



FRUITS AND VEGETABLES CHALLENGE

Congratulations on making it half way through the Fruits and Vegetables Challenge! This week's newsletter focuses on helping you shop smarter by filling your grocery cart with lots of fruits and vegetables. While doing your grocery shopping, remember to look through your challenge quick tips for easy ways to score challenge points.

FRUIT SMOOTHIE

Preparation Time: 10 minutes

Number of Servings: 2

Cups of Fruits/Vegetables per Person: ½–1½

Nutrition Information per Serving (for example 1): Serving Size 1 cup, 140 Calories, Total Fat 2g, Protein 8g, Total Carbohydrate 23g, Dietary Fiber <1g, Sodium 115mg

Nutritional value will vary with choices made.

Ingredients:

Choose 1/2 cup of a fruit:

- bananas
- strawberries
- peaches
- blueberries

Choose 1 cup of a base:

- low-fat plain yogurt
- low-fat vanilla yogurt
- low-fat vanilla frozen yogurt
- frozen juice concentrate, such as apple or orange
- frozen fruit
- ice cubes

Choose 1/2 cup of a liquid:

- low-fat or fat-free milk
- calcium-fortified soy milk
- 100% fruit juice

Directions: Put all the ingredients in a blender and mix until smooth. Serve immediately. This is enough for two people. If there are more than two of you, you can make twice as much.

Example 1

- 1/2 cup strawberries
- 1 cup low-fat vanilla yogurt
- 1/2 cup fat-free milk

Example 2

- 1/2 cup banana
- 1 cup frozen orange juice
- 1/2 cup low-fat milk

Example 3

- 1/2 cup blueberries
- 1 cup low-fat frozen yogurt
- 1/2 cup orange juice

SKILLET ZUCCHINI WITH CHOPPED TOMATOES

Preparation Time: 10 minutes

Number of Servings: 4

Cups of Fruits/Vegetables per Person: 1

Ingredients:

- 1 teaspoon whipped light butter
- 1 cup chopped onion
- 4 small (6 in/15cm) zucchini, thinly sliced
- 2 medium tomatoes, chopped
- freshly ground pepper

Directions: In a large nonstick skillet, melt butter over medium heat. Add onions and cook, stirring until softened. Add zucchini and cook for 2 minutes. Add tomatoes and cook for 3 to 5 minutes or until zucchini is tender-crisp. Season to taste with pepper.

Nutrition Information: Serving Size 1/4 recipe, 50 Calories, Total Fat 1g, Dietary Fiber 3g, Sodium 20mg

TIP OF THE WEEK

Shop smart.

- Do you find that fruits and vegetables spoil before you can use them? Consider buying just enough fresh produce to last three or four days. Clean and cut the produce, so it will be ready to use, and eat the most perishable items first. Buy canned, frozen and dried for later in the week. They do not spoil as quickly and can be just as nutritious!
- Store produce in the crisper drawer of the refrigerator (except bananas, tomatoes and potatoes) to stay fresh longer.
- When shopping on a budget, remember that fresh produce is more affordable when it is in season. Look for weekly specials on fresh, frozen, canned and dried fruits and vegetables.
- At a restaurant, always ask if fruit or vegetables, including salads, are available as substitutes for other side orders such as pasta, rice or french fries.
- For more recipes and ideas, visit fruitsandveggiesmorematters.org.



LOOK FOR LOCAL

When eating at restaurants or finding caterers at events, consider finding places that serve locally-grown foods.

Fruits and vegetables that are picked close to their ripeness will taste better and fresher!

