

Mealtime Solutions

HELPFUL IDEAS FOR TAKING ON THE MEALTIME CHALLENGE.

COLORFUL BLUE/PURPLE FOODS

Cutting Corners

Red, White & Blue Cereal

- ¾ cup wheat and barley nugget cereal
- ¼ cup 100% bran cereal
- 2 tsp. toasted sunflower seeds
- 2 tsp. toasted sliced almonds
- 1 Tbl. raisins
- ½ cup sliced bananas
- 1 cup sliced strawberries
- 1 cup low-fat raspberry or strawberry yogurt

Mix the wheat and barley nugget cereal, bran cereal, sunflower seeds and almonds in a medium bowl. Add the raisins, bananas and half of the strawberries. Gently stir in the yogurt and divide between 2 bowls. Scatter the remaining strawberries on top and enjoy!

Answer: Eggplant won't be found in a chicken coup. It is a vegetable that can be purple, green, white or striped, pear-shaped or cylindrical and the size of a golf ball to a football. Often used as a meat substitute.

Keep It Safe

Remember to wash hands with warm water and soap for 20 seconds before preparing fruits and vegetables. Rinse all fresh produce with running water, using a brush if necessary. Do not use soap. Clean cutting boards with soap and water. Sanitize with a solution of 1 teaspoon bleach per 1 quart water. Serve cut-up fresh produce in containers over ice.

Family Connections

Add Color to Your Meals! Fruits and vegetables add color, texture, and taste to just about any dish. They are great by themselves or make a smart addition to any meal. Eating more fruits and vegetables is a worthwhile goal. Here are some examples of fruits and vegetables from the blue/purple color group to add to your family meals and snacks.

- Fruits:** Blackberries, Blueberries, Black Currants, Concord Grapes, Dried Plums, Grape Juice (100%), Purple Figs, Purple Grapes, Plums, Prunes, and Raisins
- Vegetables:** Black Olives, Purple Asparagus, Purple Cabbage, Purple Carrots, Eggplant, Purple Peppers, and Potatoes (purple fleshed).



Food on the Move

Ways to Enjoy Blueberries

- Make a salad by topping spinach leaves with blueberries, nuts, strawberries, mandarin oranges, and a light dressing.
- Add fresh blueberries to your whole wheat pancake or waffle batter.
- Blend blackberries, blueberries and a splash of orange juice in a blender and add some blue to your day!
- Add fresh blueberries to a bran muffin mix. Bake and enjoy.
- Make fruit kabobs by stacking blueberries, kiwi, and strawberries on toothpicks. Dip in vanilla yogurt.



RECIPE FOR: Eggplant Chips



- 1 medium eggplant, washed and sliced into 1/8" thick rounds
- Sea salt
- Spices (optional)
- Olive oil

Preheat oven to 400 degrees. Arrange eggplant rounds in a single layer on a large metal baking sheet. Brush both sides of the eggplant lightly with olive oil. Sprinkle with salt and any other spices you like. Bake for 15 minutes, and then check for doneness. When eggplant starts to brown on top, flip it over and brown the other side for another 10-15 minutes. Chips should be crisp and very brown when done.

Source: WholeKidsFoundation.org

RECIPE FOR: Tuna and Berry Salad Wrap



- 1 (6 ounce) can tuna, drained
- ¼ cup plain fat free yogurt
- 2 cups chopped fresh spinach
- 1 large carrot, shredded
- 1 apple, cored and diced
- ½ cup shredded mozzarella cheese
- 1 cup fresh blueberries
- 4 (10 inch) whole wheat flour tortillas or pita bread

Combine tuna and yogurt in a small bowl, mixing thoroughly. Combine spinach, carrot, apple, cheese, and blueberries in a medium bowl and gently fold in tuna mixture. Stir softly to avoid crushing the berries. Scoop ¼ of the mixture into the center of each tortilla, fold up the bottom and wrap to serve. Yield: 4 servings. For a variation, use chicken instead of tuna.

Source: Food Sense, Utah State University, Nutrition, Dietetics, & Food Sciences

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?

Make a blue smoothie. Mix milk, low fat frozen vanilla yogurt, and blueberries in a blender for a tasty blue treat.

Pick a color theme of the week. Get as many fruits and veggies of that color as you can find, then let the whole family taste them all. Add favorites to your regular shopping list.

Enjoy fruits and veggies in all forms: fresh, frozen, canned, dried, or 100% juice.