



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 0 minutes
Total Time 20 minutes
Servings 8

Avocado Salad

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 1 avocado
- 3 ears sweet corn
- 1 red pepper
- 1 small red onion
- 3 tablespoons olive oil
- 1 tablespoon lime juice
- 1 tablespoon red wine vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon cayenne (optional)
- 1/4 teaspoon black pepper
- 1 cup cilantro leaves

DIRECTIONS

- Cut corn kernels from ear of corn and put in a large bowl.
- Dice the red pepper and the red onion and add to the corn kernels.
- In a small bowl, combine the oil, lime juice, vinegar, salt, cayenne, and pepper. Whisk the mixture until well combined. Pour over the corn mixture. Toss to coat the vegetables evenly and thoroughly.
- Mince the cilantro leaves and add them to the salad. Toss the salad again to combine. Just before serving, peel and dice the avocado.
- Add the diced avocado to the salad. Use a large spoon to gently fold the diced avocado into the salad/salsa. Serve.

Recipes

Prep Time 15 minutes
Cook Time 15 minutes
Total Time 30minutes
Servings 8

Sweet Corn Salad

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

Lemon Vinaigrette

- 1/4 cup olive oil
- 3 Tbsp lemon juice
- 1/4 tsp dried basil
- 1 tsp Dijon mustard
- 1/8 tsp salt
- 1/8 tsp pepper
- 1/4 cup parsley

Salad

- 8 oz. pasta shells
- 2 cobs sweet corn
- 1-pint grape tomatoes
- 2/3 lb. zucchini
- 1/4 cup diced red onion
- 1 avocado, optional

DIRECTIONS

- Combine the lemon juice, olive oil, basil, Dijon, salt, pepper, and chopped parsley in a bowl or jar. Whisk the ingredients in a bowl or close the jar and shake until combined. Set the vinaigrette aside.
- Bring a large pot of water to a boil for the pasta. Add a couple large pinches of salt to the pasta water, then add the pasta. Continue to boil until the pasta is tender (about 7 minutes), then drain in a colander. Rinse the pasta briefly with cool water, then allow it to drain well.
- While the pasta is cooking and draining, prepare the rest of the vegetables. Slice the corn kernels off the cobs, slice the grape tomatoes in half, dice the zucchini, finely dice the onion, and dice the avocado.
- Once the pasta has drained well and cooled, add it to a large bowl with the prepared vegetables. Pour the dressing over top, then toss until everything is evenly combined and coated in dressing. Season with a pinch of salt to taste, then serve.