

EAT BY COLOR

Eat a colorful variety of fruits and vegetables. By eating a variety of colorful fruits and vegetables green, yellow-orange, red, blue-purple, and white, you are giving your body a wide range of nutrients that are important for good health.

Ranch Hand Nachos

Preparation Time: 40 minutes

- 1 lb. small red bliss potatoes, skins on
- 3 seconds cooking oil spray
- 8 oz. extra lean ground turkey breast
- ½ teaspoon chili powder
- ¾ cup reduced-fat cheddar cheese, shredded
- 1 cup iceberg lettuce, shredded
- 1 medium tomato, diced
- ¾ cup cucumber, peeled and diced
- 1 tablespoon cilantro, chopped
- ¾ cup salsa, mild



Slice potatoes into small circles. Coat them with cooking oil spray for 3 seconds. Bake in the oven at 450°F for 25-30 minutes, depending on desired darkness. Brown ground turkey breast with chili powder in pan over MEDIUM heat for 8-10 minutes. Remove potatoes from the oven and turn off. Place the potatoes on a small oven safe platter or long dish. Top with cheese and turkey, put back in the oven to melt, about 2 minutes. Remove from oven and top with lettuce, tomato, cucumber, cilantro, and salsa.

~Produce for Better Health Foundation



Serves: 5

1 Cup of Vegetables per Serving

Fruit and/or Veggie Color(s): Red, White, Green

Each serving provides: An excellent source of vitamin C, and a good source of vitamin A, potassium and fiber.

Crazy, Curly Broccoli Bake

Preparation Time: 25 minutes

- 1½ cups whole wheat corkscrew pasta, dry
- 3 cups broccoli, frozen, chopped
- 1 10.5-oz. can low-fat cream of broccoli soup, condensed
- ½ cup skim milk
- 2 tablespoons plain bread crumbs
- ¼ teaspoon salt-free seasoning blend



Preheat oven to 350°F. Cook pasta according to package directions. Place frozen broccoli in large microwave safe and oven proof dish and cook for 2 minutes on HIGH. Coarsely chop cooked broccoli. Mix soup with skim milk, and add to chopped broccoli. Add cooked pasta and mix. Top with bread crumbs and seasoning blend. Bake in oven for 10-15 minutes until heated through.

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Serves: 6

½ Cup of Vegetables per Serving

Fruit and/or Veggie Color(s): Green

Each serving provides: An excellent source of vitamin C and fiber, and a good source of vitamin A, folate and magnesium.