Make Half Your Plate

Fruits & Vegetables

There are so many ways to eat **Fruits** & **Vegetables** every day.

Tomatoes, carrots, celery, and onions are key to this whole-grain **Spaghetti and Quick Meat Sauce**, paired with broccoli florets. Finish with warm **Roasted Pears and Vanilla Cream**.

Flavorful herbed green beans and roasted potatoes round out this **Smoky Mustard-Maple Salmon**. For dessert, enjoy a fruit, granola, and yogurt parfait.

Pineapple, carrots, and tomatoes add tang to this **Sweet and Sour Pork**, served with a colorful salad. Finish with nonfat frozen yogurt.

Enjoy the crunchy, juicy goodness of apples and grapes in this **Chicken Waldorf Salad**, served on mixed greens and topped with low-fat dressing. End your meal with **Blueberry-Lime Yogurt**.

Find these recipes and more ideas at Choose**MyPlate**.gov

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Center for Nutrition Policy and Promotion • October 2011 • CNPP-26
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SPEND SMART. EAT SMART.®

Split Pea Soup

Serves: 8 **Cost/Serving: 0.77** **Serving Size: 1 1/2 cups**

INGREDIENTS

- **4 cups** low sodium chicken broth
- **6 cups** water
- **1 pound** split peas, rinsed
- **1/2 cup** brown rice
- **1/2 teaspoon** ground black pepper
- **1 cup** celery, chopped
- **1 cup** carrots, sliced
- **1 cup** onion, chopped
- **1 cup** ham, cubed

INSTRUCTIONS

1. Stir chicken broth, water, split peas, rice, and ground black pepper together in a large pot. Bring to a boil. Reduce heat to low. Simmer, covered, for 30 minutes.
2. Add celery, carrots, and onion to soup. Simmer, covered, for 30 minutes or until peas and vegetables are tender.
3. Stir in ham. Heat 5 minutes.

TIPS

This soup freezes well.

Nutrition Facts

8 servings per recipe

Serving Size: 1 1/2 cups

Amount Per Serving

Calories 300

	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 300mg	**13%**
Total Carbohydrates 49g	**16%**
Dietary Fiber 16g	**64%**
Total Sugars 7g	
Added Sugars	**NA***
Protein 19g	
Vitamin D 0 mcg	**0%**
Calcium 44 mg	**4%**
Iron 3 mg	**15%**
Potassium 748 mg	**15%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

NA* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently available for the recipe. We will be updating the information shortly.

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