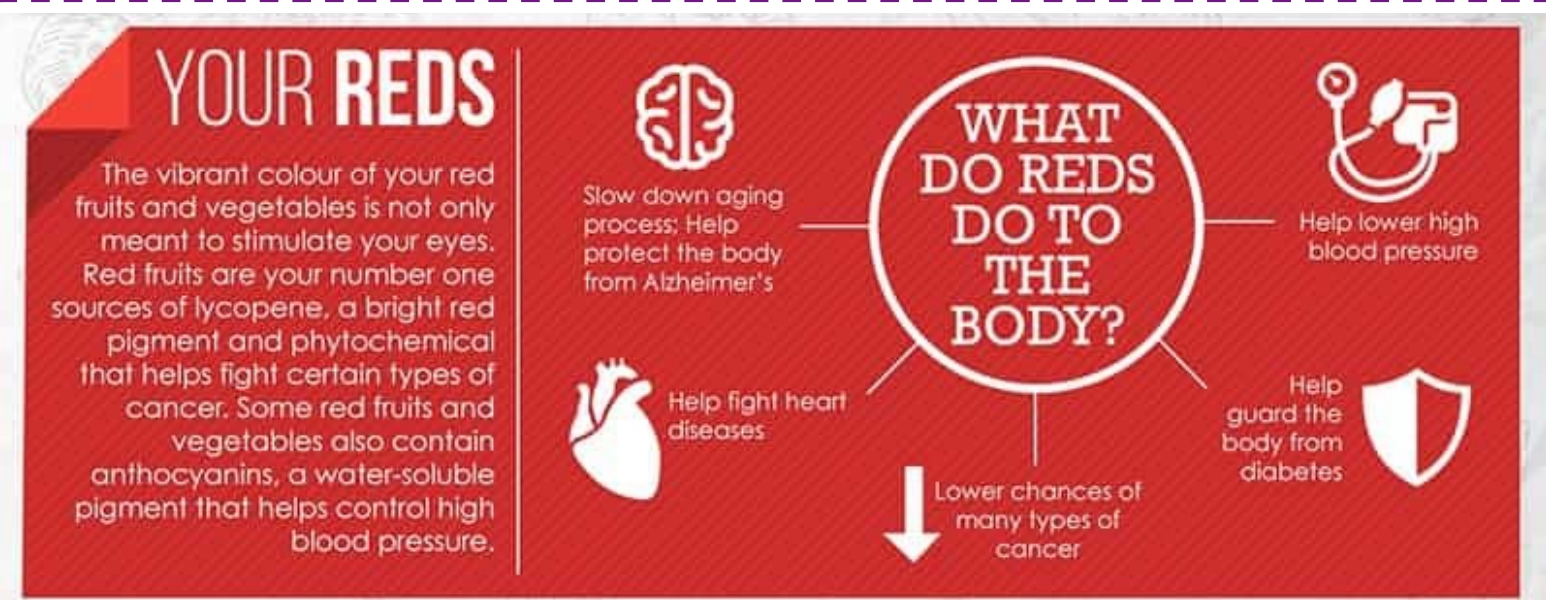


Red Fruits and Vegetables

March is National Nutrition Month and here at the Food Bank of Western Massachusetts we are focusing on the importance of having a variety of fruits and vegetables in our diets. Based on the results from the National Health and Nutrition Examination Surveys in 2010, 8 out of 10 people in the US are not getting enough servings of every color category of fruits and vegetables. By making sure we have a colorful variety of fruits and vegetables on our plate we can assure that we are getting all the nutrients our bodies need.

It is recommended for adults to get 4-5 cups of red fruits and vegetables per week to meet our nutritional needs.

Source: gardeningdirect.co



Strawberry-Avocado Salsa with Cinnamon Tortilla Chips

Serves 12

Source: myrecipes.com

Ingredients for Salsa

- 1.5C finely chopped peeled ripe avocado (2 avocados)
- 2 Tbsp. minced fresh cilantro
- 2 tsp fresh lime juice

- 1C of finely chopped strawberries
- 1 tsp minced seeded jalapeno pepper
- Pinch of salt

Ingredients for Tortilla Chips

- 2 tsp canola oil
- 2 tsp sugar

- 6 (6-inch) whole-wheat flour tortillas
- ½ tsp ground cinnamon

Directions: Preheat oven to 350°F. To prepare chips, brush oil evenly over one side of each tortilla. Combine sugar and cinnamon; sprinkle evenly over oil-coated sides of tortillas. Cut each tortilla into 12 wedges; arrange wedges in a single layer on two baking sheets. Bake at 350° for 10 minutes or until crisp. Combine avocado and remaining ingredients; stir gently to combine. Serve with chips.

Nutrition: Serving Size: 6 chips with 3 Tbsp. of avocado mixture: Calories 138, Fat 6.7g, Saturated Fat 1f, Carbs 17g, Fiber 4g, Sugar 4g, Sodium 246mg, Protein 3g

Apple Chips

Servings 2

Source: allrecipes.com

Ingredients:

- 2 Gala Apples (or any kind you choose)
- 3/4 teaspoon of ground cinnamon

Directions:

Preheat oven to 225 °F. Arrange apple slices on a metal baking sheet. Mix sugar and cinnamon together in a bowl; sprinkle over apple slices. Bake in the preheated oven until apples are dried and edges curl up, 45 minutes to one hour. Transfer apple chips, using a metal spatula to a wire rack until cooled and crispy. Note: They will not feel crispy until they cool down.

Nutrition Per Serving: 1 Apple: Calories 130, Fat 0g, Saturated Fat 0g, Sodium 0mg, Carbs 35g, Sugar 25g, Added Sugar 0g, Protein 1g.

Recipes

Roasted Radishes

Serves 4

Source: *EatingWell*

Ingredients

- 3 radishes
- 1 onion
- 1.5 Tbsp olive oil
- 1/4 tsp salt
- 16 oz bag of carrots
- 1 clove of garlic
- 1/4 tsp pepper

Directions: Preheat oven to 350°F. Lightly drizzle 1Tbsp olive oil over a flat baking pan. Peel the daikon radishes and cut into quarter inch thick slices and spread them evenly over the pan. Chop the onion into big chunks and evenly spread out onion chunks over the baking pan. If using big carrots, chop into baby carrot size pieces and spread over baking pan as well. Mash the clove of garlic and add on top of the vegetables on the baking pan. Season the vegetables with salt and pepper and drizzle the additional olive oil over the top. Bake in the oven for 45-60 minutes.

Nutrition: Calories 160, Fat 6 gm, Saturated Fat 1 gm, Sodium 260 mg, Carbohydrate 25 gm, Fiber 7 gm, Protein 3 gm

Homemade Tomato Sauce

Serves 6

Source: *Food Network*

Ingredients

- 1 tablespoons olive oil
- 2 cloves garlic, minced
- 3 tablespoons tomato paste
- 1 bay leaf
- 1 medium onion, finely chopped
- 2 (28-ounce) cans whole tomatoes, drained, tomatoes chopped
- 1 teaspoon dried oregano
- Salt and pepper

Directions: In a large pot, heat the oil over medium heat. Add the onion and cook, stirring occasionally, until soft, about 5 minutes. Add the garlic and cook for 2 minutes longer. Add the remaining ingredients and cook, uncovered, stirring occasionally, until thickened, about 30 minutes. Season with salt and pepper, to taste.

Nutrition: 1 Serving: 1/2C: Calories 94, Fat 3g, Saturated Fat 0.4g, Sodium 430mg, Carbs 14g, Fiber 3g, Protein 3g.

Watermelon and Jicama Salad

Serves 4

Source: *Food Network*

Ingredients

- 1/2 cup orange juice, plus 1 teaspoon zest
- 2 tablespoons honey
- Salt
- 4 cups watermelon in 2-inch chunks
- 1/4 cup lime juice, plus 1 teaspoon zest
- 1 teaspoon ground black pepper
- 1 jicama, cut into matchstick pieces
- (optional) 1/3 cup roughly torn fresh mint leaves

Directions: Whisk together juices, honey, pepper and salt in a large bowl. Add the jicama, watermelon and mint and toss to coat.

Nutrition: 1 serving= Calories 162, Fat 0.5g, Saturated Fat 0g, Sodium 300mg, Carbs 40g, Fiber 9g, Sugar 20g, Protein 3g.

Roasted Beets

Serves 4

Source: *allrecipes.com*

Ingredients:

- 4-5 beets
- salt
- 3 tablespoons olive oil

Directions: Preheat the oven to 425 degrees F and line a baking sheet with parchment paper. Wash the beets and use a vegetable scrubber to wash the outside. Remove the stem and root end. Use a vegetable peeler or paring knife to peel the beets. Slice the beets into 1/4" thick rounds and place them in a small bowl. Drizzle the olive oil over the sliced beets and then toss to combine. Place the sliced beets in a single layer on your prepared baking sheet and sprinkle with salt. Roast in the hot oven until the beets are fork tender, 10-15 minutes. Enjoy hot.

Nutrition: Calories: 84, Fat: 8 gm, Carbohydrate: 3 gm, Sodium: 480 mg, Fiber: 1 gm, Sugars: 2 gm, Protein: 1 gm.

Fresh Raspberry Vinaigrette

Serves 6

Source: *myrecipes.com*

Ingredients

- ½C fresh or frozen (thawed) raspberries
- 2 Tbsp. red wine vinegar
- ¼ C canola oil
- 2 Tbsp. lemon juice
- 1 tsp sugar
- Pinch of salt

Directions: Place raspberries in a bowl and crush with a fork. Whisk the remaining ingredients until well blended. Cover and chill. Whisk just before serving.

Nutrition: 1 serving: Calories 90, Fat 9g, Saturated Fat 1.5g, Sodium 200mg, Carbs 4g, Fiber 0g, Sugar 1.5g, Protein 0.25g.