



FRUITS AND VEGETABLES CHALLENGE

Welcome to week two of the Fruits and Vegetables Challenge! You don't always have to rely on fresh produce to get your challenge points. With fruits and vegetables, more matters—that means more fresh, frozen, canned or dried. Use the following tips and recipes to help you eat more delicious, nutritious fruits and vegetables.

EASY FRUIT SALAD

Preparation Time: 10 minutes

Number of Servings: 10

Cups of Fruits/Vegetables per Person: 1/2

Ingredients:

- 2 small bananas, sliced
- 1 (20-ounce) can pineapple chunks in juice, drained
- 1 (8-ounce) low-fat yogurt (try vanilla or lemon)
- 1 (15-ounce) can (2 cups) fruit cocktail in juice, drained

Directions: Wash, peel and slice bananas. Drain pineapple chunks and fruit cocktail. Mix fruits and yogurt together. Cover and chill until ready to serve.

For variation use the following fresh fruits, instead of canned:

- 1 cup grapes, seedless, halved
- 2 cups cantaloupe, cut into bite-size pieces
- 1 cup strawberries, quartered
- 1 cup apple, cut into bite-size pieces

Note: If the pineapple and fruit cocktail are left out, add a little lemon juice to bananas and apples to prevent browning.

Nutrition Information: Serving Size 1/6 recipe, 90 Calories, Total Fat 0g, Saturated Fat 0g, Protein 1g, Total Carbohydrate 20g, Dietary Fiber 1g, Sodium 20mg

GARDEN BOW TIE PASTA

Preparation Time: 10 minutes

Cook Time: 20–25 minutes

Number of Servings: 6

Cups of Fruits/Vegetables per Person: 1

Ingredients:

- 1 can (12 ounces) tuna, drained and flaked (optional)
- 1/2 pound bow tie pasta
- 2 tablespoons olive oil
- 1 cup sliced onions
- 1 cup chicken broth
- 3 tablespoons fresh thyme or 1 tablespoon dried thyme
- 4 cups frozen vegetable medley
- Garlic salt and pepper to taste

Directions: Cook pasta according to package directions, drain and rinse. In large skillet, heat olive oil over medium-high heat; sauté onions for 3–5 minutes. Add broth and continue cooking 2 minutes. Add thyme, tuna (optional), vegetables, and mix gently. Add pasta and season with garlic salt and pepper. Heat 3–4 minutes or until broth is reduced. Garnish option: grated Parmesan cheese.

Nutrition Information: Serving Size 1/6 recipe, 350 Calories, Total Fat 6g, Saturated Fat 1g, Protein 23g, Total Carbohydrate 53g, Dietary Fiber 8g, Sodium 450mg

Recipe analyzed using tuna and 1/4 teaspoon garlic salt

TIP OF THE WEEK

All forms of fruits and vegetables count!

- When planning your menu, fill half your plate with fruits and vegetables. Making fruits and vegetables the focal point of every meal will help you meet your recommended amount each day!
- Color your family's plate: A variety of colorful fruits and vegetables provide a wide range of vitamins, minerals and other natural substances that may help protect you from chronic diseases including diabetes, heart disease and some types of cancer.



LOOK FOR LOCAL

Farmers' markets often have more and different types of produce than what you can find at the grocery store. At your next visit to the local market, bring your family and pick out fruits and vegetables that you have never tried. Ask the farmers for some creative and fun ways to prepare them.

- Choose recipes that teach you different—yet simple—ways to cook all fruits and vegetables. Try them steamed, slow-cooked, sautéed, stir fried, grilled or cooked in the microwave.
- For more recipes and ideas, visit MyEatSmartMoveMore.com.

