

Add, top and stir in to get more!

Eat fruits and vegetables throughout the day, every day.

Here's how...

Breakfast

1. Add fruit to cereal.
2. Stir cut up fruit, fresh, frozen or canned, in yogurt.
3. Top pancakes, waffles and French toast with fruit.
4. Have 100% fruit or vegetable juice.

Lunch

1. Add a salad instead of fries or chips.
2. Have a cup of vegetable soup.
3. Try a fruit or veggie on the side.

Dinner

1. Have one or more veggies on the side.
2. Add veggies to your tomato sauce, rice, stew or casserole.
3. Add sautéed veggies to fajitas, hamburgers and burritos.
4. Make fruit a dessert.

Snacks

1. Have a whole piece of fruit; take it with you on the go.
2. Try peanut butter on celery or apple slices. *
3. Munch on raw veggies with ranch dressing. *
4. Try dried fruits, like raisins.

At the store

1. Buy fresh, frozen, canned and/or dried fruits and vegetables.
2. Allow your child to pick out a new one.

At home

1. Have fruits and veggies visible and within an easy reach.
2. Include them with each meal.
3. Have them as a snack.
4. Steam, microwave, broil or grill them.

** Peanut butter and raw vegetables are a choking hazard for children under 5. Watch your child carefully if you offer them.*



Flavor up your meals with more vegetables

Sneaky Vegetable Pasta

Ingredients:

- 2 tablespoons olive oil
- 1 small onion, chopped
- 1 clove garlic, minced
- 1 small carrot, chopped
- 1 small zucchini, chopped
- ½ cup mushrooms, sliced
- 1 (28-ounce) can crushed tomatoes
- ½ cup vegetable broth
- ¼ teaspoon brown sugar
- Salt and pepper to taste
- 1 (16-ounce) bag bow tie pasta

In a skillet over medium-high heat, sauté onions and garlic in olive oil until tender. Add carrots, zucchini and mushrooms and cook until softened. Add tomatoes, broth, sugar, salt and pepper. Simmer for 5-10 minutes. Remove from stove and let cool slightly. Cook pasta according to package directions. While pasta is cooking, puree vegetables in a blender. Toss cooked pasta with the vegetable sauce and serve.

Serves 8

Baked Sweet Potato Fries

Ingredients:

- Cooking spray
- 1 small sweet potato, cut into 3-inch by 1-inch strips
- 1-teaspoon canola oil
- Salt, pepper and paprika to taste

Preheat oven to 450°F. Coat a baking sheet with cooking spray and set aside. In a medium bowl, toss sweet potato strips with oil and seasonings. Place strips on baking sheet and bake for 30 minutes, turning halfway through.

Serves 1-2

** Recipes copied from Let's Cook with Fruits & Vegetables, Northeast Valley Health Corporation WIC Program.*