

Choosing More Fruits and Vegetables

REMEMBER TO EAT ALL YOUR COLORS



- Keep a bowl of fruit on the counter.
- Make fruit smoothies for a quick breakfast or snack.
- Top baked potatoes with salsa.
- Keep baby carrots or other ready-to-eat vegetables on hand.
- Add corn, carrots, peas, sweet potatoes, or beans to soups and stews.
- Top sandwiches with lettuce, tomato, and other vegetables.
- Add bananas or berries to cereal or yogurt.
- Add peppers, onions, or other vegetables to spaghetti sauce.
- Make a stir-fry; experiment with different vegetables, or use what you have on hand.
- Fresh, frozen, dried and canned — it all matters! Look for veggies with no salt added to reduce sodium. Look for fruits packed in their own juice to reduce sugar.

Super Stir-Fry

Makes 2 servings

Serving Size: 1 cup grain, 1½ cup cooked vegetables



Choose 5 Vegetables (1/2 cup of each)

- Onion
- Carrots
- Squash
- Broccoli
- Peppers
- Zucchini
- Celery
- Mushrooms
- Cauliflower

Choose 1 Starch (1 cup per person cooked according to package directions)

- Brown rice
- Whole-wheat spaghetti noodles
- White rice
- Rice noodles

Other Ingredients

- 1/4 cup Stir-Fry Sauce (See recipe at right.)
- 1–2 tablespoons olive or canola oil

Directions

1. Wash and chop selected vegetables into small evenly sized pieces. You may cut them into circles, strips, or cubes as desired. A variety of shapes will make the stir-fry more pleasing to the eye.
2. Make Stir-Fry Sauce (recipe at right). Set aside.
3. Heat a small amount (1 tablespoon or less) of canola oil over high heat in 10-inch frying pan, electric skillet or wok.
4. Keeping the heat high, add vegetables to the pan in order of firmness — harder foods first and ending with the softest foods.
5. Toss vegetables during cooking to keep them from sticking to pan/skillet. When stir-frying, vegetables should still be crisp and retain their bright color.
6. Add sauce to taste (about 1/4 cup). Stir-fry until all vegetables are thoroughly coated.
7. Serve with starch of choice.

STIR-FRY SAUCE (Makes 1/2 cup)

- 2 tablespoons sodium-free beef bouillon
- 2 teaspoons apple cider vinegar
- 1 teaspoon dark molasses
- 1/8 teaspoon ground ginger
- Dash of black pepper
- 1 teaspoon garlic powder
- 1 cup cool water
- 2 tablespoons cornstarch

Directions

1. Combine all ingredients in a saucepan and boil gently, uncovered for 5 or more minutes or until sauce is reduced to 1/2 cup.
2. When cooked, pour into a jar with a secure lid, and keep in the refrigerator.
3. Stir before using.



Hint: Leftover molasses can be used to add flavor to baked beans, to baked goods like gingerbread, and to sweeten and thicken marinades.

Leftover cornstarch can be used to thicken soups, stews, and sauces. Just a pinch can make omelets fluffy.

Nutrition Information Per Serving

280 calories	
Total Fat	2 g
Saturated Fat	0 g
Protein	7 g
Total Carbohydrate	58 g
Dietary Fiber	7 g
Sodium	65 mg



Excellent Source of Vitamin A



Excellent Source of Vitamin C

Recipe analyzed using onions, red pepper, broccoli, celery, and carrots.



MOVE MORE



Have a Family Parade

Have everyone get in a line and have a fun family parade. You can march, bounce, and skip along your parade routes through your house or out in the yard.

What day this week will you and your family have a parade?