

INCREASE DAILY FRUIT AND VEGETABLE INTAKE



Fruits and vegetables are the foods that should be eaten most often, according to the Dietary Guidelines for Americans. For most people, this means more than doubling the amount of fruits and vegetables they eat daily.

How much do you need? Recommended amounts vary for age and gender, but here's a general guideline: make fruits and vegetables about half of what you eat, every time you eat. It's easier than you think!

Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases.

California Caviar

Recipe Summary:

Preparation Time: 1 hour

Number of Servings: 8

Cups of Fruits and Vegetables per Person: 0.50

Ingredients:

3/4 cup low-calorie Italian salad dressing

1-1/4 cups dry black-eyed peas

1 cup green bell pepper, diced

1/4 cup jalapeno chilies, finely chopped and seeded

1/2 cup green onion, finely chopped

1/4 cup red bell pepper, diced

Directions:

Place the beans in a large pot with 3 cups water; bring to a boil, reduce heat and simmer 45–50 minutes or until beans are just barely tender. Drain and rinse with cold water. Mix beans with remaining ingredients. Chill. Serve over lettuce or as dip with baked tortilla chips.



Berry Blast Smoothie

Recipe Summary:

Number of Servings: 8

Cups of Fruits and Vegetables per Person: 1.00

Ingredients:

Preparation Time: 5 minutes

2 cups blueberries

2 cups raspberries

2 cups strawberries

2 cups blackberries

1 cup 100% cran-raspberry juice

1 cup low-fat blueberry yogurt

2 cups ice

Directions:

Place all items into blender and blend until smooth. Serve immediately.

- Add fruit to morning cereal or pancakes
- Add broccoli or other veggies to casseroles
- Pile veggies on pizza
- Keep fruits and veggies at work for the ultimate fast food
- More matters- try to eat a different color fruit or vegetable every day!

Apple Tuna Sandwich

Recipe Summary:

Preparation Time: 10 minutes

Number of Servings: 3

Cups of Fruits and Vegetables per Person: 0.75

Ingredients:

2 6 oz cans unsalted tuna in water, drained

1 medium apple chopped

1 celery stalk, peeled and chopped

1/4 cup low fat vanilla yogurt

1 tsp prepared mustard

1 tsp honey

6 slices whole wheat bread

6 lettuce leaves

6 slices tomato

Directions:

Combine and mix the tuna, apple, celery, yogurt, mustard and honey. Spread 1/2 cup of the mixture on three bread slices. Top each slice of bread with lettuce, tomato and remaining bread. Cut sandwiches in half or as desired.

- **Top meat or fish with ½ cup of salsa**
- **Throw veggies in with canned soup**
- **Keep dried fruit in the car**
- **Drink 100% fruit juice**
- **Be sneaky: mix cooked cauliflower into mashed potatoes or put peppers into meatloaf**
- **Add veggies to an omelet**

For more information go to www.fruitsandveggiesmorematters.org/
or www.fruitsandveggiesmatter.gov/benefits/index.html
These websites are full of information, recipes and new ideas to keep you trying new fruits and vegetables!
Find Cass Clay Healthy People Initiative at www.healthycc.org

Broccoli Baked Potatoes

Recipe Summary:

Preparation Time: 1 hour, 30 minutes

Number of Servings: 6

Cups of Fruits and Vegetables per Person: 1.00

Ingredients:

6 medium Idaho potatoes

3 stalks broccoli

1/4 cup skim milk

1 cup shredded light cheddar cheese

1/8 tsp pepper

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 mixture into the potato jackets and sprinkle with remaining cheese. Return to oven to heat through (about 15 minutes).