

## Add Some Color to Your Plate

Let the changing colors of fall be a good reminder for your plate. Enjoy a wide variety of colorful fruits and vegetables.

Keep track of the amount of fruits and vegetables you eat for a couple of days. Many people need about 4½ cups of fruits and vegetables per day to meet their needs. How are you doing?

*Here's how to spread fruits and vegetables throughout the day:*

Morning

- 1 small banana = ½ cup fruit

Morning snack

- 1 apple (2.5 inches in diameter) = 1 cup fruit

Noon

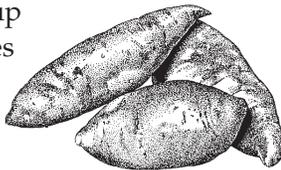
- 2 cups of lettuce = 1 cup vegetables

Afternoon snack

- 6 baby carrots = ½ cup vegetables

Evening

- ½ large sweet potato and ½ cup green beans = 1 cup vegetables
- ½ cup berries = ½ cup fruit



### Fruits and Vegetables Provide Vitamins, Minerals and More!

Can you fill in the blanks? See the answers at the bottom.

1. Diets rich in    I B    R can lower your risk for heart disease. Lentils, chick peas, and navy, kidney and pinto beans are good sources of this cholesterol-lowering substance.
2. F    L    T    is found in cooked dry edible beans, spinach and citrus fruits. It has been shown to reduce risk of spinal cord birth defects.
3. Diets rich in P    T A    I    M can help maintain a healthy blood pressure. Potatoes, bananas and tomato paste/puree are good sources.
4.    I T    M I       is found in sweet potatoes, pumpkin, carrots, spinach, cantaloupe and other dark orange and green vegetables and fruits. It helps keep your eyes and skin healthy.
5.    I    A    I       is found in red and green peppers, strawberries, oranges, kiwi, broccoli, oranges and brussels sprouts. It helps heal cuts and keeps teeth and gums healthy.



1. Fiber; 2. Folate; 3. Potassium; 4. Vitamin A; 5. Vitamin C.

For more information, visit [www.ag.ndsu.edu/foodwise/](http://www.ag.ndsu.edu/foodwise/)

This program is funded in part by USDA's Supplemental Nutrition Assistance Program. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact your county Social Services office or call 1-800-755-2716.

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I bought some hand sanitizer. Can I use this in my kitchen in place of washing my hands?

Before you begin preparing food, wash your hands with soap and water for at least 20 seconds. Hand sanitizers are not a substitute for hand washing. Hand sanitizers are recommended when hand-washing facilities are not available. Some schools have installed hand sanitizer dispensers to help prevent the spread of the flu and other illnesses.



Hand sanitizers usually include alcohol as their active ingredient. Alcohol can kill bacteria and viruses. Experts recommend that hand sanitizers contain at least 60 percent alcohol to be effective. Keep hand sanitizers out of reach of young children, however, because they might be curious enough to taste it.

We have lots of apples available to us from our neighbor. We can't eat them all. How can we preserve some for this winter?

Apples are easy to freeze. You need to pretreat them with heat or ascorbic acid so they do not darken during storage. Ascorbic acid usually is found in the canning supplies section in stores.

**Sugar Pack** – To prevent darkening, dissolve ½ teaspoon (1,500 milligrams) of ascorbic acid in 3 tablespoons of water. Sprinkle over the fruit. Or apple slices can be steamed (blanched) for 1½ to 2 minutes. Mix ½ cup of sugar with 1 quart (1¼ pounds) of fruit. Pack apples into containers and press fruit down, leaving ½ inch of head space. Seal and freeze.

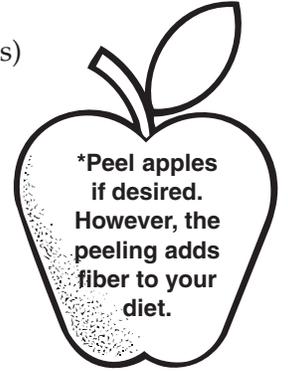
**Dry Pack** – Follow the directions for Sugar Pack, omitting the sugar. Treated apple slices also can be frozen first on a tray and then packed into containers as soon as they are frozen.

Note: Browning also can be halted temporarily by placing fruit in citric acid or lemon juice solutions or in sugar syrup. However, these measures are not as effective as treatment with ascorbic acid in its pure form.

Apples also can be dried in an oven or food dehydrator. For more information, visit [www.ag.ndsu.edu/foodmenu/storage.htm](http://www.ag.ndsu.edu/foodmenu/storage.htm).

# Apple Pocket Pie

- 4 flour tortillas (about 8 inches)
- 2 medium apples\*
- 2 Tbsp. brown sugar
- ¼ tsp. ground cinnamon
- ⅛ tsp. nutmeg
- Milk
- Sugar (optional)



Preheat oven to 350 degrees. Warm tortillas in a microwave oven to make them easier to handle. Wash, then chop, apples into small pieces.

Place one-fourth of the apples on half of each tortilla. In a small bowl, stir together brown sugar, cinnamon and nutmeg. Sprinkle over apples.

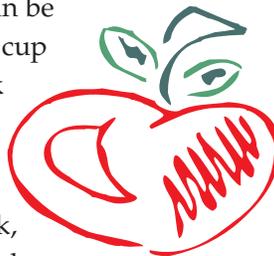
Roll up the tortillas, starting at the end with the fruit. Place on an ungreased baking sheet and make small slits in the top to allow steam to escape.

Brush with milk and sprinkle with additional sugar if desired. Bake for eight to 12 minutes or until lightly brown. Serve warm.

*Makes four servings.*

*Each serving has 200 calories, 3.5 grams (g) fat, 39 g carbohydrate, 3 g fiber and 290 milligrams sodium*

*Recipe source: Iowa State University Extension – Johnson County*



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## McKenzie and Williams Counties Family Nutrition Program

*Please call for more information on nutrition, food purchasing or food safety.*



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