

# Eat more fruits and veggies

You probably already know that a healthy diet includes a variety of fruits and vegetables. A good source of vitamins and minerals, many fruits and vegetables are lower in calories and higher in fiber than other foods. As part of a healthy diet,\* eating fruits and vegetables instead of high-fat or high-calorie foods may make it easier to control your weight.

Too busy? See how you can save time, save money, or both as you strive to eat more fruits and vegetables as part of a healthy diet.



## Save Time

- Pick fruits or veggies that require little peeling or chopping, such as baby carrots, cherry tomatoes, or grapes.
- Prepare extra vegetables and freeze leftovers for quick sides. Simply heat to 165°F and serve.
- Choose ready-packed salad greens from the produce shelf for a quick salad any time.
- Visit the salad bar for pre-cut veggies to top salads, sandwiches, or pasta.

## Save Money

- Take advantage of in-store promotions and purchase fresh fruits and vegetables in season, when they are generally less expensive.
- Prevent food waste by properly storing produce and selecting the type and amount you will consume.
- Buy in bulk. Freeze excess, or purchase frozen, canned, or dried varieties that keep longer.
- Shop the local farmer's market or visit nearby farms and pick your own fresh produce while in season.

## Save Time + Money

- Plan meals ahead and create a shopping list to help minimize impulse purchases.
- Buy in bulk and prepare extra or larger amounts. Freeze individual or family-size portions for later use.
- Make vegetable-based one-pot meals using beans or soy or other beans instead of higher cost protein sources, such as meat, fish, or poultry. One-pot meals also reduce the number of pans and other utensils that must be washed, saving you time.
- Keep it simple. Choose quick and easy recipes with few ingredients that use in-season, canned, frozen, or dried fruits and vegetables.



\* In addition to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low-fat milk products, lean meats, fish, beans, eggs and nuts, and is low in saturated fats, *trans* fats, cholesterol, salt, and added sugars. A healthy diet also means staying within your daily calorie needs.



# Recipes

## Vegetarian Stuffed Peppers

Prepared in less than 30 minutes, this colorful dish packed with vitamin C makes a great addition to any meal. Substitute low-sodium canned diced tomatoes to save time and money.

- 4 red or green bell peppers
- 2 cups grape tomatoes
- 1 medium onion
- 1 cup fresh basil leaves
- 3 garlic cloves
- 2 tsp olive oil
- 1/4 tsp salt
- 1/4 tsp black pepper

1. Preheat oven to 425°F. Lightly oil a large shallow baking pan.
2. Cut peppers in half (lengthwise) and remove seeds. Arrange peppers cut side up in baking pan and lightly oil cut edges of stems.
3. Halve tomatoes and chop onion and basil. Finely chop garlic.
4. In a bowl, toss tomatoes, onion, basil, garlic, olive oil, salt, and pepper.
5. Spoon equal portions of mixture into peppers and roast in upper third of oven until peppers are tender.

(Makes 8 servings.)

\*Nutrition info per serving: Calories: 40kcal; Fat 2g; Sodium 80mg; Carb 7g; Fiber 2g; Protein 1g; Vit A 80%; Vit C 120%; Calcium 2%; Iron 4%



## Green Bean Potato Salad

An alternative to the traditional potato salad, this tasty dish can be prepared in 20 minutes. Save time by using frozen green beans.

- 1 lb (3 1/2 cups) fresh green beans
- 2 lbs (2 1/2 cups) red potatoes
- 3 cloves garlic, minced
- 3 Tbsp fresh dill
- 4 Tbsp balsamic vinegar
- 3 Tbsp olive oil
- 1 Tbsp Dijon mustard
- 1 cup diced red bell pepper
- 1/2 cup chopped red onion

1. Steam green beans for 5 to 8 minutes.
2. Dice potatoes into bite-size pieces. Cook in boiling water until tender.
3. Prepare dressing by mixing dill, vinegar, oil, and mustard.
4. Add onion and pepper to cooled beans and potatoes; top with dressing.

(Makes 8 servings.)

\*Nutrition info per serving: Calories: 160kcal; Fat 5g; Sodium 35mg; Carb 26g; Fiber 4g; Protein 4g; Vit A 20%; Vit C 110%; Calcium 4%; Iron 8%

## Lentil One Dish

Ready in 30 minutes, this low-cost dish is a great non-meat alternative.

- 1 cup uncooked rinsed lentils
- 1/2 cup uncooked brown rice
- 3 cups sliced carrots
- 1 lb (2 1/2 cups) swiss chard, chopped
- 1 lb kale, (3 1/2 cups) chopped
- 3 cups water
- 1 packet onion soup mix
- 1 tsp basil
- 1 Tbsp olive oil

1. Place all ingredients in large pot and bring to a boil.
2. Reduce heat, cover, and cook until rice is done, about 20 minutes.

(Makes 6 servings.)

\*Nutrition info per serving: Calories: 280kcal; Fat 4g; Sodium 540mg; Carb 51g; Fiber 15g; Protein 15g; Vit A 470%; Vit C 200%; Calcium 20%; Iron 35%

Visit  
[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)  
for more great recipes!

\* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

## Least expensive way to eat fruits and veggies

- Fresh** apples, peaches, pears, plums, blueberries, strawberries, cherries, cabbage, potatoes, broccoli, carrots, cauliflower, kale, sweet potatoes, spinach, squash/zucchini, mangoes, papayas, bananas
- Frozen** raspberries, collard greens, turnip greens, okra
- Canned** green beans, tomatoes, sweet corn, green peas, asparagus
- Dried** grapes (raisins), apricots
- Juice** grapefruit (frozen), orange (frozen), pineapple, prune (plums), tomato

Source: *How Much Do Americans Pay for Fruits and Vegetables?* AIB-790. Economic Research Service/USDA