

Crispy Skin-On Oven Fries

3 medium baking potatoes
1/4 teaspoon salt
1/4 teaspoon paprika
1/4 teaspoon garlic powder
1/4 teaspoon black pepper
Vegetable oil spray

Preheat oven to 450 degrees. Scrub potatoes and pat dry. Cut each potato into 8 wedges. Arrange in a single layer, skin side down, on a baking sheet. Stir the rest of the ingredients together in a small bowl (except oil). Spray potatoes lightly with vegetable oil and sprinkle with salt mixture. Bake uncovered for 20 minutes or until potatoes are tender and skin is crisp.

Number of servings: 4
Calories: 101
Fat: 0g
Carbohydrate: 23g
Fiber: 2g

Skillet Cinnamon Apples

1 teaspoon butter or margarine
4 firm, tart apples, cored and sliced
Pinch of ground cinnamon

Melt the butter or margarine in a skillet over medium heat. Add the sliced apples and the cinnamon. Cook until the apples are soft, stirring occasionally. Serve with chicken, pork or pancakes.

Number of servings: 4
Calories: 89
Fat: 1g
Carbohydrate: 14g
Fiber: 1g



Tips for Making Healthier Choices

Choose...	Instead of...
• 100% fruit juice	• Soda or coffee
• Fresh fruit or veggies	• Chips, candy or cookies
• 1/2 cup applesauce for baking	• 1/2 cup oil
• Low-fat yogurt with fruit	• Ice cream
• Baked potato with salsa	• French fries

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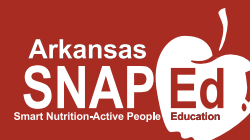
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Eat Your Colors to Stay Healthy and Fit!

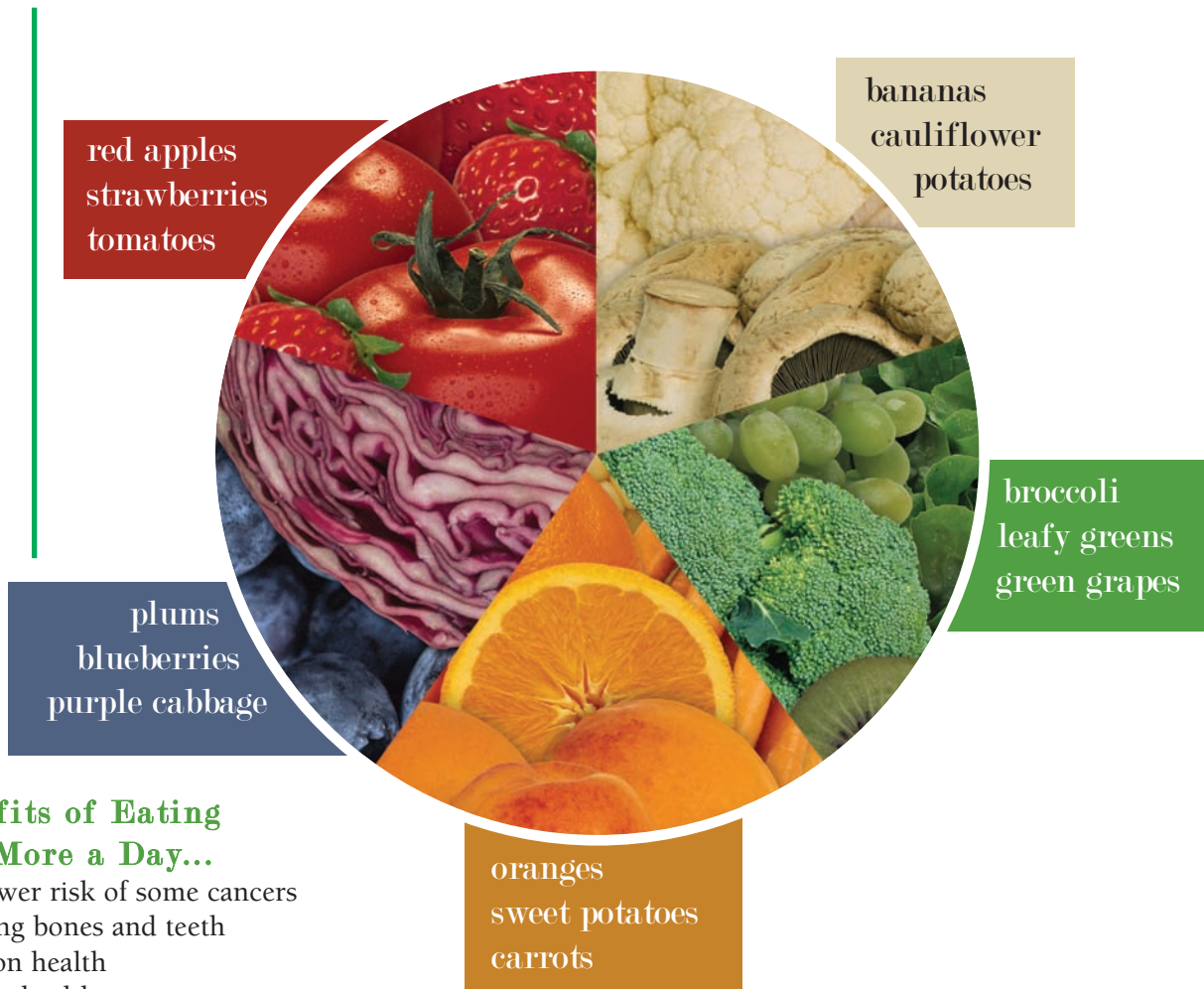


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Arkansas Department of Human Services

Eating 5 or more colorful fruits and vegetables every day is an important part of being healthy. This is because deeply colored fruits and vegetables have a wide range of vitamins, minerals, fiber and other natural compounds that are good for you.



Benefits of Eating 5 or More a Day...

- A lower risk of some cancers
- Strong bones and teeth
- Vision health
- Heart health
- A healthy immune system
- Healthy aging

Easy Ways to Get 5 or More Each Day...

- Keep an easy-to-grab, prewashed bowl of fruit on the counter.
- Make a quick smoothie using frozen fruit.
- Add frozen mixed vegetables to canned or dried soup.
- Add apples, raisins or pineapple chunks to salads like chicken, tuna, or pasta.
- Start your morning off with a glass of 100% fruit juice.
- For an afternoon snack, munch on raw vegetables like carrot or celery sticks.

Garden Vegetable Pie

2 cups fresh broccoli, chopped
1/2 cup onion, chopped
1/2 cup green pepper, chopped
1/2 cup extra sharp cheddar cheese, shredded
1 1/2 cups fat-free or low-fat milk
3/4 cup biscuit mix
3 eggs or 1 whole egg and 3 egg whites

Heat oven to 400 degrees. Lightly grease 9-inch pie pan. In saucepan, heat 1/2 inch water to boiling and add broccoli. Cover and cook until almost tender (5 minutes). Drain.

Mix broccoli, onion, green pepper and cheese in pie plate. Beat milk, biscuit mix and eggs until smooth. Pour into pie pan over vegetables. Bake until golden brown (35-40 minutes). Let stand 5 minutes before cutting.

Number of servings: 6
Calories: 171
Fat: 8g
Carbohydrate: 18g
Fiber: 1g

Carrot, Orange and Raisin Salad

1 1/2 cups washed and shredded carrots
1 orange, peeled and diced
1/2 cup raisins
1/3 cup low-fat yogurt

Stir carrots, oranges and raisins together in a mixing bowl. Add the yogurt and stir. Chill and serve.

Number of servings: 6
Calories: 67
Fat: 0g
Carbohydrate: 14g
Fiber: 1g

