Brussels Sprouts

Nutrition Facts:

Brussels sprouts are a good source of fiber which helps reduce blood cholesterol levels and may lower the risk of heart disease.

Brussels sprouts contain vitamin K, which can help with blood clotting and maintaining bone health.

Selection:

Choose Brussels sprouts that are firm and bright green.

Avoid Brussels sprouts that are yellow or that have wilting leaves.

Storage:

Store Brussels sprouts in a plastic bag in the refrigerator for up to 10 days.

Preparation:

Trim stems off the ends of Brussels sprouts and remove any wilted or yellow leaves.

After trimming, rinse Brussels sprouts well with cold, running water.

Serving Ideas:

Steam Brussels sprouts, and then add salt and pepper.

Toss cooked Brussels sprouts with olive oil and balsamic vinegar.

Recipe: Brussels Sprouts with Pecans & Cranberries

Ingredients

1 pound Brussels sprouts, rinsed & trimmed
3 ounces (about ¾ cup) chopped pecans
3 tablespoons unsalted butter
¼ teaspoon salt
¼ teaspoon pepper
4 ounces (about ½ cup) chopped dried cranberries

Directions

1. Wash hands with warm water and soap.
2. Slice Brussels sprouts as thinly as possible.
3. Heat a pan on the stove on medium heat.
4. Add pecans to heated pan and cook for 2 minutes.
5. Add butter to pan and mix with pecans.
6. When butter is melted, add Brussels sprouts to pan and cook for 6 minutes.
7. Remove pan from heat and mix in cranberries.

Makes 6 servings

Nutrition information per serving: Calories, 240; carbohydrate, 21 gm; protein, 3 gm; total fat 16 gm; saturated fat, 4 gm; *trans* fat, 0 gm; cholesterol, 15 mg; fiber, 4 g; sodium, 115 mg; calcium, 40 mg; folate, 50 mcg; iron, 1 mg; percent calories from fat, 60%.

FRESH FRUIT & VEGETABLE PROGRAM

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Celery

Nutrition Facts:

Celery is a good source of dietary fiber, which helps reduce blood cholesterol levels and may lower the risk of heart disease.

Celery is a good source of vitamin C, which helps heal cuts and wounds and keeps teeth and gums healthy.

Selection:

Choose celery bunches that have stalks that look crisp and green with fresh leaves. The stalk of celery should feel heavy for its size.

Storage:

Keep celery stored in the refrigerator in the crisper drawer for up to 5 days.

Preparation:

Rinse celery by pulling single stocks off of the bunch and running under cold, running water, rubbing with fingers or vegetable brush to remove dirt.

Trim off top and bottom of celery and discard.

Serving Ideas:

Eat celery raw with low-fat dips.

Add celery to salads, soups, or casseroles.

Celery can be broiled or sautéed. To broil, add celery to water and let simmer for 5 minutes. To sauté, heat vegetable oil or butter in skillet over medium heat. Add celery and cook, stirring occasionally until brown and soft.

Recipe: Apple and Celery Salad

Ingredients

1 tablespoon orange juice
2 tablespoons light mayonnaise
2 cups apples, diced
1 cup celery, diced
½ cup raisins
½ cup peanuts, crushed

Directions

1. Wash hands with warm water and soap.
2. In large bowl, mix orange juice and light mayonnaise.
3. Add celery, apples, raisins, and peanuts to dressing mixture and stir well.
4. Serve at room temperature or chilled.

Makes 6 servings

Nutrition information per serving: Calories, 150; carbohydrate, 19 gm; protein, 1 gm; total fat, 8 gm; saturated fat, 1 gm; *trans* fat, 0 gm; cholesterol, 1 mg; fiber, 3 gm; sodium, 58 mg; calcium, 16 mg; sugar, 12 gm; vitamin A, 7 RAE; vitamin C, 5 mg; iron 1 mg; percent calories from fat, 48%.

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Kale

Nutrition Facts:

Kale is an excellent source of vitamin K, which can help with blood clotting and maintaining bone health.

Kale is high in dietary fiber, which helps to reduce blood cholesterol levels and may lower the risk of heart disease.

Selection:

Look for kale with firm, deeply colored leaves and hard stems.

Avoid kale that is wilted or soggy in appearance.

Storage:

Store unwashed kale in an airtight, zipped, plastic bag for up to 5 days in the refrigerator.

Preparation:

Rinse kale in cold, running water.

You can steam kale for 5 minutes to make it tender, sauté with garlic and onions, or eat it raw.

Serving Ideas:

Chop it up and add it to soups, stir-frys, and salads.

Make kale chips by tearing kale into bite size pieces, tossing with a drizzle of olive oil and a pinch of salt, and baking for 10-15 minutes at 350°F.

Recipe: Winter Kale Salad

Ingredients

1 small bunch of kale
¼ cup pecans, chopped and toasted
1 green onion, chopped
1 pear, peeled and sliced
2 tablespoons balsamic vinegar
3 tablespoons olive oil
Salt and pepper to taste
Crumbled blue cheese (for garnish)

Directions

1. Wash hands with warm water and soap.
2. Remove stems from kale and cut or tear into small pieces.
3. Toss kale, pecans, green onion, and pear together in medium bowl.
4. Sprinkle with salt and pepper.
5. Drizzle vinegar then olive oil over the top.
6. Toss and serve with a sprinkling of cheese.

Makes 4 servings

Nutrition information per serving: Calories, 269; carbohydrate, 16 gm; protein, 4 gm; total fat, 21 gm; saturated fat, 2.7 gm; *trans* fat, 0 gm; cholesterol, 2 mg; fiber, 4 gm; sodium, 99 mg; iron, 2 mg; vitamin A, 605 RE; vitamin C, 83 mg; percent calories from fat, 70%.

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Pomegranate

Nutrition Facts:

Pomegranates are packed with antioxidants that help fight off disease-causing and cell-damaging free radicals.

Pomegranates are a good source of vitamin C, which helps heal cuts and wounds and keeps teeth and gums healthy.

Selection:

Select pomegranates that have thin, yet tough, unbroken skin with a deep red color.

The pomegranate should feel heavy for its size.

Storage:

Pomegranates can be stored for up to 1 month in a cool, dry area. They can be refrigerated for up to 2 months.

Preparation:

The seed, or aril, of the pomegranate is the portion that can be eaten. To seed the pomegranate, cut into fourths. Place fourths in a bowl of water. Under the water, push the seeds out of the membrane. The seeds will sink and the membrane will float, allowing them to separate.

Serving Ideas:

Seeds can be eaten raw as a snack.

Blend seeds to make pomegranate juice.

Top salads or yogurt with the seeds.

Recipe: Pomegranate Yogurt Parfait

Ingredients

¾ cup plain, low-fat yogurt
¼ cup pomegranate seeds (arils)
¼ cup strawberries, sliced
¼ cup blueberries
2 tablespoons chopped walnuts
1 teaspoon honey or agave syrup

Directions

1. Wash hands with warm water and soap.
2. Mix ¾ cup yogurt with fruit and walnuts.
3. Drizzle with honey or agave syrup.

Makes 1 serving

Nutrition information per serving: Calories, 317; carbohydrate, 37 gm; protein, 13 gm; total fat, 13 gm; saturated fat, 2.8 gm; *trans* fat, 0 mg; cholesterol, 11 mg; fiber, 4.4 gm; sodium, 131 mg; vitamin A, 36 RE; vitamin C, 34.12 mg; calcium, 364 mg; iron, 1 mg; percent calories from fat, 37%.

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Star Fruit

Nutrition Facts:

Star fruit is an excellent source of vitamin C, which helps heal cuts and wounds and keeps teeth and gums healthy.

Star fruit is a good source of fiber, which can help reduce blood cholesterol levels and may lower the risk of heart disease.

Selection:

Choose star fruit that is firm to the touch and shiny. The more yellow in color, the riper the fruit is.

Avoid star fruit that has shriveled edges or brown spots.

Storage:

Store ripe star fruit at room temperature for 2 to 3 days or store unwashed star fruit in a plastic bag in the refrigerator for 1 to 2 weeks.

Preparation:

Rinse star fruit in cold, running water, remove any blemished areas, and cut crosswise to get the star shape.

Star fruit does not need to be peeled or seeded before eating.

Serving Ideas:

Add star fruit slices to fruit salad.

Add star fruit to tropical juice smoothies.

Recipe: Chocolate Pistachio Stars

Ingredients

1 star fruit
1/3 cup dark chocolate sauce
1/8 cup pistachio nuts, chopped

Directions

1. Wash hands with warm water and soap.
2. Slice washed star fruit crosswise into star shapes.
3. Drain sliced fruit on paper towel.
4. Dip half of the star fruit slice into the chocolate sauce (thick enough to stick to the fruit).
5. Sprinkle chopped pistachio nuts on the chocolate.
6. Let the snack dry on a cooling rack.

Makes 2 servings; 4 pieces each

Nutrition information per serving: Calories, 188; carbohydrate, 40 gm; protein, 2 gm; total fat, 4 gm; saturated fat, 0 gm; *trans* fat, 0 gm; cholesterol, 0 mg; sodium, 46 mg; fiber, 4 gm; iron, 8 mg; vitamin C, 18 mg; percent calories from fat, 19%.

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Strawberry

Nutrition Facts:
Strawberries are packed with antioxidants that help fight off disease-causing and cell-damaging free radicals.

Strawberries are an excellent source of vitamin C which helps heal cuts and wounds and keeps teeth and gums healthy.

Selection:
Choose strawberries that are shiny and bright red.

Avoid strawberries that have the presence of mold.

Storage:
Strawberries should be stored in a sealed container in the crisper drawer of the refrigerator for up to one week.

Preparation:
Rinse strawberries in cold, running water and dry with a paper towel.

Stems and the surrounding white “hull” can be pinched off or cut off with a paring knife.

Serving Ideas:
Add strawberries to granola and low-fat vanilla yogurt.

Blend strawberries with bananas, kiwi, and low-fat milk for a healthy tropical smoothie.

Recipe: Spinach and Strawberry Salad

Ingredients
10-12 ounces spinach, rinsed and dried
1 pint strawberries, sliced
1/3 cup slivered almonds
1 cucumber, diced
1½ cups grilled chicken breast, diced (optional)
½ cup balsamic vinaigrette

Directions
1. Wash hands with warm water and soap.
2. Mix spinach, strawberries, almonds, and cucumber in a bowl.
3. Top with diced chicken.
4. Drizzle balsamic vinaigrette on top.
5. Enjoy immediately.

Makes 4 servings

Nutrition information per serving: Calories, 274; carbohydrate, 18 gm; protein, 19 gm; total fat, 14 gm; saturated fat, 2 gm; *trans* fat, 0 gm; cholesterol, 38 mg; fiber, 5 gm; sodium, 714 mg; calcium, 121 mg; folate, 160 mcg; vitamin C, 30.6 mg; iron, 3 mg; percent calories from fat, 50%.

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