

Title:

A Colorful Plate Year-Round

Word Count:

391

Summary:

For overall health, eating a variety of fruits and vegetables is essential year-round. A good

Keywords:

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Article Body:

Our family is in the habit of going to a local farmers' market during the summer and fall to get

A good starting place in your quest for color is the freezer case. Frozen melon cubes, berries

Next, stop in the canned fruit and vegetable aisle. "Our studies show that the nutrition value

Finally, visit the cereal aisle. New technology for freeze-drying fruit enables cereal makers

Here are a few simple ways to add color to your plate:

&#8226; Toss sliced radicchio, red onion and yellow peppers into a green salad.

&#8226; Saut  frozen spinach together with minced onion; top with pine nuts, golden raisins and

&#8226; Simmer slices of yellow and red apples and pears with a dash of apple cider and maple

&#8226; Add frozen mixed vegetables to your favorite soup.

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