

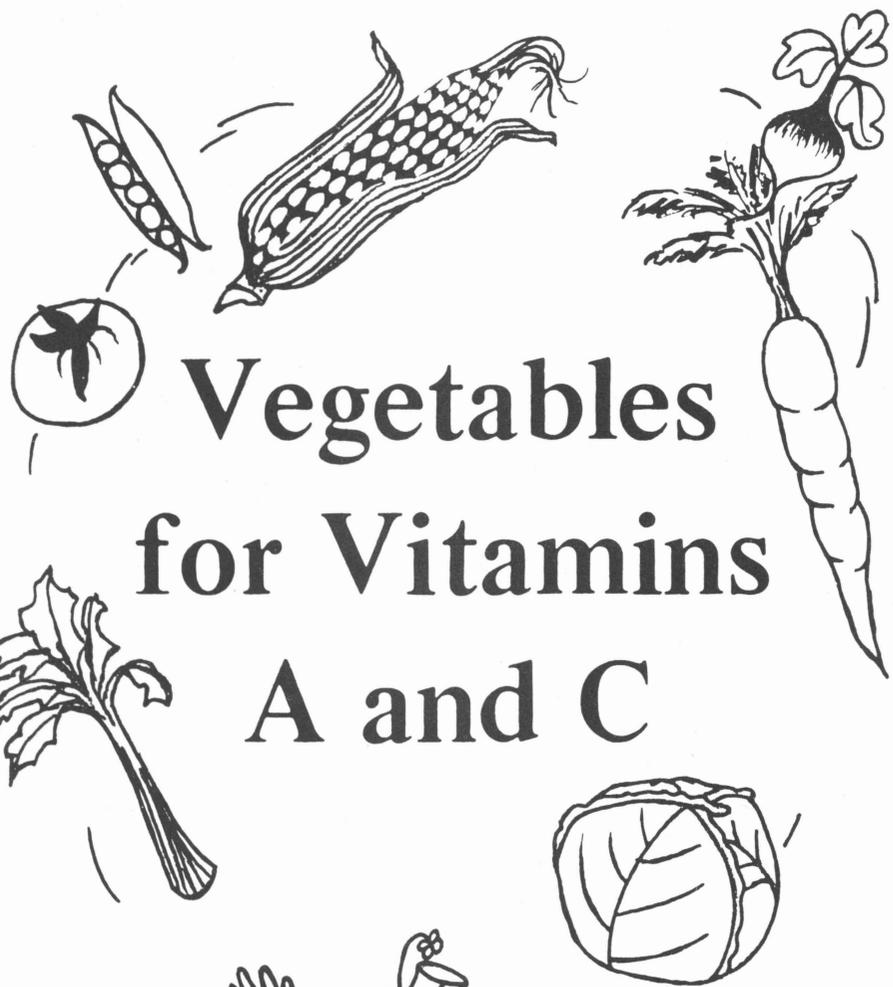
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FAMILY NUTRITION NEWS



Vegetables for Vitamins A and C

Dear Homemaker,

Vegetables can help you plan cool, zesty, colorful and appealing summer meals. Remember, have 4 servings of fruits and vegetables every day. Vegetables give you vitamin A and vitamin C. These vitamins help you keep your skin smooth, help you have a healthy body and help you to fight off infection.

Vegetables that are plentiful at this time of year are: CARROTS, CELERY, LETTUCE, CABBAGE, TOMATOES, CORN and PEAS. On the back of this letter are some recipes using these vegetables. Why not try them!

Sincerely,

Name and title

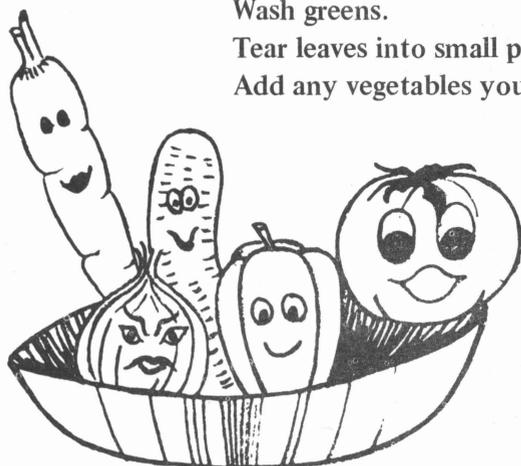


Try a TOSSED SALAD--It's easy and good!

Wash greens.

Tear leaves into small pieces.

Add any vegetables you want, such as:



Turnip
Tomato
Onion
Cauliflower
Carrot

Cucumber
Celery
Cabbage
Green pepper
Radishes

Add oil and vinegar dressing --
toss with a fork. Serve cold.
Try this salad with a chopped-
meat sandwich and milk for a
nutritious lunch.

MORE INFORMATION



CREAM SPINACH

2 tablespoons margarine
2 tablespoons flour

$\frac{1}{2}$ teaspoon salt
 $\frac{1}{3}$ cup dry milk

Place one pound of spinach (broken into small pieces) in a small amount of salted boiling water. Reduce heat, cover and cook about 10 minutes. Drain off the water and save it. Melt margarine in a pan. Stir in flour and salt. Blend until smooth. Add enough water to water saved from cooking vegetables to make 1 cup. Then stir in dry milk. Add to fat and flour mixture, stirring constantly. Stir until smooth and thick. Stir in spinach. Makes 4 servings.

REMEMBER WHEN YOU COOK VEGETABLES

Save the food value of vegetables by cooking them properly:

- Peel vegetables just before cooking.
- Make the peelings as thin as possible. Some vegetables like potatoes can be cooked with peeling on.
- Use a small amount of water to cook vegetables.
- Don't overcook vegetables. Cook only until tender, not mushy.

This publication was prepared by Extension foods and nutrition specialists, The Texas A&M University System, from material developed by Virginia Cass Ryan, former Extension assistant foods and nutrition specialist - ENP, The Texas A&M University System.