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Pro Kinship for Kids

Inside this issue:

20 Ways to Enjoy More Fruits and Vegetables Continued 2

Color Your Plate with Salad 2

Pro Kinship for Kids
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20 Ways to Enjoy More Fruits and Vegetables

Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor, and texture plus vitamins, minerals, and fiber. All this is packed in fruits and vegetables that are low in calories and fat. Make 2 cups of fruit and 2 1/2 cups of vegetables your daily goal. Try the following tips to enjoy more fruits and vegetables every day.

1. Variety abounds when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms, and zucchini.
2. Mix up a breakfast smoothie made with low-fat milk, frozen strawberries, and a banana.
3. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
4. Try crunchy vegetables instead of chips with your favorite low-fat salad dressing for dipping.
5. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms, and onions.
6. Add color to salads with baby carrots, grape tomatoes, spinach leaves, or mandarin oranges.
7. Keep cut vegetables handy for mid-afternoon snacks, side dishes, lunch box additions, or a quick nibble while waiting for dinner. Ready-to-eat favorites: red, green, or yellow peppers, broccoli or cauliflower florets, carrots, celery sticks, cucumbers, snap peas, or whole radishes.
8. Place colorful fruit where everyone can easily grab something for a snack-on-the-run. Keep a bowl of fresh, just ripe whole fruit in the center of your kitchen or dining table.
9. Get saucy with fruit. Puree apples, berries, peaches, or pears in a blender for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast, or waffles.
10. Stuff an omelet with vegetables. Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes, or onions with low-fat sharp cheddar cheese.
11. "Sandwich" in fruits and vegetables. Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumber, and tomato as fillings.
12. Wake up to fruit. Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt, or toaster waffle.
13. Top a baked potato with beans and salsa, or broccoli and low-fat cheese.
14. Microwave a cup of vegetable soup as a snack or with a sandwich for lunch.
15. Add grated, shredded, or chopped vegetables such as zucchini, spinach, and carrots to lasagna, meat loaf, mashed potatoes, pasta sauce, and rice dishes.
16. Make fruit your dessert: Slice a banana lengthwise and top with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.
17. Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.

20 Ways to Enjoy More Fruits and Vegetables Continued

18. Make your main dish a salad of dark, leafy greens or other colorful vegetables. Add chickpeas, or black beans. Top with low-fat dressing.
19. Fruit on the grill: Make kabobs with pineapple, peaches, and banana. Grill on low heat until fruit is hot and slightly golden.
20. Dip: Whole wheat pita wedges in hummus, baked tortilla chips in salsa, strawberries or apple slices in low-fat yogurt, or graham crackers in applesauce.



Color Your Plate with Salad

Pack more nutrition into your day with a colorful main dish or side salad. Keep basic ingredients on hand for a quick addition to any meal.

Encourage kids to eat more vegetables by setting out ingredients to make their own salad creations. Or, let them choose individual items with salad dressing as a dip.

Mix and match ingredients by choosing one or more from each of the areas below. Consider flavor, texture, and color. Add a light salad dressing and enjoy!

Start with Leafy Greens

- Arugula
- Boston or Bibb lettuce
- Escarole
- Green or Red leaf lettuce
- Iceberg lettuce
- Mixed greens
- Napa Cabbage
- Radicchio
- Romaine
- Spinach

Select from Vegetables

(Chopped, diced, shredded, sliced, or whole)

- Artichoke hearts
- Bean sprouts
- Beets
- Bell Peppers
- Bok choy
- Broccoli or Cauliflower

- Carrots
- Celery
- Corn
- Cucumbers
- Onion (red or sweet)
- Peas
- Radishes
- Sugar Snap Peas
- Tomatoes
- Water chestnuts
- Zucchini

Select from Fruits

(Chopped, diced, shredded, sliced, or whole)

- Dried cranberries or cherries
- Apple
- Blueberries
- Grapes
- Mandarin Oranges
- Melon
- Pear
- Raisins
- Strawberries

Select from Beans

- Black beans
- Chickpeas
- Edamame (soybeans)
- Kidney or red beans
- Navy or white beans

Sprinkle on Extras

- Cheese
- Blue Cheese
- Cheddar
- Feta

- Mozzarella
- Parmesan

Nuts

- Almonds
- Cashews
- Peanuts
- Pecans
- Walnuts

Other

- Avocado
- Bacon Bits
- Chow Mein Noodles
- Croutons
- Olives
- Sunflower Seeds

For a Main Dish Salad

- Beef
- Chicken
- Ham
- Hard-cooked Egg
- Salmon
- Shrimp
- Tofu
- Tuna
- Turkey

Suggested combinations might be:

- ◇ Romaine, grape tomatoes, cucumber, carrots, avocado, and shrimp
- ◇ Mixed greens, chicken strips, melon, walnuts, and feta cheese
- ◇ Spinach, red onion, mandarin oranges, and sliced almonds



Salt-free Italian Seasoning Blend: Mix together 2 tablespoons each of dried basil and dried marjoram, 1 tablespoon each of garlic powder and dried oregano, and 2 teaspoons each of thyme, crushed dried rosemary, and crushed red pepper. Rub or sprinkle on foods for an added boost of flavor. Store in a tightly covered jar.