

FUN FOOD NEWS

— Eat fruits and vegetables. Be active. —

With fruits and vegetables, more is usually better. Choose dark-green vegetables like broccoli and spinach often. Eat more orange vegetables like carrots and sweet potatoes. Build physical activity into your schedule every day. Children need to be active for at least 60 minutes every day, and grown-ups need at least 30 minutes of physical activity most days of the week.

Eating more fruits and vegetables doesn't have to break your budget. Stretch your food dollars with weekly specials. Buy fruits and vegetables that are in season at the grocery store or farmers' market. Enjoy trying new fruits and vegetables with your family.



Fun Food News Tips * 5 a Day

- * Eat fruit at breakfast.
- * Try different kinds of dry beans and peas like pinto beans, kidney beans and lentils.
- * Serve fruits and vegetables with lots of different colors — red, green, blue or purple, yellow or orange and white.
- * Choose fresh, canned, frozen, or dried fruits and vegetables.
- * Buy fruits and vegetables on sale at the grocery store or farmers' market.

MANGO MANIA MYSTERY

Fill in the blanks to find out what foods solve the Mango Mania Mystery.

- M** _____ (a popular seasoning and leafy vegetable)
A _____ (teacher's favorite)
N _____ (round, juicy fruit closely related to a peach)
G _____ (a jammin' topping for toast)
O _____ (fruit whose color and name are the same)
M _____ (a fungus you can eat)
A _____ (long vegetable stalk; comes in green, white or purple)
N _____ (squirrels love them)
I _____ (Bobby B.'s rival)
A _____ (a great tasting dried fruit)

ANSWERS: Mustard, Apple, Nectarine, Grape, Orange, Mushroom, Asparagus, Nuts, Idler, Apricot



PICO DE GALLO

YOU'LL NEED

- 1 pound ripe tomatoes, chopped
- 1 1/2 cups chopped onion
- 1/3 cup chopped fresh cilantro
- 3 jalapeño peppers, seeds removed and chopped
- 2 tablespoons lime juice
- 2 cloves garlic, minced
- 1/4 teaspoon salt

HOW TO PREPARE

1. Wash hands thoroughly with soap and warm water.
2. Combine all ingredients in a medium bowl.
3. Serve immediately or cover and refrigerate for up to three days. Makes 6 servings.

Nutrition Information Per Serving: calories, 36; carbohydrates, 8 grams; protein, 1 gram; total fat, 0 grams; saturated fat, 0 grams; cholesterol, 0 grams; sodium, 108 milligrams; dietary fiber, 2 grams. Recipe provided by the California Latino 5 a Day Campaign.

VEGETABLE MEDLEY WITH SALSA DIP

- 2 carrots, cut into 3-inch sticks
- 2 celery stalks, cut into 3-inch sticks
- 1/2 jicama, peeled and cut into 3-inch sticks
- 1 bunch of radishes, trimmed
- 6 green onions, trimmed
- 1 cup fat-free sour cream
- 1 cup pico de gallo

YOU'LL NEED

HOW TO PREPARE

1. Wash hands thoroughly with soap and warm water.
2. Arrange vegetables on a platter.
3. In a small bowl, mix sour cream and pico de gallo. Makes 4 servings.

Nutrition Information Per Serving: calories, 109; carbohydrates, 22 grams; protein, 6 grams; total fat, 0 grams; saturated fat, 7 grams; cholesterol, 2 milligrams; sodium, 247 milligrams; dietary fiber, 7 grams. Recipe provided by the California Latino 5 a Day Campaign.

CRISPY TAQUITOS

- 2 cups pico de gallo
- 1/2 cup cooked, finely chopped chicken
- 1/2 cup no salt added canned corn or frozen corn, thawed
- 1/4 cup chopped green onion
- 12 corn tortillas
- 1/2 cup shredded Cheddar or Monterey Jack cheese
- 1/4 cup chopped green bell pepper
- 2 teaspoons vegetable oil

YOU'LL NEED

HOW TO PREPARE

1. Wash hands thoroughly with soap and warm water.
2. Heat oven to 425° F. In a medium bowl, combine 1 cup pico de gallo, chicken, corn, green onion, bell peppers and cheese.
3. Soften tortillas on the stove top or in the microwave oven, and spoon a heaping tablespoon of filling onto the center of each tortilla. Roll up tightly and secure each with a toothpick.
4. Place each tortilla seam side down on a baking sheet and brush each lightly with oil. Bake for 10 to 15 minutes or until crisp and lightly browned.
5. Place 3 taquitos on each plate and serve with remaining pico de gallo. Makes 4 servings.

Nutrition Information Per Serving: calories, 332; carbohydrates, 50 grams; protein, 15 grams; total fat, 10 grams; saturated fat, 4 grams; cholesterol, 27 milligrams; sodium, 324 milligrams; dietary fiber, 7 grams. Recipe provided by the California Latino 5 a Day Campaign.

Arizona Nutrition Network



FOR MORE RECIPES:

(800) 695-3335/WWW.EATWELLBEWELL.ORG

This material was funded by the USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, call the DES hotline at 1-800-352-8401. This institution is an equal opportunity provider and employer.

