

Fruits & Veggies

Fun Food News!



Check inside for:

- USDA's New MyPlate
- Healthy Recipes
- Info on Farmers' Markets

For more healthy tips and free recipes, call 1-800-695-3335 or visit EatWellBeWell.org.



This material was federally funded by USDA's Supplemental Nutrition Assistance Program through the Arizona Nutrition Network. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. Fruits & Veggies - More Matters and the Fruits & Veggies - More Matters logo are trademarks and service marks of Produce for Better Health Foundation and may not be reproduced without prior written consent from Produce for Better Health Foundation. A1-NN-9/11.



tips

From Rosie and Grace

Farmers' Market Tips

- Before you go, be sure to check what produce is in season to help you prepare your shopping list.
- Buy only the fruits and vegetables you need for one week to prevent spoilage and save money.
- If you buy extras, be sure to cook and freeze them quickly for use in your favorite recipes.
- Pack washed and sliced vegetables in little baggies for on-the-go snacks right when you get home.
- Put whole fruit in a bowl on the kitchen counter for quick snack options.



Baja Bean Dip

Ingredients

- | | |
|---|---|
| 2 cans (15 oz. each) low sodium tomatoes, drained and chopped | 1 can (15 oz.) low sodium corn, drained |
| 1 can (15 oz.) low sodium, fat free refried beans | 2 Tablespoons chili powder |
| | 2 cups low fat shredded cheddar cheese |

Directions

1. Wash hands with warm water and soap.
2. Preheat oven to 350° F.
3. In a skillet, combine 1 cup tomatoes, refried beans, ½ can of the corn, and chili powder. Cook over medium heat, stirring occasionally, until hot.
4. Spoon into 8x8-inch baking dish. Top with remaining corn and tomatoes and sprinkle with cheese.
5. Bake 5 to 10 minutes, or until cheese is melted.
6. Serve warm with tortilla chips.

Recipe courtesy of United States Department of Agriculture, Household Commodity Fact Sheet/Recipes - Delmonte.com

For more free recipes, visit EatWellBeWell.org or call 1-800-695-3335.



Makes 12 servings

Nutrition Facts

per serving	
calories	109
carbohydrates	15 gm
protein	8 gm
total fat	2 gm
saturated fat	0.86 gm
trans fat	0 gm
cholesterol	4 mg
fiber	3 gm
sodium	302 mg
calcium	104 mg
folate	3 mcg
iron	1 mg
total sugars	4 gm
calories from fat	15 %



Red & Yellow Bell Pepper Omelets

Ingredients

- | | |
|---|------------------------------------|
| 1 teaspoon olive oil | 3 egg whites |
| 1 large red bell pepper (green pepper can be used), seeded and thinly sliced | ½ teaspoon dried basil |
| 1 large yellow bell pepper (green pepper can be used), seeded and thinly sliced | ¼ teaspoon ground black pepper |
| | Nonstick cooking spray |
| | 2 teaspoons grated Parmesan cheese |

Directions

1. Wash hands with warm water and soap.
2. In large nonstick pan over medium heat, warm oil; add bell peppers and cook, stirring frequently for 4 to 5 minutes. Keep warm over low heat.
3. In a small bowl, lightly whisk together egg whites, basil, and ground black pepper.
4. Coat a nonstick pan with cooking spray. Warm over medium-high heat for 1 minute. Add half of egg mixture, swirl pan to coat the bottom. Cook for 30 seconds or until eggs are set.
5. Carefully loosen and flip. Cook for 1 minute or until firm.
6. Sprinkle half of the bell peppers over the eggs. Fold to enclose the filling. Transfer to a plate. Sprinkle with 1 teaspoon Parmesan cheese.
7. Repeat with the remaining egg mixture, peppers and cheese.

Recipe adapted from Network for a Healthy California

For more free recipes, visit EatWellBeWell.org or call 1-800-695-3335.



Makes 2 servings; 1 omelet per serving

Nutrition Facts

per serving	
calories	115
carbohydrates	12 gm
protein	10 gm
total fat	4 gm
saturated fat	0.89 gm
trans fat	0 gm
cholesterol	3 mg
fiber	3 gm
sodium	150 mg
calcium	59 mg
folate	65 mcg
iron	0.98 mg
total sugars	6 gm
calories from fat	28 %



Spinach Pasta

Ingredients

- | | |
|---|---|
| 6 ounces uncooked pasta (penne, spirals, or macaroni) | 1 medium bell pepper, seeded and cut into strips |
| ½ cup onion, peeled and sliced | 1 can (13 oz.) chopped spinach, well drained and chopped; or chop up other types of low sodium canned spinach |
| 1 clove garlic, finely chopped | 2 Tablespoons Parmesan cheese (optional) |
| ¾ teaspoon dried basil (optional) | |
| 1 Tablespoon vegetable or olive oil | |

Directions

1. Wash hands with warm water and soap.
2. Cook pasta according to package directions; drain.
3. In a skillet over medium heat, cook onion, and garlic in oil until onion is soft. If using basil, add that too. Add pepper strips; cook 3 minutes.
4. Stir in spinach; heat through.
5. Toss in the pasta. If using Parmesan cheese, add that too.
6. Serve immediately.

Recipe courtesy of United States Department of Agriculture, Household Commodity Fact Sheet/Recipes

For more free recipes, visit EatWellBeWell.org or call 1-800-695-3335.



Makes 4 servings

Nutrition Facts

per serving	
calories	248
carbohydrates	39 gm
protein	9 gm
total fat	6 gm
saturated fat	1 gm
trans fat	0 gm
cholesterol	5 mg
fiber	4 gm
sodium	125 mg
calcium	150 mg
folate	119 mcg
iron	3 mg
total sugars	3 gm
calories from fat	19 %



Ways to Create Positive Mealtime Attitudes With Your Kids

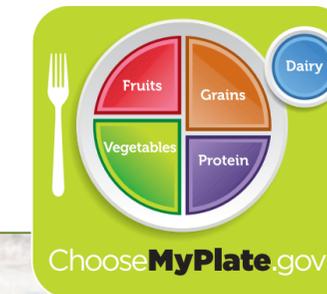
- Tell them about a mealtime tradition from your childhood and ask what they enjoy about mealtime.
- Set a healthy example by talking about all your favorite fruits and vegetables.
- Prepare a salad together and ask them to describe the colors, smells and textures of everything they are adding to it.
- Take them to a farmers' market and have them pick one new fruit or vegetable to try. Afterwards, ask what they enjoyed the most about the visit.
- Ask them where they think their favorite fruit or vegetable comes from and what they might enjoy planting in their own garden.
- Encourage them to suggest new fruits and vegetables for breakfast, lunch, dinner and snacks in order to get a "rainbow" of colors throughout the day.

Why Should You Eat Fruits and Vegetables?

- They are filled with nutrients to help you stay well and prevent illnesses like heart attack, stroke and some types of cancer.
- Fruits and vegetables have loads of fiber, vitamin C, vitamin A, calcium, iron and more.
- With fresh, canned and frozen, they are an easy and inexpensive way to stay healthy.

Eat More Fruits & Vegetables

- Fill half your plate with fruits and vegetables at each meal to help make sure you get enough fiber, vitamins and minerals each day.
- Eat vegetables and fruits as snacks; the fiber will help keep you satisfied between meals.
- Drink 100% vegetable and fruit juice.



Why You Should Shop at a Farmers' Market

- It can be fun for you and your kids! Think of every trip as a new outdoor adventure.
- It usually has entertainment too – live music, art exhibits, animals and produce samples.
- You will be supporting your local economy and farmers.
- The farmer can usually tell you how to cook fruits and vegetables that may be new to you.
- You'll be buying locally grown fruits and vegetables that are in season. This means they are fresher, which means less waste and money savings for you!



To find a farmers' market near you and for more tips and recipes, visit EatWellBeWell.org.