

Mealtime Solutions

HELPFUL IDEAS FOR TAKING ON THE MEALTIME CHALLENGE.

COLORFUL RED FOODS

Did You Know?

Tomatoes, one of the top five favorite vegetables, used to be called love apples? In 1893, the U.S. Supreme Court ruled that tomatoes are a vegetable. Ripe tomatoes can be red, yellow or orange, and can be full, cherry or grape size. Look for tomatoes with bright, shiny skins and firm flesh.

I am a vitamin found in tomatoes. I am also found in many yellow and orange fruits and vegetables, such as carrots. I help keep your eyes and skin healthy.

Nutrition Nugget

Many red fruits and veggies are loaded with powerful, healthy antioxidants—such as lycopene and anthocyanins—that may do everything from fight heart disease and prostate cancer to decrease the risk for stroke and macular degeneration (the leading cause of blindness in people aged 60 and older).

Family Play Time

Eat a Rainbow of Colors

It is important to eat all of the different colors so you don't miss out on any of the nutrients. Aim to eat a rainbow of colors from the produce area each and every day.

Serve up food pictures or sculptures. Arrange raw fruit and veggie rainbows on plates, thread them onto skewers, or use toothpicks to stick chunks together and create pyramids, faces or funny characters. Allowing them to build their own food rainbows and sculptures may inspire children to eat them.



Cooking School

Boil: Diced or crushed tomatoes in a vegetable or chicken broth for the base of a homemade tomato soup! Add fresh herbs and spices to make your own unique recipe.

Boil: Apples with lemon juice and cinnamon. Mash them up and serve warm or chilled.

Stew: Canned tomatoes, eggplant, red, green and yellow peppers, and chickpeas. Add oregano and top with sliced olives.

Roast: Some winter vegetables cut in large pieces – red potatoes, beets, turnips, parsnips, rutabaga, and sweet potato are some good choices. Coat lightly with olive oil, sprinkle with your favorite herbs, and roast at 425°F for 30-40 minutes until tender and browned. A mouth-watering side to any meal.



RECIPE FOR: **Rainbow Chili**

- 1 zucchini, sliced
- 1 yellow squash, sliced
- 1 red bell pepper, diced
- 1 jalapeno pepper, minced (optional)
- 1 onion, diced
- 4 garlic cloves, minced
- 1 can crushed tomatoes with liquid
- 1 can tomato paste

- 1 can black beans
- 1 can chili beans
- 1 can whole kernel corn
- 1 tablespoon olive oil
- 1 tablespoon chili powder
- ½ teaspoon dried oregano
- ¼ teaspoon cayenne pepper
- ½ teaspoon ground black pepper



Heat oil in a large pot over medium-high heat. Stir in zucchini, yellow squash, bell pepper, jalapeno, onions and garlic. Sauté until tender (about 5 minutes). Add canned ingredients and reduce heat to a simmer. Stir in spices and simmer 45-60 minutes, stirring occasionally, until chili reaches desired consistency.
 Source: www.todayiatearainbow.com

RECIPE FOR: **Rainbow Slaw Salad**

- ¼ wedge of red cabbage
- 1 golden yellow beet, optional
- 1 watermelon daikon radish
- 1 large carrot
- 1 cucumber
- 1 zucchini

- ¼ wedge of white cabbage
- 1 chioggia beet, optional
- 1 stalk celery
- ¼ jicama
- 1 green apple
- lemon juice



Poppy seed dressing is recommended or any non-vinegar based dressing. Cut up all vegetables and apple; combine in a large mixing bowl. Squeeze lemon juice over salad. Toss salad with dressing. Serve.

Golden Yellow Beet: Rich, golden yellow and very sweet. Won't bleed like red beets.
Chioggia Beet: Light red skin and rings inside; like red and white candy stripes. Mild and sweet.
Watermelon Daikon Radish: Green on the outside and pink on the inside.
 Source: FruitsAndVeggiesMoreMatters.org

ASK AN AGENT

This E-Newsletter is brought to you by the MSU Extension Service in Custer, Fergus, Richland, Roosevelt and Sheridan Counties.

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What Can I Do Today?

Use the colors of the American flag as inspiration for a snack. Spread a graham cracker with non-fat whipped topping or yogurt and top with strawberries and blueberries.

Spread toast with low fat or fat-free cream cheese and add sliced strawberries for a quick snack.