

# KIDS CORNER

## Eat Right with Rouses

### BUILDING BLOCKS TO IMMUNE FUNCTION

### WHAT IS PRODUCE FOR KIDS

### FALL RECIPES TO CREATE IN YOUR KITCHEN

- Orange, Mango & Banana Smoothie Popsicles
- Oven Baked Onion Rings
- Broccoli Cheddar Stuffed Baked Potato Skins

### COLORING CONTEST

- Win Produce for Kids Shirt



## BUILDING BLOCKS TO IMMUNE FUNCTION

By April Sins, Registered Dietitian

Considering Covid-19 and kids going back to school, parents are often looking for foods that can help promote immune function. Most of the foods that boast high amounts of vitamins and minerals that promote immune function can be found right in the produce section! Here are a few produce items with immune promoting vitamins to add to your list:

**Carrots, Pumpkin, and Sweet Potatoes** The orange color in these veggies are indicative of its Vitamin A content.

**Potatoes** Potatoes are not only filling and delicious but also a source of Vitamin B6.

**Broccoli, Citrus Fruits, Kiwi, Strawberries, Tomatoes, Peppers** This flavorful group of produce is not only great for salads and smoothies, but they are also a source of Vitamin C.

**Mushrooms** Vitamin D is a vitamin that is not common in the produce section; however, mushrooms stand out in produce as a source of Vitamin D. Add mushrooms to sauces and stir-fry dishes to boost the Vitamin D content.

**Kale, Spinach, Arugula** All of these green leafy vegetables are a source of Vitamin E.

*Check out recipes featuring our brand partners.*

**ROUSES MARKETS**



## ABOUT PRODUCE FOR KIDS

Produce for Kids, part of the Healthy Family Project, is helping Rouses Markets to serve the local communities through wellness-inspired promotions in stores. Together, Rouses Markets and Produce for Kids are working to ensure more fresh produce and resources for families are available to those in need. Healthy Family Project programs have raised more than \$7 million for charities that benefit children and families nationwide.

Look for the Produce for Kids logo in your local Rouses Market and support the produce brands who are donating to area Feeding America® member food banks including Feeding the Gulf Coast, Greater Baton Rouge Food Bank, and Second Harvest Food Bank of Greater New Orleans, and Acadiana.

## FALL RECIPES TO CREATE IN YOUR KITCHEN

### Halloween Apple Monsters

4 Sage Fruit® Granny Smith apples, cored, quartered  
3 tablespoons nut butter  
4 strawberries, sliced into 4 pieces each  
2 tablespoons sliced almonds

#### Eyeballs:

Rouses Mini Marshmallows  
Tube of Black Icing Gel

- Carefully cut out mouth in each apple quarter using a knife.
- Spread inside with peanut butter. Add sliced almonds for teeth and strawberry slice for tongue.
- Add a dot of peanut to the back of eye (marshmallow) and place on apple. Dot eye with black icing.

**Produce for Kids Facebook Live • October 23rd at 10am  
Featuring Apple Monsters and Halloween Snack Boards!**



3 LB BAG  
Sage

Granny Smith Apples

**\$4.99**



#### Nutrition Tip

If your child has a nut allergy, use marshmallow crème or seed butter instead of peanut butter.

### Orange, Mango & Banana Smoothie Popsicles

1 mango, sliced  
1 banana  
1 Sunkist® Navel Orange, juiced  
1/2 cup vanilla Greek yogurt

- Place mango, banana, orange juice and yogurt in blender. Blend until smooth.
- Pour into molds and freeze 2 - 3 hours, or until frozen.



3 LB BAG  
Sunkist  
Navel Oranges

**\$4.99**



These popsicles make a great breakfast smoothie to get the day started with lots of Vitamin C, potassium, and protein!

## APPETIZING APPETIZERS

### Oven Baked Onion Rings

1 Shuman RealSweet® sweet onion,  
sliced into 1/4-inch thick rings  
2 large egg whites, beaten  
1/2 cup whole wheat flour  
1/4 cup cornmeal  
1/8 teaspoon salt  
1/2 teaspoon black pepper  
1/2 teaspoon chili powder



3 LB BAG  
Shuman  
Sweet Onions

**\$3.99**

- Preheat oven to 425°F.
- Separate onion rings, place half on microwave-safe plate and sprinkle with 1 Tbsp. water. Cover with wax paper and microwave on HIGH 1 minute. Repeat with remaining onions, pat dry and cool.
- Combine onion rings and egg whites in large bowl. In sealable plastic bag, combine flour, cornmeal, salt, pepper and chili powder. A few at a time, place onion rings inside bag and shake well. Shake off excess flour and place each ring single layer on parchment-lined baking sheet.
- Bake 10-15 minutes, or until crispy.

### Broccoli Cheddar Stuffed Baked Potato Skins

6 MountainKing® Russet potatoes  
2 cups cooked, chopped broccoli florets  
3/4 cup shredded Cheddar cheese  
1/2 cup Marzetti® Simply Dressed Ranch Dressing



- Prick potatoes several times with a fork. Microwave on HIGH 5 minutes per potato, set aside to cool. Alternatively, prick potatoes with fork and place on baking sheet. Bake 45-60 minutes in 400°F oven or until tender. Let cool.
- Cut potatoes in half lengthwise and scoop out inside of potato (this can be mixed with toppings or saved for another dish, like mashed potatoes). Spray skins cooking spray and place back on baking sheet.
- Top potato skin halves with broccoli and cheese. Bake additional 5-7 minutes, or until heated through and cheese melts. Top with Ranch dressing.



3 LB BAG  
MountainKing  
Russet Potatoes

**\$3.99**



12 OZ  
Marzetti Simply Dressed  
Ranch Dressing

**\$3.99**

# Healthy eating starts at the grocery store!

This coloring page features a few of the smart produce choices you'll find at Rouses Markets. Color and email to [eatright@rouses.com](mailto:eatright@rouses.com) to enter to win a Produce for Kids t-shirt. Entries must be received by 10/31/20.

