

EAT SMART ALASKA

Canned, Frozen or Fresh



The Alaskan Way to Five A Day

Eat fruits and vegetables
every day for better health!

Promoting healthy food choices for Alaskans.



State of Alaska
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Chronic Disease Prevention and Health Promotion
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What's a Serving?

- 1 medium piece of fruit
- ½ cup cut up or canned fruit
- ½ cup raw or cooked vegetables
- ½ cup cooked beans (such as kidney beans)
- ¼ cup dried fruit or vegetables
- ½ cup 100% fruit or vegetable juice
- 1 cup raw leafy vegetables

Try a Quick & Easy Recipe!

Macaroni with Tomatoes and Broccoli

2 cups dry macaroni noodles

1 (14.5 ounce) can diced stewed tomatoes with Italian herbs

1 (15.5 ounce) can kidney beans, drained and rinsed

1 cup nonfat chicken or vegetable broth

½ teaspoon minced garlic or garlic powder

1 ½ cups frozen chopped broccoli

Parmesan cheese to taste

Place macaroni, tomatoes, beans, broth and garlic in a skillet: bring to a boil, reduce heat to medium high, cover and cook 10 minutes or until noodles are tender. Stir occasionally (you may need to add more broth if mixture becomes too dry). Add broccoli during last 3 minutes of cooking. Sprinkle with parmesan cheese before serving.

Makes 4 (1/2 cup) servings. One serving has 340 calories, 1.5 grams of fat, 9 grams fiber, and 2 servings of vegetables.

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