



Curry Vegetable Dip

Makes: 16 servings

Total Cost: \$1.00

Serving cost: \$0.06

Ingredients:

- 1 carton yogurt (8 oz plain, low-fat)
- 1/4 cup carrot (shredded)
- 2/3 Tbsp green onion (minced)
- 1 Tbsp salad dressing (mayonnaise-type)
- 1 tsp sugar
- 1/4 tsp curry powder
- 1 dash pepper

Directions:

1. Mix ingredients in a bowl.
2. Chill
3. Serve with crisp raw vegetable pieces, such as celery, carrot, or summer squash sticks.

Source: [What's Cooking? USDA Mixing Bowl!](#)

National Nutrition Month!

March is national nutrition month! One of the best ways to have a nutritious diet is to eat fruits and vegetables. The easiest way to do this is by remembering to fill half your plate with fruit or vegetables! Here are a few tips to help you reach your goal.

Include veggies with breakfast: An easy way to add veggies to your diet is to include them in breakfast. Add tomatoes, bell peppers or mushrooms to an omelet. If time is limited, prepare veggie and egg burritos you can freeze and grab when you need to eat on the go.

Try something new: Try a new fruit or vegetable each week to help with variety in your diet. Look at what is in season or on sale to help decide where to start. Eating a variety helps you get all the vitamins and minerals you need.

Snack on fruit: You can always add fruit to snacks such as frozen berries with yogurt, banana slices to peanut butter toast or fresh fruit by itself like grapes or oranges.

Add dried fruit: Raisins and dried cranberries taste great on salads or in oatmeal. You can also add them to trail mixes and homemade cereal bars. Dried mangos and apricots are also great snacks. Check labels to ensure you don't buy dried fruit with added sugar.

Add extra veggies in meals: Adding veggies can be easy; A great place to start is including them on sandwiches or as pizza toppings along with a side salad. You can steam them and add them to sauces or as a side dish.

Source: <http://www.fruitsandveggiesmorematters.org/national-nutrition-month/>

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Salsa o aderezo de verduras y curry

Rinde: 16 porciones

Costo total: \$1

Costo por porción: 6 centavos

Ingredientes:

- 1 envase de yogur (8 onzas, natural y bajo en grasa)
- ¼ de taza de zanahoria (rallada)
- 2/3 de cucharadita de cebolla verde (picado)
- 1 cucharada de aderezo para ensalada (tipo mayonesa)
- 1 cucharadita de azúcar
- ¼ de polvo de curry
- Una pizca de pimienta

Preparación:

1. Mezcle los ingredientes en un tazón
2. Enfríe
3. Sirva con verduras crudas crujientes, como palitos de apio, zanahoria o calabaza de verano.

Fuente: [What's Cooking? USDA Mixing Bowl](#)

¡Mes Nacional de la Nutrición!

¡Marzo es el Mes Nacional de la Nutrición! Una de las mejores maneras de mantener una alimentación nutritiva es comiendo frutas y verduras. ¡Y la mejor opción es acordarse de llenar la mitad de su plato con frutas y verduras! He aquí algunos consejos para ayudarle a lograr su meta.

Incluya verduras en el desayuno: Una manera fácil de agregar verduras a su alimentación es incluyéndolas en el desayuno. Agregue tomates, chile morrón o champiñones a un *omelet*. Si no dispone de mucho tiempo, prepare burritos de huevos y verduras que pueda congelar y consumir cuando tiene que comer en el camino.

Pruebe algo nuevo: Pruebe una fruta o verdura nueva cada semana para ayudarle a tener variedad en su alimentación. Vea que alimentos de la estación o en oferta hay para ayudarle a decidir por dónde empezar. Mantener variedad en la alimentación ayuda a obtener todas las vitaminas y minerales que necesita.

Coma frutas como bocadillos: Siempre puede agregar frutas a las botanas, como bayas congeladas con yogur, rebanadas de plátano en el pan tostado con mantequilla de cacahuate o fruta fresca sola como uvas y naranjas.

Agregue fruta seca: Las pasas y arándanos secos saben muy bien en ensaladas y avena. También las puede agregar a la avena muesli y barras de cereal hechas en casa. Lea las etiquetas para asegurarse que no compra fruta seca con azúcar agregada.

Agregue verduras extras a las comidas: Agregar verduras puede ser algo fácil; un buen lugar para empezar es incluirlas en sándwiches o pizza junto con una ensalada. Puede cocerlos al vapor y añadirlos a salsas o como otra guarnición.

Fuente: <http://www.fruitsandveggiesmorematters.org/national-nutrition-month/>

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