

Get Smart

In Your Family Dinner

Getting more fruits and vegetables in at the dinner doesn't have to be a struggle. Hey, why not add fruits and vegetables to the meals you are already making? How *Smart!* Or, make a meal starring just fruits and vegetables. Try these tips for convenient ways to add MORE!



Double the deliciousness: Add a can of veggies, such as corn or green beans, to a can of soup—or onions, peppers and/or mushrooms to that jar of spaghetti sauce.



Create yummy rainbow lasagna: Tuck shredded carrots, sliced yellow peppers and chopped spinach into each layer for a rainbow of flavors. For pickier palates, add pureed vegetables to the sauce.





Create a Picasso pizza or a colorful fiesta: “Paint” your pizza with peppers, broccoli, spinach and pineapple or dress up your taco dinner with sweet peppers, cucumbers, and avocado.



Try a favorite dish in a new way: Serve spaghetti squash instead of pasta, topped with your favorite sauce and diced vegetables.



Sumptuous soups: Whip up homemade soups from pureed cooked veggies, livened up with a handful of herbs and thinned with a little canned vegetable or chicken broth.



Get Smart, all forms count: All fruits and veggies count towards your daily intake—so, add frozen to canned, and fresh to frozen—mix and match!

Download this pamphlet and other nutrition and physical activity materials at www.maclearringhouse.com.



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