

Fresh Rx Weekly Newsletter Vol. 10





FRESH. LOCAL. LIVELY.

## Reading the Food Label

Nutrition Facts Serving Size 1/2 cup (about 82g) Servings Per Container 8  Amount Per Serving			
Calories 200 Calories from Fat 130			
		% Da	aily Value*
Total Fat 14g			22%
Saturated Fat 9g			45%
Trans Fat 0g			
Cholesterol 55mg			18%
Sodium 40mg			2%
Total Carbohydrate 17g 6%			
Dietary Fiber 1g			4%
Sugars 14g			
Protein 3g			
Vitamin A 10	% • \	∕itamin (	C 0%
Calcium 10% • Iron 6%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:  Calories: 2,000 2,500			
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300 mg 2,400mg 375g 30g

Fat 9 · Carbohydrate 4 · Protein 4

- 1. Begin by looking at the serving size. The nutrition information listed below servings is for a portion of this size. The serving size is based on how much people typically eat and drink and is NOT a recommendation of how much to eat.
- 2. The calorie and nutrient amounts listed are based on **ONE** serving.
- One package of food may contain more than one serving.
- 3. % Daily Value is based on 2,000 calories per day. You calorie needs may be more or less. Ask your RD or MD to help determine the best amount for you.
- If the % daily value is 5% or less, the food is **LOW** in that nutrient.
- If the % daily value is 20% or higher, the food is **HIGH** in that nutrient.

For good health during pregnancy, look for foods with HIGH % Daily Values for dietary fiber, calcium, iron, vitamin C, and folate.

## Seasonal Recipe



## Mini Pizza

Servings: 6 Prep time: 5-10 min Cook time: 10-15 mins

INGREDIENTS

1 medium red or green bell pepper

8 ounces of mushrooms
1 large tomato
4 ounces of mozzarella cheese

6 whole grain English muffins
1 tablespoon olive oil
1/2 teaspoon dried oregano

1/2 teaspoon dried basil

1 (8-ounce) can tomato sauce

\*\* Use any seasonal veggies you like. Examples: onions, kale, squash\*\*

DIRECTIONS

- 1. Preheat oven to 450 degrees F.
- 2. Rinse bell pepper, mushrooms, and tomato.
- 3. Remove core and dice bell pepper and tomato.

  Dice mushrooms.
- 4. Split English muffins in half. Place them on baking sheet and bake until lightly brown.
- 5.In a large skillet over medium heat, heat olive oil. Add peppers and mushrooms. Cook for 5 minutes.
- 6. Transfer veggies to a medium bowl. Add tomatoes. Stir to combine.
- 7. In a small bowl or the sauce can, add spices to tomato sauce.
- 8. When muffins are lightly browned, remove from oven. Add spoonful of sauce over each muffin half. Coat evenly.
- 9. Layer veggies evenly over sauce. Top with shredded cheese.
- 10.Bake until cheese is melted and bubbly, about 6-8 minutes.

FreshRx for Mothers-to-Be provides pregnant women with Medicaid \$24 each week to buy fresh fruits and vegetables at the Franklin County Farmers Market. To learn more, stop by the Market on Tuesdays or Saturdays, 8:30 am - 12 noon, or visit www.fcmarket.org.

FreshRx for MOMs is a collaboration of the Franklin County Farmers Market and Community Farm Alliance, funded by a USDA/NIFA GusNIP grant.