

# **Fruit & Veggie Starting Guide**

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## **Fruits**

### **1. Bananas**

- How-to Prepare: Peel & Eat
- Pairings:
  - Enjoy Plain for a Sweet Snack
  - Peanut Butter, Almond Butter, Cashew Butter, or Sun Butter
  - Toast Toppers:
    - Nut Butter + Banana
    - Hazelnut Spread + Banana
    - Butter/Cinnamon Sugar + Banana
  - Slice over Oatmeal, Greek Yogurt, Granola, or Cold Cereal
- Recipe: Healthy Banana Bread:
  - <https://cookieandkate.com/healthy-banana-bread-recipe/>

### **2. Blueberries**

- How-to Prepare: Wash Immediately before Eating
- Pairings:
  - Enjoy Plain for a Sweet Snack
  - Oatmeal, Greek Yogurt, Granola, or Cold Cereal
  - Toss into Salads for a Sweet Addition
  - Cook into Breads, Rolls, Muffins, Pancakes, or Waffles
  - Simmer & Reduce into a Sauce, Syrup, or Compote
  - Use Frozen Berries in Smoothies
- Recipe: Grilled Chicken Salad with Blueberry Vinaigrette
  - <https://www.tasteofhome.com/recipes/grilled-chicken-salad-with-blueberry-vinaigrette/>
- Recipe: Blueberry Chicken Salad Wraps
  - <https://www.farmflavor.com/recipe/type/entrees/blueberry-chicken-salad-wraps/>

### **3. Citrus:**

- Varieties: Oranges, Clementines, Grapefruit, Lemon, Limes
- How-to Prepare:
  - Wash, Peel, & Segment before Eating
  - Lemon/Lime: Use for Fresh Juice, Zesting, and/or Garnishing

- Pairings:
  - Enjoy Plain for a Sweet Snack
  - Vanilla Greek Yogurt
  - Toss into Salads for a Sweet Addition
  - Use Juice in Salad Dressings or Marinades
  - Try a Sweet & Spicy Salsa Recipe
  - Brighten Any Savory Dish with a Splash of Fresh Lemon
- Recipe: Grapefruit-Avocado Salsa
  - <https://www.midwestliving.com/recipe/grapefruit-avocado-salsa/>
- Recipe: Citrus Vinaigrette
  - <https://www.bonappetit.com/recipe/citrus-vinaigrette>

#### 4. Strawberries

- How-to Prepare: Wash & Remove Green Hulls before Eating
- Pairings:
  - Enjoy Plain for a Sweet Snack
  - Oatmeal, Greek Yogurt, Granola, or Cold Cereal
  - Toss into Salads for a Sweet Addition
  - Cook into Breads, Rolls, Muffins, Pancakes, Waffles, or Cakes
  - Simmer & Reduce into a Sauce, Syrup, or Compote
  - Use Frozen Berries in Fruit Smoothies or Daquiris
- Recipe: Healthy Strawberry Oatmeal Bars
  - <https://www.wellplated.com/strawberry-oatmeal-bars/>
- Recipe: Summer Avocado Strawberry Spinach Salad
  - <https://www.ambitiouskitchen.com/strawberry-spinach-salad/>

#### 5. Pears:

- Varieties: Bartlett (Red & Green), D'Anjou (Red & Green), Bosc (Brown), Asian (Yellow-Brown)
- How-to Prepare:
  - Wash & Eat
  - Enjoy the Skin for Extra Fiber & Nutrients
- Pairings:
  - Enjoy Plain or Sprinkled with Cinnamon for a Sweet Snack
  - Core & Fill with Cinnamon and/or Nuts, Granola, Coconut, or Dried Fruits before Baking
  - Try Pear Crisp or Cobbler

- Toss into Salads for a Sweet Addition
- Recipe: Healthy Baked Pears
  - <https://runningonrealfood.com/healthy-baked-pears/>
- Recipe: Roasted Beet, Pear, & Walnut Salad
  - <https://www.loveandlemons.com/roasted-beet-salad/>

## Veggies

### 1. Carrots

- How-to Prepare:
  - Purchase Large, Whole Carrots for Optimal Flavor
  - Peel, Trim Ends, and Wash before Using
- Cooked vs Raw:
  - Raw Carrots are Common for Snacking, Salads, & Crudités Platters. Consider Nutritious Hummus or Yogurt-Based Dips or Dressings
  - Carrots are Often Cooked as an Aromatic Ingredient in Soups and Stews
    - Aromatics Provide Greater Depth of Flavor to the Recipe
    - Other Aromatics are: Celery, Onion, Garlic, & Bell Pepper
  - Roasting Carrots Brings out Natural Sweetness
    - Toss with a Small Amount of Oil and Seasonings of Choice
    - Roast at 400 degrees for 20-30 Minutes, Until Tender
- Recipe: Roasted Carrots, Three Ways
  - <https://cookieandkate.com/perfect-roasted-carrots-recipe/>
- Recipe: Greek Yogurt Ranch Dip for Raw Veggies
  - <https://www.wellplated.com/greek-yogurt-ranch-dip/>

### 2. Celery

- How-to Prepare:
  - Purchase Whole, Untrimmed Celery Stalks. Whole Stalks include more Flavorful Leaves
  - Trim Ends & Wash before Using
- Cooked vs Raw:
  - Raw Celery is Common for Snacking, Salads, & Crudités Platters
    - Consider Nutritious Hummus or Yogurt-Based Dips or Dressings
    - Pair Celery Sticks with Peanut Butter/Raisins or Cheese for Healthy Snacking

- Celery is Often Cooked as an Aromatic Ingredient in Soups and Stews
  - Aromatics Provide Greater Depth of Flavor to the Recipe
  - Other Aromatics are: Carrot, Onion, Garlic, & Bell Pepper
- Stir-Fry Celery into Skillet Recipes for a Crunchy Addition
- Recipe: Peanut Butter Snack Spread for Celery
  - <https://bunnyswarmoven.net/peanut-butter-snack-spread/>
- Recipe: Beef & Vegetable Stir Fry
  - <https://www.thekitchn.com/beef-and-vegetable-stir-fry-257219>

### 3. Broccoli

- How-to Prepare:
  - Purchase Whole Stalks or Broccoli Crowns
  - Trim Stalks & Wash Before Using
  - To Reduce Preparation, Purchase Frozen Broccoli Crowns
- Cooked vs Raw:
  - Raw Broccoli is Common for Snacking, Salads, Slaws, & Crudités Platters. Consider Nutritious Hummus or Yogurt-Based Dips or Dressings
  - Stir-Fry or Sauté Broccoli until just Crisp-Tender
  - Blanch Broccoli in Boiling Water, Uncovered, for ~3 Minutes, just until Crisp Tender
  - Roast or Grill over Indirect Heat. Avoid Overcooking for the Best Flavor
- Recipe: Parmesan Roasted Broccoli
  - <https://www.tasteofhome.com/recipes/parmesan-roasted-broccoli/>
- Recipe: Broccoli Slaw with Lemon Dressing
  - <https://www.tasteofhome.com/recipes/broccoli-slaw-with-lemon-dressing/>

### 4. Brussels Sprouts

- How-to Prepare:
  - Purchase Whole Sprouts
  - Trim Ends & Wash Before Using
- Cooked vs Raw:
  - Raw Brussels Sprouts can be Shaved or Thinly Sliced and Used in Salads or Slaws
  - Roasting Brussels Sprouts makes a Crunchy and Caramelized Side Dish

- Toss with a Small Amount of Oil and Seasonings of Choice
  - Roast at 400 degrees for ~30 Minutes, Until Tender
- Sauté Sprouts with Oil & Seasonings. Use Cast Iron for Optimal Results
- Recipe: Roasted Sprouts with Warm Mustard Dressing
  - <https://www.cookinglight.com/recipes/roasted-brussels-sprouts-with-mustard-dressing>
- Recipe: Brussels Sprouts Salad
  - <https://therealfoodrds.com/brussels-sprouts-salad/>

## 5. Cauliflower

- How-to Prepare:
  - Purchase Whole Heads or Pre-Trimmed Florets
  - Trim Greenery & Wash Before Using
- Cooked vs Raw:
  - Raw Cauliflower is Common for Snacking, Salads, & Crudités Platters. Consider Nutritious Hummus or Yogurt-Based Dips or Dressings
  - Because it has Mild Flavor, Cauliflower is a Common Vegetable in Spicier, Ethnic Cuisines, including many Indian and African Dishes
  - Roast or Grill over Indirect Heat to Caramelize
  - Sauté with Oil & Seasonings
  - Use Riced Cauliflower in place of White/Brown Rice
    - For Easier Preparation, Riced Cauliflower can be Purchased Frozen
  - Use Mashed Cauliflower in place of Mashed Potatoes
    - Season with Butter and/or Other Seasonings of Choice
  - Cauliflower Crust is a Popular Alternative to Wheat-Based Pizza Crust. Many Frozen Options are Available
- Recipe: Creamy Cauliflower Curry
  - <https://feelgoodfoodie.net/recipe/cauliflower-sweet-potato-chickpea-curry/>
- Recipe: Roasted Cauliflower
  - <https://healthyrecipesblogs.com/roasted-cauliflower-recipe/>
- Recipe: Cauliflower Mash
  - <https://www.skinnytaste.com/creamy-cauliflower-puree/>