



EXTENSION

# CHOOSING MORE FRUITS AND VEGETABLES

REMEMBER TO EAT ALL YOUR COLORS



- Keep a bowl of fruit on the counter.
- Make fruit smoothies for a quick breakfast or snack.
- Top baked potatoes with salsa.
- Keep baby carrots or other ready-to-eat vegetables on hand.
- Add corn, carrots, peas, sweet potatoes, or beans to soups and stews.
- Top sandwiches with lettuce, tomato, and other vegetables.
- Add bananas or berries to cereal or yogurt.
- Add peppers, onions, or other vegetables to spaghetti sauce.
- Make a stir-fry; experiment with different vegetables or use what you have on hand.
- It all counts—fresh, frozen, canned, and dried. Look for fruits packed in their own juice to reduce sugar.



## EAT SMART

### Super Stir-Fry

Makes 2 servings | Serving size: 1 cup

#### Choose 5 vegetables

(1/2 cup of each)

- Onion
- Broccoli
- Celery
- Carrots
- Peppers
- Mushrooms
- Squash
- Zucchini
- Cauliflower

#### Choose 1 starch

(1 cup per person cooked according to package directions)

- Brown rice
- White rice
- Whole-wheat spaghetti noodles
- Rice noodles

#### Other ingredients

- 1/4 cup Stir-Fry Sauce (See recipe at right.)
- 1-2 tablespoons vegetable oil

#### Directions

1. Wash and chop selected vegetables into small evenly sized pieces. You may cut them into circles, strips or cubes as desired. A variety of shapes will make the stir-fry more pleasing to the eye.
2. Make Stir-Fry Sauce (recipe at right). Set aside.
3. Heat a small amount (1 tablespoon or less) of vegetable oil over high heat in 10-inch frying pan, electric skillet or wok.
4. Keeping the heat high, add vegetables to the pan in order of firmness—harder foods first and ending with the softest foods.
5. Toss vegetables during cooking to keep them from sticking to pan/skillet. When stir-frying, vegetables should still be crisp and retain their bright color.
6. Add sauce to taste (about 1/4 cup). Stir-fry until all vegetables are thoroughly coated.
7. Serve with starch of choice.



### Stir-Fry Sauce

(Makes 1/2 cup)

- 2 tablespoons sodium-free beef bouillon
- 2 teaspoons apple cider vinegar
- 1 teaspoon dark molasses
- 1/8 teaspoon ground ginger
- Dash of black pepper
- 1 teaspoon garlic powder
- 1 cup cool water
- 2 tablespoons cornstarch

#### Directions

1. Combine all ingredients in a saucepan and boil gently, uncovered for 5 or more minutes or until sauce is reduced to 1/2 cup.
2. When cooked, pour into lidded jar and keep in refrigerator.
3. Stir before using.

#### Nutrition information Per Serving

Calories: 280  
Total Fat: 2 g  
Saturated Fat: 0 g  
Protein: 7 g  
Total Carbohydrate: 58 g  
Dietary Fiber: 7 g  
Sodium: 65 mg

Excellent Source of  
Vitamin A & Vitamin C.  
  
Recipe analyzed using  
onions, red pepper,  
broccoli, celery and  
carrots.

## MOVE MORE



[www.pedbikeimages.org/DanBurden](http://www.pedbikeimages.org/DanBurden)

### Have a Family Parade

Have everyone get in a line and have a fun family parade. You can march, bounce and skip along your parade routes through your house or out in the yard. What day this week will you and your family have a parade?