



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

Cabbage Apple Salad

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 1 head approx. 5 cups green cabbage, chopped
- 2-3 apples, diced
- 1 cup celery, diced
- 1 cup crushed pineapple, drained (reserve juice)
- $\frac{3}{4}$ cup peanuts, chopped
- 1 tablespoon pineapple juice

Dressing:

- 1 cup vanilla yogurt
- 1 tablespoon pineapple juice
- 2 tablespoon fat-reduced mayonnaise

DIRECTIONS

- In a large bowl, whisk together dressing ingredients.
- Wash apples, celery, and cabbage before dicing/chopping.
- Dice or chop apples, celery, cabbage, and peanuts
- Toss diced apples with pineapple juice.
- Add cabbage, apples, celery, pineapple and peanuts to dressing mixture and stir well.
- Serve at room temperature or chilled.
- Refrigerate leftovers.

Recipes

Prep Time 20 minutes
Cook Time 15 minutes
Total Time 35 minutes
Servings 8

Veggie & Fruit Grilled Chicken Salad

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 1 lbs. garden greens – romaine, spring greens, arugula, baby spinach
- 1-pound grilled chicken, (marinate chicken, grill chicken & chop chicken in 1-inch pieces.)
- 2 apples (washed and chopped)
- 2 cups grapes (washed, remove from stem, and cut in half)
- $\frac{1}{2}$ cup onion (green or red, diced)
- 1 cup celery (washed and diced)
- 1 large carrot (grated)
- 1 large cucumber (washed, peeled, chopped into a $\frac{1}{4}$ round pieces)
- $\frac{1}{2}$ - 1 cup slivered almonds or chopped walnuts

Vinaigrette (optional):

- $\frac{1}{4}$ cup red wine vinegar
- 2 tablespoons lemon juice
- 1 tablespoons honey or sugar
- $\frac{1}{2}$ tablespoon mustard
- $\frac{1}{4}$ teaspoon onion powder
- $\frac{1}{4}$ teaspoon garlic powder
- $\frac{1}{4}$ cup olive oil or vegetable oil

DIRECTIONS

- One hour or more before grilling, marinate chicken in $\frac{1}{2}$ cup lite soy sauce, $\frac{1}{4}$ cup oil, juice of 1 lemon, $\frac{1}{2}$ teaspoon garlic powder and 1 teaspoon Italian seasoning. Place in refrigerator until ready to grill.
- Wash and prepare lettuce and fruits and vegetables to bite-size pieces. Mix all in a large bowl.
- Blend and mix all vinaigrette ingredients until emulsified or use a vinaigrette dressing you have on hand.
- Grill chicken on medium high heat until done. Cook until internal temperature reaches 165 degrees F. Chop into 1-inch pieces.
- Mix in grilled chicken pieces and nuts.
- Shake dressing prior to serving. Drizzle desired amount on individual salad.