

FRUIT AND VEGETABLE TIDBITS

June 2020

Many consumers prefer to purchase fresh fruits and vegetables with the belief that they are better than canned or frozen. Did you know that this isn't always the case? Enjoy these tips and fun facts about purchasing fruits and vegetables!

Many consumers believe that fresh fruits and vegetables are better for you than canned or frozen because of processing. In most cases, this is not true. In fact, many times frozen and canned fruits and vegetables have a higher nutrient content than fresh produce. Produce is harvested at its peak and then immediately frozen or canned after harvest leaving very little time for nutrient loss. On the other hand, when produce is sent to the store fresh, nutrients can be lost quickly over time.



Here are some tips for purchasing fruits and vegetables:

1. Have a variety of fruits and vegetables in your diet! This should include fresh, canned, and frozen options to make sure you get the benefits from all forms.
2. Watch for sales! Since canned and frozen fruits and vegetables go on sale often, stock up when the price is reduced. This saves you money while still getting the benefits of fruits and vegetables.
3. When purchasing fresh produce, try to choose options that are in season. Seasonal produce usually has more nutrients and better flavor than produce that is out of season.



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PICNIC PASTA SALAD

This recipe makes 5 servings

Sourced from Utah CSFP

CSFP Ingredients

- 2 cups macaroni, dry
- 1 can low-sodium peas, drained
- 1 can low sodium corn, drained

Additional Ingredients

- 8 cups water
- 1 cup red pepper, thinly sliced into strips
- 1/2 cup reduced fat, low sodium Italian style dressing

Directions

1. Bring the water to a boil. Add macaroni. Bring to boil again. Stir often.
2. Cook macaroni uncovered approximately 8-10 minutes
3. Remove from heat and drain well.
4. Combine pasta, corn, peas, and red peppers into a bowl.
5. Toss with dressing.
6. Serve cold.