



FRUITS AND VEGETABLES CHALLENGE

Congratulations for taking the first step to improve your health by joining the Fruits and Vegetables Challenge! This newsletter has tips, recipes and resources to help you collect challenge points and enjoy more fruits and vegetables.

BROCCOLI BAKED POTATOES

Preparation Time: 1 hour, 30 minutes

Number of Servings: 6

Cups of Fruits/Vegetables per Person: 2

Ingredients:

- 6 medium baking potatoes
- 3 stalks broccoli
- 1/4 cup skim milk
- 1/8 tsp pepper
- 1 cup shredded light cheddar cheese

Directions: Scrub potatoes. Make shallow slits around the middle as if you were cutting the potatoes in half lengthwise. Bake at 350°F for 30–60 minutes until done, depending on size. Peel broccoli stems. Steam whole stalks just until tender and chop finely. Carefully slice the potatoes in half and scoop the insides into a bowl with the broccoli. Add milk, 3/4 cup cheese and pepper. Mash together until the mixture is pale green with dark green flecks. Heap into the potato jackets and sprinkle with remaining cheese. Return to oven to heat through (about 15 minutes).

Nutrition Information: Serving Size 1 potato, 210 Calories, Total Fat 2g, Dietary Fiber 5g, Sodium 140mg

FRUITY FROZEN TREATS

Preparation Time: 10 minutes, plus 3 hours freezing time

Number of Servings: 8

Cups of Fruits/Vegetables per Person: 1/2

Ingredients:

- 1 8-ounce container nonfat lemon yogurt
- 2 cups cubed, seedless watermelon
- 1 pint fresh strawberries, tops removed
- 1 medium banana, peeled and sliced

Supplies: 12-muffin tin with paper baking cups

Directions: Place yogurt and fruit in a blender. Cover tightly. Blend until smooth. Pour into muffin tin. Freeze until frozen solid, at least 2–3 hours. To serve, remove from freezer and let sit about 10 minutes. Peel paper cup off each treat and eat.

Nutrition Information: Serving Size 1 freeze, 70 Calories, Total Fat 0g, Dietary Fiber 2g, Sodium 20 mg

TIP OF THE WEEK

Try something new every time you eat!

- Explore new recipes that include fruits and vegetables, or get creative with your own. Add shredded carrots to casseroles, chili, lasagna, meatloaf or soup. Drop berries into hot or cold cereal, pancakes or yogurt. (You get the idea!)
- Be creative at breakfast by making fruit smoothies, egg and vegetable burritos, yogurt/fruit mixtures or by simply trying a new fruit on top of your favorite cereal.
- Use leftover vegetables for tomorrow's salad, or add them to a favorite can of soup. Yesterday's fruit can be mixed into a zesty salad dressing, sauce or fruit salsa to accompany meat.



LOOK FOR LOCAL

Produce can be more affordable when you buy it in season. For a directory of farmers' markets in North Carolina and a guide to find out what fruits and vegetables are in season, visit MyEatSmartMoveMore.com/FarmersMarkets.

- Keep a variety of bite-sized snacks on hand for on-the-go snacks, such as boxes of raisins, fresh grapes or berries, cut-up fruit or vegetables in ready-to-go containers, dried fruit trail mix and frozen 100% fruit bars. Cherry tomatoes and carrot sticks with hummus can be a tasty vegetable treat.
- For more recipes and ideas, visit fruitsandveggiesmorematters.org.

