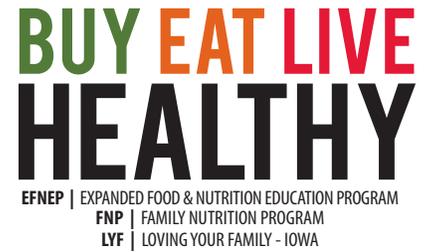


VEGETABLES & FRUITS

SIMPLE SOLUTIONS



EASY ROASTED VEGGIES

Yield: 5 servings, 1 cup

INGREDIENTS:

- 5 cups assorted vegetable pieces cut in chunks (potatoes, sweet potatoes, winter squash, turnips, carrots, onions, mushrooms)
- 1 tablespoon vegetable or olive oil
- 2 teaspoons dried Italian seasoning
- 1/8 teaspoon black pepper
- 1/8 teaspoon salt

DIRECTIONS:

1. Heat oven to 425°F.
2. Line a 9x13 pan with aluminum foil.
3. Spread vegetables in pan. Sprinkle oil on vegetables. Stir. Sprinkle with seasoning, pepper, and salt. Stir.
4. Bake uncovered 45 minutes. Turn every 15 minutes.
5. Serve while hot.

COOKING TIPS:

- Roasting brings out the sweetness of vegetables.
- Use thyme, basil, or rosemary in place of dried Italian seasoning.
- Save energy. Roast veggies in oven with other food or right after other food is done.
- Use veggies that your family likes. Leftovers are great.

Nutrition Facts			
Serving Size 0.50 cup(s) (66g)			
Amount Per Serving			
Calories	22	Calories from Fat	1
		% Daily Value	
Total Fat	0.1g		0 %
Saturated Fat	0.0g		0 %
Trans Fat			
Cholesterol	0.0mg		0 %
Sodium	11.2mg		0 %
Total Carbohydrate	5.0g		2 %
Dietary Fiber	1.2g		5 %
Sugars	1.7g		
Protein	0.9g		
Vitamin A	22 %	Calcium	1 %
Vitamin C	34 %	Iron	2 %

SPLENDID FRUIT SALAD

Yield: 4 servings, 1/2 cup

INGREDIENTS

- 3 tablespoons frozen orange juice concentrate
- 2 medium apples
- 1 orange
- 1 banana

INSTRUCTIONS

1. Measure orange juice concentrate into bowl.
2. Wash and dice apples and place in bowl.
3. Peel and slice orange and banana.
4. Mix fruit with juice by stirring.
5. Serve immediately or store in the refrigerator.

TIP

- Add other fruits as desired: watermelon, grapes, cantaloupe, etc.
- This recipe can be made into Waldorf Summer Salad by adding 1/4 cup raisins, 1 cup miniature marshmallows, and 1/4 cup chopped walnuts or peanuts.

Nutrition Facts			
Serving Size 1/2 cup			
Servings Per Container 4			
Amount Per Serving			
Calories	110	Calories from Fat	5
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	28g		9%
Dietary Fiber	4g		16%
Sugars	21g		
Protein	1g		
Vitamin A 4%		Vitamin C 70%	
Calcium 2%		Iron 2%	

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Extension and Outreach

This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP-Ed, Expanded Food and Nutrition Education Program, and Iowa State University Extension and Outreach.

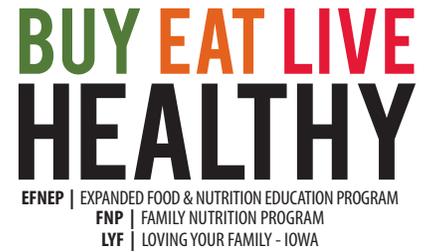
The Supplemental Nutrition Assistance Program, known in Iowa as Food Assistance, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Department of Human Services or go to www.dhs.state.ia.us.

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VEGETABLES & FRUITS

SIMPLE SOLUTIONS



VEGETABLES

Vegetables of different colors provide different vitamins and minerals. When I serve many colors of vegetables, I know my family is eating healthier.

Tips on buying vegetables:

- Fresh, frozen, and canned vegetables are all smart choices.
- Fresh vegetables can be a great buy and taste great. Check prices and look for sales.
- Frozen and canned vegetables may cost less than fresh vegetables. Check the prices.
- Frozen and canned vegetables last longer than fresh vegetables. They can also save time – no washing and chopping.

Tips on serving vegetables:

- I can mix vegetables with other foods that my kids like. My family loves macaroni and cheese. So, I mix it with chopped broccoli for a dark green vegetable. My family never leaves a bite on their plates.
- We stir-fry vegetables like slices of zucchini, yellow squash, carrots, and onions in a nonstick pan or with a little oil. Then season to taste. Try your favorite vegetables this way.
- I serve dark green and orange vegetables often. My family likes baked sweet potatoes with cinnamon sprinkled on top.
- We keep vegetables in the refrigerator for snacks. My family likes cucumbers, carrots, and broccoli. The kids love to dip their veggies in low-fat ranch dressing or put peanut butter on their celery.

FRUITS

Eat a variety of fruits every day. Fruits add vitamins, minerals, and fiber to our meals and snacks.

Tips on buying fruits:

- I include fresh, frozen, canned, and dried fruits like raisins on my shopping list.
- I always look for fruits on sale. Sales help stretch my food dollars.
- I always buy 100% juice and not fruit drinks. Fruit drinks might not have any fruit juice in them. They are mostly sugar. My nutrition educator told me how to tell if a drink is 100% fruit juice by looking at the food label.

Tips on serving fruits:

- My family likes fruit juice, but I might not serve it every day. We only drink enough juice to get up to half of the fruit we need for the day when we have juice. For my family, that would be no more than 1 cup per person.
- I keep a bowl of fruit like apples, oranges, and bananas on the kitchen counter for quick snacks.
- We often use fruit for dessert. Our favorites are:
 - Canned peaches, fruit cocktail, pineapple, and applesauce.
 - Mangoes, papayas, cantaloupes, strawberries, watermelons, grapes, and blueberries when they are on sale.

Modified May 2012 from "The Healthy Family Guidebook." United States Department of Agriculture, Food and Nutrition Service, January 2007.

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