

## Spring Fruits and Veggies

Spring brings the beginning of fresh fruits and vegetables.

Enjoy Strawberries, Spinach, Green Leafy Lettuce and Asparagus.

Spring vegetables are great sources of the nutrition that your child needs, such as vitamins A, C, K, folic acid, iron, calcium and fiber.

### Strawberries

- Top low fat yogurt, pudding or cottage cheese with sliced strawberries.
- Blend strawberries, banana and yogurt together for a smoothie.
- Top angel food cake with strawberries.
- Blend strawberries with apple juice. Freeze for a slushy. Eat with a spoon.
- Top breakfast cereal with sliced strawberries.
- Slice strawberries on top of a peanut butter sandwich.
- Eat fresh strawberries – a fun finger food.

### Asparagus

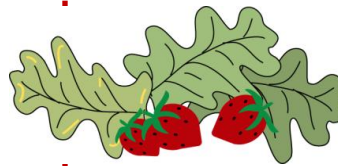
- Snack on raw asparagus. Dip in a low fat ranch salad dressing.
- Cut asparagus into ½ inch pieces. Cook for a couple minutes in the microwave. Add to your favorite pasta or rice dish.
- Top cooked asparagus with a little shredded parmesan or cheddar cheese.



Strawberries are a sweet treat in the spring. Try strawberries in your salad.

### Strawberry Spinach Salad

4 cups fresh spinach  
1 cup strawberries  
2 tablespoons red onion  
Salad Dressing



- 1 Rinse and dry spinach leaves. Chop spinach into large pieces.
- 2 Rinse strawberries. Remove tops and slice strawberries.
- 3 Chop onion into thin slices.
- 4 Mix spinach, strawberries and onion together in a large bowl.
- 5 Add salad dressing. Toss salad to coat evenly with dressing and serve.

### Variations....

- Try a combination of chopped spinach and chopped leafy lettuce.
- Add sliced cucumbers.
- Add sliced almonds or sunflower seeds.
- Serve with your favorite low fat dressing – Cranberry Balsamic Vignette, Catalina dressing, French dressing or Ranch dressing.
- Serve this salad with grilled chicken, hamburgers, fish or shrimp.

# Whole Wheat Tortillas

Use whole wheat tortillas to make Chicken Quesadillas for your family.

Whole wheat tortillas have more fiber than wheat tortillas...

10 inch wheat tortilla has 2.2 grams fiber  
10 inch whole wheat tortilla has 5 grams fiber

Children ages 1 to 3 years need 19 grams fiber each day.  
Children ages 4 to 8 years need 25 grams fiber each day.

Choose whole grain foods  
for at least ½ of your family's grain foods.

## Chicken Quesadillas

2 (10 inch) whole wheat tortillas  
1 cup cooked diced chicken

½ cup shredded mozzarella or Monterey jack cheese

- 1 Lay 1 tortilla on a board. Sprinkle the chicken and cheese on the tortilla. Top with another tortilla.
- 2 Heat a large skillet with vegetable oil spray over medium heat.
- 3 Place the quesadilla in the skillet and cook for 2 minutes.
- 4 Gently flip the quesadilla and cook for 3 more minutes until lightly brown and cheese is melted.
- 5 Cut the quesadilla into 6 slices.



## Try Something Different...

- Use rotisserie chicken in your quesadilla – quick and easy.
- Try barbecue flavored chicken.
- Use cooked ground beef or ground turkey.
- Try chopped ham for a Ham and Cheese quesadilla.
- Add finely chopped spinach.
- Cook diced onions and red or green pepper – add to your quesadilla.
- Add mushrooms, chopped tomatoes or diced avocado.
- Add finely chopped fresh cilantro.
- Spread a layer of refried beans on the tortilla before adding the chicken and cheese.
- Add a little Spanish Rice.
- Try a different type of cheese – cheddar or pepper jack.
- Use your favorite combination of cheeses.
- Serve with salsa.



## What can you do?

- Eat fresh strawberries, spinach, leaf lettuce or asparagus with my child.
- Prepare the Strawberry Spinach Salad for my family.
- Use whole wheat tortillas to make quesadillas.
- Other: \_\_\_\_\_