



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 15 minutes
Cook Time 35 minutes
Total Time 50 minutes
Servings 8

Broccoli Potato Soup

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 ribs of celery, diced
- 4 cups low sodium vegetable broth
- 2 cups potatoes, peeled and diced
- 4 cups broccoli, chopped
- 2 carrots, peeled and sliced
- 1 cup diced ham (optional)
- 1 cup low-fat milk
- ½ cup shredded cheddar cheese
- ¼ cup corn starch, mixed with ½ cup of cold water
- ½ teaspoon Italian seasoning (optional)
- ½ teaspoon Mrs. Dash seasoning (optional)
- Salt and pepper to taste

DIRECTIONS

- Sauté the chopped onion and celery with olive oil in a large saucepan until soft, about 5 minutes.
- Add potatoes, carrots, and broth to pan. Bring to boil; reduce heat; cover and simmer for about 15-20 minutes.
- Add chopped broccoli, and diced ham. Cook for another 5-10 minutes until vegetables are soft.
- Add milk, cheese, spices, and corn starch mixture to soup. Cook, stirring constantly until the soup thickens. Ladle into serving bowls and enjoy!

Recipes

Prep Time 15 minutes
Cook Time 35 minutes
Total Time 50 minutes
Servings 6

Easy Minestrone Soup

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 2 (15 ounce) cans kidney beans
- 2 ½ cups water
- 1 ½ cups zucchini, diced
- ¾ cup celery, sliced
- ½ cup carrot, diced
- 1 (14 ounce) can diced tomatoes
- 1 teaspoon Creole seasoning
- ½ cup uncooked penne, or other small pasta

DIRECTIONS

- Place one can of kidney beans in a food processor and process until smooth.*
- Spoon bean Puree into a heavy pot; stir in remaining can of beans, water, zucchini celery, carrots, tomatoes, and Creole seasoning. Bring to a boil; cover reduce heat, and simmer for 20 minutes.
- Stir in the pasta; cook uncovered an additional 10 minutes or until the pasta is tender.
- *Note: If you don't have a food processor you can mash the beans with a fork or potato masher.