

HEALTHY CHOICES

FOR HEALTHY FAMILIES

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University of Kentucky
College of Agriculture,
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Cooperative Extension Service



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TOPIC

Add More Veggies to Your Day

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and are low in calories. To fit more vegetables in your diet, eat them as snacks, not just meals.

- **Discover fast ways to cook.**

Cook fresh or frozen vegetables in the microwave for a quick and easy dish to add to any meal. Steam green beans, carrots or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

- **Be ahead of the game.** Cut up a batch of bell peppers, carrots or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with a hummus dip or in a veggie wrap.

- **Choose veggies rich in color.**

Brighten your plate with vegetables that are red, orange or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes or



collard greens. They not only taste great but also are good for you.

- **Check the freezer aisle.** Frozen veggies are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen vegetables,

such as corn, peas, green beans or spinach to your favorite dish. Look for frozen veggies without added sauces, gravies, butter or cream.

Source: USDA MyPlate

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PARENT'S POW-WOW

Be an Active Family

Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone. Adults need 2½ hours a week of physical activity, and children need 60 minutes a day. Try setting specific activity times throughout the week the whole family is available to do something fun that gets everyone moving. Plan activities that require little or no equipment or facilities such as walking, jumping rope, playing tag or dancing.

Source: Choose MyPlate



BASIC BUDGET BITES

Tips for Cleaning Fruits and Veggies

Properly handling your produce can extend the shelf life and keep you from getting sick. Follow these steps when washing fruits and veggies.

- Wash hands for 20 seconds with warm water and soap.
- Cut away any damaged or bruised areas before preparing or eating.
- Gently rub produce while holding under plain running water.
- Wash produce before you peel it.
- Use a clean vegetable brush to scrub firm produce such as melons.
- Dry produce with a clean cloth or paper towel.

Source: <https://www.fda.gov/ForConsumers/ConsumerUpdates/ucm256215.htm>



FOOD FACTS

Asparagus

Asparagus is a nutritious vegetable that can be used in a variety of different ways. When buying asparagus, choose odorless asparagus stalks with dry, tight tips. Avoid limp or wilted stalks. Store asparagus in the refrigerator for up to four days by wrapping ends of stalks in wet paper towel and placing in a plastic bag. When preparing asparagus, simply cut or break off the bottom portion of the stalk and rinse under water to clean. Asparagus can be steamed, blanched, microwaved, grilled, used in a stir-fry or simply sautéed on the stovetop. It is high in vitamins A and C and folate. Enjoy asparagus in one of the many ways it can be prepared.

Source: <https://snaped.fns.usda.gov/seasonal-produce-guide/asparagus>

COOKING WITH KIDS

Pasta Primavera

- 1 cup noodles, uncooked
- 1 tablespoon oil
- 1½ cup mixed vegetables, chopped
- ½ cup asparagus, chopped
- 1 cup tomatoes, chopped
- 1 tablespoon butter
- ¼ teaspoon garlic powder
- ¼ teaspoon black pepper
- 3 tablespoons Parmesan cheese

1. Cook noodles according to package directions.
2. While noodles are cooking, heat oil in skillet.
3. Add mixed vegetables and asparagus and sauté until tender; stir constantly.

4. Add tomato and sauté 2 more minutes.
5. Toss vegetables with noodles and butter.
6. Add seasonings; sprinkle with Parmesan cheese and serve.

Number of servings: 3

Serving size: ⅓ of recipe

Nutrition Facts per serving:

151 calories; 8g total fat; 2g saturated fat; 160mg cholesterol; 0g trans fat; 228mg sodium; 10g carbohydrate; 2g fiber; 5g total sugars; 0g added sugars; 11g protein.

Source: What's Cooking? USDA Mixing Bowl



RECIPE

Asparagus, Mandarin Orange, Chicken and Rice

For the vinaigrette

- 2 tablespoons olive oil
- 2 tablespoons vinegar
- 3 tablespoons juice from canned mandarin oranges
- 1 tablespoon soy sauce

For the salad

- 3 cups asparagus, trimmed
- 2 cans (11 ounces) mandarin oranges, drained and juice reserved
- 12 ounces cooked chicken breast, chopped
- 3 cups brown rice, cooked

1. In a small bowl, whisk vinaigrette ingredients; set aside.
2. Cook rice according to package instructions.

3. Place whole trimmed asparagus in a large skillet with 1½ inches of water. Bring to a boil; reduce heat and simmer, uncovered, for 2-5 minutes.
4. Rinse with cool water and cut into 1-inch pieces.
5. In a medium-sized bowl, toss all ingredients and serve.

Number of servings: 4

Serving size: ¼ of recipe

Nutrition Facts per serving: 100 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 5mg sodium; 27g carbohydrate; 4g fiber; 8g total sugars; 2g protein.

Source: What's Cooking? USDA Mixing Bowl

LOCAL EVENTS

SMART TIPS

Where to Find Sodium

Most of us get more sodium than we need. While adding salt to your food is a source of sodium, it may not be the main reason that your sodium intake is high. Packaged and prepared foods such as ready-to-eat products or restaurant meals are common sources of sodium. Keep an eye out for sodium in soups, salad dressings or seasonings, taco mixes, sauces and gravies, pizza, pre-packaged rice or pasta dishes, packaged meat, poultry and seafood products. One easy way to control your sodium intake is to cook more often at home.

Source: USDA MyPlate



IF YOU ARE INTERESTED IN NUTRITION CLASSES, CONTACT YOUR EXTENSION OFFICE.
