

10 Ways to Help Your Family Fall in Love with Fruits and Vegetables

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We all know that fruits and vegetables are good for us, but how do we make them taste as good as they make us feel? The more you eat fruits and vegetables, the more you grow to love them. These super foods are low in fat and calories and high in vitamins, fiber, and flavor.

Change the way your family thinks about fruits and vegetables by trying these tips that are sure to taste great and brighten up their plate!

1. Model it.

Your children learn from watching what you do. Don't just tell your children what to eat, show them.

2. Make it fun.

Get everyone involved in preparing fruits and vegetables. Let your kids tear lettuce, peel carrots, snap beans, shake salad dressing, wash potatoes, stir and pour.

3. Grow it.

Plant fruits and vegetables and let your child help with planning and caring for the garden. Box or container gardens work well in tight spaces. Children love to taste fruits and vegetables they helped grow.

4. Soup it up.

Soups are a great way to add vegetables to your family's day.

5. Drink it.

Try different combinations of fruit or vegetables in your blender. Add a little low-fat milk or yogurt for a tasty, healthy drink.

6. Skewer it.

Skewer a variety of fruits on popsicle sticks and serve as a colorful snack. Try marinating vegetables and then grill or broil them on metal skewers for a flavorful change.

7. Dip it.

Serve raw fruits and vegetables along with low-fat dressing, low-fat yogurt, melted cheese, guacamole dip, hummus, or peanut butter.

8. Stir-fry it.

Heat a little oil in a skillet or wok and add your favorite chopped veggies and a little seasoning for a quick and easy side to go with any meal.

9. Hide it.

Add shredded, cut-up, or pureed vegetables to favorite foods. Try adding zucchini or carrots to spaghetti sauce, spinach to burgers or meat loaf, even broccoli on pizza.

10. Reach for it.

Put fresh, washed fruits and vegetables in easy to reach and see places for easy snacking, such as on the table or lower shelves in the fridge.

It's easier than you think to build a healthy plate. Make half your plate fruits and vegetables. Vary your fruit and vegetable choices to keep meals interesting and nutritious. For more help with planning easy family meals, visit www.ChooseMyPlate.gov.



Pasta Primavera

You will need:

1 cup broccoli florets
1 cup carrots, sliced
1 cup zucchini, sliced
1 cup pasta noodles
(like macaroni, spiral, or penne)

For the Sauce:

1 tablespoon flour
1 tablespoon butter
1 cup skim milk
¼ teaspoon dried basil
⅛ teaspoon black pepper
2 tablespoons parmesan cheese



Follow these easy steps:

1. Rinse broccoli florets with cold water and place with carrots in a steamer basket.
2. Put the steamer basket in a saucepan filled with 1 inch water.
3. Bring to a boil; cover and steam for 2 minutes.
4. Add zucchini and steam for another 2-3 minutes.
5. Cook pasta according to package directions.
6. In a small saucepan melt butter; whisk in flour.
7. Gradually add in milk, basil, and pepper. Cook over medium heat, stirring constantly, until sauce thickens.
8. Remove sauce from the heat and stir in parmesan cheese.
9. Pour sauce over the hot vegetables, add in pasta and mix gently until combined.

Chicken Tortilla Soup

You will need:

1 medium onion, diced
2 garlic cloves, minced
6 cups (49 ounce can) low-sodium chicken broth
1 ½ cups frozen corn, or 1 can sweet corn
1 ½ cups diced fresh tomatoes, or 1 can (14.5 ounce) diced tomatoes
1 green bell pepper, chopped
1 red bell pepper, chopped
2 cups chicken, cooked and chopped or shredded
1 ½ teaspoons chili powder
2 teaspoons cumin
Juice of 1 lime
6 corn tortillas
1 cup cheddar cheese, shredded
Vegetable oil spray



Follow these easy steps:

1. Cut corn tortillas into wedges and spread on a cookie sheet. Spray the wedges evenly with vegetable oil.
2. Bake the tortilla wedges in an oven heated to 350°F until crisp (10-14 minutes).
3. In a large saucepan, sauté onion and garlic about 5 minutes, or until onion is soft.
4. Add all remaining ingredients, cover, and bring to a boil.
5. Reduce heat and simmer until ready to serve.
6. Serve soup into bowls and top with freshly made tortilla wedges and shredded cheese. Enjoy!
7. Top your soup with avocado, cilantro, or sour cream for some extra flavor!