“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

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

**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, thorougly 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  
- 1/4 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 - ¾ 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.

### Creamy Fruit / Vegetable Salad

**Number of servings:** 6  
**Ingredients:**  
- 3 cups fresh, frozen, canned OR dried fruit  
- 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.

### 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.

### 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.