

# FUN FOOD NEWS

## FARMERS' MARKETS FOR FRESH FRUITS & VEGGIES ON A BUDGET.

There is a way to get your kids to enjoy fruits and veggies! Turn it into an activity while shopping at your local farmers' market.

Ask your kids to help pick out colorful fruits and veggies of different shapes and sizes. They can have fun searching the bins for ones they've never tried before. Getting them involved will help spark their interest to try healthy foods.

The fruits and veggies at farmers' markets are always fresh, in season and packed with vitamins and minerals. No matter which ones you choose, it's a healthy and affordable choice for your family.

## DON'T FORGET THESE ITEMS WHEN YOU GO TO THE FARMERS' MARKET:

Bags with handles	Cash in small bills
EBT cards	Water
WIC Cash Value Vouchers	Sunscreen

## WHEN YOU GET THERE:

Find crisp, ripe fruits and veggies  
 Look for brightly colored fruits and veggies  
 Ask your kids to pick one new fruit and veggie to try  
 Talk to the farmer about how to prepare them

## ITALIAN VEGETABLE CASSEROLE

### INGREDIENTS

1 zucchini, sliced  
 1 yellow squash, sliced  
 ½ red bell pepper, chopped

2 tomatoes, chopped  
 ¼ cup fat-free Italian dressing  
 2 cups cooked brown rice  
 ¼ cup Parmesan cheese, grated

### DIRECTIONS

1. Wash hands with warm water and soap.
2. Mix vegetables and dressing together.
3. Place 4 tablespoons of water and mixed vegetables into microwave steamer and cover (use less water for crisper vegetables).
4. Place steamer into the microwave and cook on high 8-10 minutes. (If using a stovetop pot steamer basket, place one cup water in the bottom of pot, insert steamer basket, add the mixed vegetables. When steam begins, cover and cook on medium to low heat for about 8-10 minutes, stirring every 2 to 3 minutes, or until tender, but still firm (cooking time may vary depending on method of steaming). Check level of water periodically for stovetop steaming.)
5. Serve vegetables over rice and top with Parmesan cheese.

For more free recipes, visit [EatWellBeWell.org](http://EatWellBeWell.org) or call 1-800-695-3335.

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### MAKES 4 SERVINGS

1 CUP OF VEGETABLES  
 AND ¼ CUP OF RICE EACH

### NUTRITION FACTS

per serving	
calories	181
carbohydrates	30 gm
protein	6 gm
total fat	3.8 gm
saturated fat	1.7 gm
trans fat	0 gm
cholesterol	10 mg
fiber	3 gm
sodium	268 mg
calcium	133 mg
folate	27 mcg
iron	1 mg
total sugars	4.8 gm
calories from fat	19 %

## APPLE BROCCOLI SALAD

### INGREDIENTS

3 apples  
 3 cups fresh raw broccoli, chopped  
 ¼ cup pecans, chopped  
 1 Tablespoon red onion, chopped

½ cup raisins  
 ½ cup nonfat yogurt, vanilla flavored  
 Lettuce (optional)

### DIRECTIONS

1. Wash hands with warm water and soap.
2. Chop the apple and remove the seeds.
3. Mix all ingredients together.
4. Serve on lettuce.

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### MAKES 6 SERVINGS

### NUTRITION FACTS

per serving	
calories	96
carbohydrates	13 gm
protein	3 gm
total fat	4 gm
saturated fat	0 gm
trans fat	0 gm
cholesterol	0 mg
fiber	4 gm
sodium	27 mg
calcium	70 mg
folate	31 mcg
iron	1 mg
total sugars	18.5 gm
calories from fat	31 %

## HAVASUPAI SQUASH BLOSSOM PUDDING

### INGREDIENTS

3 ears of white or yellow corn  
 2-3 cups squash blossoms (seasonal; may only be found at farmers' markets, if not home grown; pumpkin blossoms can be used)

Salt to taste

### DIRECTIONS

1. Wash hands with warm water and soap.
2. Cut corn kernels from the cob and cook in water to cover, over medium heat for 30 minutes. Drain.
3. Wash blossoms and remove stem.
4. Boil blossoms until tender. Drain.
5. Mash blossoms into a pulp. Add mashed blossoms to corn and cook until thick.
6. Season with salt to taste.

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### MAKES 4 SERVINGS

### NUTRITION FACTS

per serving	
calories	71.2
carbohydrates	14.3 gm
protein	3.3 gm
total fat	1.9 gm
saturated fat	0 gm
trans fat	0 gm
cholesterol	0 mg
fiber	1.7 gm
sodium	73.9 mg
calcium	9.7 mg
folate	14.9 mcg
iron	0.44 mg
total sugars	3.8 g
calories from fat	19.5 %

## GET YOUR FAMILY TO LIKE FRUITS & VEGETABLES: THE EASIEST WAY TO TRY A NEW FRUIT OR VEGETABLE IS TO MAKE IT FUN!

Below are some creative ways to get your family to eat fruits and veggies. Ask your kids to check off each box after you try it!

- Have a "build your own pizza or burrito family night." Use a variety of toppings or fillings including bell peppers, pineapple cubes, spinach, zucchini, broccoli, onions, tomatoes or any other fruit and veggies that you like.
- Encourage your kids to place different fruit and veggies slices on bread or lettuce leaves to create animal, bug, and flower shapes, and then gobble them up.
- Take the family to a farmers' market and pick out a new fruit or vegetable. There are so many different colors, shapes and sizes to choose from.

As you check off each box, list the new fruits and veggies that you've tried because of these ideas.

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## GET MORE BANG FOR YOUR BUCK WITH FRUITS & VEGGIES ...

## TODAY AND EVERY DAY!

With prices on the rise, it's always important to watch your budget.

One great way to get more for your money is by including fruits and vegetables in your family meals and snacks. Fruits and veggies are not only full of vitamins and minerals, they may help you feel

full faster and delay hunger longer. Here are some ways to get the most "bang" for your buck:

- Compare the prices of different sizes and varieties to get the best value.
- Plan ahead and take fruit and veggie snacks with you. It's healthy, affordable and convenient.

### KID'S TIPS

- Keep fruits and veggies ready to eat in the refrigerator for snacks. Ask your kids to help you prepare them ahead of time.
- Ask your kids to select a new fruit or vegetable for the family to try while at the farmers market.



To find a farmers' market near you and for more free recipes, go to [EatWellBeWell.org](http://EatWellBeWell.org) or call 1-800-695-3335.

## FREE RECIPES INSIDE!

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