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How to Get 3 to 5 Servings of Vegetables a Day

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HOW TO GET 3 TO 5 SERVINGS OF VEGETABLES A DAY

Vegetables add nutrients, flavor and color to our meals and snacks. Eat 3 to 5 servings every day. Try the following ideas to get more vegetables in your diet.

- ✔ Keep cut up vegetables, such as carrot sticks, celery sticks, green pepper strips, broccoli or cauliflower flowerets, in your refrigerator for quick snacks.
- ✔ Add vegetables to sandwiches. Tomato slices, spinach leaves, lettuce, alfalfa sprouts or cucumber slices taste great on sandwiches.
- ✔ Add shredded or leftover vegetables to salads, sauces, soups and casseroles.
- ✔ Combine vegetables, such as carrots, broccoli, onions, peppers and zucchini and stir fry in a small amount of oil.
- ✔ Use shredded vegetables, such as zucchini and carrots, in breads, muffins and other baked goods.
- ✔ Serve raw vegetables with an easy-to-fix dip, such as ranch-style salad dressing or plain yogurt seasoned with minced onion and herbs.

LAYERED SALAD

1 cup broccoli flowerets
1 head lettuce, torn into pieces
1/4 cup onion, diced
1 cup carrot, grated
1/2 cup green pepper, chopped
1 pkg. (10-oz.) frozen peas
1 cup cheese, grated

Dressing:
1 cup mayonnaise or salad dressing
1 cup vanilla yogurt
1 tsp. dried dill weed
1/4 tsp. garlic powder

Cook broccoli until tender crisp and rinse with cold water; drain. Combine ingredients for dressing. In a 9x13-inch dish, cover bottom with lettuce. Layer broccoli, onion, carrot, pepper, and defrosted peas. Top with dressing and sprinkle with cheese. Cover and chill 2-8 hours. Yield: 8 servings.

MAGIC MARINATED SALAD

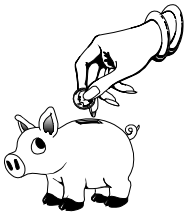
1 cup broccoli flowerets
1 cup cauliflower flowerets
1 cup carrots, sliced
1 cup celery, chopped
1/2 cup onion, chopped
1 tomato, chopped

Dressing:
1/2 cup vinegar
1/2 cup oil
1/2 tsp. garlic powder
1 tsp. Italian seasoning
1 tsp. sugar
1/2 tsp. salt
1/2 tsp. pepper

In a medium bowl combine vegetables. Mix ingredients for dressing; add to vegetables. Cover and marinate in refrigerator 2-3 hours. Yield: 4-6 servings.

BUYING, CHOOSING & STORING VEGETABLES

SAVE MONEY BUYING VEGETABLES



✔ Buy fresh vegetables in season.
- Buy from local farmers and stands.
- Buy only the amount you can use within a few days.
- Look for vegetables that are bright in color and free from bruises and wilt.

✔ Canned and frozen vegetables may be the best buy when fresh vegetables are not in season.

✔ Select frozen vegetables that are loosely packaged rather than frozen in a solid block.

NUTRITIVE VALUE

Vegetables High in Vitamin A	Vegetables High in Vitamin C
Broccoli	Asparagus
Carrots	Broccoli
Greens (beet, collard, chard, kale, mustard, turnip)	Cabbage
Pumpkin	Cauliflower
Spinach	Greens (beet, collard, kale, mustard, turnip)
Sweet potatoes	Peppers
Tomatoes	Spinach
Winter squash	Tomatoes

STORAGE

✔ Store fresh vegetables carefully to preserve flavor, vitamins and minerals.

✔ Store most fresh vegetables in the refrigerator in a plastic bag to keep moisture in; for example, green beans, broccoli, summer squash, lettuce, peppers, greens, cabbage or carrots.

✔ Store potatoes, onions and winter squash in a dark, cool, dry place.

✔ Keep salad vegetables crisp by washing and cutting just before serving. Toss with salad dressing when served.

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