**Fruits & Veggies Bulletin**

**Check inside for:**
- USDA’s New MyPlate
- Healthy Recipe
- Info on farmers’ markets

**Easy Eggplant Stir-Fry**

**Ingredients:**
- 2 eggplants, peeled and cubed
- 1 zucchini, thinly sliced
- 1 cup green bell pepper, cut into strips
- 2 onions, sliced
- 3 Tablespoons Italian dressing, low fat
- 2 cups cherry tomatoes
- 2 cups brown rice, cooked

**Directions:**
1. Wash hands with warm water and soap. Wash fresh vegetables.
2. Place eggplant, zucchini, green bell pepper, onions and salad dressing into a skillet.
3. Cook until tender.
4. Stir in cherry tomatoes.
5. Cook for 3-5 minutes.

**Nutrition Facts**

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<th>Per Serving</th>
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<tbody>
<tr>
<td>Calories...</td>
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<tr>
<td>Carbohydrates</td>
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<td>Protein......</td>
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<td>Total Fat....</td>
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<td>Saturated Fat</td>
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<td>Fiber........</td>
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<td>Sodium.......</td>
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<td>Calories from Fat</td>
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Makes 4 servings

Recipe courtesy of Connecticut Food Policy Council

**Farmers’ Market Tips**

- Wear sunscreen, comfortable walking shoes and a hat.
- Bring a reusable bag if you have one.
- Ask the farmers questions about their products. They can tell you how to select, store and prepare them, and often have recipes to share.
- If you find something you love, you can buy extras and freeze or can it for later use.

**Farmers’ Market Facts**

- Fruits and vegetables purchased from farmers at farmers’ markets are in season, at their peak and at their freshest.
- Shopping at farmers’ markets puts money into your local economy and supports farmers and businesses in your community.
- Farmers’ markets are more than a place to shop. They are great places to get involved in your community, meet other people and enjoy entertainment. It is also a fun way to be physically active.

**Getting Started for Healthy Aging**

- It’s never too late to start eating more fruits and vegetables! They are filled with nutrients to help you stay healthy and reduce your age-related risks of chronic diseases for a better quality of life.
- Get your fill of fiber, vitamin C, vitamin A, calcium, iron and more! Fresh, canned, or frozen – it’s easy to get more!
- To find out what fruits and vegetables are in season in your area and to find a farmers’ market near you, visit EatWellBeWell.org to view or print a harvest calendar.

**Eat More Fruits and 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.
- Find ways to add more fruits and vegetables to your own recipes.
- Add grated zucchini, spinach or eggplant to spaghetti sauce or add some leafy greens to a favorite soup recipe.
- Try your recipe with someone whose company you enjoy.
- Garden and cook with fruits and vegetables. They are great hobbies and a fun way to stay connected with family, friends, and your community.

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

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