



# A nutrition Fact Sheet



## 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 you a trip to the store. You can also do this with other edible parts of plants such as the stems, leaves, flowers, fruit, and seeds.

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

## Saving Money on Produce

You can save money by swapping similar plant parts. **For example**, the entire beet plant can be used by roasting the root, destemming the leaves, and using the leaves in place of spinach for a salad. Later, add the chopped stems to a pasta salad in place of celery.

The recipe below works well when swapping what you have on hand to save money.

## COLORFUL QUESADILLAS

Yield: 8 servings • Serving: 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 spinach leaves (fresh or 9 ounces frozen, thawed and squeezed dry)

**SWAP: cooked  
eggplant,  
zucchini, radishes,  
or mushrooms**

**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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