

Entertain the Fruit & Veggie Way

We all enjoy gathering with friends and family for fun, laughs, and of course, food! Social gatherings sometimes offer few healthy choices, and you may be tempted to overeat in the company of others.

Encourage others to eat a healthy diet* by including a variety of fruits and vegetables at your next gathering. Host a fruit and vegetable pot luck. Ask family and friends to bring their favorite fruit or vegetable dish. Or set a theme, such as cultural night, and prepare fruit and vegetable dishes from a certain country or region.



Sample Regional Menus

Mediterranean *Whole-wheat pita bread with hummus • Turkey apple gyros • Cucumber and tomato salad*

Italian *Bruschetta with plums and fresh basil • Whole-wheat pasta with tomato sauce • Steamed mixed vegetables*



Mexican *Baked tortilla chips with salsa • Avocado tacos • Black beans and rice*

Check the reverse side for several of these delicious recipes and visit www.fruitsandveggiesmatter.gov for more ideas.

Include fruits and veggies at your next get-together



- Use a fresh vegetable platter or fruit salad as a colorful, appetizing, and tasty centerpiece.
- Make kabobs by placing bite-sized pieces of fruits or veggies onto skewers. Get your kids to help—they are fun to make and eat!
- Use salsa or hummus as dips for cut vegetables and whole-grain crackers or breads.
- Season your dishes with garlic, onions, or lemon juice to add flavor without adding fat or salt.

* In addition to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low-fat milk products, lean meats (including poultry, fish, beans, eggs, and nuts) and is low in saturated fats, *trans* fats, cholesterol, salt, and added sugars. A healthy diet also means staying within your



Recipes

Bruschetta with Plums and Fresh Basil

Bruschetta is typically served with tomatoes and mozzarella cheese, but plums are a sweet surprise in this tasty Italian-inspired side.

- 1 sourdough baguette (24 inch)
- 4 oz fat-free cream cheese, whipped
- 6 cups sliced fresh plums (about 9 plums)
- 1 cup fresh basil

1. Slice baguette into 24 one-inch-thick pieces.
2. Toast baguette slices in a 350°F oven until golden brown.
3. Spread each slice with fat-free cream cheese.
4. Place slices (about 3) of plum on each piece.
5. Garnish with basil.

(Makes 6 servings — 4 baguette slices per serving)

*Nutrition info per serving:
Calories 120kcal; Fat 1g; Sodium 160mg; Carb 25g; Fiber 3g; Protein 5g; Vit A 20%; Vit C 30%; Calcium 6%; Iron 4%

Turkey Apple Gyros

This traditional Greek sandwich gets a makeover with lean turkey meat replacing beef and a golden delicious apple added for a sweet crunch.

- 2 medium golden delicious apple, cored and thinly sliced
- 2 Tbsp fresh lemon juice
- 1 cup thinly sliced onion
- 1 medium red bell pepper, cut into thin strips
- 1 medium green bell pepper, cut into thin strips
- 1 tsp olive oil
- 8 oz cooked turkey breast, cut into thin strips
- 6 whole-wheat pita bread rounds (6-1/2" diameter)
- 1/2 cup plain low-fat yogurt
- 1 garlic clove, minced

1. Toss apple with lemon juice, set aside.
2. In a large nonstick skillet, sauté onion and peppers in hot oil, stirring frequently until crisp and tender.
3. Add turkey to skillet and stir until heated through.
4. Stir in apple mixture. Add garlic to yogurt and mix.
5. Lightly toast the pita and then cut in half. Fill each half with the turkey mixture.
6. Drizzle with yogurt mixture.

(Makes 6 servings.)

*Nutrition info per serving:
Calories 280kcal; Fat 3g; Sodium 380mg; Carb 48g; Fiber 7g; Protein 19g; Vit A 15%; Vit C 80%; Calcium 6%; Iron 15%

Avocado Tacos

Try this variation of a Mexican favorite.

- 1 ripe avocado, peeled and seeded
- 1 medium onion, julienne
- 2 large green peppers, julienned
- 1 cup fresh cilantro, finely chopped
- 1-1/2 cup fresh tomato salsa
- 12 whole-wheat flour tortillas (10 inch diameter)

Non-stick cooking spray



1. Spray skillet with cooking spray.
2. Lightly sauté onion and peppers.
3. Cut avocado into 12 slices.
4. Warm tortillas in oven; layer peppers, onions, one avocado slice, and salsa.
5. Fold tortillas to enclose the filling and serve.

(Makes 12 servings.)

*Nutrition info per serving:
Calories 190kcal; Fat 6g; Sodium 180mg; Carb 28g; Fiber 5g; Protein 5g; Vit A 25%; Vit C 100%; Calcium 2%; Iron 8%

Visit www.fruitsandveggiesmatter.gov for more great recipes.

* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories