



What Incredible Choices

Montana WIC Program

1-800-433-4298

9-A

Putting Fruits and Vegetables on the Menu

Morning, noon, and night – there are dozens of delicious ways to put fruit and vegetables on the plate. Here are two dozen (plus one) tasty ideas for putting produce on your family’s daily menu.

BREAKFAST

1. Squeeze **oranges** or **grapefruit** for fresh juice.
2. Slice a **banana** into a bowl of cold cereal.
3. Stir some **strawberries** into low-fat yogurt.
4. Top pancakes with sliced **peaches**.
5. Bake some **blueberries** into oatmeal muffins.

LUNCH

6. Top a tuna sandwich with **lettuce** and **tomato**.
7. Add chopped fresh **tomato** to canned soup.
8. Toss up a pasta salad with **peppers** and **onions**.
9. Substitute **carrot** sticks for potato chips.
10. Enjoy a piece of fruit, like a **pear** or **plum**.

DINNER

11. Top off a frozen pizza with sliced **tomatoes**.
12. Stir-fry **broccoli** with sliced chicken.
13. Add **green beans** or **peas** to a casserole.
14. Serve a baked **sweet potato** with baked ham.
15. Garnish broiled fish with sliced **pineapple**.

SNACKS-AT-HOME

16. Spread peanut butter on **banana** slices.
17. Sprinkle **blueberries** onto some cold cereal.
18. Fill **celery** sticks with light cream cheese.
19. Dip baby **carrots** and **broccoli** into light Ranch.
20. Enjoy some made-ahead mixed **fruit salad**.

SNACKS-AT-GO

21. Take small clusters of **grapes** in a plastic bag.
22. Slice **bell peppers** into rings and put into bag.
23. Make an **apple-wich** with a slice of cheese.
24. Carry a small bag of **tangerines** on the trip.
25. Enjoy a container of **carrot** and **celery** sticks.

How can you add one more fruit or vegetable to your family menu?



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9-B

BLUEBERRIES and HUCKLEBERRIES



Huckleberries only grow wild, often on Western mountainsides.

HOW TO CHOOSE

- Choose plump, firm blueberries that are dry and uniform in size.
- Huckleberries range in color from purple to red when ripe.

HOW TO STORE

- Store berries in a sealed container in refrigerator for up to 2 weeks.
- Wash under cold running water just prior to eating.

NUTRITION FACTS

- Blueberries are good sources of vitamin C and fiber. They also have high levels of antioxidants that may help to prevent cancer.

Fun ways for your family to enjoy the sweetness of blueberries and huckleberries



- From breakfast to dessert, blueberries and their wild cousins, huckleberries, make a colorful splash.
- For breakfast, add berries to hot or cold cereal – or blend into a yogurt smoothie.
- For PB & BB, sprinkle blueberries into a PB sandwich.
- For a nutrient-rich dessert, toss berries into a fruit salad.
- Stir blueberries into pancake or muffin batter.

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9-C

BELL PEPPERS:



Green, Red, Orange, and More

Sweet peppers and hot peppers all come from the same family.

HOW TO CHOOSE

- Choose peppers that are brightly colored with smooth skin.
- Avoid peppers with dull skin that are pitted or shriveled.

HOW TO STORE

- Refrigerate bell peppers in plastic bag for 4-5 days.
- Wash before slicing. Keep sliced peppers in airtight tub for 1-2 days.

NUTRITION FACTS

- All peppers – hot and sweet – are excellent sources of vitamin C. The red and orange types are also high in vitamin A.

Easy ways for your family to enjoy the colorful crunchiness of bell peppers



- Add the bright colors of bell pepper slices or rings to any vegetable snack tray.
- Chopped bell peppers make a delightful addition to tossed salads as well as soups and casseroles.
- Stuffed peppers are an easy main dish. Steam cored peppers for 5 minutes; stuff with a mixture of cooked ground beef and rice with taco seasonings. Bake in a 350 F oven for 20-30 minutes.

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9-D

Oatmeal Blueberry Muffins



NUTRITION ANALYSIS

Serving Size: 1 muffin

Calories: 120

Total Carb: 18 g

Dietary Fiber: 2 g

Protein: 3 g

Total Fat: 4 g

Calories from Fat: 30%

Saturated Fat: 0.8 g

Trans Fat: 0.0 g

Calcium: 44 mg

Sodium: 116 mg

Iron: 1.7 mg



INGREDIENTS:

- 1 cup flour
- 1½ cup quick cooking oats, uncooked
- 1 teaspoon cinnamon
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 cup low-fat buttermilk
- ½ cup packed brown sugar
- ¼ cup oil
- 1 egg, beaten
- 1 cup fresh blueberries, huckleberries, or blackberries
- 2 Tablespoons brown sugar

INSTRUCTIONS:

1. Preheat oven to 425°.
2. Combine flour, oats, cinnamon, baking powder, baking soda, and salt.; set aside.
3. Combine buttermilk, ½ cup brown sugar, oil, and egg in a medium bowl, add to the flour mixture, mixing just until moist.
4. Fold in blueberries. Fill paper lined cups 2/3 full with batter; sprinkle with remaining 2 tablespoons brown sugar.
5. Bake 20-25 minutes or until done.

YIELD: 12 muffins

IDEAS/SUBSTITUTIONS:

- Use unsweetened frozen blueberries when fresh are not in season.
- **If you don't have buttermilk for baking, use this easy substitute:**
For each cup of buttermilk, place one tablespoon of lemon juice or vinegar in a glass measuring cup and add enough cold milk to equal one cup; stir and let stand for five minutes before using in recipe.

SOURCE:

Used with permission, *The Best of Simply Colorado Cookbook*, by Colorado Dietetic Association, Westcliffe Publishers, 2006. To purchase cookbook: www.bigearthpublishing.com/product_info.php?cPath=6&products_id=447

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