



Getting the Most from Your Produce

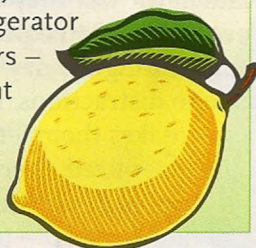
3 REASONS to store fresh produce properly: To maximize its nutrient value, to enjoy it at its flavorful best – and both can ensure that you get your daily quota of fruits and vegetables. Here are some basic guidelines:

- ✓ For counter top storage keep produce out of direct sunlight.
- ✓ Don't store produce in sealed plastic bags on the counter; this depletes oxygen, slows ripening and may speed decay.
- ✓ When storing produce in the refrigerator, separate fruits and vegetables to reduce exposure to *ethylene* (an odorless, harmless gas emitted after picking produce) which can accelerate ripening. To speed up ripening: in a bowl or paper bag add one ripe apple for every 5 to 7 pieces of fruit to be ripened.
- ✓ To store fresh greens or herbs, place them unwashed in perforated plastic bags with a damp paper towel.

Diet Detective
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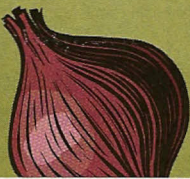

TIP:

Avoid stashing your fruit and veggies in refrigerator produce drawers – store them front and center so you won't forget them.



Bottom line: Eat perishable produce when it's fresh. This means within 3-4 days, especially for more fragile foods like berries, greens and asparagus.

Proper Storage Guide for Produce

STORAGE LOCATION	FRUITS & MELONS	VEGETABLES
Store in Refrigerator 	apples (more than 7 days) apricots Asian pears blackberries blueberries cherries cut fruits figs grapes raspberries strawberries	artichokes asparagus green beans lima beans beets Belgian endive broccoli Brussels sprouts cabbage carrots cauliflower celery cut vegetables green onions herbs (not basil) leafy vegetables leeks lettuce mushrooms – store in a paper bag okra – store in a paper bag peas radishes spinach sprouts summer squashes sweet corn
Ripen on the Counter first, then Store in Refrigerator	apples avocados kiwifruit nectarines	peaches pears plums 
Store only at Room Temperature 	bananas grapefruit lemons limes mandarins mangoes	oranges papayas pineapple pomegranates watermelon cucumbers dry onions eggplant garlic ginger peppers potatoes pumpkins winter squashes sweet potatoes tomatoes 
Store in a Cool, Dry Place		acorn squash butternut squash onions (away from potatoes) potatoes (away from onions) pumpkins spaghetti squash sweet potatoes winter squash
Store these high-ethylene producers away from other produce	avocados nectarines peaches pears apples apricots	cantaloupe figs honeydew plums tomatoes bananas 



RECIPE OF THE Month

Veggie Penne with Herbs

- | | | |
|-----|-----|-----|
| 1 | 1 | 2 |
| 1 | 1 | 1 |
| 1 | 1/4 | 1/2 |
| 3-4 | 3 | 12 |
| 3 | | |
- 1/2 cup olive oil
 - medium green bell pepper, thinly sliced
 - cup fresh mushrooms, sliced
 - tsp red pepper flakes
 - small shallots, sliced
 - medium fresh tomatoes, seeded and chopped
 - 2 tbsp each fresh oregano and basil, chopped
 - 15-oz can low-sodium tomato sauce
 - cup reduced-sodium chicken broth
 - ounces whole-wheat penne pasta

- 1 In a large saucepan heat oil over medium-high temp; sauté bell pepper, mushrooms and pepper flakes 3 minutes; add shallots and sauté 3 more minutes.
- 2 Stir in tomatoes and herbs and cook 1 minute.
- 3 Add tomato sauce and broth and bring to a boil; lower heat and simmer covered 15-20 minutes, stirring occasionally. Meanwhile, cook pasta as directed.
- 4 Spoon sauce over pasta and serve. Pass the Parmesan cheese.

MAKES 7 CUPS (5 servings).

PER SERVING: 341 calories | 12.2g protein | 5.4g fat | 66g carbs | 8.8g fiber | 509mg sodium

GOAL LINE

Kick tobacco with a little help from your provider. Discuss nicotine replacement aids – patches, gum, lozenges, inhaler and nasal spray.