How to Sneak in More Fruits and Vegetables

Fruits and vegetables are low in calories, high in fiber and rich in vitamins and minerals. Fiber helps keep you full longer and prevents constipation.

Fill half your plate with fruits and vegetables to support a healthy weight by replacing higher calorie foods.

Visit the “Fruits & Vegetables – More Matters” website for more tips to increase fruit and vegetable intake.

www.fruitsandveggiesmorematters.org/

3 Ways to Get Creative with Produce

1. Make “Riced” Cauliflower
   - Cauliflower is low in calories and an excellent source of vitamins C & K.
   - “Riced” cauliflower is easy to make (see recipe on back) and can be made in bulk to use in many different dishes.
     - Mix with olive oil or plain Greek yogurt and spices to make a lower calorie version of mashed potatoes.
     - Mix with diced carrots, peas, green onions, scrambled eggs and a dash of soy sauce for a fried rice look-a-like.

2. Swap Mushrooms for Ground Beef
   - The texture of cooked chopped mushrooms is similar to ground beef.
   - Save calories, cut fat and add a natural source of vitamin D and iron by using mushrooms instead of ground beef.
   - Replace half the ground beef with chopped mushrooms in casseroles, sauces, tacos, etc.

3. Puree and Add to Everyday Dishes
   - Pureed pumpkin is a great addition to macaroni and cheese (see recipe on back), oatmeal, and baked goods.
     - Pumpkin is packed with vitamins A and C.
   - Use a blender to puree leafy greens (e.g. spinach) and add to tomato sauce for an extra boost of vitamins A and K.
   - Blend fresh fruit (e.g. strawberry or banana) with milk to make flavored milk – great for kids!

Fruits & Veggies are a Quick and Easy Snack

- Keep pre-made snack bags at eye-level in your fridge. Prepare and pack into to-go containers for snacks throughout the week: fruit salad, grapes, berries, carrots & snap peas.
- Wash fruits and vegetables and keep them in a bowl on your table so they are ready to grab and eat as a snack or on your way out the door. Great table produce includes: apples, bananas, grapefruit, mangoes, oranges, bell peppers, and cherry tomatoes.
Apple Cinnamon Sweet Potato Muffins
Makes 20 muffins

Ingredients
3/4 c oat bran*
3/4 c whole-wheat flour
2/3 c granulated sugar
1 1/2 tsp ground cinnamon
1 tsp baking powder
1 tsp baking soda
1/8 tsp salt
1/2 c apples (peeled and finely chopped)
1 c sweet potatoes (cooked and mashed)
1 large whole egg + 2 egg whites
3 Tbsp vegetable oil
2/3 c plain yogurt

Instructions
1. Preheat oven to 350 °F.
2. In large bowl, combine oat bran, flour, sugar, cinnamon, baking powder, baking soda, salt, and apples.
3. In a separate medium bowl, combine sweet potatoes, egg, egg whites, oil, and yogurt. Add sweet potato mixture to flour mixture and stir all ingredients until just mixed.
4. Line muffin tin and spoon 1/4 cup of batter per muffin.
5. Bake 20 to 25 minutes or until done.

*Tip: If you don’t have oat bran, you can blend/crush any bran cereal

Nutrition Info (per muffin):
90 calories
3 g fat (0 g saturated fat)
15 g carbohydrate (1 g fiber)
2 g protein

Pumpkin Mac ‘n’ Cheese
Makes about 6 servings

Ingredients
16 oz whole-wheat elbow macaroni
1/4 c butter
1/4 c all-purpose flour
2 c non-fat milk
1/2 tsp salt
1/4 tsp pepper
1 tsp ground nutmeg
1 tsp Dijon mustard
1 c canned pumpkin (not pumpkin pie)
1 ¾ c (6 oz) shredded cheddar cheese

Instructions
1. Cook and drain macaroni as directed on package, using minimum cook time.
3. Heat to simmering; cook 1 minute, stirring constantly until thickened. Stir in salt, pepper, nutmeg, mustard, and pumpkin. Add the cheese. Cook, stirring occasionally, until cheese is melted.
4. Add macaroni to cheese sauce and stir until coated.

Bonus: Mix in chopped steamed broccoli and/or peas.

Nutrition Info (per serving):
490 calories
16 g fat (9 g saturated fat)
67 g carbohydrate (9 g fiber)
24 g protein

“Riced” Cauliflower
Makes about 3 cups

Ingredients
1 large head of cauliflower

Instructions
1. Chop cauliflower florets into chunks.
2. Microwave cauliflower for 8 minutes (do not add water).
3. Can be stored in the refrigerator up to 1 week.

Excellent Source of Calcium
Good Source of Vitamin A & Iron

Nutrition Info (for 1/4 crust only):
106 calories
6 g fat (4 g saturated fat)
4 g carbohydrate (1 g fiber)
9 g protein

Bonuses
Excellent Source of Vitamin A

Clinical Dietitians & Dietetic Interns, Food & Nutrition Services, UC Davis Medical Center (3/15)
© 2015 The Regents of the University of California. All Rights Reserved.