

## 5 Tasty Ways to

## Enjoy Nutrient-Rich Value for Your Produce Dollar

As budgets tighten, you often hear the claim, “it cost more to eat healthfully.” Smart shoppers know to look for fresh fruits and vegetables in season and on sale. They also know that there are some super healthy produce items that are as inexpensive as they are tasty. Check out these deals next time you shop!

### 1. Dried beans, peas, and lentils

Legumes (black, pintos, chickpeas, red / green lentils, and split peas) do double duty, because they are the only foods that count in two groups: vegetables and proteins. Canned beans are convenient and inexpensive, but dried beans are real bargains. A quick soak (see package), 1-2 hours cooking, and they’re ready for soup, chili, or tacos.

### 2. Yams and sweet potatoes

Packed with fiber, potassium, vitamins A, C, and phytonutrients, these tasty tubers are nutrient powerhouses. More nutrient-rich than white potatoes, they can also be baked, mashed (a little soft cheese adds tangy creaminess), and baked into delicious ‘fries’ (slice, toss with a little olive oil, then bake for 30 minutes in a 425 degree oven).

### 3. Frozen fruit and vegetables

When fresh produce prices are high and money is tight, like the winter months, frozen produce is a fine substitute. Research shows that frozen fruits and vegetables contain similar levels of vitamin C, fiber, magnesium, and potassium as fresh. Buy a large bag, use what you need, then keep the remainder frozen with a tight seal on the bag.

### 4. Canned fruits and vegetables

Canned produce can also be convenient, economical, and healthful, because modern canning locks in nutrients at peak freshness. Since there is no oxygen in the can during storage, fruits and vegetables remain relatively stable and nutritious until they are eaten. Choose vegetables without added salt and fruit canned in 100% juice.

### 5. Dried plums (AKA prunes) and other fruit

Dried fruit is also a nutrient-rich option when fresh is too pricey. Rich in vitamin A and several B vitamins, dried fruits also have plenty of minerals, like potassium. Choose brands with no-added sugar and buy in bulk when you can. Easy to store and with no peels to worry about, dried fruit makes great on-the-go snack mixed with nuts.