Follow these quick and easy ways to eat more fruit and vegetables.

- Have a piece of fruit or a small glass of fruit juice at breakfast daily.
- Grab a piece of portable fruit (e.g., apple, banana, pear) to eat on-the-go.
- Pick ready-made salads from the produce shelf for a quick salad anytime.
- Have a fruit or vegetable snack each day.
- Stock up on frozen, canned, fresh, and dried fruit and vegetables.
- Make fruit and vegetables visible at home.
- Have fresh vegetables chopped and ready in the fridge for easy access.
- Jazz up soups or sauces with a can of kidney beans, peas, corn, or green beans.
- Add fresh or frozen vegetables to your pasta or omelet.
- Pile spinach, tomatoes, peppers, pineapple, and/or onions on your pizza.
- Top your waffles, pancakes, or French toast with berries, bananas, or other fruit—choose fresh, frozen, or canned.
- Microwave vegetables for dinner.
- Whip up smoothies made from fresh or frozen fruit, ice, and yogurt.
- Stack your sandwich or burger high with vegetables.

Cottage Spinach ‘n Shells
1 pkg (7 oz) small shell pasta, uncooked
1 pkg (10 oz) frozen chopped spinach
1 cup low fat cottage cheese
1 cup cherry tomatoes, halved
½ cup grated Parmesan cheese
½ cup finely chopped red onion
Thaw and drain spinach. Cook pasta as directed on package; drain. Mix remaining ingredients in a large bowl. Toss warm pasta with mixture.
*Increase the amount of vegetables, try adding broccoli or olives, and/or decrease the amount of pasta for a more potent 5 A Day dish.

Fruit Pizza
1 ½ roll refrigerated sugar cookie dough
8 oz light cream cheese (softened)
8 oz lite whipped topping
Fruit: kiwi, strawberries, grapes, blueberries, pineapple,… Choose fresh, canned, and/or frozen (thawed).
Spread cookie dough on large cookie sheet—bake per package directions. Mix cream cheese and whipped topping together. When cookie has cooled, spread creamy mixture on top. Place cut fruit all over the top.

Anything-goes Vegetable Medley
1 large onion, sliced
2 small garlic cloves, minced
1 small zucchini, sliced
1 small yellow squash, sliced
2 medium peppers (red, green, &/or yellow), cut into strips
2 cans (14.5 oz) Italian-style diced tomatoes, drained
1 tsp dried basil
pinch of oregano
¼ tsp salt
¼ tsp parsley, minced
ground pepper, to taste
Sauté onion and garlic in oil (~2 tsp) in a large skillet. Add remaining ingredients. Cover and cook over low heat 5–7 minutes or until tender. *Add, delete, modify to your liking.