

“Produce” Snacks

...Search for ideas

...Explore grocery stores, farmers markets, or grow your own fruits and veggies

...Create combinations

...Taste and adapt

...START A HEALTHY TREND of “Produce Snacks”

The following are “starter” suggestions. For more information, resources and links, go to www.ctahr.hawaii.edu/NEW



WATER - The Basic Nutrient



Chilled bottled water
Chilled lemon water
Chilled lime water
Frozen water “iced cakes”



FRUITS - Chilled fresh, frozen, canned, dried, whole, peeled, sliced, cubed fruit cocktail



Acerola
Apple
Apricot
Banana
Orange
Papaya
Peach
Plum

Persimmon
Pineapple
Pommelo (jabon)
Starfruit (5 finger; carambola)
Surinam cherry
Tangerine
Watermelon

Honeydew melon
Cantaloupe
Kiwi
Lychee
Mango
Cherimoya
Grapefruit
Grape

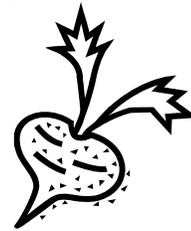
*continued... **FRUITS** - Chilled fresh, frozen, canned, dried,
whole, peeled, sliced, cubed fruit cocktail*



- Dried fruit and cereal (example: toasted oats and dried cranberries/cherries, raisins)
- Frozen fruit pieces or frozen whole fruit (examples: drain canned fruit, lay on tray, freeze; peel oranges, freeze whole; peel bananas, dip in orange juice, freeze whole)
- “Bottled/canned/boxed” 100% fruit juices
- 100% juice “iced cakes” (example: 1 can 100% frozen juice concentrate with 1 1/2 - 2 cans water: freeze in small paper cups)
- Fruit “sandwiches”: bread/rolls/peanut butter/sliced fruits; cinnamon optional
- Bananas, mangoes, papayas and other fruits marinated in:
 - 1) skim milk and coconut flavoring
 - 2) orange juice and almond flavoring
 - 3) pineapple juice and coconut flavoring
 - 4) evaporated skim milk and almond flavoring
- Any of the above with: flavored yogurts, piña colada sauce (see recipe section)

VEGETABLES - Chilled fresh, frozen, canned,
whole, peeled, sliced, cubed

- Cabbage slaws with fruit
- Vegetable sticks with dips (see recipe section)
- Pumpkin chunks
- Somen salads
- Pasta salads (you may use local ethnic pastas like saimin, somen, pancit, etc.)
- Tomato salsa (see recipe section) with vegetable chunks
- Potato chunks with dips
- Peanut butter rolled in manoa lettuce leaves
- Tomatoes, green onions and round onions, lomi-lomi style



COMBINATIONS

- Sweet bread tuna sandwiches, 1% or skim chocolate milk, banana or apple
- Hard pretzels and fruit
- Soft pretzels (see recipe section) and fruit
- Peanut butter sandwiches and fruit
- Popcorn and fruit
- Animal crackers and fruit
- Trail mix (see recipe section) and fruit
- Baked chips, salsa and fruit
- Small boxed cereal (with or without milk) and fruit
- Pudding and fruit
- Flavored gelatins and fruit
- Yogurt and fruit (see recipe section)
- Tortilla chips and fruit salsas
- Cookies and fruit

Soft Pretzel

Number of servings: 4

Ingredients:

- | | |
|--|---------------|
| 1 tablespoon active dry yeast | extra flour |
| ½ cup lukewarm water | wax paper |
| ½ teaspoon salt | cooking spray |
| 1 1/3 cups flour (unbleached or bread) | 1 egg |
| 1 teaspoon pancake syrup | |



Directions:

1. PREHEAT oven to 400° F.
2. In a medium bowl, DISSOLVE yeast in lukewarm water. Let sit for 3-5 minutes or until bubbles form.
3. In a small bowl, thoroughly MIX salt and flour together.
4. ADD pancake syrup and salt and flour mixture to yeast. MIX to form dough.
5. PLACE some extra flour on a large piece of wax paper and on top of dough.
6. KNEAD dough on wax paper for about 5-8 minutes (until dough becomes elastic). Use just enough flour so dough doesn't stick to hands.
7. DIVIDE dough into 4 pieces.
8. ROLL dough into pretzel shape or to the shape of your choice.
9. SPRAY sheet pan with cooking spray.
10. PLACE pretzel-shaped dough onto pan.
11. In a small bowl, BEAT egg.
12. BRUSH beaten egg on pretzels.
13. BAKE for 10-15 minutes.

Apple Turnover

Yield: 16 pieces

Ingredients:

- 2 large apples (red OR green)
- 1 (8-ounce) package refrigerated crescent rolls
- 1 teaspoon cinnamon
- 2 tablespoons sugar
- 1-2 tablespoons butter
- Cooking spray

Directions:

1. PREHEAT oven to 400° F.
2. PEEL apples. REMOVE center with seeds and SLICE each apple into 8 pieces.
3. SEPARATE crescent rolls and CUT each triangle in half lengthwise, making a total of 16 triangles.
4. In a small bowl, MIX cinnamon and sugar together.
5. In a small pot, MELT butter. SPREAD butter all over the top of each triangle.
6. SPRINKLE each crescent roll lightly with the cinnamon/sugar mixture.
7. PLACE 1 apple wedge on the large end of each crescent roll triangle.
8. ROLL crescent roll up to form a turnover. REPEAT for remaining pieces.
9. SPRAY a cookie sheet with cooking spray.
10. PLACE turnovers on greased cookie sheet with the point of triangle tucked under.
11. BAKE for 10-12 minutes or until golden brown.
12. REMOVE from cookie sheet and COOL.

Variations:

Other fruits may be used as a filling.

Vegetable Namul

Number of servings: 4

Ingredients:

- 1 clove garlic
- 1 medium carrot
- 1 bunch watercress
- 1 ½ cups water
- 1 teaspoon sesame oil
- ¼ teaspoon sugar
- 3 tablespoons less sodium soy sauce
- Optional: 1/8 teaspoon cayenne pepper OR red pepper
- 1 teaspoon sesame seed



Directions:

1. MINCE garlic.
2. GRATE carrot.
3. RINSE watercress well. REMOVE undesirable leaves and tough stems, and CUT into 1 inch lengths.
4. BOIL 1 ½ cups of water.
5. PLACE watercress in boiling water for 3 minutes.
6. DRAIN thoroughly.
7. In a large bowl, ADD garlic, sesame oil, sugar, and soy sauce. MIX well.
8. ADD carrots and watercress. MIX well.
9. Optional: ADD cayenne pepper or finely chopped red pepper, and sesame seeds.
10. COVER and REFRIGERATE until ready to serve.

Variations:

In place of watercress, use 1 package bean sprouts, 1 package chop suey mix, or cabbage.

Salsa

Yield: about 4 cups

Ingredients:

- ½ -3/4 pound tomatoes OR 1 (28-ounce) can whole tomatoes
- ½ small round onion
- 2 tablespoons Chinese parsley
- 1 piece chili pepper
- 1 teaspoon lemon OR lime juice



Directions:

1. DICE tomatoes, onions, and parsley.
2. MINCE chili pepper.
3. In a medium bowl, COMBINE tomatoes, onion, Chinese parsley, chili pepper and lemon or lime juice.
4. COVER and REFRIGERATE until ready to SERVE.

Variations:

Canned stewed tomatoes may be used instead of whole tomatoes.

Trail Mix

Yield: 4 cups

Ingredients:

- 2 cups circle shaped cereal
- 2 cups square shaped cereal (rice, wheat, corn — one OR more combined)

Directions:

1. In a large bowl, MIX circle shaped cereal and square shaped cereal.
2. STORE in airtight container.

Variations:

For breakfast, add milk and fresh fruits.
Eat cereals with 100% fruit juice.
Use a mixture of any 2 or more cereals.
Add pretzels, nuts, and/or dried fruit.

Piña Colada Sauce

Yield: about 3 ½ cups

Ingredients:

- 3 (6-ounce) containers lowfat or fat free vanilla yogurt
- 1 (12-fluid ounce) can frozen 100% pineapple juice concentrate
- Coconut extract flavoring to taste

Directions:

1. In a small bowl, MIX ingredients well.
2. COVER and REFRIGERATE. SERVE with sliced fruit OR vegetable sticks.

Creamy Fruit / Vegetable Salad

Number of servings: 6

Ingredients:

- 3 cups fresh, frozen, canned OR dried fruit OR
- 3 cups fresh OR frozen vegetables
- 1 (6-ounce) container flavored lowfat or fat free yogurt

Directions:

1. Depending on fresh, frozen, OR canned fruit OR vegetables used:
CHOP fresh ingredients OR
THAW frozen ingredients OR
DRAIN canned ingredients.
2. In a large bowl, MIX all ingredients together.
COVER and REFRIGERATE until ready to SERVE.



Variations:

Examples of fruit: pineapple, orange, banana, papaya, mango, apple, or raisins.
Examples of vegetables: frozen vegetable combinations, fresh cabbage, carrots, broccoli, cauliflower, green beans, and/or zucchini.
Chopped nuts may be added.

Thousand Island Dressing

Yield: approximately 1 cup

Ingredients:

- 1 (6-ounce) container lowfat or fat free vanilla yogurt
- ¼ cup ketchup
- ¼ cup pickle relish
- ¼ teaspoon pepper

Directions:

1. In a small bowl, MIX yogurt, ketchup, pickle relish, and pepper.
2. CHILL for 1-2 hours before serving.

Variations:

Use as a dressing or dip for vegetables and salads in place of mayonnaise.