



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

BLACK BEAN & CORN SALSA

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 2 cans black beans, rinsed and drained
- 1 ½ cups corn, fresh, frozen, or canned
- 2 large tomatoes, chopped
- ½ small red onion, chopped
- 2 fresh jalapeños, seeded and finely chopped
- ½ cup cilantro, finely chopped
- 2 Tbsp olive oil
- 1 Tbsp red wine vinegar
- 4 Tbsp lime juice
- 1 tsp salt
- ½ tsp pepper

DIRECTIONS

Cook corn if using fresh corn by boiling for 5-7 minutes, grilling, or cooking it in the microwave with husks on for 3-5 minutes. In a large bowl combine all ingredients and mix well. Serve with tortilla chips, on top of grilled chicken, or on a bed of rice.

*To simplify this recipe, just use salsa in replacement of the tomatoes, onions, oil, vinegar, and cilantro.

Recipes

SQUASH & CORN CHOWDER

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 2 Tbsp olive oil
- 1 cup onion, chopped
- 1 medium butternut squash, cut into 1" cubes
- 2 medium red potatoes, scrubbed and diced
- Vegetable stock or water
- 2 bay leaves
- ½ tsp thyme
- ½ tsp savory (optional)
- 3 cups corn (fresh or frozen)
- 1 cup skim milk
- Salt and Pepper

DIRECTIONS

In a large soup pot, sauté onion in oil for 5 minutes. Add potatoes and squash. Add stock or water to barely cover the vegetables in the pot. Bring to a boil. Add seasonings, reduce heat, and simmer until tender (20-25 minutes) with the lid on. Remove 2 cups of solids from the pot – mash it in a separate bowl and return it to the pot. Add the corn and heat through. Add the milk, salt, and pepper and heat gently. Add water or milk to adjust consistency if needed. Remove the bay leaves and serve.

Garnish with a sprinkle of paprika, croutons, sliced green onions, or grated cheddar cheese if desired.