

Low Fat 5-a-Day Appetizers



5-A-Day Appetizer Recipes all low in fat, help you meet your target of 5 portions of fruit and vegetables a day.

Onion and Peppers

This is an official five a Day Recipe, and provides five people with more than one serving of fruits/vegetables each. Vegetables are onions, red bell pepper and jalapeno. Pineapple fruit accents this dish tastefully.

1/2 cup sweet onion, chopped
1/2 cup red bell pepper
1 tablespoon chopped jalapeno pepper
2 cups diced pineapple
1 tablespoon chopped fresh cilantro
1 tablespoon fresh lime juice

In a medium bowl, combine all ingredients, stirring until blended. Recipe serves five.

Nutrition information per serving:

Calories: 41; Fat: 0g; Calories from Fat: 7 percent; Cholesterol: 0mg; Fiber: 1g; Sodium: 2mg

Chickpea Dip with Vegetables

This is an official 5 A Day recipe, providing six people with one and a half servings of vegetables each. This healthy dip serves well with pita bread and is great for a summer picnic or other party.

1 12.5-oz. can chickpeas, drained and rinsed well
2 tablespoons fresh lemon juice
3 drops hot pepper sauce
2 cucumbers, peeled, seeded and diced
1/4 red onion, diced
1 cup plain low fat yogurt (equivalent to one 8 oz. container of yogurt)
1/2 tablespoon olive oil
1 carrot, grated
2 Roma tomatoes, finely chopped

Blend chickpeas, yogurt, lemon juice, olive oil, and hot sauce in a blender until smooth. Transfer dip to a shallow serving bowl, and pile the colorful vegetables on top, leaving an outer rim of dip in view. Serve with pita bread or toasted wheat bread triangles. Recipe serves six.

Nutrition information per serving:

Calories: 157; Fat: 4g; Cholesterol: 2mg; Fiber: 5g; Sodium: 42mg

Fabulous 5-Layer Dip

This is an official 5 A Day recipe and provides four people with one and a half servings of vegetables each.

- 1 can of (16-oz) non-fat refried beans
- 1-1/2 cup non-fat sour cream
- 8 diced plum tomatoes
- 2 mashed avocados sprinkled with lime juice
- 3 tablespoons drained, chopped mild green chile peppers

Using a 13x9x2 glass-baking dish or pan, layer the ingredients in order from beans to tomatoes. Dig in with baked tortilla chips. Recipe makes four servings.

Onion Caviar

This is an official 5-A-Day recipe, and provides six people with more than one serving of vegetables each.

- 1 cup diced onions
- 1 small can diced pimento
- 1/2 cup green onion
- 1/4 cup fresh jalapeno, chopped (optional)
- 8 ounces black eye peas
- 1 cup bell peppers, diced
- 1 ounce fresh garlic, chopped
- 1/4 cup Italian dressing
- Salt and black pepper to taste

Combine all items. Let marinate overnight for best flavor. Serve as a side dish or as an appetizer with low fat crackers. Recipe serves six.

Nutrition information per serving:

Calories: 198; Fat: 5g; Calories from fat 25-percent; Cholesterol: 0mg; Carbohydrates: 26.9g; Fiber: 11g; Sodium: 87mg

Onion Dip

This is an official 5-A-Day recipe and provides four people with one serving of vegetables each.

1 cup of low fat cottage cheese
1/4 cup finely chopped scallions
2 teaspoons lemon juice

Combine cottage cheese and lemon juice and blend in the blender. Add scallions, and stir. For dipping, provide each person with 1/2 cup of blanched vegetables. Recipe serves four. Recipe serves four.

Peach and Strawberry Salsa

This is an official 5-A-Day recipe (dip only) and provides four people with more than one 5-A-Day serving each.

1 cup diced, drained peaches
1 cup diced fresh strawberries
1/4 cup chopped red onion
1/4 cup jicama*
Squeeze of lime juice

Combine peaches and strawberries. Add onion, jicama* and a squeeze of lime juice. Serve with jicama* sticks as dippers. Recipe serves four.

Note: Jicama (pronounced hee' kah mah) is a large, bulbous root vegetable with a thin brown skin and white, crunchy flesh. The flesh is sweet and nutty.

Spinach and Crab Dip

This recipe provides four people with more than one 5-A-Day serving each.

2 (10 ounce) packages of frozen, chopped spinach
1 cup non-fat sour cream
1 cup non-fat mayonnaise
1 tablespoon dried onion soup mix
4 ounces flaked crab meat or imitation crab meat

Thaw and pat spinach dry. Stir together spinach with remaining ingredients. Cover and refrigerate for at least an hour before serving with wedges of French bread or sweet Hawaiian bread. Recipe serves four.

Five-Fruit Salad

Fresh Mint provides a refreshing flavor and cool taste to assorted fresh fruit in this Five-Fruit Salad.

1 cup seedless grapes
1/2 cup peeled, chopped orange segments
1/2 cup chopped cantaloupe
1/2 cup banana
1/2 cup chopped pineapple
1/4 cup orange juice concentrate, thawed
1 teaspoon freshly squeezed lime juice or to taste
2 teaspoon minced mint
1/4 teaspoon grated lime zest

In a large bowl, combine all ingredients, tossing gently to coat.

Nutrition Information

Recipe makes 4 servings

Serving size: 1 serving

Calories: 112; Carbohydrates: 28g; Protein: 1g; Fat: 1g; Cholesterol: 0g; Fiber: 2g; Sodium: 4mg



*Fresh mint lends
refreshing flavor &
cool taste to
assorted fresh fruit.*