



Fruits and Vegetables for the Holidays



Including fruits and vegetables in your holiday meals can add color and flavor as well as good nutrition.

MyPyramid recommends that adults eat at least 2-1/2 cups of vegetables and 2 cups of fruit each day. Include fruits and vegetables in all meals and most snacks to be sure to get the recommended amount.

Eat Fruits and Vegetables for Good Health

Eating fruits and vegetables as part of a healthy diet may help lower your risk for Alzheimer's, heart disease, high blood pressure, some cancers, osteoporosis, and type 2 diabetes. Eating more fruits and vegetables that are lower in calories than other foods may make it easier to control your weight.

Holiday Meal Planning

Be sure to include fruits and vegetables in your holiday meal plan along with a few traditional holiday foods.

Here are some ideas:

- * Raw vegetable tray for appetizer or snack.
- * Festive tossed salad in the red and green colors of the season – add dried cranberries, cherry tomatoes, sliced red peppers and radishes to a mix of leafy greens.
- * Fresh cranberries in salads, breads and sauce.
- * Chopped vegetables or dried fruit added to rice.
- * Winter squash in soups or casseroles.
- * Fresh fruit salad for dessert.
- * Start your day off with raisins, add to oatmeal or fresh fruit on whole grain cereal.
- * Dry roasted peanuts and raisins or dried cherries for snacking.
- * Bake vegetables along side the turkey – combine 1 cup each turnips, carrots and rutabagas, add a little broth, bake until tender about 1 hour.
- * Fruit basket for centerpiece and dessert – include easy eating fruits like tangerines, apples, pears and dried fruit.



Broccoli and Cauliflower Ring

A festive, healthy dish to take to your holiday meal.

- 1 small tomato, cut into 6 wedges
- 4 cups fresh broccoli flowerets
- 2 cups fresh cauliflowererets
- ¼ cup water
- 2 Tablespoons butter or margarine
- 1 tablespoon lemon juice
- ¼ teaspoon salt
- ⅛ teaspoon pepper



Cook broccoli and cauliflower in small amount of water until tender-crisp, drain.

Arrange tomato wedges skin side down on bottom of 6-cup microwave safe ring mold.

Arrange vegetables over tomatoes in mold, pressing to pack firmly.

Melt butter or margarine, blend in lemon juice, salt and pepper. Pour over vegetables.

Microwave on high for 3 minutes. Invert onto serving plate. Serves 8

Nutrition information per serving: 50 calories, 3 g fat, 10 mg cholesterol, 100 mg sodium, 6 g carbohydrate.

Hot Fruit Drink



- 2 cups orange juice
- 1 cup water
- 1 cup low-cal cranberry cocktail juice
- ½ cup pineapple juice
- 1 tablespoon lemon juice
- 1 stick cinnamon or a few whole cloves (optional)

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Heat until hot. Serve warm Serves 8.

Nutrition information per serving: 40 calories, 0 g fat, 0 mg sodium, 10 g carbohydrate.

