

NUTRITION quick tips

Veggie Tips

Did You Know?

As part of a healthy diet, eating more vegetables reduces your risk of HEART DISEASE, HIGH BLOOD PRESSURE, DIABETES and some types of CANCER. Eating more vegetables can also help you maintain a healthy weight.

Vegetables Can Improve Your Health

- They're low in fat and calories.
- They're loaded with vitamins, antioxidants and fiber.

Try for Five a Day

- It's easy! A serving is only about half a cup.
- Sample the seasons – eat what's fresh all year long for best taste and best price.
- Frozen or canned are also a great alternative and a smart way to get good prices all year.
- Avoid vegetables that are cooked or canned with added salt or cream sauces.

Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that's right for you.

Our dietitians receive hundreds of questions each year about a wide range of nutrition topics. Their timely and trustworthy insights and ideas can help you and your family lead healthier lives.



healthy **LIFE**TM
for

healthy chef QUICK TIPS

Veggie Tips

Our chefs bring health and flavor together by combining wholesome ingredients, the right touch of herbs and spices and simple cooking techniques. Try some of their quick tips in your kitchen.

Roast

Try roasting fresh cut veggies in the oven. Cut into bite size pieces and toss in a bowl with 1-2 teaspoons olive or canola oil. Spread coated vegetables on a cookie sheet and roast at 375° for 12-15 minutes. Works great with fresh broccoli, asparagus, cauliflower or brussels sprouts.

Dip

Don't forget to snack on raw vegetables. Cut into sticks or strips and place in snack bags in the refrigerator for added convenience. Buy or make low fat yogurt dips to add flavor and variety. Works great with carrots, red and yellow pepper, celery, cherry tomatoes, cucumbers, or string beans.

Grill

Try grilling vegetables on the backyard grill or hibachi. Cut vegetables in half or slices and coat lightly with olive or canola oil. Preheat grill to medium hot and cook for 7-12 minutes turning once. Cooking times vary so cook until 'tender crisp.' Works great with asparagus, fresh peppers, onions, mushrooms or squash.

Sauté

Try sautéing fresh cut vegetables stove top. Preheat 2-3 tablespoons olive or canola oil in a pan over medium to high heat. Cook for 4-7 minutes turning vegetables frequently. Works great with onions, squash, mushrooms or peppers. Try using a flavored olive oil or dried pepper flakes to 'spice it up'.

Stir Fry

Try stir frying fresh cut vegetables. Preheat 2-3 tablespoons olive or canola oil in a wok or stir fry pan over high heat. Add vegetables and cook quickly for 3-4 minutes until tender crisp. Works great with broccoli, cauliflower, onions, carrots, peppers or asparagus.

Mix

Try mixing canned or cooked frozen vegetables together. Add 2-3 tablespoons of light salad dressing or olive oil and vinegar. Add your favorite canned beans and dried herbs and spices. Works well with frozen or canned peas, green beans, sweet corn, diced carrots and artichokes.