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## Healthy Veggie Recipe- Vegetable Medley

*Serving Size: 1/5 of recipe*

*Yield: 5 servings*

### Ingredients:

- 1 can (15.5 ounces) canned spinach, unsalted
- 1 can (15.5 ounces) canned diced tomatoes, unsalted
- 1 can (15.5 ounces) canned corn, drained
- 3 cups water
- 1 tablespoon margarine

### Instructions:

1. Place all ingredients in a saucepan. Cover.
2. Heat thoroughly, about 10 minutes. Add seasonings to taste.

### Cost:

- \$2.56 per recipe
- \$0.41 per serving.

Adapted from: *Creative Recipes for Less Familiar USDA Commodities Used by Household Programs*

<http://www.fns.usda.gov/fdd/recipes/hhp/HHP-CreativeRecipes-rev2.pdf>

Author: USDA Food and Nutrition Service

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Cooperating Agencies: Washington State University, U.S. Department of Agriculture (USDA FRTEP Award #2009-41580-05326), the Confederated Tribes of the Colville Reservation, Colville Agency BIA, and Ferry County Extension, Dan Fagerlie, Project Director, [fagerlie@wsu.edu](mailto:fagerlie@wsu.edu).

Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension office.

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# Make Half Your Plate Fruits and Vegetables

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*If you would like more information, contact Kayla Wells, Colville Reservation-Ferry County Extension Educator, (509) 634-2306 or [kayla.wells@wsu.edu](mailto:kayla.wells@wsu.edu). Or you may contact Dan Fagerlie, Project Director, (509) 775-5225 ext. 1116 or [fagerlie@wsu.edu](mailto:fagerlie@wsu.edu) or the Okanogan County Extension office (509) 422-7245.*

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## Dietary Guidelines

The Dietary Guidelines for Americans are issued & updated every 5 years by the Department of Agriculture (USDA) & the Department of Health & Human Services (HHS). They provide advice for Americans ages 2 & older about consuming fewer calories, making informed food choices, & being physically active to reach & maintain a healthy weight, reduce risk of chronic disease, & promote overall health.

### What is a "Healthy Diet"?

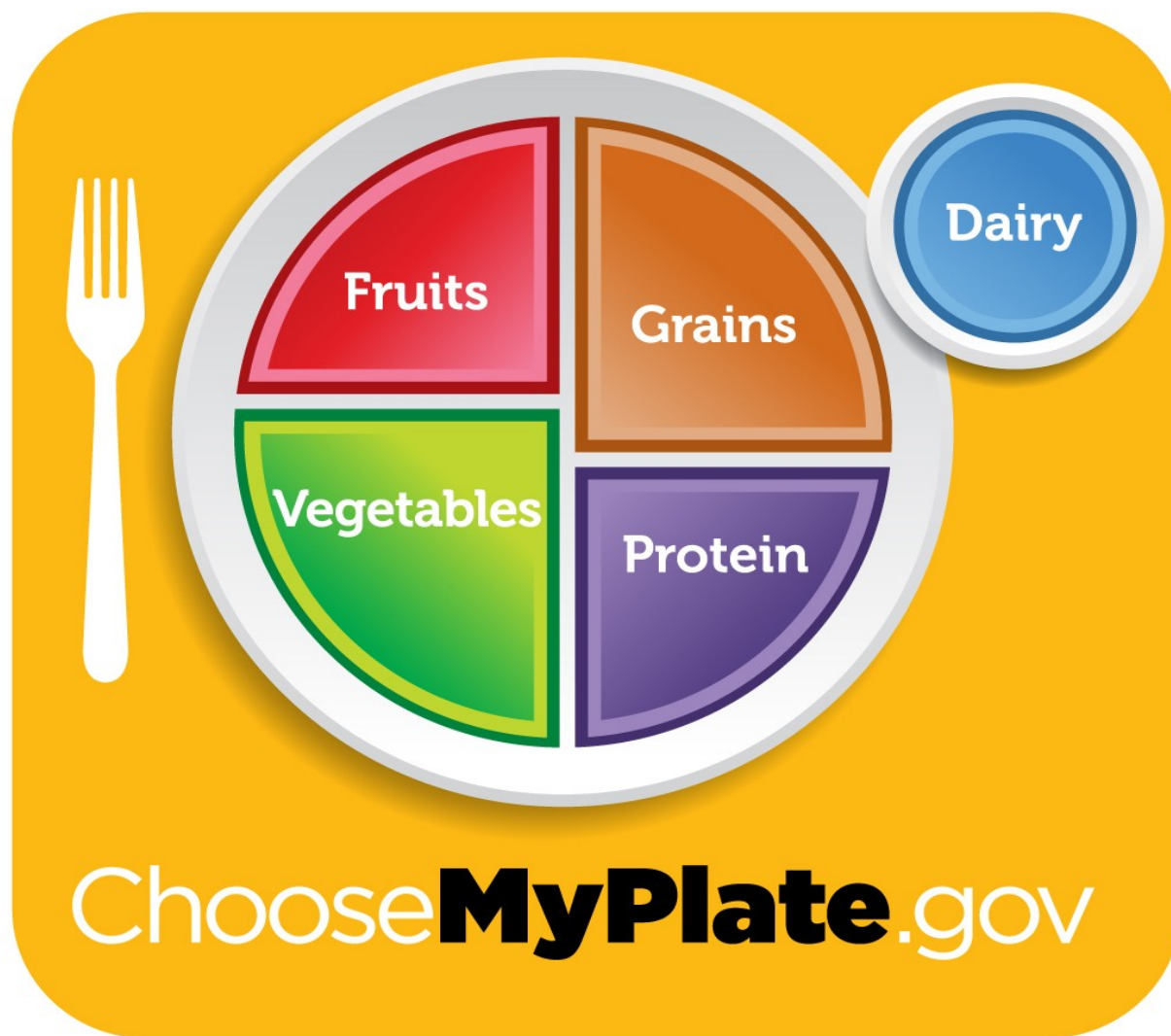
The Dietary Guidelines for Americans describe a healthy diet as one that:

- Emphasizes **fruits**, **vegetables**, whole grains, & fat-free or low-fat milk & milk products;
- Includes lean meats, poultry, fish, beans, eggs, & nuts;
- Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), & added sugars.

### MyPlate helps individuals use the Dietary Guidelines to:

- Make smart choices from every food group.
- Find balance between food & physical activity.
- Get the most nutrition out of calories.
- Stay within daily calorie needs.

<http://www.choosemyplate.gov/dietary-guidelines.html>



**When Choosing Fruits  
& Vegetables, Think  
Variety, Think Color!**

Fruits and veggies are nutritious in any form – fresh, frozen, canned, dried and 100% juice – so they're ready when you are!