

# EAT HEALTHY EVERYDAY



## Crispy Crunchy Veggies - Eat to Your Hearts Delight!

### **Mushrooms:**

**Helps cleanse the body**



**Garlic: Supports a healthy immune system**



### **Broccoli:**

**Protects the body's bones**



**Eggplant: Reduces risk of liver and colon cancers**



**Beets: Helps regulate blood pressure**



### **Carrots:**

**Keeps eyes and skin healthy**



**Squash: Reduces risk of heart attack and stroke**



### **Why veggies are good for you:**

- Great source of vitamins and minerals
- High in fiber
- Low in calories and fat
- Helps to maintain and decrease weight
- Lower blood pressure
- Decrease risk of diabetes

### **Easy ways to add veggies as part of a healthy diet**

- Omelet with green peppers, onions, mushrooms, tomatoes
- Raw veggies dipped in low fat dressing
- Vegetable soup and salad
- Celery with peanut butter
- Baked sweet potato
- Leafy greens

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### **Baby Lettuces with Green Apple, Walnuts and Dried Cranberries**

Serving Size: 1 cup      Yield: 4

#### **Ingredients:**

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|--|--|
| 2 teaspoons fresh lemon juice                  | Salt and black pepper to taste                 |
| 1/2 cup vanilla <u>or</u> plain low fat yogurt | 1 pkg. (8 oz.) Baby Romaine Salad              |
| 1/4 teaspoon curry powder                      | 1 Green Apple halved, cored, and thinly sliced |
| 1/2 to 1 teaspoon sugar                        | 1/2 cup walnuts, toasted and coarsely chopped  |
| 2-1/2 tablespoons extra-virgin olive oil       | 1/3 cup dried sweetened cranberries            |

#### **Instructions:**

1. Mix lemon juice, yogurt, curry powder, and sugar in small bowl. Whisk in olive oil, and season with salt and pepper.
2. Combine salad blends, apple slices, walnuts, and cranberries in large bowl. Add yogurt dressing; gently toss to coat.

#### Nutrition Facts:

Serving Size 1 cup; 270 calories; 19g Fat; 2g Sat; 2mg Cholesterol; 24g Carbohydrate; 4g Protein; 4g Fiber; 102mg Sodium

<http://www.dole.com>

### **Curly Broccoli Bake**

Serving Size: 1/2 cup      Yield: 6

#### **Ingredients:**

- |   |  |
|---|--|
| 1 1/2 cups whole wheat corkscrew pasta, dry             | 3 cups broccoli, frozen, chopped       |
| 1 10.5-oz.can low-fat cream of broccoli soup, condensed | 1/2 cup skim milk                      |
| 2 tablespoons plain bread crumbs                        | 1/4 teaspoon salt-free seasoning blend |

#### **Instructions:**

1. Preheat oven to 350°F. Cook pasta according to package directions.
2. Place frozen broccoli in large microwave safe and oven-proof dish and cook for 2 minutes on HIGH. Coarsely chop cooked broccoli.
3. Mix soup with skim milk, and add to chopped broccoli. Add cooked pasta and mix.
4. Top with bread crumbs and seasoning blend.
5. Bake in oven for 10-15 minutes until heated through.

#### Nutrition Facts:

Serving Size 1/2 cup; 164 calories; 2.2g Fat; 0.6g Sat; 2mg Cholesterol; 31g Carbohydrate; 8g Protein; 5g Fiber; 351mg Sodium

<http://www.fruitsandveggiesmorematters.org>

