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#whatsonyourplate



WHAT'S ON YOUR PLATE?

Balance your plate with healthy eating and an active lifestyle to help fight breast cancer.

Pink Ribbon Produce, with Harris Teeter and its produce vendors want to help you bring balance to your life. By filling half your plate with fruits and vegetables and staying active, you're well on your way to making a difference in the fight against breast cancer.



The U.S. Department of Agriculture's ChooseMyPlate icon is sectioned off to show fruits and vegetables taking up half of the plate—your goal each day. The American Cancer Society recommends eating **at least** 2 1/2 cups of fruits and vegetables each day to help lower cancer risk. These foods contain important

vitamins, minerals, phytochemicals, and antioxidants and are usually low in calories. **Choose produce with the most color—dark green, red, yellow, and orange—they have the most nutrients.**



To learn more about Pink Ribbon Produce, visit www.pinkribbonproduce.org



AVOCADOS FROM MEXICO

How to choose a ripe avocado: Avocados mature on the tree, but they soften and develop to their full flavor after they are harvested.

Dark green to black FIRM avocados will ripen in 3 to 4 days if placed in a bag with an apple or banana. A black avocado with slight give will ripen on the counter in 2 to 3 days. Avocados CAN be refrigerated after they ripen. A half of avocado can be stored in the refrigerator; leave pit in half, coat lightly with olive oil or lemon juice, wrap tightly with cling or press wrap.

Avocados have no cholesterol and contain less than 1 g of sugar per serving.

Over 75% of the fat in avocados is unsaturated (monounsaturated and polyunsaturated fats), making them a great substitute for foods high in saturated fat.

One-fifth of a medium avocado (1 oz. serving) has 50 calories and contributes nearly 20 vitamins and minerals, making it a nutrient-dense choice.

COUNTRY FRESH

Country Fresh LLC is a leading provider of fresh-cut fruit and vegetables in a variety of blends, sizes, and packaging options. Their Snack Fresh brand of all natural, convenient, and ready-to-eat products make it easy for you to grab a nutritious, great-tasting snack or meal any time.

The 4-compartment film seal trays provide a great selection—fruits, vegetables, cheeses and dips—perfect for lunches or snacking any time of day, and all items are 250 calories or less! According to the USDA, 1 1/2 cups of fruit per day help reduce your risk of chronic diseases and cancer.

Fruits contain dietary fiber, phenols, antioxidants, folic acid and vitamin C. They're low in fat, calories, sodium and best of all, taste great!

FRESH EXPRESS

Baby Kale Mix: This mix is a delicious and nutritious blend of baby kale, baby chard and baby spinach. Low in calories and high in fiber, Kale contains antioxidants and zero fat. Eat healthy while adding something new and unique to your diet!

Baby Spinach: Harvested when each tiny leaf is perfectly tender, Fresh Express Baby Spinach will surprise you with its mild and delicate taste. It's a good idea to keep their baby spinach on hand — add it to hot dishes, salads, sandwiches, and wraps for a boost in flavor and nutrition.

Spring Mix: Fresh Express Spring Mix contains carefully selected tender baby lettuces and greens, picked when the tiny leaves are perfect and whole. Their spring mix is not only flavorful, but also quite beautiful!

Salads are a great source of fiber, vitamin A, vitamin C, and other nutrients.



NATURE'S WAY FARMS, INC./FARMERS MARKET

Farmers Market russet, red, white, yukon and bulk sweet potatoes are packed and shipped by Nature's Way Farms. You can count on the highest quality at Harris Teeter throughout the year. Potatoes are not only delicious but a healthy addition to your daily diet. They are loaded with carbohydrates, protein, calcium, niacin and vitamin C. Sweet Potatoes provide more than twice the daily recommended intake of vitamin A and one third of the daily requirement of vitamin C. They're full of vitamin B6, fiber, iron and potassium and contain little fat and sodium.

Potatoes are a simple, cost effective and tasty way to meet the healthy plate challenge!

EARTHBOUND FARM

Earthbound Farm Organic Baby Spinach is prized for its mild flavor, tender texture and easy convenience. Triple-washed and ready to use—no prep needed—this baby spinach is perfect in all kinds of recipes from smoothies to salads, soups to sautés, pastas to casseroles and more. Among the world's healthiest, most nutritious and antioxidant-rich veggies, spinach is low in calories and free of fat and cholesterol, too.

A delicious and versatile foundation for just about any healthy meal, Earthbound Farm Organic Baby Spinach makes it easy to add greens to your day.

SUNLIGHT INTERNATIONAL

Flavor comes first at Sunlight International Sales/J. P. Dulcich & Sons. This family-owned company is dedicated to growing the finest California table grapes available. Popular brands include Pretty Lady, Harvest Hobgoblin and Sunlight, as well as others recognized worldwide.

Numerous studies on grapes suggest that grapes contribute to heart health. Grapes are rich in antioxidants. The role of grapes in maintaining cell health to prevent the development of cancer is an area of ongoing scientific interest.

A three-quarter cup of grapes contains just 90 calories, but no fat, no cholesterol and virtually no sodium. (Source: California Table Grape Commission)

For more information, visit www.dulcich.com.

EVOLUTION FRESH

Evolution Fresh was founded on one idea: the pursuit of an authentic juice experience. And this has led us to a different approach for making juice. Most juices are heat pasteurized, which may affect the natural flavors of the ingredients. Our juices are cold-pressed using high-pressure processing to help protect flavor and nutrients. No colors or flavors are added; just our favorite produce, minimally processed.

Because high-quality cold-pressed juices are what we do best, and having good-for-you nutrition at your fingertips is our passion.

Taste Cold-pressed. www.evolutionfresh.com.



EAT SMART®

Eat Smart® knows that fresh, flavorful vegetables are an important part of a healthy lifestyle. That is why they are committed to providing you with the highest quality ingredients. Only Eat Smart® keeps your vegetables their best by packaging them in a patented BreatheWay® packaging technology. Their products are washed and trimmed making them easy to enjoy straight from the bag or in a variety of dishes such as salads, soups, stir-fries, side dishes, and casseroles.

Eat Smart® fresh vegetables support a healthy diet and are an excellent source of antioxidant vitamins, A and C. Eat Smart® brand proudly brings you the best in healthy, convenient, value-conscious fresh products for you and your family year-round—look for Eat Smart® in your local produce section.

WHOLLY GUACAMOLE

Just the right amount of spice and garlic, Wholly Guacamole® products are sure to be a hit with everyone. Real homemade guacamole taste! Stays good in your freezer for up to 3 months. REMEMBER! Even when thawing, keep the product refrigerated for food safety!

Wholly Guacamole Classic dip is all natural, no preservatives, gluten free, kosher certified, naturally cholesterol free. Plus, Wholly™ products add to your daily fruit consumption because avocados are fruits!

NATURALLY FRESH® PRODUCTS

Preparing fresh, healthy meals from start to finish isn't always practical. To keep up with work and family, you need great tasting options that are quick and convenient. Naturally Fresh® products are the perfect way to fit homemade taste into an on-the-go lifestyle. These versatile dressings bring just the right accent to salads, provide a tasty dip for fruits and vegetables, and can be used as a marinade or ingredient in a recipe.

Naturally Fresh® dressings' great taste comes from using quality ingredients with no artificial colors, flavors, or preservatives.

Look for Naturally Fresh® dressings in your store's refrigerated section.

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Share What's On Your Plate and Win a \$250 Gift Card with our Instagram Contest!

During Breast Cancer Awareness Month (Oct. 1-31), follow us on Instagram (@pinkribbonproduce) and take a pic of your fresh plate (#whatsonyourplate) using at least one of our partner's products for a chance to **win a \$250 Harris Teeter gift card and a donation to the National Breast Cancer Foundation made in your name.**

To learn more about Pink Ribbon Produce, visit www.pinkribbonproduce.org
Always check with your healthcare practitioner about the diet that's right for you.





Green Juice Salad Dressing

- 2 garlic cloves, crushed
- 1 tbsp white wine vinegar
- 1/2 lemon, juiced
- 1/4 cup Evolution Fresh Sweet Greens and Lemon juice
- 1/2 tbsp Dijon mustard
- 1/2 tsp each salt & pepper
- 1/3 cup olive oil

Directions: Mix together garlic, white wine vinegar, lemon juice, Evolution Fresh Sweet Greens and Lemon juice, Dijon mustard, and salt & pepper. Whisk in olive oil.

Drizzle over mixed greens and enjoy!



Grape Chicken Salad

- 1 chicken breast
- 1 cup celery, diced
- 1 20-oz can pineapple chunks, drained
- 2 11-oz cans mandarin orange segments, drained
- 2 cups seedless grapes, cut in half
- 1 cup rice
- Mayonnaise, to taste

Directions: Cook chicken till done, skin and bone, cut into small pieces. Let cool. Cook rice till done. Mix everything together, then use enough mayonnaise for mixing.





Roasted Cauliflower Salad with Spinach and Chickpeas

- 1 small head Earthbound Farm Cauliflower, outer leaves removed, cut or broken into bite-size florets/pieces
- 2-1/2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon white wine vinegar
- 1/2 teaspoon mustard seeds
- 1 tablespoon Dijon mustard
- 1/4 cup chopped Italian parsley
- 1/4 cup olive oil
- 1 14-oz can chickpeas (garbanzos), rinsed and drained
- 4 oz Earthbound Farm Organic Baby Spinach
- 1/4 cup Kalamata olives, chopped
- Salt and freshly ground black pepper to taste

Directions: Preheat oven to 400°F. Line a cookie sheet or sheet pan with parchment or foil.

Toss the cauliflower pieces with the olive oil, salt and pepper. Spread on the prepared sheet and roast in the oven for about 35 minutes or until golden brown, tossing the vegetables once midway through cooking time.

While the cauliflower is roasting, heat the vinegar and mustard seeds in a small saucepan over low heat for 5 minutes. Stir in the Dijon mustard, parsley and olive oil. Keep warm.

Place the chickpeas, spinach and olives in a large bowl. Add the hot roasted cauliflower and warm dressing, tossing to wilt the spinach a bit and coat all ingredients lightly with dressing. Taste and adjust seasonings with salt and pepper if needed. Serve warm or at room temperature.

Wholly Guacamole® dip Deviled Eggs

- 4 whole eggs in the shell
- 1/2 cup WHOLLY GUACAMOLE dip
- 1 tbsp. chopped cilantro
- 1 tbsp. minced green onion
- 1/4 tsp. salt (optional)
- 1 dash hot pepper sauce (e.g. Tabasco) or to taste
- 1 tsp. Worcestershire sauce, or to taste
- 1 tsp. Dijon-style prepared mustard
- 1 pinch paprika

Directions: Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover, and let eggs stand in hot water for 10–12 minutes. Remove from hot water, cool, and peel. Slice eggs in half, and remove yolks to a mixing bowl.

In the bowl with the yolks, combine the Wholly Guacamole dip, cilantro and green onion. Season with salt, hot sauce, Worcestershire sauce, and mustard. Mix well, and fill empty egg halves. Chill until serving. Sprinkle with paprika just before serving.

WHOLLY
AMERICA'S #1
GUACAMOLE

