

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences

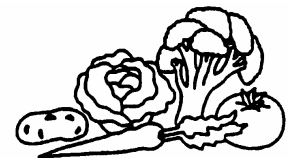


Ideas For Eating Better For Less

Storing Fruits & Vegetables

Fresh fruits and vegetables stored and handled properly will stay fresh and taste delicious.

- Most **whole, ripened** fruits and vegetables keep best in the refrigerator except for potatoes, onions and tomatoes.
Potatoes and onions – store in a cool, dry, dark place.
Tomatoes – store at room temperature.
- Handle fruits and vegetables gently to prevent bruising.
- Purchase fresh fruits and vegetables that are not overly ripe, bruised (soft spots) or spoiling.
- Rinse fruits and vegetables in water just before eating or cooking.



Salad in a Pocket Serves 12 (3/4 cup salad)

6-8 carrots grated (3 cups)	1 1/2 cups raisins
2 stalks celery, chopped	1/3 cup reduced fat mayonnaise
6 medium apples	12 mini pita pockets

1. Wash all fruits and vegetables.
2. Peel and grate carrot and put into mixing bowl.
3. Add chopped celery.
4. Cut apples into quarters, core, and chop into small pieces and put into mixing bowl.
5. Add raisins and mix all ingredients together
6. Measure mayonnaise and add to bowl and mix all ingredients together.
7. Serve in the mini pita pocket.



NUTRITION FACTS (per serving) - Calories 210 ~ fat 2.5 g ~ calories from fat 25 ~ sodium 220 mg ~ total carbohydrate 46 g ~ fiber 5 g

Easy Pasta Salad Serves 12.

1 pound package pasta
1 cup cherry tomatoes
2 baby zucchini squash, raw
1 cup shredded carrots
3/4 cup ranch dressing
1/2 cup plain yogurt
1 Tbsp. dried dill weed



1. Cook pasta according to package directions; drain and cool.
2. Clean and cut fresh vegetables into bite size pieces.
3. In a small bowl, mix together the ranch dressing and plain yogurt.
4. In a serving bowl mix pasta, veggies and dressing. Add dill weed (to taste) and stir together.

NUTRITION FACTS (per serving) - Calories 230 - fat 9 g - calories from fat 80 - sodium 160 mg
- total carbohydrate 32 g - fiber 2 g

Ripening Fruit

- ◆ Some fruits may be ripened after they are picked. Ripen these fruits at room temperature: Avocados, papayas, bananas, persimmons, cantaloupe, honeydew, mango, nectarines, peaches, pears, plums, pineapples and tomatoes.
- ◆ Speed up ripening by placing fruit in a paper bag. Punch several holes in the bag. Place bag on kitchen counter or shelf at room temperature. Check daily.
- ◆ Rinsed, cut-up fruit should be refrigerated in a sealed container.
- ◆ Ripened fruit can spoil quickly, even in the refrigerator. Check daily.



UNIVERSITY OF ILLINOIS
EXTENSION
FAMILY NUTRITION PROGRAM
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

**University of Illinois * United States Department of Agriculture
* Local Extension Councils Cooperating**

University of Illinois Extension provides equal opportunities in programs and employment.
This material was funded by USDA's Food Stamp Program.