



## Workplace Friendly Local Fruits and Vegetables

*Can't eat all the fruits and veggies growing in your garden or want to share local produce with others at work? Here are some suggestions for easy prep fruits and vegetable to make available to others at work!*

- **Cut Up Yellow/Green Zucchini and Kohlrabi with Low-Fat Dressing** (See Carrot Tuna Dip Recipe Below)
- **Raw Green Beans, Red/Yellow Peppers or Cucumbers**
- **Cut Up Watermelon/Honeydew/Cantaloupe, Blueberries, Peaches, Plums Pears, or Apples. Try a Melon Taste Test with Various Kinds!**
- **Sample Different Varieties of Tomatoes (Heirloom, Cherry, Plum, Etc) and have a Taste Test**

- **Carrot Tuna Vegetable Dip**

Preparation time: 30 minutes or less

Servings: 4 ½ cup.

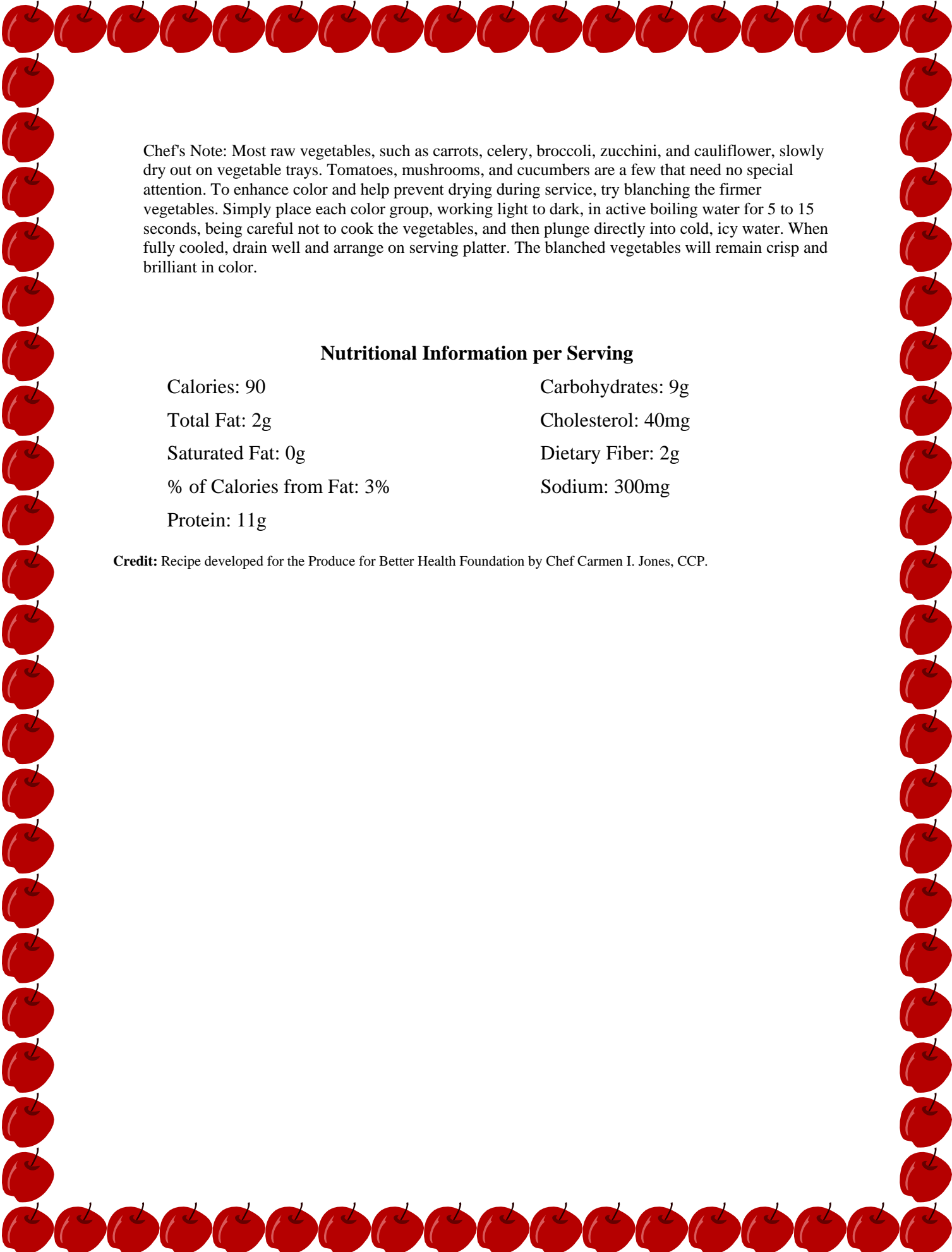
*Keep It Chilled!*

**Ingredients:**

- 1 celery stalk, chopped
- ½ cup chopped carrots
- 7 oz. can water-packed tuna, drained
- ¼ cup nonfat mayonnaise or creamy-style salad dressing
- 2 tsps. prepared horseradish
- 1/8 tsp. salt
- 1/8 tsp. black pepper
- ¼ tsp. hot pepper sauce
- 2 tsps. basil, crushed if dried, chopped if fresh
- 1 large egg, hard-boiled and chopped

**Directions:**

1. To prepare dip: place chopped celery and carrots in blender container and, using the pulse setting, chop until very fine.
2. Add drained tuna, mayonnaise, horseradish, salt and pepper, and hot pepper sauce and blend on MEDIUM and then HIGH speed until smooth. Stop blender and scrape sides if needed. Remove to serving bowl and stir in basil and chopped hard-boiled egg. Adjust seasonings if desired. Chill for 15 minutes and serve. **(Continued...)**



Chef's Note: Most raw vegetables, such as carrots, celery, broccoli, zucchini, and cauliflower, slowly dry out on vegetable trays. Tomatoes, mushrooms, and cucumbers are a few that need no special attention. To enhance color and help prevent drying during service, try blanching the firmer vegetables. Simply place each color group, working light to dark, in active boiling water for 5 to 15 seconds, being careful not to cook the vegetables, and then plunge directly into cold, icy water. When fully cooled, drain well and arrange on serving platter. The blanched vegetables will remain crisp and brilliant in color.

### **Nutritional Information per Serving**

Calories: 90

Total Fat: 2g

Saturated Fat: 0g

% of Calories from Fat: 3%

Protein: 11g

Carbohydrates: 9g

Cholesterol: 40mg

Dietary Fiber: 2g

Sodium: 300mg

**Credit:** Recipe developed for the Produce for Better Health Foundation by Chef Carmen I. Jones, CCP.