

# Mix up your meals with new ideas

 Foodwise, University of Wisconsin-Extension

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<http://fyi.uwex.edu/foodwise>

**Start with a dish you know--and add variety!**  
**Try one of these fresh ideas to make your meals healthier.**

## Fruits and Vegetables:

- add **spinach** to lasagna
- top salads with **mandarin oranges**
- dip **raw carrots** in hummus
- add **canned tomatoes** to pasta sauce
- mix **frozen broccoli** into rice
- add **dried cranberries** or **raisins** to oatmeal



## Protein:

- add **beans/lentils** to rice, soups and casseroles
- dip apples, celery or carrots in **peanut butter**
- try **turkey bacon** in place of bacon on a bacon, lettuce and tomato (BLT) sandwich
- make **hard-boiled eggs** ahead of time to eat as snacks or on salads
- bake **chicken breasts** ahead of time and add diced chicken to soups, salads, pasta and burritos



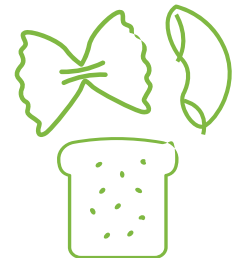
## Dairy (choose low fat or no fat options):

- drink **milk** with your meal
- eat **cottage cheese** with pineapple or peaches
- add **milk** or **yogurt** to a smoothie
- use **plain greek yogurt** instead of sour cream on tacos
- use **mozzarella** on veggie pizza
- try **yogurt-based** salad dressing



## Grains:

- use **whole grain bread** for sandwiches
- combine **whole grain pasta** with white pasta
- mix **brown rice** with white rice
- make a veggie burrito with **whole grain tortillas**
- add **barley** to vegetable beef soup
- try **air-popped popcorn** without butter or salt



**Contact your local FoodWise program to learn more:**

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program- SNAP and Expanded Food and Nutrition Education Program - EFNEP. SNAP/FoodShare helps families buy the food they need for good health. Visit [access.wi.gov](http://access.wi.gov) to learn how to apply.

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**FOOD WISE**  
Healthy choices, healthy lives.

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