

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

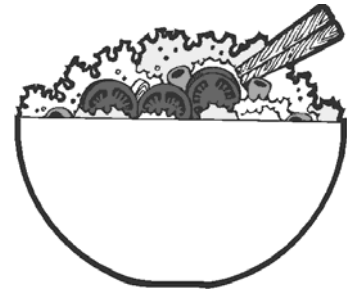
College of Agricultural, Consumer and Environmental Sciences



Ideas For Eating Better For Less

Fruit & Veggie Salads

- ◆ Make fun, colorful and healthful salads with a variety of vegetables and fruit.
- ◆ Many vegetables can be served uncooked (raw) in a salad like lettuce, tomato, carrot, broccoli, cauliflower, and sweet pepper. Other vegetables like corn, asparagus and potato need to be cooked first and taste great in cold or warm salads.
- ◆ A salad can be a main dish when foods from other food groups are included. For example; lettuce, tomato, cooked chicken, shredded cheese, orange slices and croutons (small pieces of toasted bread).
- ◆ Serve nonfat or low fat dressings on your salads.
- ◆ Serve gelatin fruit salads for dessert.



Cabbage Coleslaw Serves 10. (Refrigerated, it keeps 1-2 weeks.)

1 small head of cabbage, shredded	1/2 cup sugar
1 small onion, diced	1/2 cup vinegar
1 cup grated carrot	1/3 cup oil
2 tsp. celery seed	Salt & pepper, to taste

1. In a medium bowl combine cabbage, onion, carrot and celery seed.
2. Sprinkle sugar over cabbage mixture and mix well.
3. In a small saucepan combine vinegar and oil. Bring to a boil.
4. Pour hot dressing over cabbage mixture and mix well. Salt and pepper to taste.
5. Store in the refrigerator.



NUTRITION FACTS (per serving) - Calories 130 ~ fat 8 g ~ calories from fat 70 ~ sodium 10 mg ~ total carbohydrate 15 g ~ fiber 2 g

Fruit Gelatin Whip Serves 6.

1 pkg. (6 oz.) fruit flavored gelatin 1 cup fresh, frozen (thawed) or canned (drained) fruit*
2 cups water 8 oz. frozen nondairy whipped topping, thawed

1. Combine gelatin with one cup of boiling water. Mix well.
2. Add one cup of cold water, mix well and refrigerate.
3. When gelatin is almost firm, stir in fruit and thawed whipped topping.
4. Refrigerate until completely chilled.

*Do not use fresh pineapple. The gelatin will not set.

NUTRITION FACTS (per serving) - Calories 180 ~ fat 3.5 g ~ calories from fat 70 ~ sodium 70 mg ~ total carbohydrate 33 g ~ fiber < 1 g

SALAD TIPS

- Wash fruits and vegetables with cool, running water before using them.
- Dry salad greens thoroughly with clean paper towels or a salad spinner before adding salad dressing.
- Add dressing immediately before serving the salad.
- Salads with meat, poultry, fish, egg, or dairy products, must be kept refrigerated and should not stay out for longer than 2 hours (1 hour in hot weather).

TIP OF THE MONTH: Make wholesome whole-wheat croutons. Cut whole wheat bread into 1/2-inch cubes and place on cookie sheet. Spray cubes lightly with cooking spray. Sprinkle with your favorite herbs & spices for flavor. Bake at 350°F for 10 minutes or until golden brown and crisp.



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FAMILY NUTRITION PROGRAM
EXPANDED FOOD AND NUTRITION
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