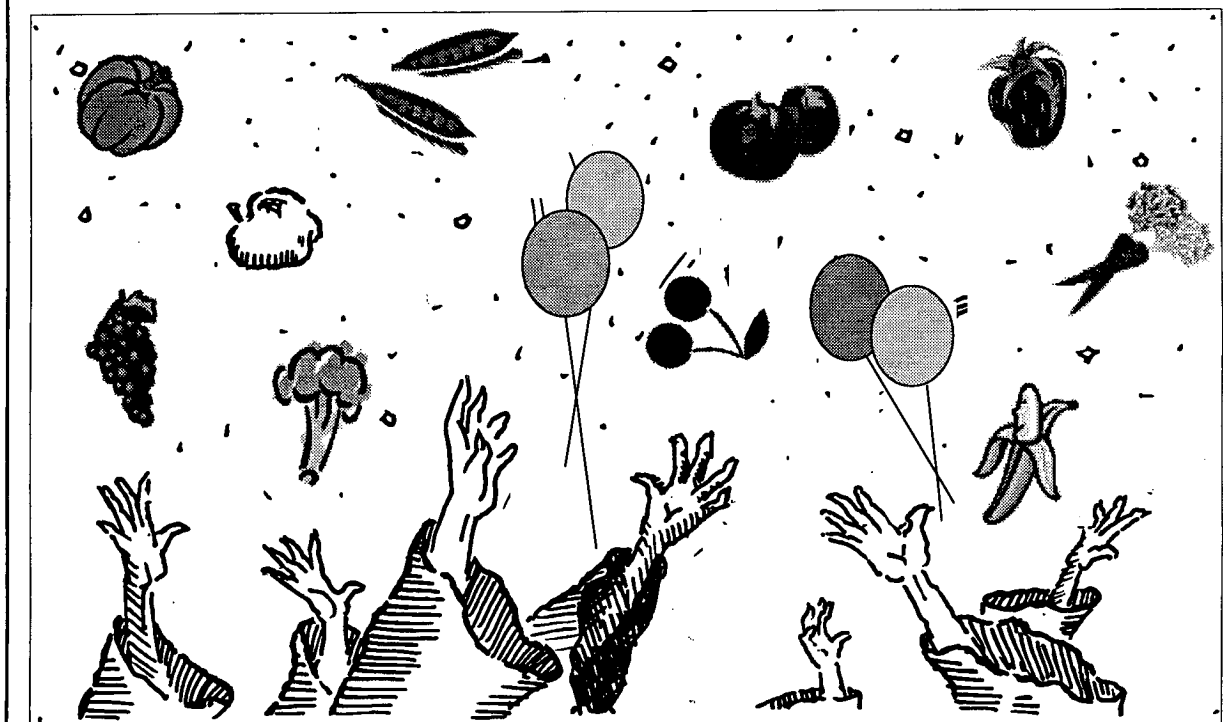


Spring 2000

# High Five for Health

*During this session you will:*

- ◆ *Compare your average intake of vegetables and fruits to WHI and national averages.*
- ◆ *Explore the benefits of eating more vegetables and fruits.*
- ◆ *Practice using a variety of methods that might increase your intake of vegetables and fruits.*



## Goal Follow-up

During our last session, we talked about some strategies for successful aging. The White House Conference on Aging showed that meaningful involvement, positive mental outlook and relationships with others can add life to our years.

- ◆ What examples do you have in your own life that add life to your years? (meaningful involvements, relationships with others, and/or ways that you keep a positive mental outlook)

## My Vegetable and Fruit Intake

**T**hink about the vegetables and fruits you like. Below, write down one or two that you eat frequently:

Fruits I eat frequently:

a. \_\_\_\_\_

b. \_\_\_\_\_

Vegetables I eat frequently:

a. \_\_\_\_\_

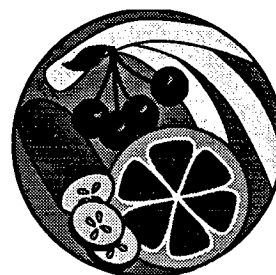
b. \_\_\_\_\_

- What vegetables and fruits do you like but seldom eat?
- What are some of the reasons that you don't eat them as frequently?

Most people have heard the message "Eat your fruits and vegetables." However, until recently, few people, including scientists, have understood the real benefits of these foods.

Now, thanks to the advancement of science, we know that vegetables and fruits have extra benefits. In addition to the vitamins, minerals and dietary fiber they contain, they also have compounds called phytochemicals.

This session gives you a chance to look at your own intake of vegetables and fruits. It also provides information about the important role that these foods play in health.



Take a few minutes and complete Worksheet 1 - *What is My Intake of Vegetables and Fruits* on page 9. It will help you look at your current vegetable and fruit intake for the following:

- ◆ The number of meals and snacks that usually include a 1/2 cup serving.
- ◆ Your typical serving size.
- ◆ The variety of vegetables and fruits you eat.
- **How do you think that your usual intake compares to other women in U.S. and in the WHI Dietary Study?**

Well, let's take a look.

### **Fruit/ Vegetable Intakes.**

The average U.S. adult eats about 4 servings of vegetables and fruits each day. This is similar to the levels that women in the WHI Dietary Study reported eating when they entered the program.

At present, there is a nationwide campaign (The 5-a-Day for Better Health program). This program encourages people to eat at least 5 servings of fruits and vegetables each day. This goal is similar to WHI.

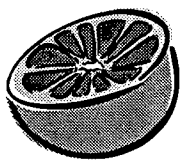
Currently, women in the WHI Dietary Change group have increased their intakes to an average of 5 servings per day. This means that they are eating more vegetables and fruits than other U.S. adults. On the other hand, women in the Comparison Group have not changed.



- **How has your intake of fruits and vegetables changed since joining WHI?**

If you are not currently eating 5 servings per day, how would you feel about increasing your intake?

On the other hand, if you are eating 5 servings a day - GREAT! However, think about eating more. While 5 servings per day is a reasonable goal, more is definitely better.



**Variety.**  
It's also important to look at the variety

of vegetables and fruits you eat.

- **Why is variety important?**

Look at Tables 1 and 2 below. Table 1 provides a list of the ten vegetables and fruits that people buy frequently.

On the other hand, Table 2 provides a list of ten vegetables and fruits that are high in nutritional value. These foods are high in vitamins C, A, folate and dietary fiber.

Notice that many of the foods listed in Table 1 (popular foods) do not appear in Table 2 (nutrient-rich foods).

For example, potatoes are the most frequently purchased vegetable (see Table 1). However, potatoes are not one of the most nutrient-rich vegetables.



This does not mean that potatoes lack vitamins and minerals, they just contain less than some other vegetables.

- **Think about the vegetables and fruits you usually eat. Which table are they on?**
- **How many different kinds of vegetables and fruits do you eat in a typical week?**

To evaluate the variety of vegetables and fruits you eat, look at your responses to questions 4 through 6 on Worksheet 1 (pg. 9).

- **How many weekly servings of dark green or deep yellow vegetables or fruits do you eat?**
- **How many weekly servings of citrus fruits?**

**Table 1:  
Most Frequently Purchased**

Vegetables	Fruits
Potato	Banana
Iceberg lettuce	Apple
Tomato	Watermelon
Onion	Orange
Carrot	Cantaloupe
Celery	Grapes
Sweet corn	Grapefruit
Broccoli	Strawberries
Cabbage	Peach
Cucumber	Pear

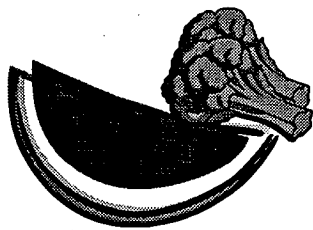
**Table 2:  
Most Nutrient-Rich**

Vegetables	Fruits
Broccoli	Orange
Brussels sprouts	Mango
Cooked greens	Tangerine
Artichoke	Kiwifruit
Sweet potato	Papaya
Parsnips	Mandarin orange
Winter squash	Cantaloupe
Spinach	Raspberries
Kale	Grapefruit
Tomato	Strawberries

## Benefits of Vegetables and Fruits

**V**egetables and fruits not only contain vitamins and minerals; they also contain special compounds called *phytochemicals*.

The term *phytochemicals* may sound a little threatening, but these compounds are very natural. They are the substances in plants that give flowers, autumn leaves and various fruits and vegetables their distinctive colors and aroma.



Vegetables, fruits and other plant foods, naturally produce these compounds to protect themselves.

Phytochemicals include hundreds of different compounds. You may already recognize some of them, like Vitamin C, and carotenoids.

Scientists think that the phytochemicals in vegetables and fruits may have the following roles in reducing the risk of disease.

- ◆ Serving as antioxidants.
- ◆ Controlling certain enzymes that promote disease.
- ◆ Interfering or blocking certain substances that may promote disease.
- ◆ Whisking away substances in the cell that may harm the body.

Phytochemicals are plentiful in many of the foods people already eat -- especially vegetables and fruits. They are also found in legumes, nuts, soy products, whole grains, herbs and spices. The resource on page 10 - *Promising Phytochemicals in Vegetables and Fruits* provides additional information.

Sometimes the news media can mislead people to think that specific foods such as broccoli, blueberries, or tomatoes are magic bullets. This is not true. No single food is a magic bullet.

Different plant foods supply different types of phytochemicals. So, variety is important! The wider the variety of vegetables, fruits, and other plant foods that people eat, the broader the range of disease-fighting phytochemicals they receive.

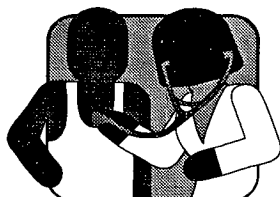
- **What have you heard in the news, or seen on TV about the benefits of eating fruits and vegetables?**



The vitamins, minerals and phytochemicals found in vegetables and fruits appear to provide some of the following benefits:

### **May prevent cancer.**

- ◆ The antioxidants found in vegetables and fruits appear to have an important role in reducing the risk of cancer.
- ◆ In addition, some of the phytochemicals may stimulate the production of anti-cancer enzymes.



### **May prevent heart disease.**

- ◆ Eating more vegetables and fruits helps people eat less fat because they tend to eat less meat.
- ◆ A vitamin found in many vegetables and fruits (folate) helps lower blood levels of homocysteine, a risk factor for heart disease.

- ◆ Phytochemicals may help prevent fatty deposits from forming in the blood vessels.
- ◆ In addition, the dietary fiber in vegetables and fruits appears to help lower blood cholesterol.

### **May prevent stroke.**

- ◆ Researchers believe that potassium, as well as antioxidants and phytochemicals in vegetables and fruits may help prevent strokes.

### **Helps reduce blood pressure.**

- ◆ Researchers think that the potassium and magnesium found in vegetables and fruits may help reduce blood pressure.



### **Helps eyesight.**

- ◆ Scientists think that the antioxidants and carotenoids found in vegetables and fruits may help protect against cataracts and macular degeneration.

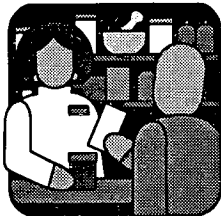
### **Helps control weight.**

- ◆ If vegetables are cooked with very little fat, or eaten raw, they are very low in calories.
- ◆ In addition, vegetables are high in water and dietary fiber. This helps people feel full with fewer calories.
- ◆ Vegetables and fruits are also a low-calorie substitute for cakes, pastries, or high-fat snacks.



### **Eat More Vegetables and Fruits.**

As you think about increasing your intake, you may have a few questions.



### **Can you take a supplement instead of eating more vegetables and fruits?**

Eating vegetables and fruits is better than taking a phytochemical supplement. Currently, there is not enough research available to supply answers to important questions such as:

- ◆ Do the phytochemicals in supplements act the same way in the body as they do in whole foods?
- ◆ Do the supplements contain the right active phytochemical(s)?
- ◆ Does the amount provided in the supplement actually offer any benefit?

### **Can you eat too many vegetables and fruits?**

This is very unlikely.

The National Cancer Institute and other authorities advocate at least 5 servings of vegetables and fruits each day.



### **What counts as a serving?**

#### Vegetables:

- 1/2 cup fresh, canned or frozen
- 1 cup raw leafy (lettuce, spinach, etc.)
- 1 small baked potato (4-inches long)
- 3/4 cup juice (100% juice)

#### Fruits:

- 1 medium piece (2 1/2-inch diameter)
- 1/2 cup fresh, canned or frozen
- 1/4 cup dried fruit
- 3/4 cup juice (100% juice)



### **Is raw better than cooked?**

Some vitamins, such as vitamin C are water-soluble. So, you will lose many these vitamins in the cooking water. You can reduce this loss by using less water when cooking.

However, heat does not affect many other vitamins, minerals and phytochemicals. Moreover, even if cooking slightly reduces some of the vitamins, it is not a reason to eat only raw vegetables and fruits. In fact, cooking

may actually free up some phytochemicals. For example, when you cook broccoli, it produces more of the phytochemical called indoles.



### **Does it matter if vegetables or fruits are canned, frozen, peeled or juiced?**

No. That is just fine-tuning.

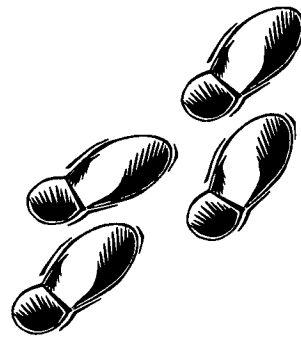
## Next Steps

**T**here are many different approaches people can use to increase vegetables and fruits. If you need some ideas, look at the resource - *Ideas to Increase the Variety of Vegetables and Fruits You Eat* (pgs. 11-12).

In addition, a sample menu (pg. 13) shows how a day rich in vegetables and fruits might look.

Vegetables and fruits are a great way to add flavor and color to your meals. They also increase the vitamins, minerals and phytochemicals that are important for your health.

Remember, you don't need to be concerned about whether the vegetables or fruits are



fresh, frozen, raw, steamed, baked, dried or canned. All forms are good for you.

For a great reminder about the importance of vegetables and fruits, consider posting the summary table (pg. 14) on your kitchen refrigerator.

### Questions for Thought

- ◆ What would need to be different in your life for you to consider increasing your intake of fruits or vegetables?
- ◆ Imagine that you decided to add another serving of fruits or vegetables to your meals/snacks. What would it be like?



## What is My Intake of Vegetables and Fruits?

(Quiz modified from AICR, Spring 1997)

Read each question and circle the box that best represents your typical eating pattern. When you are done, use the number of points indicated in the "Points" row to add up the number of points for each column. To calculate your Grand Total, add the total of all 3 columns.

	A	B	C	
1. How many meals on a typical day include at least a 1/2 cup (or 1 medium piece) of fruit or vegetables?	1 or less meal	2 meals	3 meals	
2. How many snacks on a typical day include fruits or vegetables?	1 or less snack	2 snacks	3 snacks	
3. How large of a serving of fruit or vegetables is most typical for you?	1/4 cup	1/2 cup	1 cup or more	
4. How many servings of dark green or deep yellow vegetables or fruits do you eat in a typical week?	1 or less	2-3	4 or more	
5. How many servings of citrus fruits do you eat in a typical week?	1 or less	2-3	4 or more	
6. How many different kinds of fruits and vegetables do you eat during a typical week?	4 or less	5 to 9	10 or more	
Points: Count your points for each column	1 point for each "A" circled	2 points for each "B" circled	3 points for each "C" circled	<b>GRAND TOTAL</b>
<b>TOTALS:</b>				

**IF YOUR GRAND TOTAL IS:**

**14-18 points:** You're in great shape for getting the vitamins, minerals, fiber and phytochemicals that scientists say are essential to good health.

**10-13 points:** You've got some healthy habits. However, like most Americans, your eating patterns could be improved by greater use of vegetables and fruits. Remember the importance of variety to be sure you get the most vitamins and minerals.

**6-9 points:** Vegetables and fruits seem to play a minor role in your eating pattern. Why - Are you filling up on other foods? Do you need some new ideas to enjoy these healthful foods? Consider what you currently do and look for new ways to enjoy more vegetables and fruits.

## Promising Phytochemicals in Vegetables and Fruits

Major Food Sources	Phytochemical Group	Potential Benefits
Allium vegetables: onions, garlic, scallions, leeks, chives	Allium compounds	<ul style="list-style-type: none"> <li>Increases production of anti-cancer enzymes</li> <li>Reduces blood pressure and cholesterol</li> <li>May enhance the immune system</li> </ul>
Orange fruits and vegetables and dark greens: carrots, sweet potatoes, winter squash, pumpkin, mango, spinach, collards, bok choy	Beta carotenes	<ul style="list-style-type: none"> <li>Antioxidant</li> </ul>
Beans, legumes, soybeans, Soy foods: tofu, soy milk, soy flour, veggie burgers	Isolflavones Saponins	<ul style="list-style-type: none"> <li>May prevent cancer cells from multiplying</li> </ul>
Tomatoes, watermelon	Lycopene	<ul style="list-style-type: none"> <li>Antioxidant</li> </ul>
Fruits, vegetables, wine, tea, soybeans, soy foods, cayenne, onions, apples, red grapes, artichokes	Flavonoids (such as: catechins, isolflavones, quercetin)	<ul style="list-style-type: none"> <li>Antioxidant</li> <li>May prevent cancer cells from multiplying</li> </ul>
Cruciferous vegetables: broccoli, cauliflower, Brussels sprouts, kohlrabi, cabbage, bok choy, kale, mustard greens, rutabaga, turnips, turnip greens	Isothiocyanates (such as: sulforaphane)  Indoles	<ul style="list-style-type: none"> <li>Increases production of anti-cancer enzymes</li> <li>Lowers cholesterol</li> </ul>
Grapes, berries, whole grains, parsley, carrots, citrus fruits, tomatoes, nuts, vanilla beans, cloves	Phenolic acids (such as: coumarins, ellagic acid)	<ul style="list-style-type: none"> <li>May block the action of cancer-causing agents</li> <li>Delays cholesterol formation</li> </ul>
Citrus fruits, cherries, spearmint, dill, mint	Terpenes (such as: limonene, monoterpenes)	<ul style="list-style-type: none"> <li>Increases production of anti-cancer enzymes</li> </ul>

## Ideas to Increase the Variety of Vegetables and Fruits You Eat

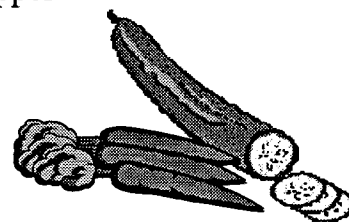


### Morning Meals and Snacks:

- Have a piece of fresh fruit for breakfast or a mid-morning snack. Stock up on your spring favorites.
- Keep a fresh fruit salad in your refrigerator. Throw in some different fruits like kiwi, papaya, mango or fresh apricots. Use it on your breakfast cereal or have a bowl for lunch.
- Instead of using syrup, top your low-fat pancakes or waffles with sliced fruit or a warm fruit sauce.
- Stir fruits or vegetables into your favorite low-fat bread or muffin mix (about 1/2 cup for every 2 cups of dry ingredients). Try chopped apples, shredded carrots, raisins, blueberries or cooked pumpkin. Enjoy for breakfast or snacks.
- For a rise-and-shine breakfast drink: blend together frozen fruit with enough fruit juice, and skim milk to reach your desired consistency. Add a 6-8 oz. container of fat-free yogurt for variety.
- For a pocket breakfast: spread a lite or non-fat cream cheese on a whole-wheat pita and toss in some dried fruit.

### Afternoon and Evening Meals:

- Include salads with meals more often. Use salad bars or pre-packaged salads if you like, but be sure to include dark leafy greens or spinach and a variety of chopped vegetables.
- Wrap rice, vegetables and fat-free refried beans into a warm corn or flour tortilla for an easy vegetarian lunch or dinner.
- Add vegetables to sandwiches. Lettuce and tomato are great, but so are cucumber rounds, diced or shredded carrots, sprouts, green or red pepper strips and chopped raw broccoli.
- Plan ways to include vegetables at lunchtime, whether it is as crunchy raw vegetables or in a soup such as minestrone.
- Keep frozen and canned fruit and vegetables on hand to add to soups, salads and rice dishes.
- Use the low-fat frozen vegetable mixes available in your supermarket to add variety at meals – just add rice, pasta, couscous, or another grain!



- In casseroles and stir-fry dishes, use more vegetables and grains and less meat.
- Add color to your side dishes by adding grated or sliced vegetables or dried fruits to your rice or pasta.
- Going to an Oriental restaurant? Ask for a dish that is loaded with vegetables and eat it with more rice than meat.

### Dessert Ideas:

- Prepare your own 'fruit-sicles' by combining fruit juice and small chunks of fruit. Pour into a paper cup, add a popsicle stick and freeze until firm.
- Use canned, frozen, or fresh fruit to top angel food cake or low-fat frozen sorbets, sherbets and yogurt.
- Berry season is not far off. How about strawberries sprinkled with balsamic vinegar?



### Other Ideas:

- Potato meal: top a baked potato with vegetarian chili and add nonfat or reduced fat sour cream. For the quickest alternative, top your potato with salsa.
- Select at least three differently colored fruits and vegetables a day for variety. The red pigment in tomatoes and watermelon has different phytochemicals than the orange pigment in carrots or melon.
- Make vegetables more exciting by using special seasonings and low-fat sauces such as hoisin sauce, chutney, raspberry and other flavored vinegars, sprinkle crystallized ginger, or add a little bit of lime juice and salsa.
- Place fruit and sliced vegetables in an easy-to-reach, easy-to-use place. For example: sliced vegetables in the refrigerator and fruit on the table.
- Jazz up cabbage and carrot coleslaw with shredded green, red, or yellow peppers, onions, or even broccoli. Don't forget the low-fat dressing.



# Sample Menu

This menu provides an example of meals that meet the WHI nutrition goals and provide 5 or more servings of phytochemical-packed fruits, vegetables and whole grains.

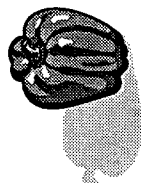
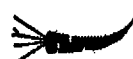
<b>Breakfast:</b>	Fat (gm)	Fruit	Vegetable	Grain
Cold cereal (1 cup), topped with blueberries, ½ cup	1	x		x
Orange juice, ¾ cup	0	x		
Toast, 1 slice	1			x
Margarine, 1 tsp	4			
<b>Mid-morning snack:</b>				
V-8 juice, (6 oz. can)	0		x	
<b>Lunch:</b>				
Turkey sandwich: 2 slices bread, 2 oz. white turkey meat, no skin with mustard and 2 slices tomato, 4 slices, cucumbers, and 1 slice onion	4 0		x	xx
Homemade vegetable soup (½ cup vegetables plus broth) OR Spinach salad, 1 cup with flavored vinegar dressing (no fat added)	0		x	
Skim milk, 1 cup (8 oz.)	0			
<b>Afternoon snack:</b>				
Fresh fruit, 1 med. (orange, apple, etc.)	0	x		
Ry Krisp crackers, 4	1			x
<b>Dinner:</b>				
Chicken stir-fry: ½ cup white meat chicken, no skin and ½ cup vegetables (red and yellow peppers, broccoli, snow peas, carrots)	8		x	
Brown rice, ½ cup	1			x
Pineapple slices, ½ cup	0	x		
Skim milk, 1 cup (8 oz.)	0			
<b>Evening snack:</b>				
Fresh berries, ½ cup topped with 2TB of fat-free yogurt (lemon or vanilla)	0	x		
<b>Totals</b>	20	5	4	6

# Resource

All fruits and vegetables supply a variety of nutrients! Some are very good sources of vitamins A, C and fiber. How many different kinds of fruits and vegetables do you eat?



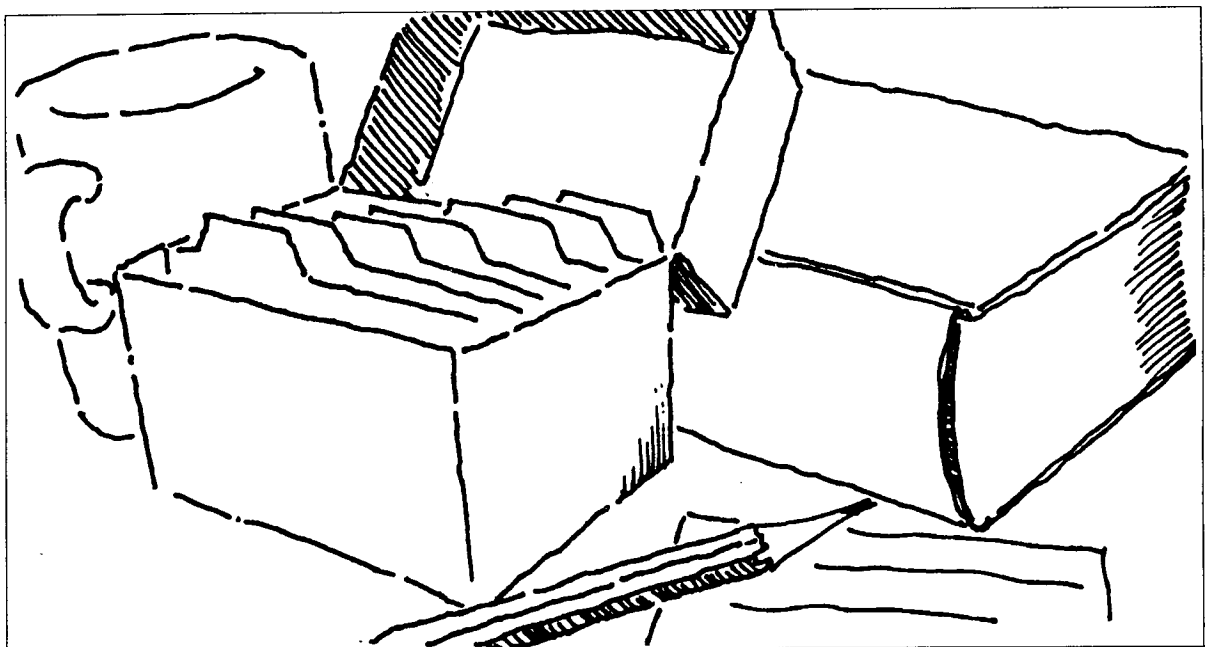
Fruits (1/2 cup serving)	Vit A	Vit C	Fiber
Apple			•
Apricots	•	•	•
Banana (1/2 of 8" long)			•
Blueberries			•
Cantaloupe	•	•	
Cherries			•
Figs (3 small)			•
Grapes		•	
Grapefruit (1/2 of 4" diam.)		•	
Guava		•	•
Honeydew		•	
Kiwi		•	•
Lemon or limes		•	
Mango	•	•	•
Nectarine	•		•
Orange		•	•
Orange and grapefruit juices		•	
Peach	•		•
Pear			•
Pineapple		•	
Plums (1 medium 2" diam.)		•	
Prunes (5)			•
Raspberries		•	•
Strawberries		•	•
Tangerine	•	•	•
Watermelon	•	•	



Vegetables (1/2 cup serving)	Vit A	Vit C	Fiber
Artichoke		•	•
Beans, green			•
Bok choy		•	
Broccoli	•	•	•
Brussels sprouts		•	•
Cabbage (green or red)		•	•
Carrots	•		•
Cauliflower		•	•
Corn			•
Green pepper		•	
Greens	•	•	•
Hot chili peppers	•	•	
Kale	•	•	•
Lettuce (1 cup) - red or green looseleaf	•		
Romaine	•		
Okra		•	•
Onion		•	•
Parsnips		•	•
Peas, green			•
Potato		•	•
Spinach (1/2 cup cooked)	•	•	•
Squash, summer		•	
Squash, winter	•		•
Sweet potato	•	•	•
Tomatoes	•	•	
Tomato juice		•	

# Recipes

- ◆ *Chinese Broccoli Slaw*
- ◆ *Carrot Orange Salad*
- ◆ *Three-Pepper Confetti Pasta for Two*
- ◆ *Sesame-Spinach Salad*
- ◆ *Asian Noodles on Sesame-Spinach Salad*
- ◆ *Asparagus Guacamole*



## Chinese Broccoli Slaw

### Salad:

**1/2 pound broccoli coleslaw or 3 cups finely shredded cabbage**  
**1 package baked (fat-free) ramen soup noodles, crumbled,**  
**uncooked (discard soup seasoning packet)**  
**1/3 cup fresh cilantro, snipped and loosely packed**  
**1/4 cup fresh chives, snipped**

### Dressing:

**1/4 cup seasoned rice vinegar**  
**2-3 tablespoons chicken broth**  
**2-3 tablespoons pineapple juice**  
**1 1/2 tablespoons sugar**  
**1 tablespoon sesame oil (dark brown)**

### To make the dressing:

In a small bowl, whisk together the vinegar, broth, juice, sugar, and oil.

### To make the salad:

In a large bowl combine the broccoli coleslaw, uncooked ramen noodles, cilantro, and chives. Add the dressing and toss until well coated. Cover and chill in the refrigerator for at least 1 hour until the noodles are soft.

Makes 4 servings (3/4 cup each)

Fat: 3.5 grams per serving

Fruit/Vegetable Servings: 1.5 per serving

Grain Servings: 1 per serving

Recipes from *Stealth Health* by Evelyn Tribble



## Carrot Orange Salad

**2 to 3 large carrots, peeled and grated (about 4 cups)**

**2 navel oranges**

**2 tablespoons fresh lemon juice**

**1 tablespoon honey**

**1/2 teaspoon cinnamon**

Place the grated carrots in a bowl (large enough to hold entire salad) and set aside. Peel the oranges and remove the white pitch. Hold each peeled orange over the serving bowl, and section the orange (remove the sections of orange from between the membranes). The orange sections will fall into the bowl. When the entire orange has been sectioned into the bowl squeeze the juice from the orange membrane into the bowl.

Combine the lemon juice, honey and cinnamon in a small bowl and pour over the carrot-orange mixture. Before serving, allow the salad to sit for at least 10 minutes so that the flavors will mingle.

Makes about six (1 cup) servings

Fat: 0 grams per serving

Fruit/Vegetable Servings: 2 per serving

Recipe adapted from *Moosewood Restaurant Low-Fat Favorites* by  
The Moosewood Collective

## Three-Pepper Confetti Pasta for Two

**4 ounces dry angel hair pasta**  
**3 cloves garlic, minced**  
**1 red pepper, washed, seeded and diced 1/4-inch thick**  
**1 yellow pepper, washed, seeded and diced 1/4-inch thick**  
**1 green pepper, washed, seeded and diced 1/4-inch thick**  
**2 ounces freshly grated Parmesan cheese (1/2 cup)**  
**Olive oil nonstick cooking spray (optional)**

Cook the pasta according to the directions on the package. Drain and set aside.

Meanwhile spray an unheated large skillet with olive oil nonstick spray. Add the garlic and cook until fragrant, about 30 seconds. Add the peppers. Cook and stir over medium-high heat for 3-5 minutes until slightly tender. (Take care not to overcook or the green pepper will turn a drab olive color.)

To serve: For maximum flavor, it is best to serve this meal as follows: Use two plates, arrange half of the cooked pasta between the two plates. On top of the pasta, add half of the pepper mixture and half of the Parmesan cheese. Repeat using the remaining pasta, peppers and cheese.

Makes 2 servings

Fat: 10 grams per serving

Fruit/Vegetable Servings: 3 per serving

Grain Servings: 2 per serving

Recipe from *Stealth Health* by Evelyn Tribole

## Sesame-Spinach Salad

**1 tablespoon toasted sesame seeds plus 2 teaspoons, (divided)**  
**1/3 cup rice vinegar**  
**2 teaspoons honey**  
**2 teaspoons soy sauce (reduced-sodium, if possible)**  
**1/2 teaspoon toasted sesame oil**  
**dash cayenne pepper**  
**8 cups spinach or mixed greens, torn into bite-size pieces**  
**1 to 2 medium cucumbers, peeled and thinly sliced**  
**2 to 3 medium tomatoes, cut into wedges**  
**1/3 cup green onions, sliced for garnish**  
**2 tablespoons mint leaves, minced**

1. Pre-prep: Toast sesame seeds; rinse spinach or greens, dry and tear into bite-size pieces; peel and slice cucumbers; cut tomatoes; slice onions; and mince the mint.
2. To make the dressing: mix 1 tablespoon sesame seeds, vinegar, honey, soy sauce, sesame oil and cayenne in a small bowl.
3. In a large bowl, toss salad greens, cucumbers and tomatoes with the dressing. Garnish with green onions, remaining sesame seeds and mint. (Note: When combining this salad with Asian Noodle Salad, reserve garnish until after both salads are placed on salad plates).

Makes 4 servings

Fat: 2 grams per serving

Fruit/Vegetable Servings: 4 per serving

Recipe from *The Phytopia Cookbook*  
by Barbara Gollman and Kim

## Asian Noodles on Sesame-Spinach Salad

### Salad:

**2 cups snow peas, halved lengthwise**

**8 ounces soba (buckwheat) or udon (wheat) noodles**

**1 large red bell pepper, cut in thin strips, about 2x1/4 inches**

**1 medium carrot, grated**

**Spicy Tahini-Ginger dressing (below)**

**Sesame Spinach Salad (recipe on pg. 19)**

### Spicy Tahini-Ginger Dressing:

**1 tablespoon sesame tahini paste**

**1/3 cup water**

**3 tablespoons rice vinegar**

**3 tablespoons soy sauce (reduced-sodium, if possible)**

**2 tablespoons fresh ginger, grated**

**3 cloves garlic**

**1 tablespoon honey**

**1 teaspoon Asian chile sauce**

**salt to taste**

1. Pre-prep: Make dressing; cut snow peas and bell pepper; grate the carrot.
2. To make the salad dressing: Place all ingredients in a blender or small food processor and blend until smooth.
3. Drop the cut snow peas into a pot of boiling water; when water returns to a boil, cook for 1-2 minutes. Lift the snow peas out with a slotted spoon and quickly plunge into ice water; drain well and set aside. Meanwhile, keep the water boiling for the noodles.
4. Break noodles in half; add to boiling water. When water returns to a boil, cook 5 minutes, or just until al dente. Drain and rinse with cool water.
5. Combine cooked noodles, snow peas, red pepper and carrot in a large serving bowl; add the dressing and stir gently. Chill at least 30 minutes. (Note: This can be done 1-2 days in advance and refrigerated until ready to use).
6. Prepare Sesame-Spinach Salad. At serving time, divide spinach salad among 4 plates. Top with Asian Noodle Salad. Add garnishes

Makes 4 servings

Fat: 4 grams per serving (both salads)

Fruit/Vegetable Servings: 5.5 per serving (both salads)

Grain Servings: 2 servings per serving

Recipe from *The Phytopia Cookbook*  
by Barbara Gollman and Kim Pierce

## Asparagus Guacamole

**4 cups (1 pound) fresh asparagus, cut and trimmed, or 4 cups (two 10-ounce packages) frozen, cut asparagus**  
**1 small garlic clove, minced**  
**2 teaspoons lime juice**  
**1/4 cup canned green chilies, chopped**  
**1/2 teaspoon salt**  
**1/2 teaspoon cumin**  
**2 tablespoons onion, finely chopped**  
**1/2 cup tomato, seeded and chopped**

Cook asparagus in small amount of water until tender. Drain well and cool thor-

oughly. In a food processor or blender, process asparagus, garlic, lime juice, green chilies, salt and cumin until the mixture is smooth (about 30 seconds). Scrape the bowl frequently. Remove the mixture from the food processor bowl and stir in the onion and tomato. Chill thoroughly before serving with baked tortilla chips or cut vegetables.

Makes 2 cups

Fat: 0 grams per serving

Fruit/Vegetable Servings: 1 per 1/4 cup of guacamole

Recipe from *Low Fat, No Fat Cooking Magazine*, May, 1999 issue