

Family Meal Makeovers

(NAPSA)—To make family meals more nutritious, the USDA recommends filling half your plate with fruits and vegetables. Adding these nutrition powerhouses to your favorite dishes is easy. Try these tips from the Produce for Better Health Foundation:

Create toaster waffle “burritos”—simply top toasted whole grain waffles with peanut butter and sliced bananas. Then roll them up to eat on the go.

Fill your favorite wrap with shredded lettuce, chopped avocado and tomato for extra goodness.



Serve Tomato Basil Open-Faced Sandwiches for a boost of vitamins A and C—sauté crushed garlic in olive oil; stir in minced fresh basil. Cool. Brush on crusty hearth-style bread and top with more fresh basil leaves and sliced tomatoes. Sprinkle with salt and pepper, if desired.

Put nutritious potatoes on your menu for a healthy snack or light dinner. Top baked potatoes with cottage cheese and chives or avocado, chopped tomato and low-fat cheddar cheese.

Top cereal, yogurt or frozen yogurt with sliced bananas, pineapple or cantaloupe. Make over macaroni and cheese, spaghetti or pizza with added chopped, cooked broccoli, spinach, tomatoes and more. Boost the nutrition in chili by doubling the beans and veggies you already add. The possibilities to make your family meals more nutritious are endless.

For more ideas and recipes, visit www.FruitsandVeggiesMoreMatters.org or Del Monte Fresh Produce at www.fruits.com.