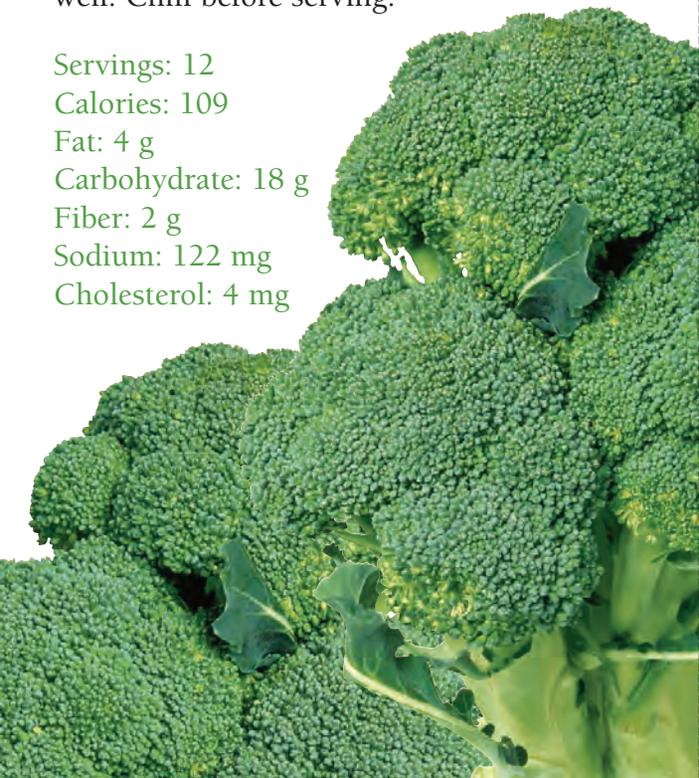


## Broccoli Salad

5 cups fresh broccoli florets or 2 bags (16 ounces each) frozen  
1 cup red or yellow apples, diced  
1 cup raisins, golden or dark  
1/2 cup low-fat grated cheese  
1/2 cup low-fat mayonnaise  
2 tablespoons sugar  
1 tablespoon vinegar

Bring a large pot of water to a boil. Add broccoli and cook 1 to 2 minutes. Remove from heat, drain and put into a bowl of ice water to stop the cooking. Let cool and drain. Combine broccoli, diced apples, raisins, and cheese in a large bowl. In a separate bowl, whisk together mayonnaise, sugar, and vinegar. Add dressing to the salad and toss to mix well. Chill before serving.

Servings: 12  
Calories: 109  
Fat: 4 g  
Carbohydrate: 18 g  
Fiber: 2 g  
Sodium: 122 mg  
Cholesterol: 4 mg



## Fancy Fruit Salad with Creamy Dressing

6 ounces plain or vanilla low-fat or fat-free yogurt  
1/4 cup frozen juice concentrate, thawed  
1 cup apples, cut in bite-size pieces  
1 cup bananas, cut in bite-size pieces  
1/2 cup peaches, cut in bite-size pieces  
1/2 cup kiwi, cut in bite-size pieces  
1/2 cup blueberries  
1/2 cup strawberries

In a small bowl, mix yogurt and juice concentrate until thoroughly combined. Place cut-up fruit in a large bowl. Toss fruit with dressing and serve.

Option: use 4 cups total of any favorite in-season fruit

Servings: 8  
Calories: 76  
Fat: 0.6 g  
Carbohydrate: 17.5 g  
Fiber: 2.5 g  
Sodium: 16 mg  
Cholesterol: 1 mg

### FCS509

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## Fruits and Vegetables... *More Matters!*



**U of A** UNIVERSITY OF ARKANSAS  
DIVISION OF AGRICULTURE



Arkansas Department of Human Services

**E**ating 5 or more fruits and vegetables every day can help you stay healthy! That may sound like a lot, but it's easy to do when you add your favorite fruits or vegetables to a meal or serve them as snacks.

### *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 low-fat yogurt and 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.
- Take cut-up vegetables or fruit from home for a quick snack.

### *Budget Savers*

Eating fruits and vegetables every day doesn't have to break your budget!

- Stretch your food dollars with weekly specials, and shop for fresh fruits and vegetables when they are in season at the grocery store and farmers' markets.
- Choose frozen or canned fruits and vegetables when fresh produce is not in season. But watch out for added sugar, syrup, cream sauces, or other ingredients that will add calories.



### *Oven Roasted Vegetables*

5 cups vegetables, washed and cut in chunks  
(Use hard vegetables like potatoes, sweet potatoes, winter squash, turnips, carrots, and onions; and soft vegetables like peppers, zucchini, or mushrooms)

4 teaspoons vegetable oil

4 teaspoons lemon juice or vinegar

2 teaspoons dried Italian seasoning

1/8 teaspoon pepper

1/8 teaspoon salt

Heat oven to 425 degrees. Rinse and cut the vegetables. Put the hard vegetables in a 9" x 13" pan. In a small bowl, combine oil, lemon juice or vinegar, seasoning, pepper, and salt. Pour the mixture over the hard vegetables and gently stir until the vegetables are lightly coated. Bake in oven uncovered for 30 minutes, stirring every 10 minutes. Add soft vegetables and stir until the vegetables are lightly coated with the oil mixture. Bake for 15 minutes longer, stirring once or twice.

Servings: 5

Calories: 130

Fat: 4 g

Carbohydrate: 23 g

Fiber: 3 g

Sodium: 76 mg

Cholesterol: 0 mg

