



Vary Your Veggies

Eating enough vegetables (2.5 cups per day!) as well as a variety of vegetables everyday is important for good health. Most vegetables are low in calories and rich in vitamins, minerals, fiber and phytochemicals (disease fighting substances found in plants). Mix up your vegetable choices by eating from the different types below.

- **Dark Green** vegetables include broccoli, spinach, and other dark leafy greens. They are low in calories and provide vitamin A, C, folate, fiber, potassium, magnesium and calcium.

Try: Broccoli Collard greens Dark green leafy lettuce
 Kale Mustard greens Romaine lettuce
 Swiss chard Turnip greens Spinach

- **Orange** vegetables include carrots and sweet potatoes and are good sources of vitamin A, potassium and fiber.

Try: Acorn squash Butternut squash Carrots
 Pumpkin Sweet potatoes Hubbard squash

- **Dry Beans and Peas** include pinto beans, kidney beans and lentils and are a good source of protein, fiber, minerals and folate.

Try: Black beans Black-eyed peas Garbanzo beans (chickpeas)
 Kidney beans Lentils Lima beans
 Pinto beans Split peas Navy beans

- **Starchy** vegetables are higher in calories than other vegetables and are a source of carbohydrates and fiber.

Try: Corn Green peas Lima beans Potatoes

- **Other** vegetables include many healthy choices.

Try: Beets Brussels sprouts Cabbage Cauliflower Celery
 Cucumbers Eggplant Green beans Mushrooms Okra
 Onions Parsnips Tomatoes Turnips Zucchini
 Wax beans Vegetable juice Iceberg (head) lettuce Peppers



Simple Bean Pasta

Yield: 4 servings

Ingredients:

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| 2 cups light kidney beans , cooked | 1 tablespoon canola oil |
| 1 onion, chopped | 1 cup carrots, diced |
| 1 cup celery, diced | 1 cup-15.5 ounce can peas , drained |
| 1-10 ounce can low-fat cream of mushroom soup | 1 cup fat free milk |
| 3 cups egg noodles, cooked | 1 teaspoon black pepper |

Preparation:

1. In a large pan, heat canola oil; add onion and cook over medium heat for 5 minutes or until tender, stirring frequently.
2. Over medium-high heat, add carrots, celery, peas, cream of mushroom and milk; bring to a boil.
3. Reduce heat and simmer for 5 minutes.
4. Stir in beans, noodles and pepper.
5. Cook for 20 minutes over medium heat, stirring occasionally to prevent sticking.

Source: *United States Department of Agriculture*

Vegetable Medley

Ingredients:

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| 1 large onion, diced | 2 Tbsp. butter or margarine |
| 1 can carrots , drained | 1 can corn , drained |
| 1 can green beans , drained | 1 can peas , drained |
| 1 can potatoes , drained | ½ cup American cheese , shredded |
| 1 tsp. salt | 1 tsp. pepper |

Preparation:

1. In a saucepan, over medium heat, sauté onion in butter or margarine until clear.
2. Add carrots, corn, green beans, peas and potatoes. Stir and cook for 3-5 minutes or until vegetables are hot.
3. Add in shredded American cheese, stirring constantly until cheese melts.
4. Season to taste with salt & pepper.

If mixture is too thick add water. Freeze leftovers for another meal.

Tip: This recipe can be used with a variety of vegetables. For a lower calorie version, use only one of the starchy veggies (potatoes, peas, corn).

Source: www.cfspcentral.org/cookbook.pdf