

Mealtime Solutions

HELPFUL IDEAS FOR TAKING ON THE MEALTIME CHALLENGE.

COLORFUL BLUE/PURPLE FOODS

Did You Know?

Fruits and vegetables add color, texture, and taste to just about any meal. Eat as many colors as you can to make the most of the fruits and vegetables you eat. The mix of colors reminds us of the varying vitamins, minerals, and antioxidants found in fruits and vegetables. Blue and purple fruits and vegetables contain nutrients that reduce cancer risk, lower blood pressure and cholesterol levels, boost the immune system, fight inflammation, help digestion, and improve memory

Question: What vegetable won't be found in a chicken coup?

Find answer in second July edition

Nutrition Nugget

Blue and purple foods get their colors from a unique set of flavonoids called anthocyanins. A deeper color means more flavonoids, so more benefits for your health. Blueberries have the highest amount of anthocyanins. This health-promoting phytochemical is currently being studied for their antioxidant and anti-aging benefits.

Family Play Time

Getting Kids to Eat Fruits and Vegetables

- At the grocery store, let children pick their own fruit or vegetable. For variety, try a different color each week. Fill the shopping basket with a fruit or vegetable from every color in the rainbow.
- Let them play with their food. Use slices, dices, pieces, and whole fruits and vegetables to be creative. Make colorful and funny fruit and vegetable faces. Make a game out of it (who can make the funniest face), then eat them together. Make an edible landscape. For example, use a banana slice as the sunshine, broccoli as trees, leafy greens for grass, etc.



Cooking School

Preserve Some Nutrients

To preserve nutrients when preparing fruits and vegetables, consider these tips:

- Limit peeling to preserve fiber content.
- Steam, broil, microwave, or cook in small amount of water.
- Avoid boiling. Prolonged exposure to water and heat can break down chemicals unstable to high temperatures.
- Serve foods promptly. The longer they stand, the more nutrients are lost.



RECIPE FOR: Frozen Yogurt Stars

Using a food processor, mix two parts fruit (fresh or frozen) to one part flavored yogurt. If necessary, stop the food processor occasionally to push the mixture down the sides. Fill star-shaped ice cube trays with mixture. Freeze until firm, about 3 hours. Stars maintain their shape best if left in the ice cube tray until served. Cover with plastic wrap and freezer foil after they are frozen if you plan to use them a day or so later. If stars don't pop out of the ice cube trays right away, let them sit a minute or so to warm slightly and loosen. Experiment with different fruit and yogurt combinations.

Pineapple or bananas and vanilla-flavored yogurt make attractive white stars to toss in with a mixture of red and blue berries for the Fourth of July.

Source: <http://food.unl.edu/fnh/star-appeal>



RECIPE FOR: Rainbow Fruit Salad (Makes 12 servings)

- 1 large mango, peeled & diced
- 2 cups fresh blueberries
- 2 nectarines, unpeeled & sliced
- 2 cups fresh strawberries, halved
- 2 cups seedless grapes
- 2 bananas, sliced
- 1 kiwifruit, peeled & diced

Prepare the fruit. Combine all ingredients for sauce and mix. Just before serving, pour Honey Orange Sauce over fruit.

Honey Orange Sauce: 1/3 cup unsweetened orange juice, 2 tablespoons lemon juice, 1 1/2 tablespoons honey, 1/4 teaspoon ground ginger, dash of nutmeg.

Source: <http://lancaster.unl.edu/food/ftj-a04-printfriendly.htm>



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?

Keep cleaned fruits and vegetables in the refrigerator—ready to eat. Drink 100% fruit juice instead of fruit-flavored drinks or soda pop. Pack fresh or dried fruits for quick snacks. Enjoy fruit smoothies for breakfast or snacks. Have fruit for dessert. Have vegetables with low-fat dip for a snack.