed in English & Spanish (1 book)

Ordering information:

Quantity	Price per book*
30 books (minimum)	$3.25
60-510	$3.00
540-1020	$2.75
1050-5010	$2.50

*plus shipping/handling.

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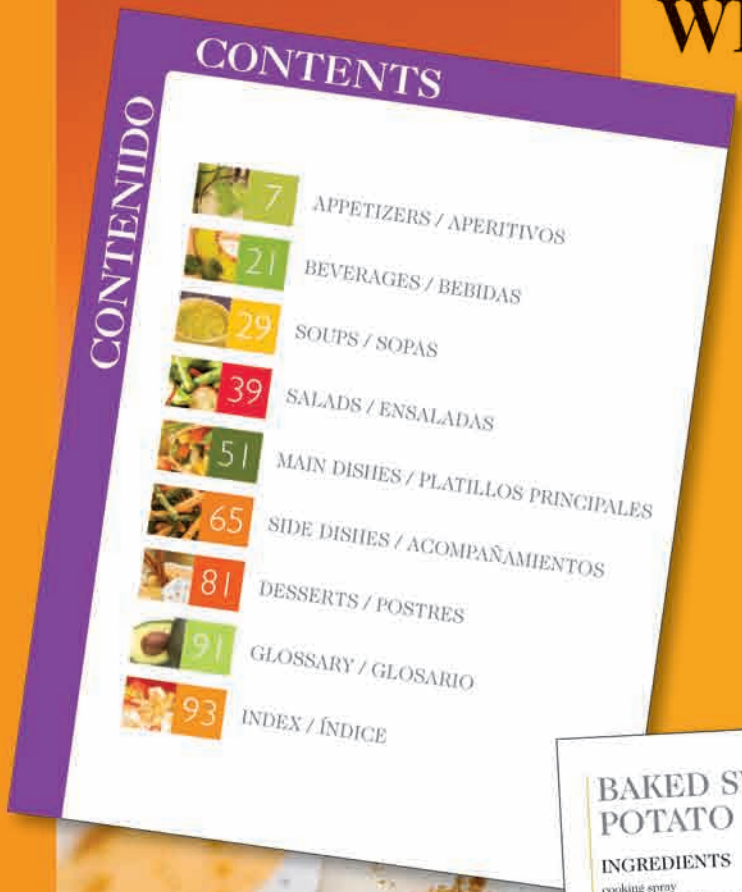
WHAT'S INSIDE

Cookbook includes:

- Nutritious recipes made with fruits & vegetables
- Recipes written in both English & Spanish-all in one book
- Recipes written & tested by WIC participants and WIC staff
- WIC kids approved
- Recipes include WIC authorized/ supplemental foods
- High quality color photos on each page



BAKED SWEET POTATO FRIES

INGREDIENTS

cooking spray
1 small sweet potato, cut into 3-inch x 1-inch strips
1 teaspoon canola oil
salt, pepper and paprika to taste

PROCEDURE

Preheat oven to 450°F. Coat a baking sheet with cooking spray and set aside. In a medium bowl, toss sweet potato strips with oil ... strips on baking sheet ... turning halfway

CAMOTES AL HORNO TIPO PAPAS FRITAS

INGREDIENTES

aceite vegetal en rociador
1 camote pequeño, cortado en tiras de 3 pulg x 1 pulg
1 cucharadita de aceite de canola
sal, pimienta y paprika al gusto

PREPARACIÓN

Precaliente el horno a 450°F. Rocíe una bandeja de hornear con aceite vegetal y apártela. En un tazón mediano, mezcle las tiras de camote con el aceite y los condimentos. Coloque las tiras en la bandeja y hornee por 30 minutos, volteándolas a la mitad de ese tiempo.

Sirve 1 porción

INFORMACIÓN DE NUTRICIÓN:
CALORÍAS 150; GRASA 4.5g; PROTEÍNA 2g; FIBRA 4g; CALCIO 39mg; HIERRO 0mg; VITAMINA A (RE) 420mcg; VITAMINA C 3mg; FOLATO 14mcg

NUTRITION TIP

Use your favorite seasonings such as garlic powder, chili powder or lemon juice to jazz up these colorful, fun and nutritious sweet potato fries!

CONSEJO DE NUTRICIÓN

Use sus condimentos favoritos como ajo en polvo, chile en polvo o jugo de limón para realzar estas llamativas, nutritivas y deliciosas tiritas de camote.

FRUIT AND YOGURT PARFAIT

INGREDIENTS

1 apple, chopped
1 banana, peeled and sliced
1 cup papaya, chopped
1 cup strawberries, sliced
1 teaspoon sugar (optional)
1 cup nonfat yogurt, any flavor
1 cup WIC cereal*

PROCEDURE

In a large bowl, combine all fruit and toss with sugar. Divide fruit mixture into serving bowls. Top each bowl with 1/4 cup of yogurt and sprinkle with cereal.

Serves 4

** WIC Authorized Food*

Recipe provided by Monica Castaneda, WIC participant

NUTRITIONAL INFORMATION
CALORIES 130; FAT 0.5g; PROTEIN 4g; FIBER 8g; CALCIUM 22mg; IRON 2mg; VITAMIN A (RE) 20mcg; VITAMIN C 54mg; FOLATE 74mcg

PARFAIT DE FRUTAS Y YOGUR

INGREDIENTES

1 manzana picada
1 plátano pelado y en rodajas
1 taza de papaya picada
1 taza de fresas en rodajas
1 cucharadita de azúcar (opcional)
1 taza de yogur descremado de cualquier sabor
1 taza de cereal WIC*

PREPARACIÓN

En un tazón grande, mezcle toda la fruta y revuélvala con azúcar. Divida la mezcla de frutas en tazones de servir. Coloque en cada tazón 1/4 de taza de yogur y esparza cereal por encima.

Sirve 4 porciones

**Alimento autorizado por WIC*

La receta la proporcionó Mónica Castañeda, participante de WIC

INFORMACIÓN DE NUTRICIÓN
CALORÍAS 130; GRASA 0.5g; PROTEÍNA 4g; FIBRA 4g; CALCIO 22mg; HIERRO 2mg; VITAMINA A (RE) 20mcg; VITAMINA C 54mg; FOLATO 74mcg

NUTRITION TIP

This recipe is packed with nutrients: potassium, calcium, vitamins A and C and fiber. Use your favorite flavor yogurt and any WIC cereal that you like.

CONSEJO DE NUTRICIÓN

Esta receta está llena de nutrientes: potasio, calcio, vitaminas A y C y fibra. Use su yogur favorito y cualquier cereal de WIC que prefiera.