Objectives
Participant will be able to:
1. Explain that fruits and vegetables contain many nutrients.
2. Identify the number of cups of fruits and vegetables needed per day according to MyPlate.
3. Identify cup equivalents for cooked fruits and vegetables, raw fruits and vegetables, dried beans, and leafy greens.
4. List at least two fruits and two vegetables currently in season.
5. Name three ways to practice food safety when using fruits and vegetables.
6. Name two ways to properly store fruits and vegetables.
7. Name three ways to increase fruit and vegetable consumption.

Required Materials:
- ½ cup measuring cup.
- 1 cup measuring cup.
- Ingredients and equipment for the demonstration/sample recipe.
- Plates, napkins, and utensils for serving the sample recipe.
- Lesson handouts – enough for all participants (see pgs. 11-14).
- Paperwork required by program.

Optional Supplemental Materials:
- Food $ense Fruit and Vegetables video by Marie Stosich.

Preparation Required:
- Review and become comfortable with the lesson and related handouts.
- Choose at least one demonstration recipe from the handout to demonstrate and share with the class (see recipes pgs. 13-14).
- Gather the food and equipment to make the food demonstration recipe(s).
- Make enough copies of handouts and other required forms for all participants.

Teaching tips and ideas:
• Ask questions! Remember that not everyone hears the question the first time or hears the answers. Ask the question twice. It may be appropriate to repeat things that are said. Some questions may need to be rephrased so that your particular audience will understand what you are asking.
• Give time for participants to think after you have asked the question. Just because they don’t answer immediately after you have asked the question doesn’t mean that they don’t know… they may just need time.
• This entire lesson does not need to be taught to every audience. You may go through the lesson plan and select portions that are the most appropriate or interesting for your audience.
LESSON PLAN

Introduction
Time: 5 minutes

- Welcome everyone to the class and thank them for taking time out of their busy schedules to participate.
- Introduce yourself and the Food $ense program.
- Star Trek fans are familiar with the phrase, “Live long and prosper.”
- Ask the class: If you could choose any one thing to do to make that statement a reality in your life, what would it be?
- If you decide to make LOTS of fruits and veggies a part of your everyday life, you will have great success in living long and enjoying good health.
- Fruits and vegetables are a delicious way to get many nutrients that our bodies need to grow and function. In fact, they contain over 10,000 vitamins, minerals and phytochemicals!
  - Phytochemicals are naturally occurring compounds found in plants.
- Scientists are discovering new phytochemicals in fruits and vegetables every day.
- Fruits and vegetables are bountiful and varied. There are many beautiful colors, flavors, and textures and so many things you can do with fruits and vegetables. They come in many varieties like fresh, frozen, dried, and canned.
- Ask the class: What are some of your barriers to not eating fruits and vegetables?
- Ask the class: What are your favorite fruits and vegetables? What are your favorite dishes to make with fruits and vegetables?

Objective 1: Explain that fruits and vegetables contain many nutrients.
Time: 10 minutes

- Fruits and vegetables:
  - Make you feel full longer.
  - Fight chronic disease.
  - Are low in calories.
  - Provide crunch and lots of other different textures.
  - Allow for creative cooking. They help you add color, texture, and many different tastes to the meals you already cook.
- Fruits and vegetables are VERY nutrient rich but are not very calorie rich. This is great for the body because when you eat fruits and vegetables, you’re getting the nutrients your body needs but not the calories that you would get from a lot of other foods.
  - Ask the class: What does nutrient rich mean?
    - Nutrient rich foods are those foods that provide a lot of vitamins, minerals, and phytochemicals in a certain amount of the food item. A nutrient rich food may also be considered a food that “delivers a complete nutritional package” or meets the nutrient needs of the body.
  - Ask the class: What does calorie rich mean?
    - The definition is similar to nutrient rich but it has to do with calories. It means that there are a lot of calories to a certain amount of the food item. Generally speaking, a small portion of a calorie rich food can deliver more calories than you want. In the case of processed foods, the food is usually calorie rich because it has a lot of added sugar or fat but is very low in nutrients. However, there are some naturally-occurring energy rich foods that also contain beneficial components.
  - Ask the class: Can you name some foods (both processed and natural) that are calorie rich?
    - French fries.
    - Salad dressing.
• Cookies.
• Cake.
• Doughnuts.
• Avocado (full of “good” fat).

• Some cereals (granola for example).
• Raisins and other dried fruit.
• Nuts and seeds.

• The problem with many calorie rich foods is that they don’t really promote fullness for the amount that you should eat to stay within your calorie limits. However, not all calorie rich foods should be avoided or are considered “not good for you.”

• **Ask the class:** Do you ever wonder or even worry about getting all the right vitamins and minerals in just the right amounts?

• Worrying about eating the right thing all the time actually takes the joy out of eating. It is not necessarily important that we know the individual components of every fruit and vegetable. The important thing is that we know how to prepare them and include them in delicious menus that make us glad to eat! Good nutrition takes care of itself when we eat foods that are naturally nutrient rich.

• One of the best ways to care for your body and get nutrient rich foods is to eat an abundance of fruits and vegetables each day. In fact, you just about can’t eat too much fruit or veggies. People who eat the most fruits and veggies are also the ones who have less heart disease, strokes, cancer, and diabetes. Talk about live long and prosper!

**Objective 2: Identify the number of cups of fruits and vegetables needed per day according to MyPlate.**

**Time: 10 minutes**

• The recommendation for fruits and vegetables is at least 4 ½ cups per day for most adults. For your specific recommendations and recommendations for children, you can visit [www.myplate.gov](http://www.myplate.gov). It is suggested that you “sample the spectrum” or eat many different colors of fruits and vegetables in order to get the nutrients you need.

  o **Ask the class:** What is the MyPlate “slogan” that goes along with the fruit and vegetable groups?
    ▪ Make half your plate fruits and vegetables.

  o **Ask the class:** Why is it important to eat a lot of different colors of fruits and vegetables?
    ▪ Phytochemicals found in all plants are represented by all the different, bright colors found in fruits and vegetables. When you eat a variety of colors, you ensure you are getting lots of different phytochemicals.

• Almost five cups per day may sound daunting, like there is no way that you can eat that much! It may be simpler than you think. We will discuss specific ways to overcome this a bit later.

• The most recent Dietary Guidelines for Americans from USDA breaks the servings down into cup equivalents of fruits and vegetables so that it is easier for people to understand how much they really need to get.

  o **Ask the class:** How many cups of fruit should the average adult consume?
    ▪ About 2 cups. *If demonstration budgets allow, show the class that amount of a certain type of fruit.*

  o **Ask the class:** How many cups of vegetables should the average adult consume?
    ▪ About 2 ½ cups. *If demonstration budgets allow, show the class that amount of a certain type of vegetable.*

• *Show the class the measuring cups and explain that two of the one cup measurers is the amount of fruit they need per day; two of the one cup measurers and one of the half-cup measurers is the amount of vegetables they need per day. You will discuss specific fruits and vegetables in a moment.*

• **Ask the class:** Now that you can visualize that amount of fruits and vegetables, do you feel like you could consume that amount of fruits and vegetables daily?
• **Ask the class:** Do you worry about the cost of eating so many servings of fruits and veggies? *Show the picture at the end of this lesson that demonstrates a day’s worth of fruits and vegetables for only $1.73.*

• Remember, you don’t have to eat all those fruits and veggies at one time. It is easy to get your required fruits and vegetables if you break them up into meals: one serving at breakfast, one serving at lunch, one serving as a snack, and two servings at dinner (or something similar). Your servings of vegetables and fruits can be in other combination foods, so we may be consuming more than we think.

• **Ask the class:** Can you think of a menu item you usually eat that naturally includes fruits or veggies? Example – tomatoes in spaghetti sauce, broccoli or potatoes in favorite soup, etc.

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**Objective 3:** Explain cup equivalents for cooked fruits and vegetables, raw fruits and vegetables, dried beans, and leafy greens.  
**Time:** 5-10 minutes

• A cup equivalent can mean a lot of different things.
  - Refer to the fruit and vegetable serving sizes pages at the end of this lesson and discuss some of the common fruits and vegetables or those that participants have questions about.

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**Objective 4:** Point out at least two fruits and two vegetables currently in season.  
**Time:** 5-7 minutes

• One of the reasons that people don’t eat all the fruits and vegetables recommended is because of the expensive.

• One of the ways to overcome this is to eat fruits and vegetables when they are in season.
  - **Ask the class:** What does it mean to be “in season”?
    - It means that the fruit or vegetable is growing and being harvested at that time. There is an abundance of the fruit or vegetable available.
    - When fruits or vegetables are not in season, they are more expensive because there is a limited supply. Tomatoes in December will be much more expensive than tomatoes in September, and they won’t taste as good.
  - Refer to the seasonal fruits and vegetables handouts at the end of this lesson.
  - **Ask the class:** What are some ways that we can know/remember what fruits and vegetables are in season?
    - Answers will vary.

• **Ask the class:** What are some other ways to save money when purchasing and using fruits and vegetables?
  - Use frozen fruits and vegetables.
  - Use canned fruits and vegetables.
  - Purchase from a farmer’s market or local producers.
  - Join a co-op such as Bountiful Baskets.

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**Objective 5:** Name three ways to practice food safety when using fruits and vegetables.  
**Time:** 10 minutes

• Even though fruits and vegetables are nutritional powerhouses, that doesn’t mean they’re resistant to foodborne illnesses and mishandling by the consumer. It is important to follow food safety practices with fruits and vegetables.

• When purchasing cans of fruits or vegetables, do not buy cans that have dents, bulges or signs of rust.

• Carefully select frozen fruits and vegetables. Choose packages that contain firm, individual
pieces. If the product feels like a solid block, it may be a sign that it has thawed and then been refrozen.

- Thoroughly wash all fresh fruits and vegetables before peeling, eating or cooking. A vegetable brush is helpful. Do not use soap.
- Avoid cross-contamination when preparing a meal.
  - **Ask the class**: What is cross-contamination?
    - Cross-contamination occurs when bacteria from one item are carried to another item. It can occur if hands or preparation or cooking tools are not properly washed and sanitized when using. Meat and poultry products are especially notable for their bacteria-possessing properties before cooking.
  - **Ask the class**: What can we do to keep our fruits and vegetables from being contaminated by other items?
    - If possible, use one cutting board for fresh fruits and vegetables and another for raw meat, poultry, or fish. If you only have one cutting board, be sure to wash and sanitize it after each use, or cut the fresh fruits and vegetables before you cut the meat.
    - Use a different knife for meat than for fruits and vegetables or sanitize the knife you used to cut meat, or cut the fruits and vegetables first.
    - Wash your hands!

### Objective 6: Name two ways to properly store fruits and vegetables.
Time: 5-10 minutes

- Fruits and vegetables can be very delicate. Not only do we need to protect them from cross-contamination, but we also need to protect them while they are being stored because fruits and vegetables have a short storage life.
  - Most fruit, except berries and cherries, should be washed and dried before storing.
  - If you wash lettuce and other leafy vegetables before storing, drain thoroughly because too much moisture will cause decay.
  - Unripe fruit should be left to ripen at room temperature away from direct sunlight. Most ripe fruits keep best in the refrigerator. Bananas should be stored at room temperature.
  - Store most fresh vegetables in the refrigerator crisper, a covered container, or plastic bag. Store potatoes, sweet potatoes, yams, and onions in a cool, dry place with good air circulation. Keep unripe tomatoes at room temperature, away from direct sunlight until ripe, then refrigerate.
  - Frozen fruits and vegetables can be stored in the freezer for several months.
- Store canned fruits and vegetables in a cool dry place. For best quality, use within a year, but products will remain safe to eat for a longer period of time.

### Objective 7: Explain three ways to increase fruit and vegetable consumption.
Time: 5 minutes

- **Ask the class**: Now that we know what there is to know about fruits and vegetables, how can we eat more every day?
  - Eat fresh or canned fruit with breakfast or drink juice.
  - Use fruit instead of syrup as a topping on pancakes and waffles.
  - Take a piece of fruit with you when you do not have time for breakfast.
  - Make fruit and vegetables part of every meal.
  - Eat fruits or vegetables for snacks.
  - Serve fruits and vegetables with flavorful low-fat or no-fat dips.
  - Make nutritious main-dish salads with fruit and vegetables.
  - Add extra vegetables to soup.
  - Order a side salad instead of chips or fries.
  - Enjoy fruit for dessert.
Conclusion
Time: 2-3 minutes

• In conclusion, fruits and vegetables are nutritional powerhouses that are low in calories, make us feel full longer, and fight chronic disease.
• Ask the class: What is one thing you will do this upcoming week to increase the amount of fruits and vegetables in your diet?
• Ask the class: What was something new or interesting that you learned about fruits and vegetables today?
• Ask the class: How can your family help with some of the changes that you would like to incorporate?

This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689 or visit online at http://www.fns.usda.gov/snap/. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3572.
What is a Serving of Fruit?

- **Apple** — 1 small
  Counts as 1 cup fruit

- **Banana** — 8” long
  Counts as 1 cup fruit

- **Grapefruit** — 1/2 med., 4”
  Counts as 1/2 cup fruit

- **Fruit cocktail** — 1/2 cup
  Counts as 1/2 cup fruit

- **Grapes** — about 50
  Counts as 1 1/2 cups fruit

- **Mango** — 1 medium
  Counts as 1 cup fruit

- **Orange juice** — 1/2 cup
  Counts as 1/2 cup fruit

- **Orange** — 1 small
  Counts as 1/2 cup fruit

- **Peach** — 1/2 large
  Counts as 1/2 cup fruit

- **Plums** — 2 large
  Counts as 1 cup fruit

- **Raisins** — 1/4 cup
  Counts as 1/2 cup fruit

- **Strawberries** — 1/2 cup
  Counts as 1/2 cup fruit
What is a Serving of Vegetables?

- *Beans* — 1/2 cup
  Counts as 1/2 cup vegetables

- *Broccoli* — 1/2 cup
  Counts as 1/2 cup vegetables

- *Cauliflower* — 1/2 cup
  Counts as 1/2 cup vegetables

- *Carrots* — 1 cup
  Counts as 1 cup vegetables

- *Corn* — 1/2 cup
  Counts as 1/2 cup vegetables

- *Green beans* — 1/2 cup
  Counts as 1/2 cup vegetables

- *Iceberg lettuce* — 1 cup
  Counts as 1/2 cup vegetables

- *Mushrooms* — 1/2 cup
  Counts as 1/2 cup vegetables

- *Baked potato* — 1 medium
  Counts as 1 cup vegetables

- *Onion* — 2 slices
  Counts as 1/4 cup vegetables

- *Romaine lettuce* — 1 cup
  Counts as 1/2 cup vegetables

- *Raw baby spinach* — 1 cup
  Counts as 1/2 cup vegetables
An entire day’s worth of fruits and vegetables...

for only $1.73!
### Seasonal Fruits

<table>
<thead>
<tr>
<th></th>
<th>Spring</th>
<th>Summer</th>
<th>Fall</th>
<th>Winter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apricots</td>
<td>Apricots</td>
<td>Bananas</td>
<td>Bananas</td>
<td></td>
</tr>
<tr>
<td>Blueberries</td>
<td>Blueberries</td>
<td>Grapefruit</td>
<td>Grapefruit</td>
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</tr>
<tr>
<td>Cantaloupe</td>
<td>Cantaloupe</td>
<td>Grapes, red</td>
<td>Grapes, red</td>
<td></td>
</tr>
<tr>
<td>Pineapple</td>
<td>Blackberries</td>
<td>Kiwi</td>
<td>Kiwi</td>
<td></td>
</tr>
<tr>
<td>Cherries</td>
<td>Cherries</td>
<td>Oranges</td>
<td>Oranges</td>
<td></td>
</tr>
<tr>
<td>Nectarines</td>
<td>Nectarines</td>
<td>Pears</td>
<td>Pears</td>
<td></td>
</tr>
<tr>
<td>Raspberries</td>
<td>Raspberries</td>
<td>Tangerines</td>
<td>Tangerines</td>
<td></td>
</tr>
<tr>
<td>Strawberries</td>
<td>Strawberries</td>
<td>Peaches</td>
<td></td>
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</tr>
<tr>
<td>Mangoes</td>
<td>Watermelon</td>
<td>Apples</td>
<td></td>
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<tr>
<td></td>
<td>Grapes, green</td>
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<tr>
<td></td>
<td>Mangoes</td>
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<tr>
<td></td>
<td>Peaches</td>
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<tr>
<td></td>
<td>Plums</td>
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</tbody>
</table>

### Eat More Fruit!

- Have fruit with breakfast.
- Use fruit as a topping on pancakes, waffles, or French toast.
- Enjoy fruit for dessert.
- Layer yogurt and fresh berries in a parfait glass.
- Microwave an apple stuffed with raisins and sprinkled with cinnamon; top with vanilla yogurt.
- Skewer fruit onto pretzel sticks.
- Add fruit to green salads for a sweet punch.
- Dip a banana in yogurt then roll in crushed cereal; freeze.
- Puree fruit and freeze in popsicle molds.
## Seasonal Vegetables

<table>
<thead>
<tr>
<th>Spring</th>
<th>Summer</th>
<th>Fall</th>
<th>Winter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Artichoke</td>
<td>Bell peppers</td>
<td>Acorn squash</td>
<td>Avocado</td>
</tr>
<tr>
<td>Asparagus</td>
<td>Corn</td>
<td>Bell peppers</td>
<td>Cauliflower</td>
</tr>
<tr>
<td>Avocado</td>
<td>Cucumber</td>
<td>Broccoli</td>
<td>Jicama</td>
</tr>
<tr>
<td>Carrots</td>
<td>Eggplant</td>
<td>Butternut squash</td>
<td>Kale</td>
</tr>
<tr>
<td>Jicama</td>
<td>Green beans</td>
<td>Cauliflower</td>
<td>Rutabaga</td>
</tr>
<tr>
<td>New potatoes</td>
<td>Onions</td>
<td>Green beans</td>
<td>Radishes</td>
</tr>
<tr>
<td>Peas</td>
<td>Summer squash</td>
<td>Leeks</td>
<td>Turnips</td>
</tr>
<tr>
<td>Spinach</td>
<td>Scallions</td>
<td>Mushrooms</td>
<td></td>
</tr>
<tr>
<td>Sugar snap peas</td>
<td>Tomatoes</td>
<td>Parsnips</td>
<td></td>
</tr>
<tr>
<td>Snow peas</td>
<td>Zucchini</td>
<td>Pumpkin</td>
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</tr>
<tr>
<td></td>
<td></td>
<td>Sweet potatoes</td>
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</tbody>
</table>

### Eat More Vegetables!

- Make main dish salads for dinner.
- Add extra veggies to soups, salads, sauces, sandwiches, or burritos.
- Order a side salad instead of chips or fries.
- Keep cut veggies in cold water in the fridge for a fast snack.
- Stir fry a bunch of veggies and serve over brown rice.
- Marinate sliced veggies in low-fat Italian dressing; use with turkey in a pita pocket.
- Grow a vegetable garden.
- Enhance the flavor of veggies with fresh herbs.

Vegetables add flavor and texture to your diet. They are low in fat and calories and are high in nutrients and fiber. They help your digestive health and keep you feeling full longer.

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**Fruit and Veggie Recipes**

**Waldorf Salad**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>½ cup grapes, cut in half</td>
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<tr>
<td>2 large apples</td>
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</tr>
<tr>
<td>1 cup celery</td>
<td></td>
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<tr>
<td>¼ cup walnuts, chopped</td>
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<tr>
<td>½ cup plain low-fat yogurt</td>
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<tr>
<td>1 teaspoon sugar</td>
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<tr>
<td>1 teaspoon lemon juice</td>
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</table>

Combine grapes, apples, celery, and nuts in large bowl. In small bowl, stir together the yogurt, sugar, and lemon juice. Pour over apple mixture and toss lightly.

Yield: 4 servings

**Fruit and Chicken Salad**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>½ cup low fat mayonnaise or plain yogurt</td>
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<tr>
<td>2 tablespoons honey</td>
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<tr>
<td>½ teaspoon ground ginger</td>
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<tr>
<td>2 cups cooked, cubed chicken</td>
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</tr>
<tr>
<td>1 can (11 oz.) mandarin oranges, drained</td>
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<tr>
<td>1 (8 oz.) can pineapple chunks, drained</td>
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<tr>
<td>1 cup chopped, unpeeled apple</td>
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<tr>
<td>1 cup grape halves</td>
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<tr>
<td>½ cup pecan halves (optional)</td>
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</tbody>
</table>

In a large bowl, combine mayo or yogurt, honey and ginger. Stir in chicken, oranges, pineapple, apple, and grapes. Chill at least 30 minutes. Sprinkle with pecans just before serving.

**Easy Minestrone Soup**

<table>
<thead>
<tr>
<th>Ingredients</th>
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<tbody>
<tr>
<td>2 (15 oz.) cans kidney beans, do not drain</td>
<td></td>
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<tr>
<td>2 ½ cups water</td>
<td></td>
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<tr>
<td>1 ½ cups diced zucchini</td>
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<tr>
<td>¾ cup sliced celery</td>
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<tr>
<td>½ cup diced carrot</td>
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<tr>
<td>1 (14 oz.) can tomatoes</td>
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<tr>
<td>1 teaspoon Creole seasoning</td>
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<tr>
<td>½ cup uncooked small elbow macaroni</td>
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</tbody>
</table>

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, carrot, tomatoes and Creole seasoning. Bring to a boil; cover, reduce heat, and simmer for 20 minutes. Stir in the elbow macaroni; cook uncovered an additional 10 minutes or until macaroni is tender.

Yield: 8 (1 cup) servings

**Storage tips:**

- Most fruits and veggie store best in the fridge.
- Store bananas, unripe fruit, potatoes, tomatoes, and onions at room temperature.
- Store canned fruit and vegetables in a cool, dry place.
- Store frozen fruit and vegetables in the freezer.
Oven-roasted Fall & Winter Vegetables

4 – 6 cups root or winter vegetable, cut in 1” cubes*
1 – 2 tablespoon olive oil
1 teaspoon course ground salt

Preheat oven to 425°. Wash, peel, and cube vegetables of choice. Line large baking pan with foil and lightly coat with cooking spray. Place vegetables in large bowl and add olive oil. Toss to evenly coat with oil. Spread vegetables out onto pan in a single layer, making sure not to crowd them (this will make steam and you will be steaming the vegetables rather than roasting them). Roast for 45 minutes or until tender and lightly browned, stirring after the first 10 minutes and occasionally during remaining time.
Yield: 6 servings
*Any root or winter vegetable may be used such as potato, carrot, beet, rutabaga, parsnip, pumpkin, squash.

Oven-roasted Spring & Summer Vegetables

4 – 6 cups spring or summer vegetable, trimmed and/or cut into thick slices*
1 – 2 tablespoon olive oil
1 teaspoon course ground salt

Preheat oven to 425°. Wash, trim, and cut vegetables of choice. Line large baking pan with foil and lightly coat with cooking spray. Place vegetables in large bowl and add olive oil. Toss to evenly coat with oil. Spread vegetables out onto pan in a single layer, making sure not to crowd them (this will make steam and you will be steaming the vegetables rather than roasting them). Roast for 20 minutes or until tender and lightly browned, stirring after the first 10 minutes and occasionally during remaining time.
Yield: 6 servings
*Any spring or summer vegetable may be used such as asparagus, zucchini, yellow summer squash, bell pepper, green bean, mushroom, fresh corn, tomato.

Herb Glazed Carrots

6 – 8 large carrots, thin sliced on the diagonal
1 yellow onion, diced
1 teaspoon olive oil
1 tablespoon brown sugar
½ - ¾ teaspoon Italian seasoning
Salt and pepper to taste

Place carrots, onion, and oil in medium saucepan with just enough water to cover vegetables. Bring to boil, reduce heat, and simmer until water is evaporated and carrots are tender. Add sugar and seasonings. Stir well to coat each carrot with herbs and cook another 5 minutes.
Yield: 6 servings

This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689 or visit online at http://www.fns.usda.gov/snap/. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3572.