

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 [ChooseMyPlate.gov](http://ChooseMyPlate.gov)