

Choosing 5 to 9 a Day is Easy With Organic Fruits And Vegetables

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(NAPSA)—Enjoying a variety of fruits and vegetables every day is easy when you think color. Organic fruits and vegetables are an option, and the term “organic” is now better regulated than ever before. The U.S. Department of Agriculture defines “organic” food as food grown and processed without using most conventional pesticides, without fertilizers made with synthetic ingredients or sewage sludge, without biotechnology; and without ionizing radiation. Organic fruits and vegetables are preferred by many for reasons of taste, health and the environment.



Pivonka

There is a wide variety of organic fruits and vegetables available today. Using our 5 color groups—blue/purple, green, white, yellow/orange and red—you can easily select organic fruits and vegetables, which will give you a wide array of essential nutrients. Aim each day to eat at least 1 to 2 servings from each color group and you will be well on your way to a healthful diet.

Our side-dish recipe, Herbed Organic Vegetables and Tofu, features the organic produce: yellow squash, green zucchini and bell peppers, as well as red bell peppers, representing 3 of the 5 color groups.

For more information, visit www.melissas.com, www.5aday.org and www.aboutproduce.com.

Herbed Organic Vegetables and Tofu

1 cup organic zucchini



- 1 cup organic bell pepper (use green)**
- 2 slices red onion**
- 1 cup baby summer squash (use yellow crookneck)**
- 1 cup organic bell pepper (use red)**
- 1 Portobello mushroom, lightly rinsed, stem removed**
- ½ container (7 oz.) extra firm organic tofu**

Marinade:

- ¼ cup fat free herb style vinaigrette**

Wash, trim and cut the first five vegetable ingredients into 1-inch pieces; similarly cut Portobello mushroom cap. Drain tofu and slice in half horizontally. Coat all vegetables and tofu with the marinade. Cook the vegetables and tofu under the broiler or on an indoor or outdoor grill for 8 to 10 minutes, or just until crisp tender. Remove and keep warm. Dice tofu into cubes. Serve warm. Makes 6 servings.

Nutritional information per serving: calories: 66, total fat: 2.2g, saturated fat: 0.4g, % calories from fat: 30%, % calories from saturated fat: 6%, protein: 5g, carbohydrates: 8g, cholesterol: 0mg, dietary fiber: 2g, sodium: 472mg

Note to Editors: *Eighty-second in a series of monthly 5-A-Day columns. More stories at www.napsnet.com and search: “Pivonka.”*