

# MARCH IS NATIONAL NUTRITION MONTH

The current dietary recommendations are that you eat at least 5 servings of fruits and vegetables every day. Most people fall well short of that goal. One serving is considered a ½ cup of cooked vegetables, 1 piece of fruit the size of a tennis ball or 1 cup of cubed fresh fruit or raw vegetables.

Fruits and vegetables are rich in antioxidants which help to prevent many serious diseases. When it comes to choosing fruits or vegetables, always pick ones that have a deep rich color. The rule of thumb is that the darker the color, the more antioxidants present. In other words, choosing a spinach salad instead of iceberg lettuce will be an excellent source of Vitamins A and C and it will also have more fiber. Adding colorful vegetables like green and red peppers, tomatoes, radishes and carrots will make it even healthier.

Studies have also shown that antioxidants need a small amount of fat present in order to be better absorbed. Thus, using a fat-free salad dressing is not a good choice. We used to think all fat was bad for us but now we know that it is the type of fat you eat that is really more important. Monounsaturated fats like olive and canola oil are actually the healthier types of fats. Wishbone makes a salad dressing called *Just 2 Good* that has only 2 grams of fat in 2 tablespoons and no saturated fat.

Try incorporating more vegetables into your diet in creative and unusual ways. This Cowboy Caviar recipe is loaded with vegetables and makes a healthy and unique appetizer.

## COWBOY CAVIAR

1 can black-eyed peas, rinsed and drained	1 can shoe peg corn, drained
1 cup seeded and chopped tomato	1 cup chopped sweet yellow pepper
½ cup chopped cilantro	½ cup chopped green onions
1 jalapeno pepper, chopped	3 Tbsp. fresh lime juice
1 Tbsp. olive oil	1 Tbsp. red wine vinegar
1 clove garlic, finely chopped	1 tsp. salt
½ tsp. ground cumin	

Whisk together the lime juice, oil, vinegar, garlic, salt and cumin. Pour over chopped vegetables and mix well. Chill for at least a couple of hours before serving. Serve with baked tortilla chips or pita bread that's been toasted in the oven.