

Brighten the Family Table

By Adding Vegetables and Fruits to Every Meal!



For more healthy tips and recipes, call 1-800-695-3335 or visit www.EatWellBeWell.org



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Vegetables and Fruits - A Way of Life

Vegetables and fruits can help make you feel and look healthy. By being a smart shopper and storing foods properly, you can make the most of your family's budget while including vegetables and fruits in your meals. Make it a habit to include these tasty foods whenever you can. There are so many colorful vegetables and fruits to enjoy!

Make Your Vegetables and Fruits Last Longer and Taste Better



Apples

Refrigerator
Plastic bag
(away from foods with strong odors)
3 weeks



Green Beans

Refrigerator
Plastic bag
1 week

Bananas

Unripe - room temperature
Ripe- refrigerator
2 weeks once ripe
Skins may turn black



Bell Peppers

Refrigerator
Plastic bag
5 days

Grapefruit

Room temperature
1 week
.....
Refrigerated
2 - 3 weeks



Carrots

Refrigerator
2 weeks

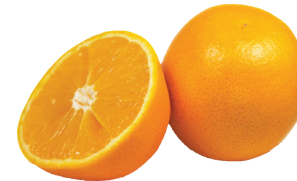
Tomatoes

Room temperature - away
from direct sunlight;
.....
Refrigerate only if you won't
use them before they spoil
1 week



Summer Squash

Refrigerator
3 - 4 days



Oranges

Room temperature
1 - 2 days
.....
Refrigerator
1 - 2 weeks

Cucumbers

Refrigerator
Plastic bag
1 week



Kitchen Timesaver Tips

By taking the stress and hassle out of cooking, you'll have more time to enjoy and spend with your loved ones.

Chop it! When chopping up vegetables for a meal, chop more than you need. Put the extra in a storage container and freeze. The next time you need it, you can skip a step.



Double it! For your next casserole or stew, try doubling the recipe and freezing the extra. You'll save time and make cooking next week's dinner a snap!

Clean it! Fill up the sink with soapy water and wash the dishes as you cook. It'll make clean-up go much faster.

Organize it! Keep items you use often, such as cooking oils/sprays, spatulas, cutting boards, and spices, within easy reach. You won't have to search for them later.



Money Saving Tips

It is possible to fit vegetables and fruits into any budget. There are many low-cost ways to meet your vegetable and fruit needs.

Celebrate the season. Look for vegetables and fruits that are in season. Your local farmers' market is a great source of seasonal items.

Try canned or frozen. Canned and frozen vegetables and fruits may be less expensive than fresh.

Plan and cook smart. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.

Use your Cash Value Vouchers. Cash Value Vouchers (CVVs) can be used to purchase vegetables and fruits at the store or at a WIC authorized farmers' market.

Grow a garden. SNAP EBT benefits can be used to purchase plants and seeds to grow your own vegetables and fruits.

Cheesy Spaghetti Squash

Ingredients

1 medium spaghetti squash (about 2 1/2 pounds)	1/2 teaspoon kosher salt
1 tablespoon all-purpose flour	1/2 teaspoon black pepper
1 1/2 teaspoons olive oil	1/2 cup Greek yogurt, non-fat
1/4 cup sweet onion, chopped	1/2 teaspoon sugar
1 tablespoon minced garlic	1/2 cup shredded part-skim mozzarella cheese
1 tablespoon Italian seasonings	1/2 cup diced tomatoes
1/2 teaspoon red pepper flakes	1 tablespoon minced parsley

Directions

1. Wash hands with warm water and soap. Wash fresh vegetables before preparing.
2. Using a paring knife pierce 6-8 holes into the squash around the stem end. Place the whole squash in the microwave and cook for about 8 minutes or until skin slightly gives when squeezed. Allow to rest in microwave for about 5 minutes to continue steaming.
3. When squash is cool, slice in half lengthwise and gently scrape out the seeds and discard. Use a fork to scrape squash noodles into a large mixing bowl.
4. Add flour to squash and toss well.
5. Heat olive oil in large skillet over medium high heat.
6. Add onion, garlic, Italian seasoning, red pepper flakes, salt and pepper. Cook 1 minute stirring occasionally be careful and don't let the garlic turn dark.
7. Add spaghetti squash, yogurt, sugar and cheese. Stir to combine and cook 2-3 minutes or until warmed through and fragrant.
8. Remove from heat and transfer to a serving dish. Garnish with diced tomatoes and parsley. Serve warm.

Makes 4 servings, 1 cup each

Nutrient Analysis per serving: Calories, 120; Carbohydrate, 17 gm; Protein, 7 gm; Total Fat, 4 gm; Saturated Fat, 1.5 gm; Trans Fat, 0 gm; Cholesterol, 5 mg; Fiber, 3 gm; Total Sugars, 7 gm; Sodium, 330 mg; Calcium, 132 mg; Folate, 25 mcg; Iron, 1 mg; Calories from Fat, 29%.

For more free recipes, visit EatWellBeWell.org or call 1-800-695-3335.



The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. AzNN 10-16