

Health Promotion in Motion

Winter Fruits and Veggies

When you eat fruits and vegetables at every meal and snack, it helps you maintain a healthy weight. That's a challenge in the winter because fewer fresh varieties are "in-season" -- at the peak of their harvest when they look and taste their best, and, are more plentiful and affordable. For example, berries are in-season in the summer and early fall. If your store offers berries in the winter, they were flown-in from a warmer place. Flying makes them expensive, and shortens shelf life. Now is a good time to:

- Learn what fresh varieties are in-season.
- Cook recipes that use frozen, canned, and dried fruits and veggies.
- Try a new recipe to break the winter doldrums.



In-Season Vegetables

- Acorn Squash
- Bell Pepper
- Bok Choy
- Broccoli
- Brussels Sprouts
- Butternut Squash
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Kale
- Lettuce
- Mushroom
- Parsnip
- Peas
- Sweet Potato
- Turnip
- Yam



In-Season Fruits

- Apple
- Avocado
- Banana
- Grapefruit
- Kiwi
- Orange
- Pear
- Pineapple
- Tangerine

Year-Round Fruits and Veggies

Frozen vegetables and fruits are always in-season.

- To save money, buy large bags of frozen veggies. Simply pour out the amount you need. You can even add them to your favorite canned or dried soups for a tasty lunch.
- Use frozen strawberries, raspberries, or mango to make a smoothie.
- Eat partially frozen mango instead of ice cream for a low-fat treat.



Canned fruits and vegetables are another year-round option.

- Make your own tomato sauce with your favorite mix of canned chopped tomatoes, tomato puree, crushed tomatoes, and tomato paste. Start with sautéed onions, garlic, and bell pepper for flavor. Season with salt, pepper, and herbs like oregano, rosemary, marjoram, and bay leaf.
- Add mandarin oranges to a salad made with romaine lettuce or spinach leaves.
- Canned beans are a great in chili, soup, salad, or stew. It's a great way to add protein without adding fat.

Dried beans and fruits keep for a long time.

- Cook up a hearty lentil soup in an hour.
- Sprinkle your salads with a handful of raisins, dates, prunes, figs, or apricots.
- Dried cranberries and cherries are another option. Just remember, they have added sugar and eat them in moderation.
- Try Moroccan or Middle Eastern recipes that stew meat or beans with dried fruits. For a rich entrée, search the Internet for a chicken with prunes recipe.
- Make a special salad with sliced dates and crumbled bleu cheese.



Oven Roasted Winter Vegetables

- Try different winter veggies like parsnips, Brussels sprouts, fennel, and turnips.
- Leftover roasted vegetables can be eaten hot or cold. Add them to sandwiches, salads, and soups.
- If you double this recipe, use larger pans or more pans.

Serves 5

Adapted from

<http://www.recipezaar.com>

1 tablespoon olive oil
1 pound rutabagas, peeled and cut into 1-inch cubes
1 pound onions cut into 1-inch wedges
½ pounds carrots, peeled and cut into 2-inch pieces
½ pound sweet potato, peeled and cut into 1½-inch cubes
½ pound potato, peeled and cut into 1½-inch cubes
5 cloves garlic, peeled and chopped
1 teaspoon crumbled dried sage
1 teaspoon crumbled dried rosemary
1 teaspoon crumbled dried oregano

- Preheat oven to 450°.
- Mix all ingredients in a bowl until coated with oil.
- Pour vegetables onto one or two roasting pans or a jellyroll pans (a cookie sheet with ½-inch edges). Vegetables can touch but should not be too deep in the pan or they will not develop the roasted flavor.
- Roast until tender (about 1¼ hours). Stir every 15 minutes.



Moroccan Chickpea and Vegetable Stew

- If you do not have all the spices, use 1 tablespoon curry powder instead of the ginger, cumin, coriander, cinnamon, and black pepper.
- Instead of the zucchini, you can substitute green beans or sweet potatoes.
- For extra fiber, use whole wheat couscous.

Serves 6 (1 cup stew with ½ cup couscous)

From <http://www.myrecipes.com/recipes>

1 tablespoon vegetable oil
2 cups (½-inch) cubed zucchini (fresh or frozen)
1 cup chopped onion
½ cup chopped carrot
1 tablespoon minced garlic
1 cup fat-free sodium-reduced chicken or vegetable broth
2 tablespoons raisins
1¼ teaspoons ground ginger
1¼ teaspoons ground cumin
¾ teaspoon ground coriander
¼ teaspoon ground cinnamon
¼ teaspoon black pepper
½ teaspoon salt
2 (15.5 ounce) cans chickpeas (garbanzo beans), drained
1 (14.5 ounce) can no-added-salt stewed tomatoes, undrained

Couscous

1½ cups water
1 cup uncooked couscous

- Heat oil in a large skillet over medium high heat. Add zucchini, onion, carrot, and garlic. Sauté 5 minutes.
- Stir in remaining ingredients – except the water and couscous. Bring to a boil. Cover. Reduce heat and simmer 8 minutes or until tender. Stir occasionally.
- Meanwhile, in a medium saucepan, prepare the couscous. Bring water to a boil. Gradually stir in couscous. Remove from heat. Cover and let stand 5 minutes. Fluff with a fork.
- To serve, spoon the stew over the couscous.