

50 Ways for Adding Fruits and Vegetables to Menus

Breakfast Tips:

1. Use mashed avocado and nut butters on toast instead of butter or margarine.
2. Blend puréed fruit into cream cheese and butter to top bagels and margarine.
3. Add veggies to your breakfast potatoes--fresh and roasted peppers, onions, and mushrooms.
4. Use pancakes as a wrap for mixed fruits or veggies--apples, raisins, peaches; sautéed peppers, asparagus, and mushrooms.
5. Top waffles with fresh and dried fruit and a dash of cinnamon.
6. Add a variety of veggies like spinach, scallions, and peppers to scrambled eggs or omelets.
7. Serve 100% fruit or vegetable juice in both traditional and non-traditional varieties.
8. Serve assorted cut-up fresh fruit, such as melons, pineapple, and berries, with low-fat yogurt; use unusual serving bowls, such as hollowed-out melons.
9. Offer a variety of fruit smoothies made with frozen fruit.
10. Offer broiled grapefruit halves, pre-cut orange and grapefruit sections, or ambrosia.

Lunch Tips:

11. Offer vegetable soups year round, cold or hot.
12. Serve raw spinach leaves in addition to lettuce for burgers and, or corn to tossed green salads.
13. Add beets, corn, beans or peas to tossed green salads.
14. Offer fruit desserts, such as fresh berries, baked apples, poached pears, or a fruit cobbler or tart.
15. Serve chopped Asian chicken and vegetables rolled in lettuce cups.
16. Add sliced mushrooms, chopped tomatoes, and shredded carrots to create a veggie Caesar salad.
17. Offer a tropical fruit plate with mangos, papayas, and other exotic fruits.
18. Add cooked sweet potato cubes to potato salad.
19. Serve sandwiches with a colorful side of grilled cauliflower with peppers, baby vegetables, or a mixture of olives.
20. Add wilted greens, chick peas, garlic, and olive oil to pasta.

Dinner Tips:

21. Add veggie color to your whole grains--shredded carrots, pesto, and chopped peppers.
22. Top grilled veggies with fish or chicken.
23. Serve two vegetables with each meal.
24. Add dried fruit (dates, blueberries, apricots) and nuts to puddings and baked goods.
25. Add colorful veggies to your wraps--red radishes, yellow peppers, purple cabbage, and leafy greens.
26. Offer a baked sweet potato in addition to regular baked potatoes.
27. Serve roasted vegetables, such as carrots, asparagus, eggplant, squash, and bell peppers.
28. Poach pears in cranberry juice and stuff with cream cheese, dates, and walnuts.
29. Add some ethnic bean dishes--rice and beans, curried chick peas, and lentil dahl with fresh ginger, green chilies, and cilantro.
30. Add fruit to stir-fry dishes.
31. Serve poultry or beef dishes with a fruit sauce.



Contact Produce for Better Health Foundation (PBH) at 302-235-2329; fax to 302-235-5555; or write to 5341 Limestone Road, Wilmington, DE 19808.

Learn more about PBH at www.pbhfoundation.org
Learn more about Fruits & Veggies—More Matters at www.fruitsandveggiesmorematters.org

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Appetizer and Snack Tips:

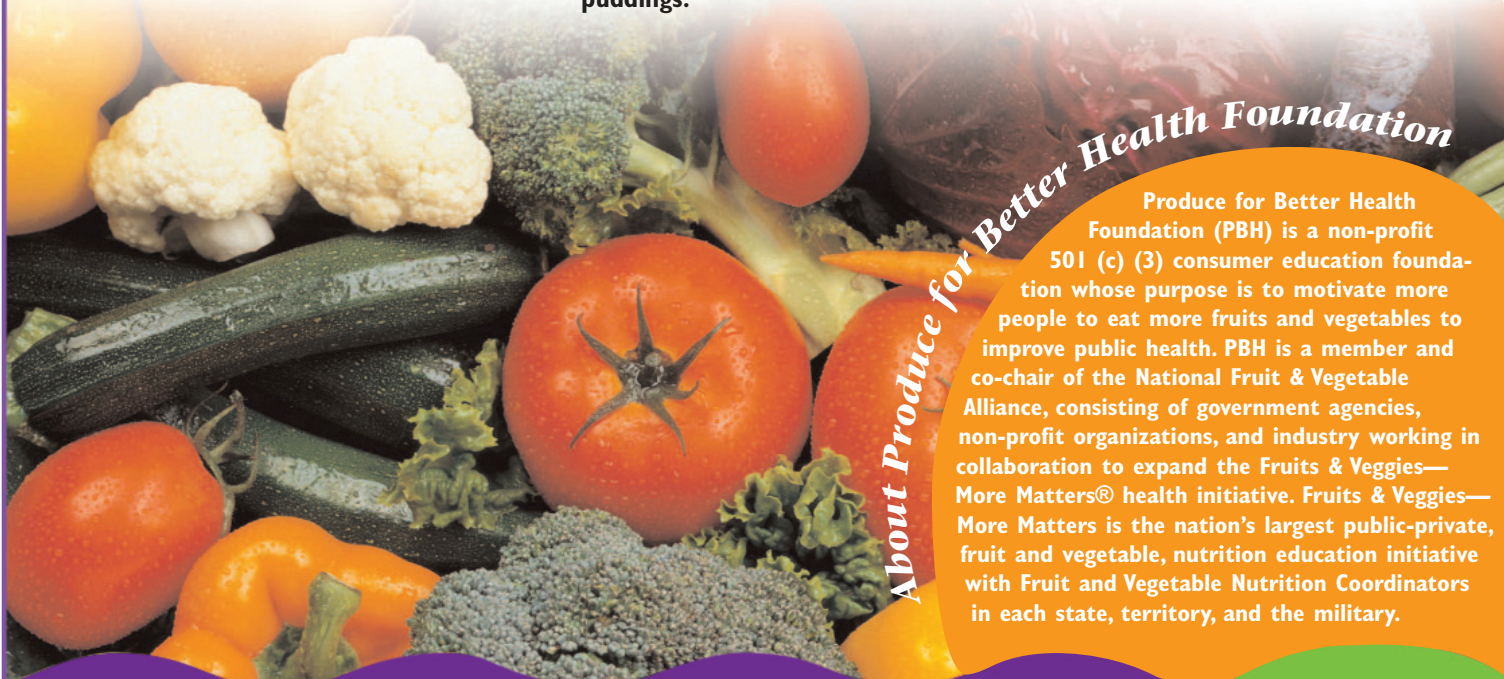
32. Offer bean dip, hummus, or mango salsa with baked chips for an appetizer.
33. Put together fresh fruit, cheese, and nut trays.
34. Offer a veggie plate with cooked and raw veggies--fresh baby carrots, marinated Brussels sprouts, stuffed mushroom caps, and grilled tomatoes.
35. Chop berries or tropical fruits, mix with fresh basil and balsamic vinegar, and spread on thinly-sliced, toasted baguettes.
36. Spear fruits or vegetables on skewers and grill.
37. Offer fresh chopped tomatoes with herbs, olive oil, and feta cheese on whole grain rusks.
38. Crush berries and mix with ricotta cheese; serve as a spread for crackers.
39. Serve frozen grapes in small cups
40. Dip long-stem strawberries in white and dark chocolate.

Add a New Twist to Traditional Favorites:

41. Stuff winter or summer squash, artichokes, or peppers with seasoned whole grains.
42. Combine mashed potatoes with cooked sweet potatoes, cauliflower, or leafy greens.
43. Add a frittata brimming with colorful veggies.
44. Serve a colorful veggie pizza topped with parmesan or pecorino cheese instead of mozzarella.
45. Add intrigue to your wraps with an unusual ingredient--like fresh figs or pomegranate seeds.
46. Make lasagna with eggplant, zucchini, and roasted red pepper.
47. Add a variety of citrus sections to your salads--pink grapefruit, pummelo, and kumquat.
48. Substitute nontraditional fruits in cobblers, pies, and bread puddings.

General Tips:

49. Serve stir fries with many colorful veggies; reduce the meat to improve health and reduce expense.
50. Add veggies to your whole grains--like bulgur salad with chopped veggies, herbs, and an olive oil vinaigrette.



About Produce for Better Health Foundation

Produce for Better Health Foundation (PBH) is a non-profit 501 (c) (3) consumer education foundation whose purpose is to motivate more people to eat more fruits and vegetables to improve public health. PBH is a member and co-chair of the National Fruit & Vegetable Alliance, consisting of government agencies, non-profit organizations, and industry working in collaboration to expand the Fruits & Veggies—More Matters® health initiative. Fruits & Veggies—More Matters is the nation's largest public-private, fruit and vegetable, nutrition education initiative with Fruit and Vegetable Nutrition Coordinators in each state, territory, and the military.



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