

Northern Fruit and Vegetable Program Recipes

The Northern Fruit and Vegetable program is a great way for kids to try a variety of fruits and vegetables. Try these healthy recipes to further encourage fruit and vegetable consumption as well as use up the leftover fruits and vegetables to reduce food waste! You can also try making these recipes with the students as an additional learning opportunity!

Apples

- [Ontario Apple Oatmeal Crisp](#)
- [Apple Blueberry Smoothie](#)

Apple Sauce

- [Apple Cranberry Muffins](#)
- [Soft Oatmeal Raisin Delights](#)

Blueberries

- [Oatcakes with Blueberry Sauce](#)
- [Golden Blueberry Pancakes](#)

Broccoli

- [Penne with Broccoli and Tomatoes](#)
- [Easy Bake Cheese Stratas](#)

Cantaloupe

- [Strawberry Cantaloupe Smoothie](#)
- [Sweet and Salty Salsa with Feta](#)

Carrots

- [Parmesan Carrot Fries](#)
- [Carrot Potato Pancakes](#)

Celery

- [Lunch Time Pasta Salad](#)
- [Chicken and Barley Soup](#)

Clementines

- [Simple Fruit Salad](#)

Cucumbers

- [Chunky Cucumber and Tomato Gazpacho Pasta Salad](#)
- [Potato, Cucumber and Dill Salad](#)

Grape Tomatoes

- [Yummy Greek Salad](#)
- [Pasta with Roast Tomato Sauce](#)

Honeydew Melon

- [Avocado Melon Breakfast Smoothie](#)
- [Honeydew Lime Flavoured Water](#)

Pears

- [Baked Cinnamon Pears with Oat Topping](#)
- [Parsnips with Pears and Wild Rice](#)

Peppers

- [Fridge Harvest Frittata](#)
- [Jambalaya Lentil & Orzo Skillet](#)

Pineapple

- [French Toast Sticks with Pineapple Orange Topping](#)
- [Fruidelicious and Dip](#)