



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 Kale Chicken Rice Soup
- Green Bean Chicken Stir Fry
- Spinach Hummus with Veggie Sticks
- Corny Cornbread
- Kid Approved Rhubarb Muffins
- Carrot Zucchini Muffins



Recipes

Prep Time 20 minutes
Chill Time 60 minutes
Total Time 60-80 minutes
Servings 6

Spinach Hummus with Veggies Sticks

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 1 can chickpeas/garbanzo beans, drained
- 2 cups baby spinach
- 1/3 cup tahini, peanut butter, or plain yogurt
- 3 tablespoons lemon juice
- 2-3 cloves garlic, minced
- ½ teaspoon salt
- ½ teaspoon cumin
- ½ teaspoon onion powder
- ¼ teaspoon paprika
- 1 dash cayenne pepper (optional)
- 1 tablespoon olive oil or sesame oil
- 1-3 tablespoons water as needed to help blend
- Veggies Sticks such as: carrots, celery, bell peppers, snap peas, cherry tomatoes, broccoli, cauliflower, jicama, cucumbers

DIRECTIONS

- Drain chickpeas/garbanzo beans.
- Add chickpeas to blender or food processor. Add spinach leaves, tahini or peanut butter, lemon juice, garlic, salt, cumin, onion powder, paprika, cayenne pepper, and olive oil. Blend until smooth adding water as needed.
- Chili one hour.
- While hummus is chilling prepare veggie sticks.
- Serve with vegetables, on cracker, or tortilla chips. Promptly refrigerate leftovers.

Recipes

Prep Time 15 minutes
Cook Time 25 minutes
Total Time 40 minutes
Servings 9

Corny Cornbread

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- Nonstick cooking spray
- 1 ¼ cups flour
- 1 cup cornmeal
- 1/3 cup sugar
- 3 teaspoons baking powder
- ¼ teaspoons salt
- 1 egg
- 2 tablespoons vegetable oil
- 1 cup low-fat milk
- 1 can low-sodium corn, about 15 ounces (drained)

DIRECTIONS

- Preheat oven to 350 degrees F.
- Coat a 9x9 inch baking dish with nonstick cooking spray.
- In a Large bowl, combine flour, cornmeal, sugar, baking powder, and salt. Mix well.
- In a separate bowl add egg and whisk. Add vegetable oil, milk, and corn. Mix well.
- Add the dry ingredients to liquid ingredients and mix until all ingredient are moist. Do not over mix.
- Pour into baking dish.
- Bake 20-25 minutes or until the top is browned and a toothpick inserted into the center of the pan comes out clean.