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Spring Is Here!

Spring brings a new season of fresh fruits and vegetables!

Fruits and vegetables are cheapest when you buy them in season. Look for these colorful spring fruits or vegetables.

- Snow Peas
- Asparagus
- Leafy Greens
- Strawberries
- Rhubarb
- Pineapple

Adding fruits and vegetables to any meal can be easy!

- * Add strawberries to a spinach salad
- * Snack on snow peas and hummus
- * Add asparagus to pasta or salads
- * Make rhubarb into a tasty dessert like a rhubarb crisp



Make eating fruit and vegetables FUN!



KIDS CAN make their own Hoppin' Pear Salad using fresh or canned pear halves, sliced almonds, raisins and a spoonful of cottage cheese for a fluffy tail. Find this recipe and more creative tips at FoodHero.org

Food Hero List

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

- Eat colorful seasonal fruit and vegetables
- Try adding spring fruit and vegetables to your favorite meals
- Treat your family to a fun Hoppin' Pear Salad

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FoodHero.org

Oregon State UNIVERSITY **OSU** Extension Service



Spring Fling Chowder

Ingredients

- 1 tablespoon **vegetable oil**
- 1 small **onion**, chopped
- 2 cups fresh or frozen **asparagus**, chopped into small pieces
- 1 large **potato**, peeled and diced
- 3 cups low-sodium, fat-free **chicken or vegetable broth** (or use water)
- 1 can (15 ounces) **cream-style corn**
- 1 cup **frozen peas**
- salt and pepper** to taste
- 1/2 cup **cheddar cheese**, grated

Directions

1. Heat oil in large pot. Sauté onion, asparagus, and potato over medium heat, stirring often, until soft, about 10 minutes.
2. Add chicken broth, corn, and pepper.
3. Cover and simmer until potato is tender, about 10 minutes.
4. Add frozen peas and simmer 1 more minute.
5. Season with salt and pepper.
6. Serve hot, sprinkled with cheese.
7. Refrigerate leftovers within 2-3 hours.

Notes

- Leave skin on potato for added fiber.
- Try using fresh or frozen broccoli instead of asparagus.
- Try using canned green beans or diced tomatoes instead of peas.

Nutrition Facts	
Serving Size about 1 cup (237g)	
Servings Per Container 8	
Amount Per Serving	
Calories 140	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 350mg	15%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 7g	
Vitamin A 8%	• Vitamin C 10%
Calcium 6%	• Iron 8%
*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