



SOUTH CAROLINA FAMILY AND COMMUNITY LEADERS

Affiliated with
National Volunteer Outreach Network, Country Women's Council, U.S.A., Associated Country Women of the World
and in partnership with Clemson University Cooperative Extension Service

LEADER TRAINING GUIDE

Sensational Fruits and Vegetables

Information compiled by Sue Hovey, Food Safety & Nutrition Educator,
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Objectives

1. To introduce participants to unusual types of fruits and vegetables.
2. To give participants new ideas for including more fruits and vegetables in their diets.

Major Teaching Points

1. Many types of fruits and vegetables are now available that we did not see 10 – 15 years ago.
2. Eating more fruits and vegetables helps to reduce the risk of cancer, heart disease and other illnesses.
3. Serving fruits and vegetables in new or unusual ways will help participants include more fruits and vegetables in our meals.

Suggested Activities

- Purchase three or four unusual fruits or vegetables to have for display.
- Prepare one or two recipes for participants to taste.
- Share 3 handouts: "Sensational Fruits and Vegetables"

Say: Almost everyone needs to eat more fruits and vegetables. A growing body of research shows that fruits and vegetables are critical to promoting good health. To get the amount that's recommended, most people need to increase the amount of fruits and vegetables they currently eat every day.

How many fruits and vegetables do you need? Most adults need at least 1 cup of fruit and 1 1/2 cups of vegetables each day. Very active adults with larger framed bodies could need as much as 2 1/2 cups of fruit and 4 cups of vegetables.

Ask: How many servings of fruits and vegetables do you eat each day? (Wait for replies.)

Say: Most of us drink a glass of juice for breakfast and have a banana or an apple sometime during the day. Maybe we eat greens or sweet potatoes for lunch or dinner. But now it's time for us to expand our horizons!

Ask: Who has heard a news report recently that fruits and vegetables are being studied to help a certain health condition? (Wait for hands to go up. Ask for someone to relate the message they heard.)



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Say: Fruits and vegetables can help protect your health. Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases. Compared with people who consume a diet with only small amounts of fruits and vegetables, those who eat more generous amounts as part of a healthy diet are likely to have reduced risk of chronic diseases, including stroke and perhaps other cardiovascular diseases, and certain types of cancer.

To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, folic acid, potassium, and vitamins A and C. Some examples include green spinach, orange carrots, black beans, yellow corn, purple plums, red watermelon, and white onions. For more variety, try new fruits and vegetables regularly. And that's what we want to talk about today.

Today we have two new types of produce to try. Jicama (pronounced HEE-ca-ma) and Asian Pear. [or whatever you can find in your area] I have made some yogurt dip to go with these two. (Use the recipe for Fresh Fruit Dip on the member handout.)

Fresh fruits and vegetables are not the only options. There are also canned, frozen, and dried varieties available. Most of you have had a fresh mango. Did you know that you can also buy canned mango and frozen mango? [Look for these two in your supermarket or at a bigger supermarket if you're in the city.]

Handout 1 gives you several ways to add more fruits and vegetables to your meals. If you use the acronym T-A-S-T-E, you can easily remember some of these ideas to try.

Handout 2 gives you lots of good recipes to try where you can use ordinary fruits and vegetables and make them into a new preparation.

Let's take a more detailed look at Handout 3, which lists several other unusual fruits and vegetables. (Discuss these quickly or at length, depending on your time frame. Some participants might have tried some already and could tell how they liked them and how they prepared them. This time could also be used to show the unusual fruits and vegetables you have purchased; don't forget to look in the canned foods and freezer section of the supermarket.)



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Handout 1

Sensational Fruits & Vegetables

The Centers for Disease Control and the Produce for Better Health Foundation started a new campaign in March 2007 called "Fruits & Veggies – More Matters." They're encouraging all Americans to eat plenty of fruits and vegetables. How can we do that? They suggest using the acronym T-A-S-T-E.

T - Try something new at every meal.

- Explore new recipes that include fruits and veggies, or get creative with your own. Add shredded carrots to casseroles, chili, lasagna, meatloaf or soup. Drop berries into hot or iced tea, hot or cold cereal, pancakes or yogurt.
- Be imaginative at breakfast by making fruit smoothies, egg and veggie burritos and yogurt/fruit mixtures, or simply putting a new fruit on top of your favorite cereal.
- Use leftover veggies in salads, or add them to a can of soup. Yesterday's fruit can be mixed into a zesty salad dressing, sauce or fruit salsa to accompany meat.
- For on-the-go snacks, keep a variety of bite-sized munchies on hand, such as boxes of raisins, fresh grapes or berries, dried-fruit trail mix and frozen 100-percent fruit bars. Cherry tomatoes and carrot sticks with hummus can be a tasty and refreshing veggie treat.

A - All forms of fruits and veggies count!

- In your menu, feature each of the "Fab-Five Forms": *fresh, frozen, 100-percent juice, canned and dried*, which are all packed with nutrients for better health and energy.
- Make your plate colorful. A variety of colorful fruits and vegetables provide a wide range of vitamins, minerals and other natural substances that can protect you from chronic diseases, including stroke, heart disease and some types of cancer.
- Choose recipes that teach you different, yet simple, ways to cook fruits and veggies, including steamed, slow-cooked, sautéed, stir-fried, grilled, poached and even microwaved.

S - Shop smart.

- If you find that fruits and vegetables spoil before you can use them, consider buying fresh produce to use in three or four days. Clean and cut up the produce, so it will be ready to use, and start by eating the most perishable items first. Buy canned, frozen and dried for later in the week or when time is limited. They are quick to prepare and can be just as nutritious.
- Store produce (except bananas, tomatoes and potatoes) in the crisper drawer of the refrigerator to stay fresh longer.

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S – Shop smart. (continued)

- When shopping on a budget, remember that fresh produce is more affordable when it's in season. Also, look for weekly specials on fresh, frozen, canned and dried fruits and veggies.
- At a restaurant, ask what vegetables and salads are available to substitute high-fat side orders.

T - Turn it into a family activity or a fun evening with your grandchildren.

- Have a shish-ka-bob or homemade pizza night, so everyone can make individual healthy choices.
- Choose your family's favorite fruit to make a quick and easy homemade sorbet.
- If possible, shop at a farmer's market with your children or grandchildren. It will be a fun and educational trip, and the produce should be very fresh and economical.

E - Explore the bountiful variety and satisfy everyone.

- For some families, it can be difficult to find fruits and vegetables to suit everyone's tastes. Use salad bars, buffets or family gatherings to try new flavors until you find the foods that your whole family likes, then prepare them at home. There are more than 350 varieties of fruits and vegetables.

The Fruits & Veggies – More Matters logo is appearing now to replace the former Five-A-Day logo that we've seen on food products for the past 15 years. For more information check out this website: www.fruitsandveggiesmorematters.org.



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Handout 2

Sensational Fruits and Vegetables

Fresh Fruit Dip

Makes 6 servings

- 8 oz. carton vanilla fat free yogurt
- ½ cup unsweetened applesauce
- ¼ teaspoons ground cinnamon
- 2 cups assorted fresh fruit

In a small bowl stir together yogurt, applesauce, and cinnamon. Serve with fresh fruit pieces; it's also good with vegetable sticks.

Nutrition Analysis per serving: 27 calories, 0 g, fat, 6 g carbohydrates, 1 g protein

Recipe source: Better Homes and Gardens Cookbook

Broccoli-Yogurt Salad

Makes 4 servings

- 3 cups broccoli florets
- 1 cup carrots, chopped
- 1 cup sliced cauliflower
- 1 cup chopped apples
- 1/2 cup sliced green onions
- 1/4 tsp ground cinnamon
- 1 cup nonfat light vanilla yogurt
- 1/4 cup roasted chopped peanuts

Toss all ingredients together in a large mixing bowl. Refrigerate until ready to serve, up to 6 hours. Serve chilled. You can garnish this lovely salad with a sprinkle of ground cinnamon and some greens.

Nutritional Information: Each 1 cup serving: 142 calories, 5 g fat, <1 g saturated fat, 1.25 mg cholesterol, 69 mg sodium, 20 g carbohydrate, 5 g fiber, 7 g protein, Diabetic exchange: 1 starch, 1 vegetable

Recipe source: USDA



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Vegetable Pizza

Makes 8 pieces

1 large Italian pizza shell
3/4 cup pizza sauce
1 cup chopped broccoli
1 cup shredded carrots
1/2 cup sliced green pepper
3/4 cup shredded lowfat mozzarella cheese

Preheat the oven to 450° F.

Spoon pizza sauce on pizza shell.

Put pizza shell on a baking sheet. Arrange vegetables over sauce. Sprinkle on the cheese.

Bake for 10 minutes.

When baked, cool pizza for 3 minutes before slicing. Cut into 8 wedges.

Per serving (1 piece): 203 calories, 5 g fat, 6 mg cholesterol 469 mg sodium, 29 g carbohydrates, 1,3 g fiber, 13 g protein, 46% DV vitamin A, 37% DV vitamin C

Recipe Source: Dole Food Company

Curried Pineapple Chicken

Makes 4 servings

2 Tbsp. olive oil
4 boneless chicken breasts
1 can (8 oz.) crushed pineapple
2 Tbsp. honey
1 Tbsp. prepared mustard
1 tsp. curry powder
1/2 tsp. ground ginger
1/8 tsp. black pepper

Preheat electric skillet on medium high with 2 Tablespoons olive oil. Cook chicken breasts about 4 minutes on each side to brown slightly. Meanwhile, mix together all remaining ingredients in a small bowl. Add to chicken. Cook with simmering heat for 25 – 30 minutes, until chicken has reached 170°F. Serve hot with hot rice or couscous.

Nutrition information: 190 calories, 12 g protein, 21 g carbohydrate, 6½ g fat, 25 mg cholesterol, 370 mg sodium

Recipe Source: Winning Recipes for Active Families

Jicama Stir-Fry

Makes 4 servings

2 Tbsp. olive oil
1 one-pound jicama, washed, peeled and cut into ½-inch cubes
1 cup baby carrots, washed and cut in half lengthwise
1 small onion, peeled and cut into wedges
1 bell pepper, washed, seeded and cut into 1-inch pieces

Heat olive oil in non-stick skillet on medium high. Add jicama, carrots and onion, and stir fry for 4-5 minutes on medium high heat. Add bell pepper and stir fry for 3 more minutes. Add a dash of your favorite herb seasoning. Serve hot.

Stuffed Celery Sticks

Makes 2 servings

2 – 3 celery stalks, trimmed, washed, well dried

2 Tbsp. light cream cheese

2 Tbsp. finely grated carrot

2 Tbsp. chopped raisins

In a small bowl, mash the cream cheese and carrot with a fork. Stir in raisins. Fill in cavities of celery. Wrap in plastic wrap and refrigerate if not serving immediately. Will keep up to one day in refrigerator.

Nutrition information: Serving Size = 2 pieces: 72 calories, 2 g protein, 10 g carbohydrate, 2½ g fat, 113 mg sodium, 7 mg cholesterol

Recipe Source: Winning Recipes for Active Families

Cheddar-Stuffed Apple

Makes 1 serving

3 Tbsp. grated Cheddar cheese

1 Tbsp. light cream cheese

1 Tbsp. chopped walnuts

1 walnut half to garnish

Wash and core apple. In a small bowl, cream the Cheddar cheese and cream cheese. Stir in walnuts. Pack cheese mixture into cored apple top. Top with walnut half. Refrigerate if not eating immediately.

Nutrition information: 265 calories, 9 g protein, 23 g carbohydrate, 16 g fat, 4 g fiber, 207 mg sodium, 30 mg cholesterol

Recipe Source: Winning Recipes for Active Families

Apple, Grape and Cheddar Salad

Makes 6 servings

1/3 cup light mayonnaise

2 Tbsp. 1% milk

2 tsp. lemon juice

2 tsp. granulated sugar

2 apples, cored and diced

1/2 cup diced celery

1/2 cup halved red or green seedless grapes

1/2 cup coarsely shredded Cheddar cheese

1 Tbsp. raw sunflower seeds, to garnish

In a serving bowl mix mayonnaise, milk, lemon juice and sugar. Add apples; toss to coat. Add celery grapes and cheese; toss. Sprinkle with sunflower seeds. Refrigerate until serving time.

Nutrition information per serving: 139 calories, 3 g protein, 13 g carbohydrate, 8½ g fat, 175 mg sodium, 10 mg cholesterol

Recipe Source: Winning Recipes for Active Families





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Handout 3

Unusual Fruits & Vegetables to Try

Asian Pear – Fruit is crunchy like an apple and juicy like a pear. Store in refrigerator.

Boniato (Cuban sweet potato) – Creamy-textured but much less sweet than our orange sweet potato. Use as you would a regular sweet potato. Store in a cool, dry place.

Cactus Pads (Nopales) – Is soft but crunchy, with the flavor of green pepper, string beans and asparagus and the slipperiness of okra. Peel off “eyes,” stickers and any fibrous areas as you would peel a cucumber. Use in salads or sauté and add to eggs or to tortilla fillings. Store covered in refrigerator.

Carambola (Star Fruit) – A 5-sided tropical fruit with a cylindrical shape and a smooth yellow skin, crispy flesh and brown seeds. Ripen at room temperature and then refrigerate.

Daikon (Japanese Radish) – A sweet, juicy radish that can be a foot long. Use like radish: sliver, dice or slice and add to relishes and salads. Grate and mix with lemon juice or vinegar for traditional Japanese dressing for vegetables, poultry and seafood.

Fennel – Both base and stems can be enjoyed raw in salads or served with other fresh vegetables and dips. To cook, chop stems and bulb and sauté, steam, braise or add to soups. Store in refrigerator.

Jicama – (pronounced HEE-ca-muh) A root vegetable grown in Mexico. It can be eaten raw as vegetable sticks or made into slaw, or cooked in casseroles or stir-fry recipes. It stays crunchy when cooked. Store at room temperature until cut, then store in refrigerator.

Kohlrabi (cabbage turnip) – A crispy green vegetable that tastes like broccoli stems, with a hint of radish and cucumber. Store in refrigerator; the rounded stem will last up to one week.

Leeks – This flat-leaved, straight-shanked onion plant is the national emblem of Wales. The flavor is slightly milder than green onions. Store loosely wrapped in refrigerator crisper.

Passion Fruit (Grenadilla) – This fruit is native to South America and the West Indies. The outer skin can be orange, yellow or purplish-black and is wrinkled when ripe. Ripen at room temperature then store in refrigerator.

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Prickly Pears (Cactus Pear) – Fruit of the cactus plant. The color ranges from yellow to crimson. Peel, slice and chill before serving. May also be served whole. Slice off the ends, slice down the center, push back skin and eat the pulp with a spoon. The flesh is sweet, flavorful and juicy. Good in salads, jams and jellies.

Radicchio – Also called Italian Chicory, it looks like Belgian endive except for the red color. It adds interest to tossed salads and can be used grilled and served with a vinaigrette dressing. Store in refrigerator.

Tomatillos (Mexican Husk Tomatoes) – Resembles green cherry tomato. Usually cooked to soften their rather solid skins, but can be used raw for a sharper flavor. Store in a cool, dry place.

Ugli Fruit – This citrus fruit is thought to be a three-way cross between a tangerine, a grapefruit and a Seville orange. It is very juicy and almost seedless. Store in refrigerator and serve like grapefruit.

