

Vegetables



Description

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.

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

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

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.



Garden Fiesta Tuna Wraps



Prep Time: 20 minutes
Cook Time: 0 minutes
Total Time: 20 minutes

Ingredients

- 2 (5-ounce) cans of low sodium tuna packed in water, drained
- 1 (15-ounce) can no-salt-added black beans, rinsed and drained
- 3/4 cup corn
- 1 green bell pepper, diced
- 2 tablespoons lime juice
- 1 tablespoon vegetable oil
- 1/4 teaspoon salt
- 4 teaspoons chili powder
- 2 teaspoons garlic powder
- 1 medium carrot, shredded
- 1 small onion, diced
- 6 (6-inch) whole wheat tortillas

Directions

In a bowl, combine tuna with beans, corn, bell pepper, carrot, and onion.

In a small bowl mix lime juice, vegetable oil, salt, and spices and mix thoroughly to combine. Add lime dressing over the tuna mixture.

Place 1/2 cup tuna mixture in each tortilla and roll up. Serve immediately.

Yield: 6 servings

(Recipe from *Create Better Health Utah SNAP-Ed*)

