



Extension Nutrition Programs

FSNEP/EFNEP

Harvest Vegetables – “Good for You”

Growing up we constantly heard “eat your vegetables, they are good for you.”

Vegetables are “good” for us. They are full of nutrients and fiber, have little or no fat, and come in a wide variety of colors. Vegetables make you look and feel great, give you vitamins and minerals, give you energy, and lower your chance of getting cancer or heart disease.

For good health, eat three to five servings from the vegetable group daily.

BEST BUYS

Vegetables are a excellent food buy - they are inexpensive, full of vitamins and minerals, and are available all year.

For the best buys, buy fresh vegetables “in season”- when they are at their lowest price. Harvest vegetables include: pumpkin, potatoes, sweet potatoes, turnips, beets, squash and more!

Canned and frozen vegetables offer a nutritious, low cost alternative all year long.

With so many different vegetables at your store, try a new one today and **ENJOY!**

Orange Honey Acorn Squash

3 small acorn squash (6 cups cooked)
4 tablespoons frozen orange juice concentrate
2 tablespoons honey or sugar
1 tablespoon margarine
¼ teaspoon nutmeg or cinnamon

Preheat oven to 400° F. Cut squash in half. Remove and discard seeds. Place squash halves (cut side up) in shallow baking dish. Put a small amount of water (¼ inch) in the bottom of the baking dish. Combine orange juice, honey/sugar and cinnamon; drizzle over

each squash half. Add ½ teaspoon margarine to each squash half. Cover pan tightly with aluminum foil to keep steam in (speeds cooking). Bake 30 minutes at 400°F.

Add vegetables to everyday meals:

- Add vegetables such as zucchini, carrots, broccoli, and bell peppers to pasta dishes.
- Add tomato or cucumber slices and sprouts to sandwiches. Top a baked potato with vegetable salsa or stir fried vegetables. -Keep a bowl of cleaned, raw veggies in the refrigerator, ready for nibbling.
- Broaden your vegetable menu beyond favorite standbys. Try Brussels sprouts, parsnips, beets, bok choy, sweet potatoes, and various squashes such as spaghetti, butternut, acorn, and dumpling squashes.

Vegetable Fried Rice

2 teaspoons oil
1/2 cup celery, sliced
1/4 cup chopped onion
10-ounce package
frozen peas
and carrots
2 cups cooked rice
1 tablespoon soy sauce
1/4 teaspoon garlic
powder
Salt & pepper to taste

Heat oil in fry pan. Add
celery and onion to oil.
Stir fry for 2 minutes.
Add frozen vegetables;
stir fry for 2 minutes.
Add rice, soy sauce,
garlic powder, salt &
pepper. Stir-fry until rice
is hot, about 2 minutes.
Serves 4.

Vegetable Dip

1 cup chopped frozen
spinach
1/2 cup parsley
1/2 cup green onions
1/2 teaspoon salt
1 teaspoon pepper
1 cups mayonnaise or
salad dressing
Optional 1 small can
chopped water
chestnuts

Mix all together. Use with
cut up vegetables.

Roasted Pumpkin Seeds

2 to 3 cups pumpkin seeds
1 tablespoon oil
1/2 teaspoon salt, if desired

Wash seeds in cold water
to remove the fibers; blot
dry with paper towels.
Toss together the seeds,
oil, and salt. Spread in a
single layer on a cookie
sheet. Roast in a
preheated 350°F. Oven
15-20 minutes until dry
and golden.

Dinner in a Pumpkin

1 small pumpkin or squash
2 tablespoons soy sauce
1 tablespoon vegetable oil
1 can cream of chicken
soup
1 cup chopped celery
1 onion, chopped
1 1/2 pounds ground beef
2 tablespoons brown sugar
1 1/2 cups cooked rice
Optional: 1 small can
sliced water chestnuts

Wash pumpkin and cut off
top. Clean out seeds and
pulp. (If desired, paint
face on pumpkin with
permanent marking pen or

acrylic paint.) Preheat
oven to 350°F. In a
skillet, brown onions in
oil. Add meat and
brown. Drain. Add soy
sauce, sugar and soup.
Add cooked rice and
celery (and water
chestnuts). Heat until
rice is hot. Spoon
mixture into pumpkin
shell. Replace top and
place on cookie sheet.
Bake for one hour or
until inside of pumpkin
is tender. To serve,
remove lid and spoon
onto plate. The
pumpkin is the
vegetable.

Having a hard time
getting your family to
eat a new vegetable or
any vegetable?

* Offer it, but do not force.

* Set a good example and
eat it yourself.

* Serve it with the family's
favorite foods. Try different
vegetables on pizza or in
omelets or scrambled eggs.
Be creative!

* Let children help prepare
vegetables.

* Serve with a favorite
vegetable dip or dressing. Or
sprinkle cheese on top.

* Add to your favorite
casserole or meat sauce