

## Healthful Eating

5 Tasty Ways To

# Enjoy Fruits And Vegetables For Less

Going Green:  
Simple Steps for  
N.C. Families

As food budgets tighten, you often hear people say: "It costs more to eat healthy." Look for fresh fruits and vegetables in season and on sale. There are some super healthy fruits and vegetables that cost less and taste great. Check out these deals the next time you shop!

### Dried Beans, Peas and Lentils

- ▶ Beans (black beans, kidney beans, pintos, chickpeas, red or green lentils, split peas, etc.) are vegetables that do double duty. They count in two groups. They are in the Vegetable group and the Meat and Beans group. Canned beans are easy and don't cost a lot. But, dried beans are a real deal. Soak them overnight and cook for a couple of hours. Beans are perfect for soup, chili, tacos or burritos.

### Sweet Potatoes

- ▶ North Carolina grows more sweet potatoes than any other state. Sweet potatoes are packed with fiber, potassium, and vitamins A and C. They are healthier than white potatoes. Try them baked or mashed with a little cheese. You can also make baked sweet potato fries. Slice potatoes and toss with a little olive oil and some salt and pepper. Then bake for 30 minutes at 425 °F.

### Frozen Fruits and Vegetables

- ▶ When fresh produce costs more and money is tight, serve frozen fruits and vegetables to your family. Research shows that the frozen vegetables (broccoli, green beans, corn, peas, etc.) have similar levels of vitamins and minerals as fresh. Frozen berries and other fruits are also similar to fresh. Buy a large bag, use what you need, then keep the rest frozen with a tight seal on the bag.

### Canned Fruits and Vegetables

- ▶ Canned produce can also be healthy, easier and cost less (recycle the cans). Fruits and veggies are canned when they are freshest and highest in vitamins and minerals. Due to the lack of air during storage, canned produce stays pretty stable and nutritious until it is served. Look for vegetables without added salt and fruit canned in 100% juice or water. For recipes, visit [www.mealtime.org](http://www.mealtime.org).

### Dried Plums (AKA Prunes) and Other Fruit

- ▶ Dried fruit is another healthy choice when fresh costs too much. Dried fruit has vitamin A and several B vitamins. It also has plenty of minerals. Choose brands with no-added sugar and buy in bulk when you can. Easy to store and with no peels to worry about, dried fruit makes a great on-the-go snack. Dried fruit can also be added to salads, pancake mixes, muffins, rice dishes and casseroles.