



NEWSLETTER VOLUME 4

FRUITS AND VEGETABLES CHALLENGE

Way to go! You have almost completed the Fruits and Vegetables Challenge. During this last week, try new fruits and vegetables to keep things interesting! Keep up the good work even after the challenge is over by continuing to use the quick tips you have learned along the way. Remember to check MyEatSmartMoveMore.com after the challenge for even more recipes and suggestions.

STUFFED EGGPLANT

Preparation Time: 45 minutes

Number of Servings: 4

Cups of Fruits/Vegetables per Person: 1

Ingredients:

- 1½ cups bread crumbs
- 2 eggplants
- 2 diced tomatoes
- 1/2 cup diced green bell pepper
- 1/2 cup diced onion
- 1/3 cup diced celery
- 2 tablespoons fresh minced parsley
- 2 tablespoons fat-free Parmesan cheese
- non-stick cooking spray

Directions: Preheat oven to 350°F. Cut eggplants in half lengthwise. Scoop out and save the flesh, leaving the shells 1/2 inch thick. If necessary, trim a small piece off the bottom of each shell so it won't tip over. Set aside. Coat large skillet with non-stick cooking spray. Chop up reserved eggplant and add to skillet. Add tomato, bell pepper, onion and celery. Place skillet over medium heat; cover and cook about 5 minutes, until vegetables are tender. Remove skillet from heat. Stir in bread crumbs and parsley. Spoon mixture into the hollow eggplant shells. Arrange stuffed shells in a shallow baking dish coated with vegetable spray. Sprinkle 1½ tsp Parmesan on top of each shell. Bake for 25 minutes, until filling heats through and top is golden brown.

Nutrition Information: Serving Size 1/4 recipe, Calories 270, Total Fat 4g, Dietary Fiber 13g, Sodium 360mg

GRILLED PEACHES WITH HONEY

Preparation Time: 10 minutes

Number of Servings: 3

Cups of Fruits/Vegetables per Person: 1

Ingredients:

- 3 peaches, pitted and halved
- 1 tablespoon olive oil
- 1 tablespoon honey

Directions: Preheat grill to high. Cut peaches in half; remove pits. Brush cut side of peach halves with olive oil and place on grill, cut side down. Grill until golden brown and caramelized, 2 to 3 minutes. Turn peach halves over and grill until slightly soft and just warmed through, about 2 minutes longer. Remove from grill and drizzle with honey.

Nutrition Information: Serving Size 2 peach halves, 122 Calories, Total Fat 6g, Carbohydrates 20g, Dietary Fiber 2g, Sodium 0mg

TIP OF THE WEEK

Explore the bountiful variety!

- For some people, it can be tough to find fruits and vegetables that suit their tastes. Use salad bars, buffets or family gatherings to try new flavors until you find the fruits and vegetables that you and your family like. Then prepare them at home.
- If there is a farmers' market nearby, check it out! Enjoy seeing the colorful, locally grown fruits and vegetables and meeting the farmers who grow them. The produce should be very fresh and economical.



LOOK FOR LOCAL

For your next event, work with the kitchen or food committee to plan a menu with fruits and vegetables that are in season. You can download a guide that shows what's available in North Carolina, and learn about how to make 10% of your produce local, by visiting ncsu.edu/project/nc10percent.

- Continue to challenge yourself on each trip to the grocery store, farmers' market and farm stands by picking out a new fruit or vegetable that you can enjoy.
- For more recipes and ideas, visit MyEatSmartMoveMore.com.

