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.

<table>
<thead>
<tr>
<th>Vegetables High in Vitamin A</th>
<th>Vegetables High in Vitamin C</th>
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<tbody>
<tr>
<td>Broccoli</td>
<td>Asparagus</td>
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<tr>
<td>Carrots</td>
<td>Broccoli</td>
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<tr>
<td>Greens (beet, collard, chard, kale, mustard, turnip)</td>
<td>Cabbage</td>
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<tr>
<td>Pumpkin</td>
<td>Cauliflower</td>
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<tr>
<td>Spinach</td>
<td>Greens (beet, collard, kale, mustard, turnip)</td>
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<td>Sweet potatoes</td>
<td>Peppers</td>
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<tr>
<td>Tomatoes</td>
<td>Spinach</td>
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<td>Winter squash</td>
<td>Tomatoes</td>
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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.