

Enjoy Vegetables



Vegetables are easy to buy and store,
fun to cook, and good to eat all during
the year.

Vegetables add good things to your meals:

- Fresh flavors
 - Different shapes and textures
 - Bright colors
 - Few calories
 - Lots of fiber, vitamins, and minerals.
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Choose fresh vegetables that are:

- Clean and firm with smooth skins.
 - Crisp and fresh with no yellow leaves.
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When buying frozen or canned vegetables:

- Get frozen foods last so they will stay solid until you get home.
 - Choose packages that are frozen hard. Wet, limp, or stained packages may have been thawed and refrozen. The quality may not be good.
 - Avoid dented cans that are swollen or leaking. The food in them may be spoiled.
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Fresh vegetables can be good buys all during the year.

All Year

Broccoli
Cabbage
Carrots
Celery
Lettuce
Onions
Potatoes
Spinach
Sweet potatoes

In Season

Summer:

Corn
Cucumbers
Peppers
Tomatoes

Fall:

Cauliflower
Other hard-shelled squash
Pumpkin

Winter:

Brussels sprouts
Greens
Parsnips
Turnips

Spring:

Beets
Green onions
Radishes
Squash



For extra savings look for “Special Buys” in your local market.

Vegetables taste great when you cook them the right way:

- For a short time,
- In a little water,
- At a low temperature, and
- With only a little fat or salt.

Fresh

- Rinse well.
- Trim away any stems, soft spots, or damaged leaves.
- Cook with the skin on to keep the nutrients in.
- Simmer, bake, or stir-fry until tender.

Frozen

- Simmer in a covered pot with a little water.
- Follow package directions for cooking time.

Canned

- Empty the can into the pot. Do not add extra water.
- Just heat. Canned vegetables are already tender.

Colorful Cabbage Slaw

6 servings

- 3 tablespoons mayonnaise
- 1 teaspoon sugar
- 2 teaspoons lemon juice or vinegar
- 2 cups cabbage, finely chopped
- 1 medium carrot, grated
- 1 small red apple, diced

1. In a large bowl mix together mayonnaise, sugar, and lemon juice or vinegar.
2. Add the cabbage, carrot, and apple. Mix well.
3. Cover and chill several hours.



To Stir-Fry Fresh Vegetables:

- Heat oil in a skillet until hot. Use 1 teaspoon of oil for every 1½ cups of vegetables.
- Add bite-sized pieces of vegetables. Try these alone or together: cabbage, carrots, green beans, green pepper, onions, and tomatoes.
- Stir and turn vegetables until done.

To Simmer Vegetables:

- Put them in a pot.
- Add about ½ cup of water.
- Cover pot, simmer only until tender.

Orange-Flavored Carrots

4 servings

- 3 cups carrots, sliced
- 2 tablespoons onion, chopped
- ⅛ teaspoon salt
- ½ cup boiling water
- 2 tablespoons frozen orange juice concentrate
- 1 teaspoon lemon juice



1. Add carrots, onion, and salt to boiling water. Cover and simmer gently until carrots are tender, about 20 minutes. Drain, but save 2 tablespoons of the cooking liquid.
2. Add orange juice concentrate, lemon juice, and the cooking liquid you saved to the vegetables. Stir gently. Heat again until vegetables are hot.

Vegetable Fried Rice

4 servings

- 2 teaspoons oil
- ½ cup celery, sliced
- ¼ cup onion, chopped
- 10-oz package frozen peas and carrots
- 2 cups cold rice, cooked without salt
- 1 tablespoon worcestershire sauce
- ¼ teaspoon garlic powder
- ¼ teaspoon salt
- Dash of pepper



1. Heat oil. Add celery and onion. Stir-fry for 2 minutes.
2. Add peas and carrots. Stir-fry again, turning pieces all the time until they are tender, about 4 minutes.
3. Add rice and flavorings.
4. Stir-fry until rice is heated, about 2 minutes.

Money-Saving Ideas

1. Save vegetable trimmings such as celery leaves and broccoli stalks in plastic bags.
 - Use them in soups, stews, or sauces.
 - Chop or grate them and mix with ground meat for hamburgers or meat loaf.
2. Serve leftover vegetables cold with dressing as a salad.

For extra flavor add:

- Black pepper
- Garlic
- Green pepper
- Lemon juice
- Onions

\$ Make Your Food Dollars Count \$