

MyPlate suggests making half your plate fruits and vegetables.

<http://www.choosemyplate.gov/>

Acorn Squash

Did you know?

Acorn Squash, also known as winter squash, is best during the fall and winter months.

Acorn squash is an excellent source of Vitamin A.

Acorn squash is also a good source of Vitamin C!

Fun Fact!

Acorn squash is one of many different types of squash.

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

What am I looking for?

- **Look for squash that is tender but firm.**
- **Squash should be heavy in relation to size and looks fresh.**
- **Avoid squash with a dull appearance.**
- **Avoid over mature squash with a hard or tough surface.**

Baked Winter squash

1/2 cup onion, chopped
1/2 cup part-skim mozzarella cheese
1 Tablespoon margarine
1/4 teaspoon pepper
3 cups winter squash, cooked and mashed
(butter, acorn or spaghetti)

Preheat oven to 400 F. Cook onions on low heat with margarine until tender. Combine all ingredients in a large bowl and place in a 1 quart baking dish. Bake for 35 to 45 minutes.

Preparation Time: 10 minutes

Cook Time: 35 minutes

Serves: 6

Nutrition Facts:

Calories: 80

Total Fat: 4 g

Cholesterol: 5 mg

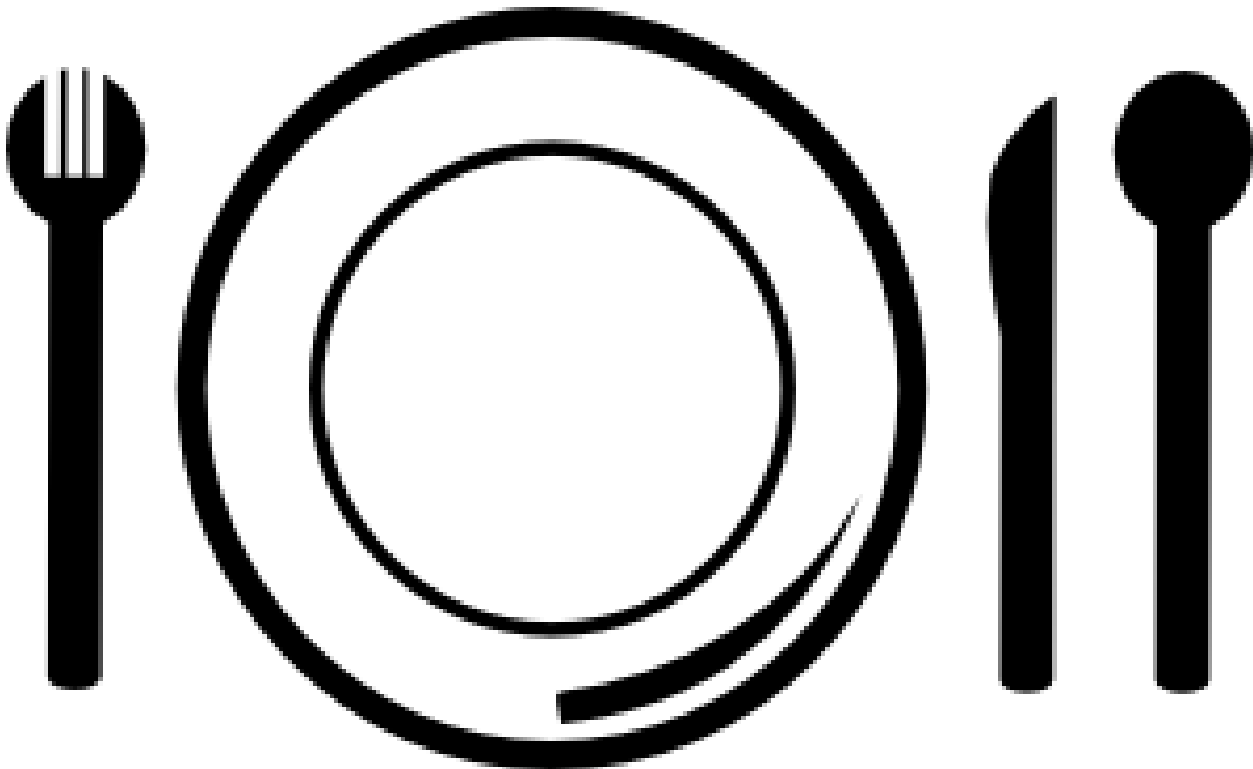
Sodium: 80 mg

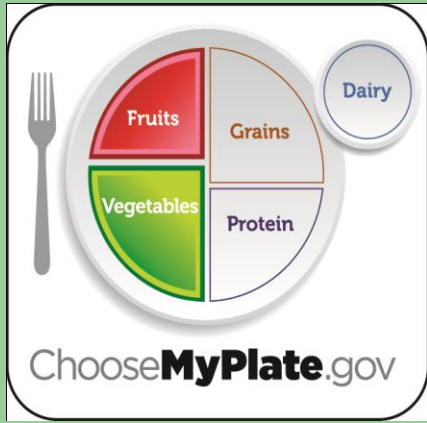
Total Carbohydrate: 11 g

Protein: 3 g

<http://healthyliving.tamu.edu/recipes>

Fill the plate below with drawings of your favorite fruits and vegetables.





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Asparagus

Did you know?

Asparagus is available all year round!

Asparagus is an excellent source of Vitamin C.

Asparagus is also a good source of Vitamin A and potassium.

Fun Fact!

“Martha Washington” is one of the most popular varieties of asparagus.

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What am I looking for?

- **Look for asparagus with close, compact tips.**
- **Select asparagus with a rich green color over most of the spear.**
- **Wash asparagus well before use.**
- **Avoid asparagus with moldy or decayed tips as well as spears that are not rounded.**

Scrumptious Grilled Vegetables

Cooking spray

1/2 red pepper, cut in strips

8 medium asparagus spears

8-10 fresh string beans

1 medium-large zucchini, sliced lengthwise

Clean vegetables, cut into strips or squares, and lay on grill pan. (You may lightly spray your nonstick pan with canned olive oil, but very lightly.)

Cook vegetables over medium heat. Turn them (with plastic clamps or turners) about four times during cooking. Cooking time varies. Start with beans, asparagus, and pepper; after five minutes, add the zucchini. If you want to cook eggplant, it takes a bit longer and will get limp.

Preparation Time: 5 minutes

Cook Time: 10-15 minutes

Serves: 4

Nutrition:

Calories: 85

Total Fat: 0 g

Cholesterol: 0 mg

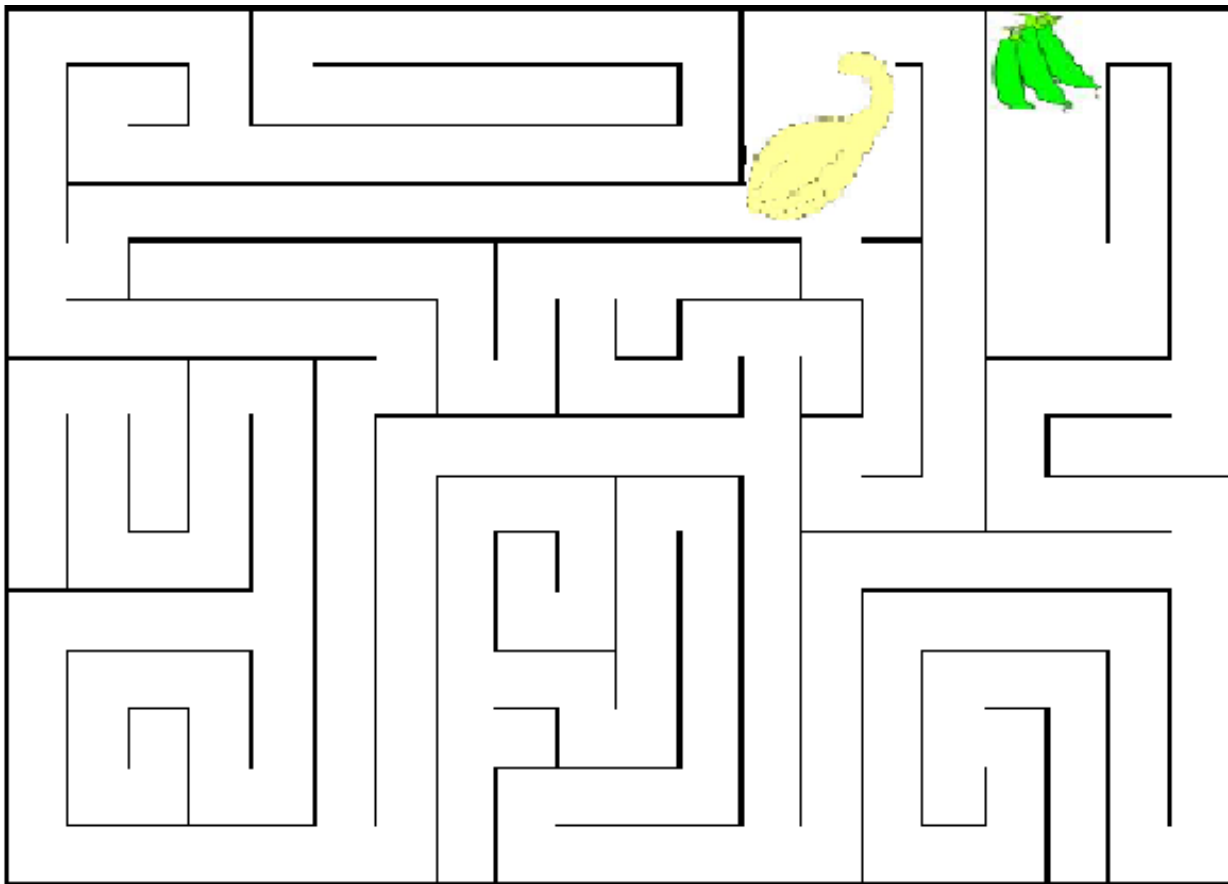
Sodium: 4 mg

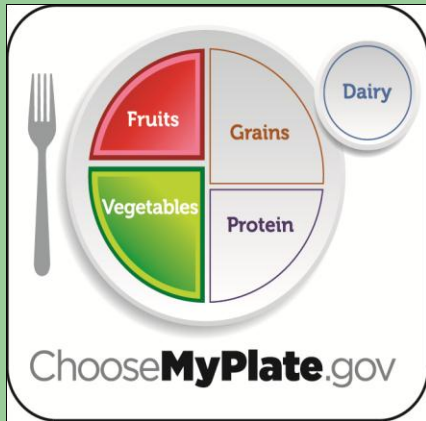
Total Carbohydrate: 8 g

Protein: 2 g

<http://healthyliving.tamu.edu/recipes>

Can you help the summer squash find the snap peas?





Beets

Did you know?

Beets are available all year long!

Beets provide a good source of folate, manganese and potassium.

Beets contain beta-carotene which helps support eyesight!

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Fun Fact!

The ancient Romans were the first to cultivate beets.

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What am I looking for?

- **Look for beets rich in color, firm round, and smooth over most of the surface.**
- **Choose small beets with stalks still intact.**
- **Avoid beets with long scaly areas around the top.**
- **Also avoid wilted, flabby beets which have been exposed to the air too long.**

Beet Dip

1/2 pound red beets (1 large), peeled and coarsely chopped

1 large scallion, chopped

1/4 cup (packed) chopped fresh Spinach

8 ounces nonfat cream cheese

2 teaspoons freshly squeezed lemon juice

1/4 teaspoon salt

2 teaspoons snipped chives

In bowl or food processor, pulse beets, scallion and spinach until finely chopped. Add nonfat cream cheese, lemon juice and salt, and process until well-blended, leaving some texture in dip. Transfer to bowl and stir in chives. Serve as a dip with crackers or as a spread on toasted French bread

Preparation Time: 20 minutes

Serves: 6-8

Nutrition Facts:

Calories: 55

Total Fat: 0.5 g

Cholesterol: 3 mg

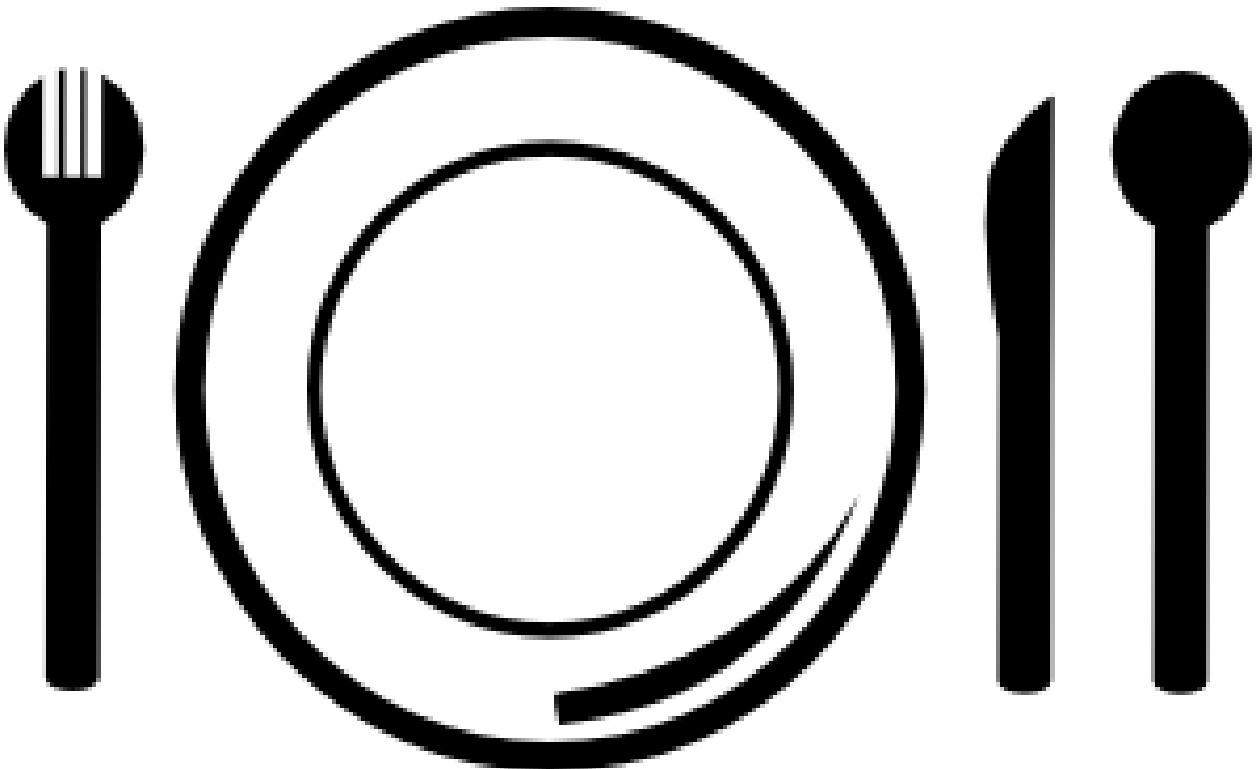
Sodium: 335 mg

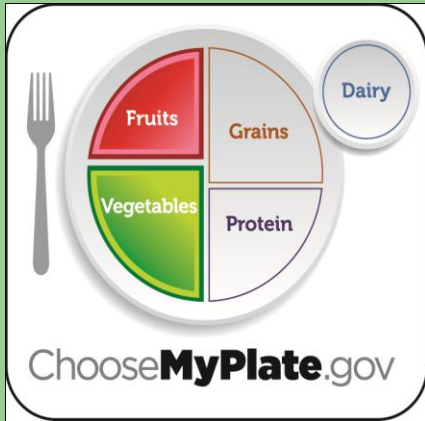
Total Carbohydrate: 6 g

Protein: 6 g

<http://www.dole.com>

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Bell Peppers

Did you know?

Bell Peppers are available all year round!

One serving of bell peppers contains nearly two times your daily requirement for Vitamin C!

Bell peppers also contain health-promoting substances called phytochemicals that work to keep our bodies healthy.

Fun Fact!

The most popular bell pepper in the United States is the green bell pepper.

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What am I looking for?

- **Look for medium to dark colored peppers with a glossy sheen.**
- **Peppers should have firm walls and be relatively heavy in weight.**
- **Wash peppers well before use.**
- **Avoid peppers with very thin walls, punctured walls and peppers with soft watery spots on the side.**

Roasted Red Pepper Hummus

2 cloves garlic, minced
1 - 15 ounce can garbanzo beans, drained
1/3 cup tahini
1/3 cup lemon juice
1/2 cup roasted red peppers
1/4 teaspoon dried basil
salt and pepper to taste

Using a food processor, combine garlic, garbanzo beans, tahini, and lemon juice until smooth. Add red pepper and basil. Mix until all ingredients are combined. Add salt and pepper to taste. Serve immediately or cover and refrigerate.

Preparation Time: 15 minutes
Cook Time: 0 minutes
Serves: 8 portions

Nutrition Facts:
Calories: 132
Total Fat: 6 g
Cholesterol: 0 mg
Sodium: 312 mg
Total Carbohydrate: 17 g
Protein: 5 g

<http://healthyliving.tamu.edu>

Find these fruits and vegetables in the word search below:

Swiss Chard
Grape Tomato

Sugar Snap Pea
New Potato

Bell Pepper
Summer Squash

A	C	E	D	S	R	T	D	N	P	L	E	Y
R	I	P	B	E	L	L	P	E	P	P	E	R
N	W	Z	C	O	D	M	M	E	T	L	O	C
S	X	W	B	T	S	W	O	L	E	R	V	M
U	U	A	D	Z	B	U	N	I	M	K	L	O
M	I	G	R	A	P	E	T	O	M	A	T	O
M	G	R	A	T	Y	F	B	J	Q	O	E	L
E	R	C	H	R	V	Z	M	U	E	T	R	S
R	E	P	C	L	S	F	R	E	B	A	A	D
S	T	W	S	I	O	N	L	E	V	T	H	I
Q	P	U	S	N	V	G	A	R	T	O	T	X
A	L	R	I	F	B	E	B	P	Z	P	A	V
S	W	O	W	X	V	R	T	H	I	W	A	W
H	I	C	S	D	T	R	S	L	H	E	A	Q
F	U	Y	S	Z	V	B	T	H	F	N	A	Z