Eating fruits and vegetables is part of a healthy diet for both children and adults. They have vitamins and minerals that can help protect your health. Most are also lower in calories and higher in fiber than other foods.

There are more fruits and vegetables available in fresh, frozen, canned, 100% juice, and dried forms than ever before. Preparing complete meals at home is a good way to get more fruits and vegetables into your diet. To find out how many fruits and veggies you need, visit: *www.fruitsandveggiesmorematters.org*

apple tuna sandwich

Number of Servings: 3
Cups of Fruits & Vegetables per Person: 3/4
Preparation time: 10 minutes

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.

Nutrition Facts: Serv. Size 1 sandwich, Calories 330, Total Fat 4g, Total Carb 37g, Protein 38g, Fiber 6g, Vit C 20% DV, Vit A 40% DV, Iron 20% DV

corn salad

Number of Servings: 6
Cups of Fruits & Vegetables per Person: 1
Preparation time: 15 minutes

Ingredients:

- 3 cups canned corn or thawed frozen corn
- 2 Tbsp olive oil
- 1 cup minced red onion
- 2 tsp chili powder
- 1 tsp cumin
- 1 green bell pepper, seeded, and diced
- 1 red bell pepper, seeded and diced
- 1-1/2 cups seeded and diced tomatoes
- 4 Tbsp chopped fresh cilantro
- 3 Tbsp cider vinegar
- Salt and pepper to taste

Directions:
In a small sauté pan, warm olive oil over medium heat. Add onion and sauté for a few minutes. Add chili powder and cumin and sauté for 1 minute longer. In a serving bowl, combine corn, bell peppers, tomatoes, and cooled onions. Toss to mix. Add cilantro and vinegar. Toss well to combine. Season to taste with salt and pepper, and toss again. This recipe is best served at room temperature.

Nutrition Facts: Serv. Size 1/6 recipe, Calories 150, Total Fat 6g, Total Carb 26g, Protein 4g, Vit A 35% DV, Vit C 150% DV, Iron 6% DV

recipes brought to you by:

Sedgwick County... working for you

Sedgwick County WIC - 316-660-7444 - www.sedgwickcounty.org

fruits & veggies more matters®

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This institution is an equal opportunity provider.

eat your fruits and veggies

Cooking with these **recipes** can help keep your family **healthy!**

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broccoli baked potatoes

Number of Servings: 6
Cups of Fruits & Vegetables per Person: 1
Preparation time: 1 hour, 30 minutes

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

Nutrition Facts: Serv. Size 1/6 recipe, Calories 210, Total Fat 2g, Total Carb 39g, Protein 10g, Vit A 4% DV, Vit C 90% DV, Iron 10% DV

banana yogurt shake

Number of Servings: 4
Cups of Fruits & Vegetables per Person: 1/2
Preparation time: 10 minutes

Ingredients:

- 1-1/2 cup fat free milk
- 4 small bananas, peeled
- 1 cup low-fat plain yogurt
- 1 tsp vanilla
- 1/2 tsp cinnamon
- 1/8 tsp nutmeg
- 1 cup ice cubes

Directions:

Combine all ingredients except ice cubes in blender or food processor; process until thick and creamy. With motor running, add ice cubes; process until smooth. Pour into tall glasses to serve.

Nutrition Facts: Serv. Size ¼ recipe, Calories 160, Total Fat 2g, Total Carb 32g, Protein 7g, Vit A 6% DV, Vit C 15% DV, Iron 2% DV

hearty bean & vegetable soup

Number of Servings: 8
Cups of Fruits & Vegetables per Person: 1
Preparation time: 11 hours

Ingredients:

- 1/2 cup EACH dried pink beans, dried lentils, dried black beans, yellow split peas, dried kidney beans and dried black-eyed peas
- 8 cups water
- 1 smoked ham hock (about 1/2 pound)
- 1 tsp EACH dried basil, dried rosemary, dried marjoram, and crushed red chilies
- 1/2 tsp EACH salt AND black pepper
- 1 bay leaf
- 1 cup chopped onion
- 1/2 cup chopped carrots
- 1/2 cup chopped celery
- 2 (14-1/2oz) cans diced tomatoes, undrained
- 1 (8oz) can tomato sauce

Directions:

Rinse the dried pink beans, lentils, black beans, yellow split peas, kidney beans, and black-eyed peas under cold running water. Place all the beans, lentils and peas in a large bowl, and then cover with water to 2 inches above the mixture. Cover and let stand 8 hours, then drain. Combine the drained bean, lentil, and pea mixture, water and ham hock in a large pot; bring to a boil. Add the spices, onion, carrots, celery, tomatoes, and tomato sauce. Cover, reduce heat, and simmer 2 hours. Uncover and cook 1 hour. Discard the bay leaf. Remove the ham hock from the soup. Remove the meat from the bone; shred the meat with 2 forks. Return the meat to the soup. Serve the Hearty Bean and Vegetable Soup immediately.

Nutrition Facts: Serv. Size 1/8 recipe, Calories 370, Total Fat 7g, Total Carb 51g, Protein 26g, Vit A 40% DV, Vit C 40% DV, Iron 35% DV

fresh orange compote with granola

Number of Servings: 6
Cups of Fruits & Vegetables per Person: 1/2
Preparation time: 15 minutes

Ingredients:

- 2 navel oranges, peeled, separated into segments
- 1 apple or pear, diced
- 1/2 cup halved seedless red or green grapes
- 1 banana, peeled, thinly sliced
- 2 Tbsp fresh squeezed orange juice
- 1/2 cup low-fat granola cereal

Directions:

In a medium bowl, toss together orange half segments, apple, grapes, banana and orange juice. Sprinkle granola over mixture; toss lightly. Serve immediately as dessert, for breakfast topped with low-fat yogurt, or drained over lettuce as a salad.

Nutrition Facts: Serv. Size 1/6 recipe, Calories 100, Total Fat 1g, Total Carb 24g, Protein 2g, Vit A 6% DV, Vit C 60% DV, Iron 2% DV

veggie delight smoothie

Number of Servings: 4
Cups of Fruits & Vegetables per Person: 1-1/2
Preparation time: 15 minutes

Ingredients:

- 2 cups apple juice
- 1 cup sliced apple
- 1 cup applesauce
- 1 cup sliced carrots
- 1 cup peeled and sliced cucumber
- 2-1/2 cups ice

Directions:

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

Nutrition Facts: Serv. Size ¼ recipe, Calories 120, Total Fat 0g, Total Carb 29g, Protein 1g, Vit A 100% DV, Vit C 10% DV, Iron 4% DV

golden apple oatmeal

Number of Servings: 1
Cups of Fruits & Vegetables per Person: 1/2
Preparation time: 15 minutes

Ingredients:

- 1 golden delicious apple, diced
- 1/3 cup apple juice
- 1/3 cup water
- Dash of cinnamon
- Dash of nutmeg
- 1/3 cup quick-cook rolled oats, uncooked

Directions:

Combine apples, juice, water and seasonings; bring to a boil. Stir in rolled oats; cook 1 minute. Cover and let stand several minutes before serving.

Nutrition Facts: Serv. Size 1 recipe, Calories 200, Total Fat 2g, Total Carb 45g, Protein 4g, Vit A 2% DV, Vit C 10% DV, Iron 8% DV