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Healthy and Easy Side Dishes

Mix up your family meals with dishes full of vegetables and fruit from Foodhero.org!

Kale and Cranberry Stir-Fry: Stir-fry onion, garlic and dried cranberries with deep-green kale for a colorful, warm dish. Recipe on back.

Waldorf Salad: Combine chopped apples, celery and nonfat plain yogurt. Top with raisins and walnuts. You can even add shredded chicken!

Corn and Tomato Salad: Mix cooked corn, tomatoes, basil and low-fat Italian dressing for a quick side dish that can be served immediately or chilled. Use fresh, canned or frozen corn.



Let Kids Serve Themselves

Teach kids to take small amounts first and get more if they're still hungry. Your kids will:

- Learn the right portion size for their bodies.
- Become more aware of when they are hungry and when they are full.
- Practice their hand-eye coordination.
- Learn to share and take turns.

Message brought to you by the Nutrition Council of Oregon.

Stay Connected



Kids Can...

- ❁ help wash and dry kale for **Kale and Cranberry Stir-Fry**.
- ❁ mix ingredients in **Waldorf Salad**.



Be Active!

Go on a family walk outside or dance to music inside.

Monthly Food Hero Checklist

- Let kids serve themselves.
- Make a healthy side dish for a family meal.
- Go on a family walk.
- _____



FoodHero.org

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Kale and Cranberry Stir-fry



Ingredients

- 1 teaspoon **oil**
- 1/4 cup chopped **onion**
- 1/4 cup dried **cranberries**
- 1 clove **garlic**, minced
- 6 cups chopped **kale** (leaf portion, no stems)
- Juice from 1/2 **orange** (about 1/4 cup)

Serving Size: 3/4 cup
Prep time: 10 minutes
Cooking time: 5 minutes



Directions

1. Add oil and onion to large skillet. Stir and saute over medium-high heat until onion is clear.
2. Add cranberries and garlic. Continue to saute for 2 to 3 minutes.
3. Add kale. Pour or squeeze orange juice over top of kale. Continue to stir-fry for about 5 minutes until kale is wilting and hot.
4. Serve immediately.
5. Refrigerate leftovers within 2 hours.

Nutrition Facts

Serving Size 3/4 cup (90g)
Servings Per Container 6

Amount Per Serving
Calories 60 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 12g **4%**

Dietary Fiber 2g **8%**

Sugars 4g

Protein 3g

Vitamin A 130% • Vitamin C 140%

Calcium 10% • Iron 6%

*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

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