



SAVE MONEY BY SWAPPING OUT PLANT PARTS

To reduce waste and save money on fresh fruit and vegetables, swap produce ingredients based on what is available and affordable. A root may be able to be swapped for another root in the same recipe, saving a trip to the store. Also do this with other edible parts of plants such as the stems, leaves, flowers, fruit, and seeds.

Easy Swaps by Plant Parts	
ROOTS	
Swaps:	Potato, sweet potato, parsnip, Jerusalem artichoke (sunchoke), carrot, radish, beet, golden beet, yam, jicama
Tips:	Wash roots well and roast, grill, or pan fry for any recipe that calls for a potato.
STEMS	
Swaps:	Shallot, leek, chives, scallion, stems from collards, kale, kohlrabi, bok choy (pak choy), cucumber
Tips:	Chop and add crunch to omelets, skilletts, or salads.
LEAVES	
Swaps:	Chard, kale, beet greens, dandelion greens, spinach, romaine, arugula, mustard greens, bok choy (pak choy)
Tips:	<ul style="list-style-type: none"> • Shred leaves into pasta-based meals for additional fiber. • Chop and top a pizza to add color.
FRUITS & VEGETABLES	
Swap Veggies:	Celery, zucchini, kohlrabi, cucumber, eggplant, sweet pepper, summer squash, mushroom
Swap Fruits:	Like for like (i.e., berry for berry, stone fruit for stone fruit)
Tips:	Fruits with pits (stone fruits) can be easily swapped in desserts, chutneys, in a grill meal, or as salad toppings.
SEEDS, NUTS & BEANS	
Swap Nuts and Seeds:	Walnuts, almonds, pumpkin seeds, sesame seeds, sunflower seeds
Swap Beans:	Black beans, pinto beans, navy beans, fava beans



Colorful Quesadillas

Yield: 8 Servings | Serving Size: 1 Quesadilla

- 4 ounces cream cheese, fat-free
- ¼ teaspoon garlic powder
- 8 (8-inch) whole wheat tortillas
- 1 cup sweet red pepper (chopped)
- 1¾ cup low-fat cheese (shredded)
- 2 cups fresh spinach leaves (or 9 ounces frozen, thawed and squeezed dry)

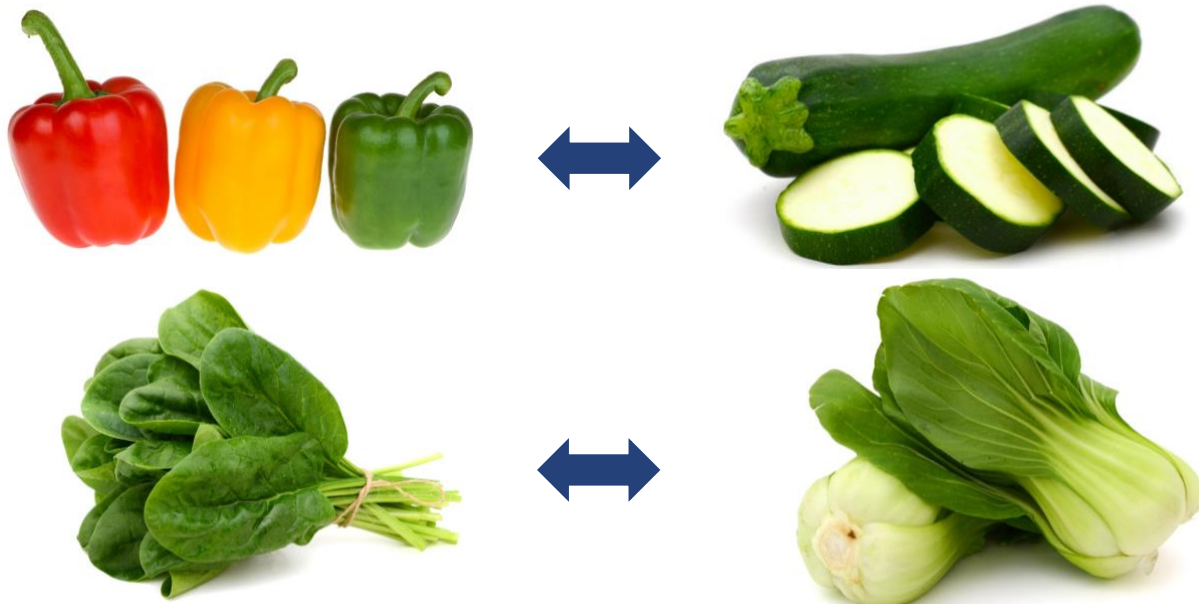
SWAP: cooked eggplant, zucchini, or mushroom

SWAP: collards, chard, bok choy, arugula, or beet greens

- 1) In a small bowl, mix the cream cheese and garlic powder.
- 2) Spread about 2 Tablespoons of the cheese mixture on each tortilla.
- 3) Sprinkle about 2 Tablespoons bell pepper and 2 tablespoons cheese on one half of each tortilla.
- 4) Add spinach: ¼ cup if using fresh leaves or 2 Tablespoons if using frozen. Fold tortillas in half.
- 5) Heat a large skillet over medium heat until hot. Put two folded tortillas in skillet and heat for 1-2 minutes on each side or until golden brown.
- 6) Remove quesadillas from skillet, place on platter and cover with foil to keep warm while cooking the remainder.
- 7) Cut each quesadilla into 4 wedges. Serve warm.

Nutrition Facts	
8 servings per container	
Serving size	1 quesadilla (117g)
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 600mg	26%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 247mg	20%
Iron 2mg	10%
Potassium 95mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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