

Get Smart Entertaining



Entertaining friends?

Whether you are short on time or short on money, these simple tips will help you host a great get together filled with fruits and veggies without breaking the bank:

- Decide on your budget first, then your invitation list.
- Use coupons or look in grocery store circulars for discounts on fruits and veggies that you need.
- Check out your local farmer's market! These are great places to shop for colorful and tasty fruits and veggies. Also fruits & veggies that are in season tend to be cheaper and tasty.



All types count!

- Fresh, frozen, canned, and dried all count toward getting more fruits and veggies.
- Buying canned or frozen fruits and veggies can be a more cost effective way to add fruits and veggies to your dishes. Depending on the recipe, canned and frozen veggies can work just as well as the fresh alternatives. For the healthiest option, buy canned veggies without added salt and canned fruits without added sugar.
- Frustrated about having to throw away spoiled produce? Stock up on canned fruits and veggies, so you will have them on hand to add to your favorite recipes.

Group Soup

Do you have a recipe with different ingredients including vegetables? When you invite your friends to come over, ask them to bring one of the ingredients and then make the soup or dish together!

Did you know that beans are a tasty, filling low-cost substitute for meat?

Visit www.fruitsandveggiesmatter.gov for more great tips and recipes.



Veggie Platter with Low-Fat Ranch Dip

Veggie platters with ranch dip are a favorite at many occasions. The veggies and dip can be prepared in advance of the event, then assembled just before guests arrive (keep refrigerated before serving). Eat the dip with carrots and broccoli.

- 1-14 oz. can rinsed and drained great northern beans
- 1/4 cup water
- 1/2 cup low-fat plain yogurt
- 1/2 tsp garlic powder
- 1/8 tsp cayenne pepper
- 1/4 tsp black pepper
- 1 Tbsp chopped fresh chives
- 1 Tbsp chopped fresh parsley
- 1/4 tsp dried tarragon
- 1/4 tsp salt
- 1 Tbsp lemon juice
- 1 cup broccoli
- 1 cup carrots



1. Blend the beans and garlic in a blender, adding enough water for the desired consistency.
2. Blend for 2 minutes to make it silky smooth.
3. Use a spatula to scrape the mixture into a medium bowl.
4. Stir in the yogurt, cayenne, chives, parsley, and tarragon, salt and lemon juice. Serve in a bowl.
5. Dip veggies into the dip and enjoy! (Makes 4 servings. Serving is a 1/2 cup)

Nutrition info per serving*+: Calories 140kcal; Fat 2g; Sodium 65mg; Carb 27g; Fiber 2g; Protein 6g; Vit A 2%; Vit C 90%; Calcium 20%; Iron 6%
+Nutrition info per serving **includes** broccoli and carrots.

Fruit Juice Slush

This slush can be made with many different types of juice, and will provide a refreshing drink at your next gathering.

- 12 oz frozen 100% juice concentrate such as grapefruit, orange or grape
- 12 oz water
- 24 ice cubes (about 3 cups)

1. In a blender, place juice concentrate, water and half of ice.
2. To prevent spillage, do not pass the top line of the blender.
3. Blend while gradually adding remaining ice. Pour in a glass and serve

Note: If slush is too thick, add more water. (Makes 6 servings. Serving size 1 cup)

Nutrition info per serving*: Calories 80kcal; Fat 0g; Sodium 5mg; Carb 20g; Fiber 0g; Protein 1g; Vit A 0%; Vit C 110%; Calcium 2%; Iron 2%

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