



FAMILY NUTRITION NEWS

Vegetable Vitality

Dear Homemaker,

Vegetables are good for you. They give you Vitamin A and Vitamin C.

We need Vitamin A to have good eyesight and smooth skin. Dark-green and deep-yellow vegetables contain Vitamin A. Carrots are a good source of Vitamin A.

Vitamin C helps you to keep your gums in healthy condition and to resist infection. Tomatoes are a good source of Vitamin C.

Sincerely,

Name and title



PINEAPPLE - CARROT TOSS

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|-----------------------------------|---|
| 1 8-3/4 oz. can pineapple tidbits | 1/2 cup plumped raisins (soak in water
10 minutes) |
| 2 cups shredded carrots | Mayonnaise or salad dressing |

Drain the pineapple tidbits well. Mix with shredded carrots and raisins; chill. Just before serving, add mayonnaise or salad dressing to moisten. Serves 6.

GREEN BEANS PEASANT STYLE

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| 1 can green beans | 2 potatoes, diced |
| 1 slice bacon | 1 teaspoon salt |
| 1 tablespoon fat | 1 can tomatoes |
| 1 small onion, diced | |

Cook potatoes in small amount of water until tender. Remove potatoes from pan. Add juice from green beans and tomatoes. Cover and simmer juices. Add potatoes, tomatoes and green beans. Fry or saute onions with bacon and fat. Break bacon into small pieces. Add bacon and onions and mix lightly. Serves 6 to 8.

MORE INFORMATION . . .

SAVE THE FOOD VALUE OF YOUR VEGETABLES BY COOKING THEM PROPERLY

- Peel your vegetables just before cooking. Do not peel them ahead of time. If you do, they will lose some of their food value.
- Make your peeling as thin as possible to help save the food value. Some vegetables, like potatoes, can be cooked with their peelings on.
- Use only a small amount of water to cook your vegetables. It is not necessary to fill the pan with water. Save the food value and your water, too.
- Do not overcook your vegetables. Cook them only until they are tender, not mushy.

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