



# 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

## Red Potato & Dill Salad

Recipe from Create Better Health (SNAP-Ed)

**Prep Time** 15 minutes

**Cook Time** 20 minutes + cooling

**Total Time** 45 minutes

**Servings** 8

### INGREDIENTS

- 2.5 lb. red potatoes with skin, diced (3/4")
- 1 cup frozen peas, thawed
- 1 cup plain Greek yogurt
- 2 green onions, sliced
- 4 Tbsp Dijon mustard
- Salt and pepper, to taste
- 1/2 cup dill, chopped

### DIRECTIONS

Place potatoes in a stockpot, covered in water. Simmer on medium heat for 20 minutes until potatoes are tender. Drain and cool. In a large bowl, combine peas, Greek yogurt, green onions, Dijon mustard, salt, pepper, and dill. Mix well. Add potatoes to yogurt mixture and toss to coat. Refrigerate before serving.

# Recipes

## Roasted Chili Lime Potatoes

Recipe from Create Better Health (SNAP-Ed)

**Prep Time** 15 minutes

**Chill Time** 20 minutes

**Total Time** 35 minutes

**Servings** 4 - 6

### INGREDIENTS

- 2 tsp lime zest
- 2 Tbsp fresh lime juice
- 2 Tbsp olive oil
- 1/4 tsp chili powder
- 1/4 tsp garlic powder
- 1/2 tsp onion powder
- Salt and pepper to taste
- 4 medium Yukon gold or russet potatoes
- 1/4 cup grated Monterey Jack or cheddar cheese
- 1 Tbsp chopped cilantro

### DIRECTIONS

Line a baking sheet with foil and preheat oven to 425 degrees F . Place lime zest, lime juice, olive oil, chili powder, garlic powder, onion powder, salt and pepper in large bowl. Cut potatoes into 1/2 inch cubes and add them to bowl. Stir potatoes to coat with seasonings. Pour potatoes onto foil-lined pan in a single layer so they are not touching. Bake 20 minutes or until tender when pierced with fork. Remove from oven, sprinkle with cheese and cilantro. Serve hot.