

ENJOY THE FLAVORS OF THE MEDITERRANEAN

When eating at a Mediterranean restaurant, try these useful tips to make healthier choices.

- ▶ Try roasted, or grilled foods instead of fried food.
- ▶ Instead of dipping bread into hummus or other spreads, place a small amount of the spread on your plate so you can control the amount you eat.
- ▶ Order whole-wheat pita if eating bread with your meal.

Follow the MyPlate guidelines to help your family eat well!

- ▶ Make half your plate fruits and vegetables.
- ▶ Switch to skim or 1% milk.
- ▶ Make at least half your grains whole.
- ▶ Vary your protein food choices.
- ▶ Keep your food safe to eat—learn more at www.FoodSafety.gov.
- ▶ Choose foods and drinks with little or no added sugars.
- ▶ Look out for salt (sodium) in foods you buy—it all adds up.
- ▶ Eat fewer foods that are high in solid fats.

Studies have shown that the Mediterranean diet can help to lower the risk of getting chronic diseases such as heart disease or cancer. The staples of the Mediterranean include—fruits, vegetables, beans, fish, and healthy fats found in olive oil and nuts.

MINESTRONE is a popular soup that originated in Italy. It includes healthy vegetables and beans—basics of the Mediterranean diet.

Ingredients:

- 1 tablespoon olive oil
- 1 small onion, chopped*
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 clove garlic, finely chopped
- 6 cups low-sodium chicken broth
- 1½ cups farfallini (small bowtie pasta)
- 2 cans (15-ounce) cannellini beans, rinsed*
- 1 can (14.5-ounce) diced tomatoes in juice*
- ¼ cup grated Parmesan



Directions:

1. Heat the oil in a large saucepan over medium-high heat.
2. Add the onion, salt and pepper, and cook, stirring, 4 to 5 minutes.
3. Add the garlic and cook, stirring, for 1 minute .
4. Add the broth and pasta and bring to a boil. Reduce heat and simmer 8 to 10 minutes.
5. Stir in the beans and tomatoes and cook until heated through, about 2 minutes.
6. Remove from heat. Sprinkle with parmesan and serve.

Yield: 6 servings

Nutrition Information (per serving):

Calories 410; Fat 6 grams; Sodium 580 milligrams; Fiber 13 grams

*WIC supplemental food