

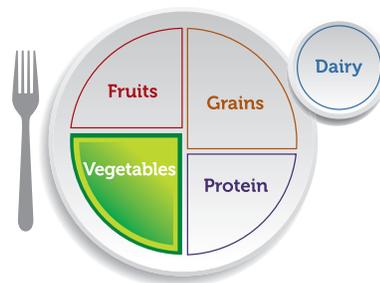
► CHOOSE YOUR VEGGIES

Everyone can benefit from eating more vegetables. Vegetables are full of vitamins and minerals. Find ways to add vegetables to most meals and snacks to help your family get the nutrition they need. Serve different types of vegetables like:

- Dark green—broccoli, spinach, and dark-green leafy lettuces
- Red and orange—red peppers and tomatoes; carrots and sweet potatoes
- Others—beans, peas, green beans, cauliflower, zucchini, squash, corn, and green peas

Adults and children who need 2,000 calories daily should eat about 2½ cups of vegetables each day. For 1 day, 2½ cups of vegetables might include:

- **1 cup of cooked green beans** (counts as 1 cup)
- **1 cup of raw spinach** (counts as ½ cup)
- **One medium, baked sweet potato** (counts as 1 cup)



► TIPS TO CHOOSE VEGGIES EVERY DAY

Buy vegetables that can help you save money and time. Frozen and low-sodium canned vegetables often cost less than fresh and can save time in the kitchen—no washing, slicing, or chopping. 💰

Choose fresh vegetables when they are in season or grow your own. When you purchase in season, vegetables are at the peak of flavor and usually cost less. You can also grow your own vegetables such as tomatoes, peas, and squash. If you receive SNAP, you can use your benefits to purchase seeds. 💰

Set an example for your kids. Make half your plate vegetables and fruits at meal time. Serve veggies as part of your child's meal. Offer carrot sticks or cucumber slices as a snack.

Spice up your vegetables with herbs and seasoning. Cook vegetables like sliced zucchini, carrots, and onions with your favorite herbs or add a store brand seasoning for flavor. Store brand herbs and spices may cost less than name brand choices. 💰

Serve vegetables in ways that your family will enjoy. Try a baked sweet potato or roasted squash. Mix broccoli and carrots with brown rice for a side dish. Place slices of tomato and lettuce in sandwiches. Add frozen vegetables to low-sodium soups.

Keep sliced vegetables in the fridge. Place sliced bell peppers, cauliflower, carrots, and celery in air-tight containers and store them in your refrigerator. For a quick meal, mix whole-wheat pasta with sliced and steamed bell peppers, carrots, and chickpeas.

💰 BUDGET-FRIENDLY TIP

To find the right amount of vegetables for members of your family, visit <http://choosemyplate.gov/supertracker-tools/daily-food-plans.html> or SuperTracker.usda.gov.



▶ FISH WITH SPINACH

COOK TIME: 30 minutes

MAKES: 4 servings

INGREDIENTS:

- 3 teaspoons vegetable oil
- 1 pound skinless cod fillets*
- 1 yellow onion, peeled, chopped
- 2 garlic cloves, peeled, minced
- 2 cups canned tomatoes**, diced, low-sodium
- ½ cup water
- 2 cups spinach, frozen, coarsely chopped
- ¼ cup black olives, pitted, chopped

DIRECTIONS:

1. Put the skillet on the stove over high heat. When it is hot, add 1½ teaspoons oil.
2. Add fish. Cook about 5 minutes per side, until deeply browned. Remove the fish to the plate and cover.
3. Reheat the skillet to medium heat. Add the remaining 1½ teaspoons oil, onion, and garlic. Cook about 7 minutes. Add tomatoes and water. Cook about 10 minutes, until the mixture thickens and turns from bright red to an orange color.
4. Return fish to skillet with the tomato mixture. Cover with spinach and sprinkle with olives. Cover skillet. Cook about 2 minutes over low heat until the spinach is steamed. Serve right away.

*Try this recipe with another white fish, such as tilapia, haddock, or catfish.

**Fresh tomatoes can be used instead of canned.



NUTRIENTS PER SERVING:

Calories 196, Protein 25 g, Dietary Fiber 6 g, Total Fat 6 g, Saturated Fat 1 g, Cholesterol 47 mg, Sodium 255 mg



For more recipes visit
WhatsCooking.fns.usda.gov.



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