

Makes 6 servings.
1 cup per serving.

Prep time: 5 minutes

Nutrition information per serving:

Calories:	230
Carbohydrate:	37 g
Dietary Fiber:	6 g
Protein:	4 g
Total Fat:	8 g
Saturated Fat:	1 g
Trans Fat:	0 g
Cholesterol:	0 mg
Sodium:	338 mg

Pear Brown Rice

INGREDIENTS

- 3 tablespoons lemon juice
- 2 teaspoons finely chopped garlic
- ¼ teaspoon ground ginger
- ¼ teaspoon ground black pepper
- 2 pears, diced
- 3½ cups cooked brown rice
- ½ cup chopped green onions
- ½ cup grated carrots
- ½ cup diced celery
- 3 tablespoons vegetable oil



PREPARATION

1. In a small bowl, combine lemon juice, garlic, ground ginger, and ground black pepper. Add pears to the mixture and set aside.
2. In a large bowl, combine brown rice and remaining ingredients. Gently fold in pears.
3. Serve or chill in the refrigerator.

Recipe courtesy of the California Tree Fruit Agreement.

Makes 4 servings.
¾ cup per serving.

Prep time: 5 minutes

Nutrition information per serving:

Calories:	91
Carbohydrate:	19 g
Dietary Fiber:	2 g
Protein:	3 g
Total Fat:	1 g
Saturated Fat:	0 g
Trans Fat:	0 g
Cholesterol:	3 mg
Sodium:	40 mg

Strawberry Smoothie

INGREDIENTS

- 1 (8-ounce) carton lowfat vanilla yogurt
- ½ cup 100% orange juice
- 1 (12-ounce) package frozen strawberries, partially thawed

PREPARATION

1. Combine yogurt and orange juice in a blender container.
2. With the blender running, add a few berries at a time through the lid opening.
3. Serve once all berries are added, cover and blend until smooth.



Makes 4 servings.
¾ cup per serving.

Prep time: 10 minutes

Nutrition information per serving:

Calories:	27
Carbohydrate:	7 g
Dietary Fiber:	1 g
Protein:	1 g
Total Fat:	0 g
Saturated Fat:	0 g
Trans Fat:	0 g
Cholesterol:	0 mg
Sodium:	15 mg

Melon Cooler

INGREDIENTS

- 2 cups chopped melon (cantaloupe, honeydew, or watermelon)
- 2 cups cold water

PREPARATION

1. Place all ingredients in a blender container.
2. Blend until smooth. Pour into glasses and serve.

