

# 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.



# Vegetable Chicken Soup with Kale



**Prep Time:** 20 minutes  
**Cook Time:** 60 minutes  
**Total Time:** 80 minutes

## Ingredients

- 1 cup brown rice or quinoa, cooked
- 2 cups chicken, cooked, skinned and cubed
- 1 1/2 teaspoons olive oil
- 2 teaspoons water
- 1 cup onion, chopped
- 1 cup carrot, chopped
- 2 teaspoon ground thyme
- 4 garlic cloves, minced
- 4 cups chicken broth
- 1 1/2 cups tomatoes, diced
- 2 cups kale, chopped

## Directions

In a small saucepan, Add 1 cup water and 1/2 cup rice. Cook rice until soft, about 50 minutes. Rinse rice when cooked.

While rice is cooking, cut raw chicken into bite sized pieces on a cutting board. In a skillet, add oil and cook and stir chicken until done, about 6-8 minutes.

On a clean cutting board, chop onions, carrots, tomatoes, and kale. Mince garlic.

Heat water in a medium saucepan. Add onion and carrot. Sauté until vegetables are tender, about 5-8 minutes. Add thyme and garlic. Sauté for one more minute.

Add broth, tomatoes, cooked rice, cooked chicken and kale. Simmer for 5-10 minutes.

***Yield:*** 6 servings

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

