



# Balanced Bites

Research has shown that most people are not eating enough fruits and vegetables. [The Dietary Guidelines for Americans](#) recommends at least 2 ½ cups of vegetables and 2 cups of fruit daily. Almost 90% of Americans are not getting enough vegetables and 80% are not getting enough fruits to meet nutrient requirements. Most of the fruits and vegetables Americans get come from combination foods like peppers on a pizza or blueberries in a muffin. Which together, may not be as nutritious as eating a vegetable or fruit whole.

One strategy to increasing fruit and vegetable intake is to pair pantry staples with fresh ingredients to get a well-balanced dish. Choose foods that are nutritious but also provide pleasure to your tastebuds. Every meal or snack can be a chance to make a nutritious choice.



# Pantry Staples

Here is a list of common pantry staples. These foods should be nutritious, affordable, and have a long shelf life. Remember, all forms of produce count! Fresh, frozen, canned, dried, and 100% juice can all be consumed to meet vitamin and mineral needs.



## Canned Produce

beans, low sodium vegetables, fruit in 100% juice or water



## Juices

100% fruit or vegetable juice



## Canned Lean Proteins

canned chicken, tuna packs, beans, peas and lentils



## Grains

oats, whole wheat pasta, flour, brown rice, cereal, whole grain bread, quinoa, and farro



## Fluids

Low sodium broth, stock, or bases



## Frozen

fruits, vegetables, plant-based ground meats, vegetable medley, mixed berries, and frozen avocado

Use pantry grains, like crackers, pasta, and rice as building blocks to create a dish that is packed with nutrients. If there's pasta in the pantry, mix in a favorite veggie and parmesan shavings for a light and healthy dinner. Have whole wheat crackers on hand? Pair it with a nut butter or top with cheese and fruit to give the cracker a boost of nutrients. Pairing pantry staples with fruits and vegetables can help to increase intake of essential vitamins and minerals!



# Build a Balanced Bite

Follow a formula to create a balanced bite full of flavor and healthy nutrients.



whole grain bread + avocado = **Classic Avocado Toast**



taco shells + beans + leftover leafy greens = **Crunchy Taco Salad**



nuts + dried fruit + cereal = **Easy Snack Mix**



brown rice + frozen edamame + tofu = **Asian Style Protein Bowl**



frozen shrimp + mixed vegetables = **Stir Fry**



pancake mix + fruit = **Fun Fruity Pancakes**



oatmeal + bananas = **Banana Oatmeal**



frozen fruit + nut butter + milk = **Fruit Smoothie**



# Let's Eat!

Get started with these budget friendly recipes that combine pantry items and fresh ingredients!

## Fruity Breakfast Pizza

Prep Time: 10 minutes

Cook Time: 4 minutes

Servings: 4

### Ingredients

- 4 (10-inch) flour tortilla
- Cooking spray
- 4, 1/8 teaspoon ground cinnamon divided
- 4oz Low fat vanilla yogurt
- 1 fresh or canned peach, cut in half, pitted and sliced
- 1/4 cup fresh blueberries
- 1/2 cup fresh sliced strawberries
- 1/4 cup apricot preserves, melted

### Directions

1. Preheat the oven to 400 degrees.
2. Place tortilla on an ungreased baking sheet and spray tortilla with cooking spray. Sprinkle evenly over tortilla.
3. Bake the tortilla 4 to 5 minutes, or until the edges just begin to brown; remove to a serving plate.
4. Meanwhile, microwave 1 Tablespoon preserves until melted. Set aside.
5. Stir yogurt so it is fluffy and creamy. Spread desired amount on top of crispy tortilla. Arrange fruit on top and glaze with the melted apricot preserves.
6. Cut into 4 wedges and serve immediately.



## Roasted Veggie Grain Bowl with Spicy Mustard Dressing

Prep Time: 15 minutes

Cook Time: 20 + grain cooking time

Servings: 4

### Ingredients

- 1 cup cooked grain, like barley, brown rice, quinoa, or farro
- 1/2 cup matchstick carrots
- 1 cup broccoli, chopped
- 1 red pepper, chopped
- 1/4 red onion, chopped
- 1/2 cup cooked black beans (can sub 2 hardboiled eggs, lentils, or diced chicken)
- 1/4 Avocado, sliced
- 1 tablespoon nuts

### Spicy Mustard Dressing (optional)

- 2 cloves garlic
- 1/3 cup whole grain-spicy mustard
- 1/4 cup white vinegar
- 1/4 cup olive oil
- 1/2 teaspoon salt
- 2 scallions, minced

### Directions

1. Preheat oven to 400 degrees.
2. Cook grain of choice according to directions.
3. Wash and prepare vegetables. Place carrots, broccoli, onion, and pepper on baking sheet, drizzle with oil, salt, pepper, and additional seasonings to taste. (Recommend: garlic powder and Italian seasoning). Bake in oven for 20 minutes or until edges are crispy and caramelized. Remove from oven.
4. To prepare dressing In a blender, combine the garlic, mustard, vinegar, oil, salt and scallions and blend until smooth. The dressing can be stored in an airtight container in the refrigerator for up to 1 1/2 weeks.
5. Rinse and drain black beans. Prepare on stove or in microwave until warm.
6. To serve, add a cup of grains to a bowl. Top with a generous serving of roasted vegetables, beans, avocado slices, nuts, and a drizzle of prepared mustard dressing.

[Recipe Source](#)



## Avocado Toast with Roasted Chickpeas

Prep Time: 5 minutes

Cook Time: 15-20 minutes

Servings: 1

### Ingredients

- 1 slice whole grain bread
- ¼ avocado, sliced or mashed
- ½ tablespoon Everything Bagel Seasoning (optional)
- 1 can low sodium chickpeas
- 1-2 tablespoons olive oil
- Salt and pepper to taste

### Directions

1. Preheat oven to 375 degrees.
2. Drain and rinse chickpeas. Dry with paper towel and transfer to small baking sheet. Season with olive oil, salt and pepper. Bake for 15 -20 minutes.
3. Toast whole wheat bread to desired doneness.
4. Spread avocado on toast, season with Everything bagel seasoning, top with ¼ cup roasted chickpeas. Save extra chickpeas in airtight container for up to a week. Reheat in microwave if desired.

[Recipe Source](#)



## Rice Krispy Kabobs with Fruit

Prep Time: 10 minutes

Cook Time:

Servings: 8

### Ingredients

- 4 Kellogg's® Rice Krispies Treats® Original bars
- 2/3 cup large fresh pineapple chunks
- 8 strawberries or 2 large strawberries, quartered
- 8 regular marshmallows
- 2 tablespoons hot fudge sauce, chocolate sauce or salted caramel sauce

### Directions

1. Cut each Rice Krispies Treats® Original bar into 4 pieces.
2. On eight 6- to 8-inch skewers alternately thread cereal bar pieces, pineapple, strawberries, and marshmallows. Place on serving plate. Drizzle with fudge sauce.

[Recipe Source](#)



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