

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



Ideas For Eating Better For Less

Storing Fruits & Vegetables

Store your fruits and vegetables properly so they stay fresh and tasty.

- Refrigerate most fresh vegetables to keep them fresh.
 - Store potatoes, sweet potatoes, onions, and hard winter squash in a cool, dark and dry place.
 - Store tomatoes on the kitchen counter.
- Refrigerate most fresh fruits to keep them fresh.
 - Store bananas on the kitchen counter.
- Arrange fruits and vegetables so you'll use the ripest ones first.
- Store canned fruits and vegetables in a cool, dry place.



Deluxe Orange Salad Serves 6.

6 medium oranges	1/2 cup chopped dried fruit (figs, dates, raisins)
1 Tbsp. powdered sugar	2 tsp. lemon juice
1/3 cup chopped nuts	1/2 tsp. cinnamon

1. Peel oranges. Pull orange sections apart and place in a bowl.
2. Sprinkle sugar over oranges and gently mix.
3. Add chopped nuts and dried fruit to oranges.
4. Sprinkle lemon over oranges, nuts and fruit and gently stir.
5. Sprinkle with cinnamon. Stir gently.
6. Cover bowl and refrigerate. Serve chilled.



NUTRITION FACTS (per serving) - Calories 150 ~ fat 5 g ~ calories from fat 40 ~ sodium 0 mg ~ total carbohydrate 28 g ~ fiber 4 g

Tip of the Month: Try a new fruit or vegetable recipe once a month.

Veggie Taco Salad Serves 4.

2 cups shredded lettuce

1 cup diced tomatoes

1/4 cup diced onion

1 diced chile pepper, optional

1 cup cooked beans

1 cup salsa

1/4 cup reduced-fat sour cream

1 cup shredded reduced-fat cheese

28 corn tortilla chips



1. Mix lettuce, tomatoes, onion, chile pepper, beans and salsa in a large salad bowl.
2. To serve, place seven tortilla chips on four plates. Top the chips with the salad mixture.
3. Top each salad with 1 Tbsp. sour cream and 1/4 cup of cheese.

NUTRITION FACTS (per serving) - Calories 260 ~ fat 6 g ~ calories from fat 50 ~ sodium 570 mg ~ total carbohydrate 37 g ~ fiber 8 g

Fall Fruits & Vegetables

Good “buy\$” for fall:



- Apples
- Grapes
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Eggplant
- Potatoes
- Winter squash



- ✓ Buy fruits and vegetables in season or watch for special sales.
- ✓ Once home, store fruits and vegetables promptly.
- ✓ Use fresh fruits and vegetables before using canned or frozen.
- ✓ Rinse all fruits and vegetables using clean water before peeling and/or eating.



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FAMILY NUTRITION PROGRAM
EXPANDED FOOD AND NUTRITION
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