



# Extension Nutrition Programs

FSNE/EFNEP

## Take the 5-A-Day Challenge This Winter!

Try preparing your favorite fruit or vegetable in a different way OR try a new one. Fresh, canned or frozen – nutritionists recommend eating 5 to 9 servings of fruits and vegetables every day for health. One serving is only a ½ cup.

Canned or frozen fruits and vegetables are as nutritious as fresh! The commercial canning and freezing processes do not destroy nutrients, and quality produce is used. What you read on the nutrition label is trustworthy, reliable information. You can check it out at

[www.cdc.gov/nccdphp/dnpa/5ADay/index.htm](http://www.cdc.gov/nccdphp/dnpa/5ADay/index.htm)

**And...Fruits and vegetables usually cost less when they are in season.**

**Winter Vegetables –** Brussels sprouts, cabbage, carrots, cauliflower, rutabagas, parsnips, sweet potatoes, turnips, winter squash (hubbard, acorn, etc), yams

★*Winter Squash Tip:* Microwave whole squash on HIGH for 1 minute. Remove and let cool. Squash will be easier to cut.

### Winter Fruits

Citrus is a great choice (grapefruit, oranges, tangerines), as well as pears and apples



### Hot Spiced Fruit Sauce

(Serve over ham, boneless chicken breasts, or pork chops)

Yield: 4 servings

- 1- 16 ounce can peaches
- 1- 16 ounce can pears
- 3 Tablespoons honey
- 1 teaspoon cinnamon
- 4 servings ham, chicken or pork chops

1. Drain fruit and cut into smaller pieces. Place in a bowl. Add honey and cinnamon to fruit.
2. Place meat in baking pan. Spoon fruit sauce over meat.

3. Bake at 350°F for 30 minutes or until meat is thoroughly cooked.

### Glazed Sweet Potatoes

Yield: 4 servings •

Serving: ½ cup

Nonstick cooking spray  
1 pound sweet potatoes or yams (about 2)  
1 Tablespoon cornstarch  
1 Tablespoon brown sugar  
¾ cup 100% orange juice

1. Preheat oven to 425°F.
2. Spray casserole dish with cooking spray.
3. Peel and cut sweet potatoes into ½ inch thick slices.
4. Mix cornstarch and brown sugar in small bowl. Add orange juice. Stir well.
5. Pour mixture over potatoes. Cover with foil or lid. Bake for 40 minutes or until potatoes are tender and glaze is thickened.

**PER SERVING:** CALORIES 139 • FAT 0 G • PROTEIN 2 G • CARBOHYDRATE 33 G • FIBER 4 G • GOOD SOURCE OF VITAMIN A AND VITAMIN C

Source: November 1999 Nutrition Calendar

## **Stuffed Spuds**

Yield: 4 servings •

Serving: 1 potato

- 4 baking potatoes, cleaned
  - 1 pound lean ground beef
  - 1 box (10 ounces) frozen chopped spinach, thawed, and liquid squeezed out
  - 1 cup spaghetti sauce
  - 1 cup shredded mozzarella cheese
1. Preheat oven to 400°F. Bake potatoes for 1 hour or until soft.
  2. In large skillet, brown the ground beef. Drain off fat.
  3. Add spinach and spaghetti sauce. Heat thoroughly.
  4. Split baked potatoes and top with ground beef mixture. Sprinkle with cheese.

**PER SERVING:** CALORIES 597 • FAT 17 G • PROTEIN 36 G • CARBOHYDRATE 76 G • FIBER 9 G • GOOD SOURCE OF VITAMIN A, VITAMIN K, PROTEIN, VITAMIN C, VITAMIN B6, CALCIUM, POTASSIUM, PHOSPHORUS AND MANGANESE

Source: *Dairy Council*



## **Root Vegetable Soup**

Yield: 4 servings •

Serving: 1½ cups

- 1 parsnip, peeled and chopped
  - 2 small turnips, peeled and chopped
  - 2 large carrots, peeled and chopped
  - 1 onion, chopped
  - ½ cup barley
  - 3 cups water
  - 3 bouillon cubes
  - 1 teaspoon dried basil **or** thyme
  - ½ teaspoon garlic powder
  - Salt & pepper to taste
1. Place chopped vegetables in a large saucepan. Add barley, water, bouillon, and seasoning. Bring to a boil.
  2. Reduce heat to low and simmer for 1 to 2 hours. Check soup often and add more water as needed. Vegetables will be tender when done.
  3. Adjust seasonings such as salt, pepper, and curry (optional) to taste.

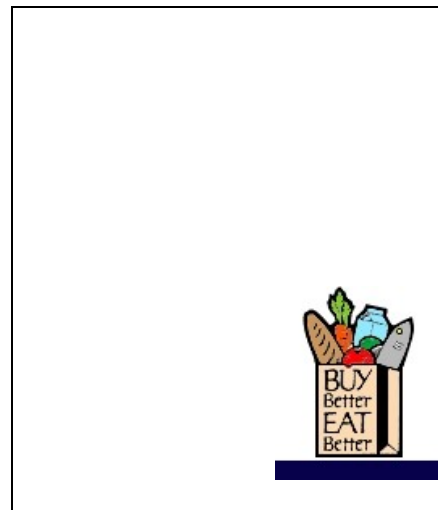
**PER SERVING:** CALORIES 150 • FAT 1 G • PROTEIN 4 G • CARBOHYDRATE 32 G • FIBER 8 G • LOW IN FAT AND CHOLESTEROL • GOOD SOURCE OF FIBER, VITAMIN A, MANGANESE, VITAMIN C AND VITAMIN K  
Source: *The Market Basket, Montana WIC Program*

Go to [www.montana.edu/nep](http://www.montana.edu/nep) for a complete list of FSNE/EFNEP recipes.



## **Other Ideas**

- ☀ Use frozen vegetables for stir-fry.
- ☀ Bake sweet potatoes, yams, carrots or squash.
- ☀ Toss together oranges, grapefruit and bananas for a quick salad.



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