

Eat More Vegetables

- ❖ Have pre-cut vegetables (carrots, celery, etc.) in the refrigerator for easy snacking.
- ❖ Add chopped peppers, tomatoes, zucchini, onions and mushrooms to scrambled eggs.
- ❖ Top a baked potato with chopped vegetables, sprinkle with low fat cheese and microwave until cheese melts.
- ❖ Add frozen or canned vegetables to rice or pasta dishes during the last 5 to 10 minutes of cooking time.
- ❖ For a quick soup, combine tomato juice with chopped potatoes, celery, beans, corn and peas. Heat in microwave until vegetables are cooked.
- ❖ Top sandwiches or burgers with lettuce and tomato.
- ❖ Add chopped vegetables to your salads.



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The Food Stamp Program can help you buy nutritious foods. To find out more, call Oregon SafeNet at 1-800-SAFENET (723-3638) or (503) 988-5858 in the Portland metro area. This material was funded in part by USDA's Food Stamp Program. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. © 2007 Oregon State University. Oregon State University Extension Service cooperating. Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on race, color, religion, sex, sexual orientation, national origin, age, marital status, disability, or disabled veteran or Vietnam-era veteran status. Oregon State University Extension Service is an Equal Opportunity Employer.

FARMERS' MARKET NUTRITION PROGRAM

Vegetables



Buying Vegetables

- **Demand freshness.** Check for signs of freshness such as bright color and crispness.
- **Handle with care.** Bruising and damage to vegetables will cause them to spoil quicker.
- **Shop in season.**
- **Don't buy too much just because of low prices.** Buy only what you can properly store or use.
- **Avoid buying bruised and damaged vegetables.**
- **Don't buy on size alone.** Large sized vegetables may be too mature and have little flavor.

Preparing and Storing Vegetables

- **Storing.** Store properly to maintain quality. Refrigerate most fresh vegetables (not potatoes, sweet potatoes, onions, hard winter squash or tomatoes) for longer storage, and arrange them so you'll use the ripest ones first.
- **Trimming.** Try to eat vegetables with the skin on. Trim only the minimum amount, or wash thoroughly and leave the food intact.
- **Heat.** The B vitamins and vitamin C can be easily destroyed by heat. Cook vegetables as little as possible.
- **Water.** Some vitamins dissolve in the water. Cook in very little water and cover tightly to decrease cooking time.

Parsley Ginger Carrots

3 cups fresh carrots, sliced 1/4-inch thick

1 1/2 teaspoons margarine

1/2 teaspoon lemon juice

1/8 teaspoon paprika

1/2 teaspoon ground ginger

2 Tablespoons fresh parsley (1 Tbsp. dried)

1. In microwave-safe covered casserole, cook carrots with 2 Tablespoons water in microwave on HIGH 4 to 6 minutes or until crisp-tender.
2. Stir in margarine, lemon juice, paprika and ginger.
3. Sprinkle with parsley.
Serves 6

Nutrition Facts (per serving): Calories 35 ~ fat 1.5 g ~ calories from fat 15 ~ sodium 45 mg ~ total carbohydrate 6 g ~ fiber 2 g