

# Get Smart In Your Family Dinner



**It's smart to add more fruits and vegetables to your family dinner. It's easy too!**



- Adding them to your family's favorite dishes makes them a routine part of meals and not something to be pushed to a corner of the plate.
- It's simple to add fresh, frozen, or canned vegetables to:
  - Homemade or canned soups and stews
  - Pasta dishes
  - Omelets and egg dishes
  - Sandwiches
  - Stir fry dishes with brown rice

Try adding more types of vegetables to salads, such as peas, corn, and canned beans. Try adding fruit too. Strawberries and slices of pineapple and orange (canned or fresh) bring a special sweetness to salads that children like.

Finish dinner with fruit. Sliced strawberries, all kinds of berries, and bananas taste great by themselves or on top of low-fat frozen yogurt.

And get your children to help! If they are too young to cut vegetables and fruit, ask them to measure the amount of vegetables as you cut them and tell you when to stop. If you are using canned or frozen vegetables, they can measure them from the container.



Visit [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)  
for more great tips and recipes.



## Family fun with fruits and vegetables all week long

Try these tasty, healthy menus that blend fruits and vegetables with some favorite foods:

These recipes can be found at: <http://apps.nccd.cdc.gov/dnparecipe/RecipeSearch.aspx>

### Sunday

Asparagus with Sole  
Glazed Carrots (*see recipe below*)  
Strawbrosia Parfait

### Monday

Soup and Tortilla Pizzas  
Add frozen or fresh vegetables to canned soup or try one of these soups\*\*:  
Black bean and corn soup  
Broccoli soup  
Cabbage soup  
Cantaloupe soup  
Fresh mushroom soup

### Tuesday

Mushroom Lasagna

### Wednesday

Chicken Broccoli Stir Fry

### Thursday

Chickpea with Spinach Curry with brown rice and Curried Cauliflower

### Friday

Pizza night! Add broccoli, mushrooms, onions, and any other favorite vegetables to your pizza before you bake it. Or try adding pineapple for a different taste.



### Saturday

Pasta Primavera with a colorful assortment of your family's favorite veggies

## Glazed Carrots

- 12 medium carrots (2 lbs), peeled and ends removed
- 1/2 Tbsp butter
- 1/2 Tbsp canola oil
- 2 Tbsp orange juice
- 1/2 tsp salt
- 1/4 tsp cinnamon
- 1/4 tsp cayenne pepper

1. Slice carrots to create coin-like pieces.
2. Heat butter and canola oil in a skillet. Add carrots and sauté for 5 minutes.
3. Add the remaining ingredients. Cook until carrots are tender and liquid is absorbed, about 15 minutes. (Makes 6 servings.)



Nutrition info per serving\*: Calories 70kcal; Fat 3g; Sodium 270mg; Carb 12g; Fiber 4g; Protein 1g; Vit A 480%; Vit C 15%; Calcium 4%; Iron 2%

\*Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories