



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

Baja Tomato Salad

Prep Time 20 minutes
Cook Time 50 minutes
Total Time 70 minutes
Servings 8

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 1 can corn, drained
- 4 tomatoes, chopped
- 2 cups brown rice, cooked
- ½ avocado, chopped
- ½ bell red pepper, chopped
- ½ bell green pepper, chopped
- ½ cup green onion, sliced
- 3 tablespoons cilantro, chopped
- 2 tablespoons olive oil
- 2 ½ tablespoons lemon juice
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¾ teaspoon cumin
- ¾ teaspoon chili powder

DIRECTIONS

- In a small pan or rice cooker, cook ¾ cup raw rice with 1 ½ cups water. Bring to boil and place lid on pan and then turn down to simmer for 50 minutes or until rice is soft.
- While rice is cooking prep and chop tomatoes, red bell pepper, green bell pepper, green onion, avocado, and cilantro and place in a large bowl. Add corn.
- In a small bowl mix olive oil, lemon juice, salt, pepper, cumin, and chili powder.
- When rice is done, rinse rice in colander with cold water.
- Add rice to bowl with other ingredients, mix ingredients together.
- Pour lemon juice dressing over salad and mix.
- Serve at room temperature or chill and serve cold.

Recipes

Summer Vegetable Salsa

Prep Time 15 minutes
Chill Time 30 minutes
Total Time 45 minutes
Servings 4

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 1 small/medium zucchini, diced
- 1 medium white onion, diced
- 4 Roma tomatoes, chopped
- 1 jalapeño pepper, minced
- 4 cloves garlic, minced
- ½ cup fresh cilantro or parsley, chopped
- ½ teaspoon salt
- ¼ cup lime juice

DIRECTIONS

- Rinse all vegetables and herbs under cool running water before cutting or eating.
- Dice zucchini, onion, and tomatoes into small pieces and put into medium bowl.
- To prevent the jalapeño from burning the skin, wear food safe gloves to handle and mince it. For mild salsa remove the seeds or for medium salsa leave the seeds in.
- Mince the garlic. Add the jalapeño and garlic to the tomato mixture
- Chop cilantro or parsley. Add cilantro or parsley, salt, and lime juice to the tomato mixture. Stir well
- Chill in the refrigerator for at least 30 minutes before serving.