

# SHAKE UP YOUR SNACKS – PICK A BETTER SNACK

MAY

## ASPARAGUS

*Wash. Eat. How easy is that?*

- Add an asparagus spear to a glass of tomato juice or vegetable juice blend.
- Roll a slice of cheese and 3 asparagus spears inside a flour tortilla. Heat and eat as “asparagus in a blanket”.
- Chop asparagus. Mix with radishes, tomatoes, cucumbers, onions and low-fat salad dressing. Put on a cracker as a salsa.



**Buying tips:** Choose spears that are crisp, round and straight, with tightly pointed tips that have not flowered.

**Special tip:** To wash, rinse in cold water when ready to use.

**Storing tips:** Store in a plastic bag in the refrigerator. Use within 3-5 days.

**Serving size:** ½ cup chopped or 3 spears

Eating fruits and vegetables can reduce your risk of developing diabetes, heart disease, cancers and strokes.

*Fruits and vegetables are*

- *great tasting*
- *high in fiber*
- *low in fat and calories*
- *snackable.*

## SPINACH

*Wash. Eat. How easy is that?*

- Mix spinach greens in your favorite salad or add to your favorite sandwich.
- Put a spoonful of peanut butter in a plastic sandwich bag. Cut off a corner and use the bag to pipe peanut butter onto a carrot stick. Wrap the carrot in a spinach leaf for a carrot roll-up.
- Place spinach leaves on a plate top with sliced pears, strawberries or peaches and low-fat salad dressing.



**Buying tips:** Choose fresh, tender leaves that have a bright green color. Avoid yellow, bruised or broken leaves, slime or mold.

**Special tip:** To wash, rinse with cold water. Repeated rinsing may be necessary to remove dirt and sand.

**Storing tips:** Store clean, damp leaves in a plastic bag in the refrigerator for 3-7 days.

**Serving size:** 1 cup of raw spinach leaves

*For fruit and vegetable snacks ideas for the other 11 months go to:  
<http://www.extension.iastate.edu/food/>*

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## RHUBARB

*Wash. Eat. How easy is that?*

- Take rhubarb stalk and dip in a cinnamon and sugar mixture.
- Stew rhubarb slices with pineapple chunks in juice for about 5 minutes. Spread like jam on a piece of toast.
- Mix cream cheese and peanut butter together, put on a graham cracker and top with rhubarb slices.



**Buying tips:** Choose firm, crisp stalks, with good color. Small leaves usually mean more tender stalks.

**Special tip:** Do not eat the leaves of the rhubarb plant, because they are poisonous.

**Storing tips:** Store in the refrigerator in a plastic bag. Use within 1 week.

**Serving size:** ½ cup cooked or 2 raw stalks

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## STRAWBERRIES

*Wash. Bite. How easy is that?*

- Dip strawberries in flavored low-fat yogurt or top frozen yogurt, ice milk or cereal with berries.
- Freeze berries in a plastic bag and serve cold or freeze in ice cubes and add to lemonade or carbonated water.
- Blend berries with nonfat milk and low-fat yogurt or fruit juice (orange or pineapple are tasty) for a healthy shake.



**Buying tips:** Look for firm, plump, full-colored strawberries that still have their green “caps” on. Medium and small berries have the best eating quality.

**Special tip:** Remove the green “cap” with your thumbnail or a small metal spoon.

**Storing tips:** Store in the refrigerator for several days with their green “caps” intact. Strawberries will keep for several days. Do not wash until ready to eat.

**Serving size:** ½ cup strawberries

**Live a long, healthy life-  
Pick a better snack!**

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