



March 2012

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## Eat dark green



### St. Patrick's Day is this month!

It's a perfect reminder to eat dark green vegetables! Green colored fruits and vegetables are great sources of vitamins and minerals.

### Try broccoli or spinach— fresh or frozen:

Compare the prices of fresh and frozen to see which is the best buy right now. Choose how to fix these vegetables depending on whether the recipe needs fresh or frozen vegetables. Some can use either form.

- ♣ Add either fresh broccoli or spinach to a salad
- ♣ Try broccoli with a low fat dip or ranch dressing
- ♣ Thaw and drain frozen spinach then add to a dip. Serve with whole wheat breads or crackers
- ♣ Add them to pasta dishes like Macaroni and Cheese
- ♣ Treat your family to a taste surprise by serving our nutrition packed Popeye Power Smoothie. Kids love it even though it is green!

**Make eating fruit and vegetables fun** by taking your children to the grocery store on a scavenger hunt for green produce. Let them pick one green vegetable or fruit to try! Children often like foods they help select or prepare.



## Food Hero List

Here are some ways to keep your family healthy all year long.

- Eat broccoli or spinach
- Try a green fruit or vegetable that you've never tried before
- Have your children pick out their own green fruit or vegetable

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Oregon State UNIVERSITY **OSU** Extension Service



# Popeye Power Smoothie

## Ingredients

- 1 cup **orange juice**
- 1/2 cup **pineapple juice**
- 1/2 cup **plain or vanilla yogurt**
- 1 **banana**, peeled and sliced
- 2 cups fresh **spinach leaves**
- Crushed **ice**

## Directions

1. Combine all ingredients in a blender.
2. Puree until completely smooth.
3. Serve immediately.
4. Refrigerate leftovers within 2-3 hours.

## Nutrition Facts

Serving Size about 1 cup (166g)  
Servings Per Container 4

Amount Per Serving	
<b>Calories</b> 90	Calories from Fat 5
<b>% Daily Value*</b>	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 35mg	<b>1%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 15g	
<b>Protein</b> 3g	
Vitamin A 30%	• Vitamin C 70%
Calcium 8%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more recipes and tips on eating well for less, visit [www.foodhero.org](http://www.foodhero.org)