



FARMERS FEEDING UTAH

Vegetables

Eating vegetables provides health benefits — people who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Vegetables provide nutrients vital for health and maintenance of your body.

Vegetables - Vary your veggies:

Vary your veggies by adding a new vegetable to a different meal each day.

Add color to salads with baby carrots, shredded red cabbage, or green beans. Include seasonal veggies for variety throughout the year.

Vegetables go well with a dip or dressing. Try a low-fat dip or hummus with raw broccoli, red and yellow peppers, sugar snap peas, celery, cherry tomatoes or cauliflower.

BEST COOKING PROCEDURES

Before eating or preparing fresh fruits and vegetables, wash the produce under cold running tap water to remove any lingering dirt. This reduces bacteria that may be present. If there is a firm surface, such as on apples or potatoes, the surface can be scrubbed with a brush. Consumers should not wash fruits and vegetables with detergent or soap. These products are not approved or labeled by the U.S. Food and Drug Administration (FDA) for use on foods. You could ingest residues from soap or detergent absorbed on the produce.

When preparing fruits and vegetables, cut away any damaged or bruised areas because bacteria that causes illness can thrive in those places. Immediately refrigerate any fresh-cut items such as salad or fruit for best quality and food safety.

CLASSIC USES

- Avocado Salad
- Sweet Corn Salad
- Cabbage Apple Salad
- Veggie & Fruit Grilled Chicken Salad
- Baja Tomato Salad
- Black Bean & Corn Salsa
- Summer Vegetable Salsa
- Garden Fiesta Tuna Wraps
- Broccoli Potato Soup
- Easy Minestrone Soup
- Vegetable Chicken Soup with Kale
- Green Bean Chicken Stir Fry
- Spinach Hummus with Veggie Sticks
- Corny Cornbread
- Kid Approved Rhubarb Muffins
- Carrot Zucchini Muffins



Recipes

Prep Time 20 minutes
Cook Time 60 minutes
Total Time 80 minutes
Servings 6

Vegetable Chicken Soup with Kale

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 1 cup brown rice or quinoa, cooked
- 2 cups chicken, cooked, skinned and cubed
- 1 ½ teaspoons olive oil
- 2 teaspoons water
- 1 cup onion, chopped
- 1 cup carrot, chopped
- 2 teaspoon ground thyme
- 4 garlic cloves, minced
- 4 cups chicken broth
- 1 ½ cups tomatoes, diced
- 2 cups kale, chopped

DIRECTIONS

- In a small saucepan, Add 1 cup water and ½ cup rice. Cook rice until soft, about 50 minutes. Rinse rice when cooked.
- While rice is cooking, cut raw chicken into bite sized pieces on a cutting board. In a skillet, add oil and cook and stir chicken until done, about 6-8 minutes.
- On a clean cutting board, chop onions, carrots, tomatoes, and kale. Mince garlic.
- Heat water in a medium saucepan. Add onion and carrot. Sauté until vegetables are tender, about 5-8 minutes.
- Add thyme and garlic. Sauté for one more minute.
- Add broth, tomatoes, cooked rice, cooked chicken and kale.
- Simmer for 5-10 minutes.

Recipes

Prep Time 15 minutes
Cook Time 30-50 minutes
Total Time 45-60 minutes
Servings 6

Green Bean & Chicken Stir Fry

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- ¼ cup water
- ¼ cup low-sodium soy sauce
- 1 Tablespoon tomato paste
- 2 teaspoons balsamic vinegar
- 2 teaspoons sugar
- ¼ to ½ teaspoon red pepper flakes
- 1 teaspoon cornstarch
- 1 tablespoon canola oil
- 1-pound chicken, cut into bite size pieces
- 4 cups fresh or frozen green beans
- 4 cloves garlic
- 2 teaspoons minced fresh ginger
- Cooked rice, quinoa, or noodles

DIRECTIONS

- Cook rice, quinoa, or noodles
- While rice, quinoa, or noodles are cooking, cut raw chicken into bite sized pieces on a cutting board.
- In a small bowl, combine water, soy sauce, tomato paste, vinegar, sugar, red pepper flakes, and cornstarch in a small dish; set aside.
- Heat oil in a large skillet over medium-high heat. Add the chicken and cook, stirring until chicken is white and lightly browned.
- Add green beans and stir fry 3-5 minutes until tender crisp.
- Add garlic, and ginger to chicken and green beans. Stir for 1 minute.
- Stir sauce and add to skillet. Cook and stir until sauce thickens; about 3 minute.
- Serve over hot quinoa, brown rice, or whole-wheat noodles.