

Lesson 3: Vegetables (Wathóthoka)

The vegetable food group includes a variety of foods that are rich in color, packed with vitamins and minerals, and a good source of fiber that you need every day to be healthy.

In this month's lesson, you will learn:

- Why eating vegetables is important for good nutrition and overall health
- How many vegetables you need to eat to be healthy, including serving size
- The importance of eating vegetables of lots of different colors
- Shopping for vegetables
- Food safety for storage and handling
- Cooking tips

Challenge Yourself!

Set a Goal

Choose (kaḥníḡa) one of the goals below (or set your own) to try during the next month:

- ☐ I will try a new vegetable that I haven't eaten before.
- ☐ I will vary the color of vegetables that I eat for the week.
- ☐ I will use the food scale at the grocery store to weigh a vegetable and calculate what it costs per pound.
- ☐ I will make a recipe from this lesson.
- ☐ I will: _____

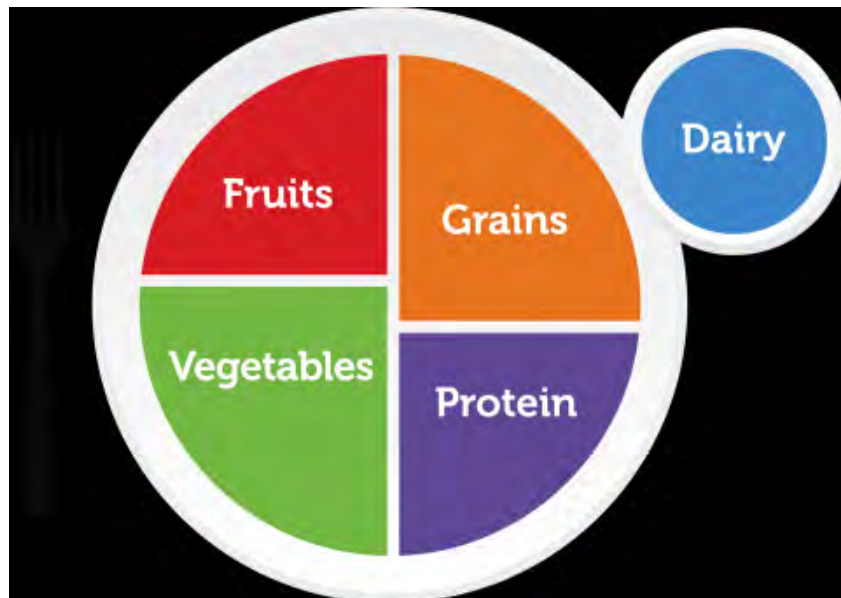


Why Eating Vegetables (Wathóthoka) is Important

Vegetables are full of vitamins and minerals that keep us healthy. It is important to **make ¼ of your plate vegetables** at meal time and to **eat a variety** of vegetables from the five vegetable color groups:

- Red
- Orange and yellow
- White
- Green
- Blue and purple

Vegetables can be canned, dried, fresh, frozen, or a juice.



Diabetes Hints... Vegetables

Healthy eating with diabetes starts with what is on your plate. Most vegetables won't raise blood sugar. Vegetables that raise blood sugar are corn, peas, potatoes, pumpkin, and winter squash. Approximately $\frac{1}{4}$ to $\frac{1}{2}$ of your meal plate should be from the vegetable group.



- **BLOOD SUGAR ALERT** – Corn, peas, potatoes, pumpkin, and winter squash raise blood sugar. Other vegetables will not raise blood sugar.
- **BENEFITS** – help you feel full and are a good source of vitamins and fiber.
- **VEGETABLES TO TRY (COOKED OR RAW)** – beets, broccoli, carrots, cauliflower, cucumbers, green beans, leafy greens, radishes, kale, spinach, summer squash, & zucchini.
- **EATING TIPS FOR A MEAL OR SNACK** –
 - Try roasting vegetables and adding spices, herbs and oils for great flavor.
 - Enjoy fresh in-season vegetables, or frozen or canned vegetables.
 - Keep washed and prepared fresh vegetables in the refrigerator for snacks and to use in meals.
 - Put together different combinations of vegetables for salads or to cook in the oven, grill, or on the stovetop.
 - Try using vegetables in place of breads or grains to reduce or eliminate carbohydrates.
 - Spiraled zucchini works great as spaghetti noodles. Spiraled sweet potatoes and summer squash are also delicious.
 - Cauliflower can be cooked and mashed to replace potatoes or used as a pizza crust.
 - Use lettuce or other greens as a wrap in place of a tortilla shell, bun, or slice of bread.
 - Carbohydrate counting for vegetables (source: American Dietetic Association)
 - $\frac{1}{2}$ cup of beans, peas, corn, sweet potatoes, winter squash, mashed potatoes, or boiled potatoes each equal about 15 grams of carbohydrate.
 - 1 cup of raw vegetables or $\frac{1}{2}$ cup of cooked non-starchy vegetables equal zero carbohydrate servings or “free” foods. If you eat 3 or more vegetable servings at one time, count them as 1 carbohydrate serving.



Eating Vegetables (Wathóthoka) Will Help You Stay Healthy

At meal time, fill $\frac{1}{4}$ of your plate with vegetables and eat them with limited additions (salt, butter, or cream sauces). When purchasing vegetables, select frozen or canned options that are lower in sodium and buy vegetables from all of the color groups.



Check out what each vegetable color can do for you...

RED	ORANGE/YELLOW	WHITE	GREEN	BLUE/PURPLE
• Improved memory • Healthy heart • Lower risk for some cancers	• Sharp vision • Healthy heart • Strength to fight off colds and illnesses • Lower risk for some cancers	• Healthy heart	• Sharp vision • Strong bones and teeth • Lower risk for some cancers	• Good memory • Healthy aging • Lower risk for some cancers

Nutrients in Vegetables (Wathóthoka) Include:

- Dietary Fiber
- Potassium
- Vitamin A
- Vitamin K



Dietary Fiber – prevents constipation and helps the body absorb nutrients; also helps to lower blood cholesterol levels and control blood sugar. Dietary fiber is found in most vegetables and legumes (peas & beans).

Potassium – helps regulate blood pressure, heart function, and good fluid balance in the body; also helps muscles and the nervous system function properly. Potassium is found in many starchy vegetables.



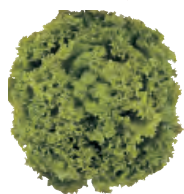
Vitamin A – helps with vision, and the formation and maintenance of healthy skin, bones, and red blood cells. Vitamin A is found in many red and orange vegetables.

Vitamin K – helps the blood clot properly; also helps to build strong bones. Vitamin K is found in many dark-green vegetables.



Vegetables by Color:

Dark-Green Vegetables



- Broccoli
- Collard greens
- Dark-green leafy lettuce
- Endive
- Kale
- Mixed greens
- Romaine lettuce
- Spinach
- Turnip greens

Red and Orange Vegetables



- Acorn squash
- Bell peppers
- Butternut squash
- Carrots
- Hubbard squash
- Pumpkin
- Red chili peppers
- Red peppers, sweet
- Sweet potatoes
- Tomatoes
- 100% vegetable juice

Starchy Vegetables



- Corn
- Green bananas
- Lima beans
- Green peas
- Parsnips
- Potatoes, white
- Water chestnuts
- Yams

Legumes, Beans and Peas*

- Black beans
- Black-eyed peas (mature, dry)
- Chickpeas (garbanzo beans)
- Hummus (chickpea spread)
- Kidney beans
- Lentils
- Lima beans
- Navy beans
- Pinto beans
- Soy beans
- Split peas
- White beans



Other Vegetables

- Alfalfa sprouts
- Artichokes
- Asparagus
- Avocado
- Bean sprouts
- Beets
- Brussel sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Garlic
- Green beans
- Green peppers
- Leeks
- Lettuce, iceberg
- Mushrooms
- Okra
- Onions
- Radishes
- Red cabbage
- Scallions
- Snow peas
- Turnips
- Wax beans
- Yellow squash
- Zucchini



*Beans and peas are also part of the Protein Foods Group Source: 2015-2020 Dietary Guidelines for Americans

Challenge Yourself!

Take a moment and think about the vegetables you eat...
What different color vegetables did you eat in the last week?

1. Vegetables I ate in the last week...

2. Other vegetables I would like to try...



How Many Vegetables (Wathóthoka) Do You Need Each Day to Be Healthy?

The amount of vegetables you need to eat depends on your:

- sex
- age
- level of physical activity

Below are the daily recommendations for vegetable consumption for people who get less than 30 minutes of moderate physical activity (such as brisk walking) per day. Those who are more (or less) physically active should talk to their doctor about how many vegetables they need to eat to be healthy.



Daily Vegetable Needs		
Children	2-3 years old	1 cup
	4-8 years old	1½ cups
Girls	9-13 years old	2 cups
	14-18 years old	2½ cups
Boys	9-13 years old	2½ cups
	14-18 years old	3 cups
Women	19-30 years old	2½ cups per day
	31-50 years old	2½ cups per day
	51+ years old	2 cups per day
Men	19-30 years old	3 cups per day
	31-50 years old	3 cups per day
	51+ years old	2½ cups per day

Weekly Vegetable Needs

	Age	Dark Green Vegetables	Red and Orange Vegetables	Beans and Peas	Starchy Vegetables	Other Vegetables
Children	2-3 years old	½ cup	2½ cups	½ cup	2 cups	1½ cups
	4-8 years old	1 cup	3 cups	½ cup	3½ cups	2½ cups
Girls	9-13 years old	1½ cups	4 cups	1 cup	4 cups	3½ cups
	14-18 years old	1½ cups	5½ cups	1½ cups	5 cups	4 cups
Boys	9-13 years old	1½ cups	5½ cups	1½ cups	5 cups	4 cups
	14-18 years old	2 cups	6 cups	2 cups	6 cups	5 cups
Women	19-30 years old	1½ cups	5½ cups	1½ cups	5 cups	4 cups
	31-50 years old	1½ cups	5½ cups	1½ cups	5 cups	4 cups
	51+ years old	1½ cups	4 cups	1 cup	4 cups	3½ cups
Men	19-30 years old	2 cups	6 cups	2 cups	6 cups	5 cups
	31-50 years old	2 cups	6 cups	2 cups	6 cups	5 cups
	51+ years old	1½ cups	5½ cups	1½ cups	5 cups	4 cups

Vegetable subgroup recommendations are given as amounts to eat WEEKLY. It is not necessary to eat vegetables from each subgroup daily. However, over a week, try to consume the amounts listed from each subgroup as a way to reach your daily intake recommendation.

Add More Vegetables to Your Day

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your day, try them as snacks and add them to your meals.

1 Discover fast ways to cook

Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or cauliflower in a bowl with a small amount of water in the microwave for a quick side dish.

2 Be ahead of the game

Cut up a batch of bell peppers, cauliflower, or broccoli. Pre-package them to use when time is limited. Enjoy them in a casserole, stir-fry, or as a snack with hummus.

3 Choose rich colors

Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or kale. They not only taste great, but are good for you, too.

4 Check the freezer aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh. Try adding frozen vegetables, such as corn, peas, carrots, or spinach, to your favorite dish. Look for frozen vegetables without added sauces, gravies, butter, or cream.

5 Stock up on veggies

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."

6 Enjoy salads with color

Brighten your salad by using colorful vegetables, such as black beans or avocados, sliced red bell peppers or onions, shredded radishes or carrots, and chopped red cabbage or kale. Your salad will not only look good, but taste good too.

7 Sip on some vegetable soup

Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low- sodium soups. Make your own soups with a low-sodium broth and your favorite vegetables.

8 While you're out

If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or a side salad instead of the typical fried side dish. Ask for toppings and dressings on the side.

9 Savor the flavor of the season

Buy vegetables that are in season for maximum flavor at a lower cost. Check your local grocery store for specials on the best in-season buys. Or visit your local farmers market.

10 Vary your veggies

Choose a new vegetable that you've never tried before.

What Equals as a Serving of Vegetables?

1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens equal 1 cup of vegetables. Depending on age, women should consume 2-2½ cups and men should consume 2½-3 cups of vegetables per day as part of a healthy diet. See the table below for what equals a one cup serving.



Vegetables	1 Cup Servings
Broccoli	1 cup, chopped or florets 3 spears, 5" long raw or cooked
Spinach	1 cup, cooked or 2 cups, raw
Raw leafy greens: Spinach, romaine, watercress, dark green leafy lettuce	2 cups, raw
Carrots	1 cup, strips, slices, or chopped, raw or cooked 2 medium whole or 1 cup baby carrots (about 12)
Pumpkin	1 cup, mashed, cooked
Red peppers	1 large or 1 cup, chopped, raw, or cooked
Tomatoes	1 large raw whole or 1 cup, chopped/sliced, raw, canned, or cooked
Sweet potato	1 large baked or 1 cup, sliced or mashed, cooked
Dry beans and peas (such as black, garbanzo, kidney, pinto, or soy beans, or black-eyed peas or split peas)	1 cup, whole or mashed, cooked
Corn, yellow or white	1 cup or 1 large ear
White potatoes	1 cup, diced or mashed or 1 medium boiled or baked
Celery	2 stalks or 1 cup, diced or sliced, raw or cooked
Lettuce, iceberg or head	2 cups, raw, shredded or chopped
Onions	1 cup, chopped, raw or cooked
Summer squash or zucchini	1 cup, cooked, sliced or diced



Food Selection Tips From the CRST Diabetes Program

Know your portion size. Portion size matters and is part of keeping track of your total carbs, fat, sodium, and calories.

Vegetables

- Incorporate more vegetables in your diet. Try for at least 4 – 6 servings a day.
- Make your plate as colorful as possible.
- Vegetables contain very few carbohydrates.

Talk with a registered dietitian to help you plan a healthy diet and better manage your diabetes.

How to Shop for Vegetables (Wathóthoka)

Vegetables can be bought three ways: fresh, frozen, or canned.

Fresh vegetables are a great addition to meals or snacks. Select clean vegetables that have good color and a fresh appearance, and avoid vegetables that are bruised, shriveled, mushy, wilted or moldy. Fresh vegetables will not store long so it is recommended to only purchase what you will use in a week.

Frozen vegetables are quick and easy to use, and are just as nutritious as fresh vegetables. Try adding frozen vegetables, such as corn, peas, edamame, or spinach, to your favorite dish. Look for frozen vegetables without added sauces, gravies, butter, or cream. Only buy frozen, bagged vegetables that are loose in the bag. When frozen vegetables are in a large clump, it indicates they have been thawed and then re-frozen--which can be a food quality and potential food safety problem.

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added." To avoid food safety problems, don't buy cans that are dented or scratched up.

Buying and Storing Fresh Vegetables



Fresh Vegetable	How to Buy	How to Store
Beets	Buy bright colored, firm beets. If stems/greens are still attached, they should look fresh and not wilted.	If stems/greens are still attached, remove and store separately (greens can be eaten). Refrigerate beets for 2-3 weeks.
Broccoli	Buy sturdy, dark green spears without yellow spots.	Refrigerate in a plastic bag for 3–5 days.
Carrots	Buy brightly colored, firm carrots without shriveled or soft spots.	Refrigerate in a plastic bag for 3–5 days.
Cabbage	Buy fresh-looking heads without yellowing or brown spots.	Refrigerate in a plastic bag for 1–2 weeks.
Cauliflower	Buy heads with bright white florets without any browning. The attached greens should look fresh and not wilted.	Refrigerate in a plastic bag for 3–5 days.
Celery	Buy crisp stalks (not wilted or limp) without any blemishes.	Refrigerate in a plastic bag for 1–2 weeks.
Corn	Buy in husks that are moist and green. The silk attached at the tip should be golden brown. Instead of peeling back the husks, which can dry out the corn, feel through the husks for plump kernels underneath.	Refrigerate, with husks still on, in a plastic bag for up to 2 days.
Cucumber	Buy firm without any soft spots.	Refrigerate in a plastic bag for 3–5 days.
Garlic	Buy with papery skin without any green sprouts.	Store in a cool, dark place (away from potatoes) for 2–3 weeks.
Lettuce or Salad Greens	Buy crisp-looking greens without signs of mold or browning.	If damp when purchased, dry first. Refrigerate in a plastic bag for 3–5 days. Place a dry paper towel in the bag to absorb any extra moisture.
Mushrooms	Buy firm and fresh looking. They should look dry, but not dried out.	Refrigerate for up to 1 week. If you buy loose, place in a paper bag first.
Onion	Buy firm and heavy without cuts, bruises, or green sprouts.	Store in a cool, dark place (away from potatoes) for 2–3 weeks.
Potatoes	Buy firm and free from soft spots and sprouts.	Store in a cool, dark place (away from onions) for 10–12 weeks.
Summer Squash (example: yellow squash, zucchini)	Buy with firm, smooth skin without any gashes.	Store in a cool, dark place (away from onions) for 10–12 weeks.
Sweet Potatoes	Buy with papery skin without blemishes.	Store in a cool, dark place (away from onions) for 10–12 weeks.
Tomatoes	Should yield to gentle pressure, but not be soft. Take a whiff — if it doesn't smell like a tomato, it won't taste like one.	Store at room temperature for 2–3 days.
Turnips	Buy when firm. Should not feel soft or look shriveled.	Refrigerate for 2–3 weeks.
Winter Squash	Buy hard squash that still has some of the dried-out stem attached.	Store in a cool, dry place for up to 1 month.

How to Weigh and Calculate the Price of Fresh Vegetables (Watħóthoka)

Some vegetables have the price marked on them and other vegetables have a price per pound listed by them. This can be confusing and cause surprises when checking out at the cash register. Knowing how to weigh vegetables and calculate the price per pound will help you know what the vegetables cost before you get to the cash register.

To weigh a vegetable, place the item you want to purchase on the food scale located in the produce department. The food scale will show the weight of the vegetables which is what you need to do the math to calculate the cost.



Example:

3 Sweet Potatoes weigh $1\frac{1}{2}$ lbs. or 1.5lbs.
They cost \$0.89 per pound. To calculate the cost, you take the price per pound and multiply by the weight.

$$\text{\$0.89} \times 1.5\text{lbs.} = \text{\$1.34 cost plus tax}$$

Challenge Yourself!



Weight of 1 onion: $\frac{3}{4}$ lbs. or .75 lbs.
Onion price: \$1.29 per pound.



$$\underline{\hspace{2cm}} \times \underline{\hspace{2cm}} = \$ \underline{\hspace{2cm}} \text{ plus tax}$$

Which Is Cheaper: Fresh, Frozen or Canned Vegetables?



1 head of lettuce weighs 32 oz. and costs \$1.39

→ cost per oz. = $\$1.39/32 = \0.04 per oz. **Cheaper**

1 bag of lettuce weighs 8 oz. and costs \$0.99

→ cost per oz. = $\$0.99/8 = \0.12 per oz.



1 bag of fresh carrots costs \$2.19 and weighs 32 oz.

→ cost per oz. = $\$2.19/32 = \0.07 per oz. **Cheaper**

1 can of carrots costs \$1.39 and weighs 14.5 oz.

→ cost per oz. = $\$1.39/14.5 = \0.10 per oz.

1 bag of frozen carrots costs \$1.59 and weighs 16 oz.

→ cost per oz. = $\$1.59/16 = \0.10 per oz.

Challenge Yourself!

Calculate which is cheaper to find the unit price.

price of item _____ divided by _____ oz. = _____ cost per oz.

1 bag of frozen corn costs \$1.69 and weighs 12 oz.

cost per oz. = \$ _____

1 can of corn costs \$1.09 and weighs 15 oz.

cost per oz. = \$ _____

1 head of fresh broccoli costs \$3.09 and weighs 32 oz.

cost per oz. = \$ _____

1 bag of frozen broccoli costs \$1.89 and weighs 14 oz.

cost per oz. = \$ _____

Hint: Always compare prices at the grocery store to save \$\$\$.
Use unit pricing to see what is the cheapest.

Answer: frozen corn cost per oz. \$0.14; canned corn cost per oz. \$0.07 cheaper option; fresh broccoli cost per oz. \$0.10 cheaper option; frozen broccoli cost per oz. \$0.14

Seasonal Vegetables (Wathóthoka)

What does it mean to eat in season?

Eating in season is eating fresh foods that are harvested in your area not half-way around the world and shipped to your local grocery store.

Why is it good to eat in season?

Eating in season has many benefits, such as:

- **You may save money.** Food harvested in your area is cheaper to transport to your local grocery store than food grown overseas. When you eat fresh foods in season, you pay less for transportation costs.
- **Your food may taste better.** Foods grown and picked at their peak typically taste better. Compare the taste of a sweet corn in August to sweet corn in January. You may never go back!
- **You may get more nutrients from your food.** Produce starts to lose nutrients after it is picked. The longer the travel time to your grocery store, the more nutrients that are lost.



How can I eat more seasonal foods?

Try these tips for buying vegetables in season:

- **Know what is in season.** To check out what is in season see the Best Time to Buy Seasonal Vegetables table on the following page.
- **Shop at a local farmers market.**
- **Look at the stickers on the vegetables at your store.** The sticker must state what country the food was grown in.

How can I still eat a variety of vegetables when seasonal produce is limited?

- **Eat vegetables in all their forms.** Buying canned or frozen is a great way to get plenty of vegetables year-round at a good price.
- **Use recipe substitutions.** Making a recipe in January that calls for summer squash? Use the vegetable substitution chart on page 20 to find a seasonal vegetable you can use instead.
- **Store vegetables** purchased at their peak (and at their cheapest!) for the less plentiful winter months.

Freezing Food Guide: <https://www.ag.ndsu.edu/publications/food-nutrition/food-freezing-guide>

Canning Food Guide: <https://www.ag.ndsu.edu/food/food-preservation/canning>

Drying Food Guide: <https://www.ag.ndsu.edu/food/food-preservation/drying>

Best Time to Buy Seasonal Vegetables

	Dec													
	Nov													
	Oct													
	Sept													
	Aug													
	Jul													
	Jun													
	May													
	Apr													
	Mar													
	Feb													
	Jan													
Bell Peppers														
Broccoli														
Cabbage														
Carrots														
Cauliflower														
Corn														
Cucumbers														
Lettuce														
Onions														
Potatoes														
Summer Squash														
Sweet Potatoes														
Tomatoes														
Winter Squash														

(Peak growing season for vegetables across the general United States)

Food Safety

Vegetables - All produce, regardless of where it was grown or purchased, should be thoroughly rinsed. However, any precut packaged items, like lettuce or baby carrots, labeled as prewashed and ready-to-eat do not need further rinsing.

- **Rinse** fresh vegetables under running water just **before eating, cutting, or cooking.**
- **Do not use soap** or detergent to clean vegetables.
- Even if you plan to **peel or cut** the vegetables before eating, it is still important to thoroughly rinse first to prevent bacteria from transferring from the outside to the inside of the vegetable.
- **Scrub the skin of produce** (sweet potatoes, potatoes, squash, and cucumbers) with a clean produce brush while rinsing under water. **Dry vegetables with a clean cloth or paper towel** to further reduce bacteria that may be present. Wet produce can allow remaining bacteria to multiply faster.



Preventing Cross-Contamination

When shopping:

Separate fresh vegetables from raw meat, poultry, and seafood in your grocery cart. Put fresh vegetables in plastic bags (available in produce section of store).



When refrigerating food:

Keep fresh vegetables away from and do not store under raw meat, poultry, and seafood. Keep meat, poultry, and seafood in containers or sealed plastic bags to prevent their juices from dripping onto other foods. Raw juices often contain harmful bacteria.

When preparing foods:

Wash hands and surfaces often: Harmful bacteria can spread throughout the kitchen and get onto cutting boards, utensils, and counter tops. To prevent contamination of foods, always wash hands with soap and hot water before and after handling food, and after using the bathroom, changing diapers, or touching pets.

Wash cutting boards, knives, utensils, dishes, and counter tops with hot, soapy **water** **after preparing each food item before moving onto the next item.**

Cutting boards and knives: Always use a clean cutting board and knife. **Always use one cutting board and knife for fresh vegetables and a separate one for raw meats.** When cutting boards become excessively worn or develop hard-to-clean grooves, replace them.

Vegetables: Rinse all fresh vegetables **with running water to remove visible dirt.** Remove and discard the outermost leaves of a head of lettuce or cabbage. Bacteria can grow on the cut surface of vegetables so be careful not to contaminate while slicing, and **avoid leaving cut produce at room temperature.**

Try Cooking Vegetables (Wathóthoka) 3 Ways

Decide which way works best for you!

- **Stove Top:** Fill a pot with 1 ½ inches water. Add vegetables. Simmer until tender using the recommended cooking time from the chart below.
- **Oven:** Preheat oven to 450 degrees. Toss vegetables with 1 Tablespoon canola oil. Coat a baking sheet with non-stick cooking spray. Spread vegetables evenly on the baking sheet so they are not touching. Bake using the recommended cooking time from the chart below.
- **Microwave:** Place vegetables in a microwave-safe dish with lid or cover with plastic wrap. Vent cover (plastic wrap can be vented by poking a few holes in the plastic or folding back a small corner). Add 2 Tablespoons water. Microwave on high, using the recommended cooking time from the chart below.



Vegetables	Stove Top	Oven	Microwave*
Asparagus, zucchini, yellow squash	4–6 minutes	15–20 minutes	3–5 minutes
Beets, turnips	10–15 minutes	20–25 minutes	10–12 minutes
Broccoli, cauliflower, Brussel sprouts, cabbage	5–8 minutes	15–20 minutes	5–7 minutes
Carrots, parsnips (1½ pounds)	10–15 minutes	20–25 minutes	6–10 minutes
Celery root	10–15 minutes	20–25 minutes	4–6 minutes
Corn (4 ears)	5 minutes (on the cob)	15–20 minutes (off the cob)	7–9 minutes (on the cob)
Green beans	4–6 minutes	15–20 minutes	8–12 minutes
Snow peas, sugar snap peas	2–4 minutes	8–10 minutes	3–5 minutes
Spinach (1½ pounds)	2 minutes	—	2–4 minutes
Rutabaga, sweet potatoes, potatoes**	10–15 minutes	20–25 minutes	8–12 minutes
Winter squash (2 pounds)	15–25 minutes	25–35 minutes	8–12 minutes

*Microwave temperatures can vary. Check your vegetables often. Note what times work best for your microwave.

**Sweet potatoes or white potatoes can also be cooked whole. Poke them with a fork in several places. Microwave on medium, turning once or twice, about 20 minutes for white potatoes and 12–15 minutes for sweet potatoes. Or, bake in the oven at 400°F for 45–60 minutes.

Vegetable (Wathóthoka) Substitutions

If you don't have a vegetable on hand that a recipe calls for, substitute a different one.

Instead of...	If Using Raw, Sub in...	if Using Cooked, Sub in...
Broccoli	Cauliflower	Cauliflower, spinach, dark leafy greens
Carrots	Beets, celery root, summer squash, celery	Root vegetables, summer squash, celery
Dark leafy greens (kale, chard, collards, turnip, beet, and mustard greens)	Spinach, lettuce, cabbage	Spinach, broccoli, cabbage
Eggplant	No good sub	Zucchini, yellow squash, sweet peppers
Mushrooms	Summer squash	Snow peas, sugar snap peas, summer squash
Potatoes	No good sub	Sweet potato, root vegetables, carrots
Root vegetables (turnips, beets, rutabaga, celery root)	Sweet potatoes, carrots	Sweet potatoes, winter squash, carrots, parsnips
Spinach	Lettuce	Dark leafy greens, broccoli, cabbage
Summer squash (zucchini, yellow squash)	Sweet peppers, carrots	Eggplant, sweet peppers
Sweet potatoes	Cabbage, root vegetables, carrots	Root vegetables, carrots, winter squash, parsnips
Winter squash	No good sub	Sweet potatoes, root vegetables, parsnips, carrots

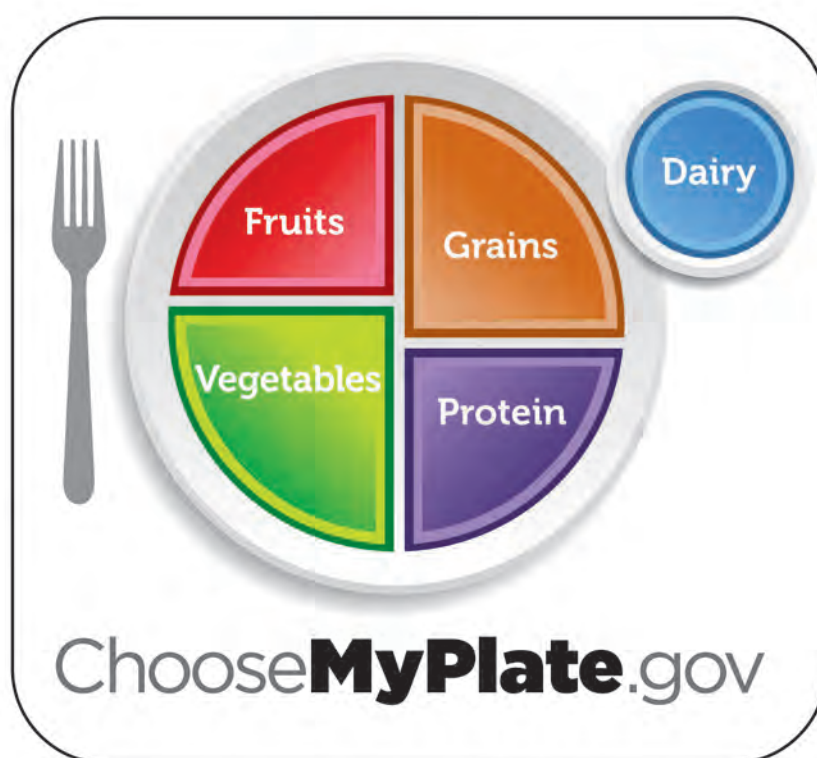


Challenge Yourself!

Ready, Set, Plan, Cook: Take the \$10 Challenge



Use the “Take the \$10 Challenge!” worksheet to create a healthy, well-balanced meal for you and your family. Choose foods from at least three **MyPlate** food groups to include with your meal. Make sure your total cost is \$10 or less. Fill out the enclosed postcard (write down the menu for the meal and the cost of ingredients) and receive a \$10 gift card to the Lakota Thrifty Mart for healthy foods. Please stop by Missouri Breaks Industries Research Inc. to pick-up your gift card from one of the study staff.



Take the \$10 Challenge!

Choose at least one item from each MyPlate food group. Make sure your total cost is \$10 or less.

Food Group	Tips	Name of Item	Price of Your Item
Grains 	- Look for whole grain breads, cereals, rice, pastas, crackers, tortillas, or other foods made with grain. - Check the ingredient list to make sure a whole grain is listed first.		
Fruits 	- Look for fresh fruits on sale or in season. - Try fruit canned in 100% juice. - Try frozen fruit with no added sugar.		
Vegetables 	- Look for fresh vegetables on sale or in season. - Try canned vegetables that say "low sodium" or "no salt added." - Try frozen vegetables with no added fat or sodium.		
Protein 	Try buying eggs, beans, or canned fish for an inexpensive source of protein.		
Dairy 	Look for dairy products made with 1% or nonfat milk.		
Total (\$10 or less)			\$ _____

Challenge Yourself!

Set a Goal

Choose (kañníğa) one of the goals below (or set your own) to try during the next month:

- ☐ I will try a new vegetable that I haven't eaten before.
- ☐ I will vary the color of vegetables that I eat for the week.
- ☐ I will use the food scale at the grocery store to weigh a vegetable and calculate what it costs per pound.
- ☐ I will make a recipe from this lesson.
- ☐ I will: _____



Sweet Potato Fries

Serves 6, 8-10 fries per serving



Ingredients

- medium sweet potatoes
- 1½ teaspoons paprika
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ⅛ teaspoon cayenne pepper
- 1 Tablespoon canola oil
- Non-stick cooking spray

Directions

1. Preheat oven to 450°F.
2. Scrub and rinse sweet potatoes. Pat dry with a paper or kitchen towel.
3. Leaving skin on, cut sweet potatoes into thick French fry strips, about ½-inch wide.
4. In a large bowl, mix paprika, salt, ground black pepper, and cayenne pepper. Add oil. Blend with a fork until there are no lumps.
5. Add sweet potato strips to the bowl. Toss until they are coated on all sides.
6. Coat baking sheet with non-stick cooking spray. Place sweet potatoes in a single layer on the sheet.
7. Bake for 15 minutes. Turn fries over and bake another 10-15 minutes, or until fries are tender.

Nutrition Facts

Serving Size 8-10 fries
Servings Per Recipe 6

Amount Per Serving

Calories 100 Calories from Fat 25

% Daily Value*

Total Fat 3g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 240mg 10%

Total Carbohydrate 18g 7%

Dietary Fiber 3g 11%

Sugars 4g

Protein 1g

Vitamin A 250% • Vitamin C 4%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Chef's Notes:

- For easier cleanup, line the baking sheet with a layer of aluminum foil. Coat with non-stick cooking spray before placing the sweet potatoes on the sheet.
- White baking potatoes can be used in place of all or part of the sweet potatoes.
- For milder flavor, dust the potatoes with 1½ teaspoons of curry powder and ¾ teaspoon of salt in place of the cayenne seasoning.
- For the crispiest fries, be sure sweet potatoes do not lie on top of each other on the baking sheet. You may need to cook in two batches.

Step-by-Step Stir-Fry

Want a quick and healthy weeknight meal? Try a stir-fry!

Stir-fries are a great way to use up veggies that may soon go bad. Choose ingredients and follow the directions below to make a tasty meal for four.

Veggies (2–3 cups total, any combo)	+	Protein	+	Original Flavoring (1 Tablespoon)	+	Sauce (1 recipe batch, see page 26)	+	Grain (1 cup dry)
Bell pepper, sliced		Boneless, skinless chicken breasts or thighs, trimmed and cut into bite-sized pieces (1 pound)		Minced garlic		Peanut Sauce		Brown rice
Carrots or celery, sliced		Sirloin or flank steak, trimmed and cut into bite-sized pieces (1 pound)		Minced ginger (or 1/2 teaspoon ground ginger)		Spicy Soy Sauce		Whole grain couscous
Snow peas, sugar peas, or green beans, trimmed		Pork tenderloin or bone- less loin chops, trimmed and cut into bite-sized pieces (1 pound)				Lemon Stir-Fry Sauce		Instant barley
Mushrooms or onion, sliced		Extra-firm tofu, drained and cut into 1-inch cubes (14-ounce package)						Rice noodles or whole grain pasta
Zucchini or yellow squash, sliced		Frozen edamame (soy beans), thawed and drained (2 cups)						
Cabbage, thinly sliced								
Canned water chestnuts, rinsed and drained								



Step-by-Step Stir-Fry *continued*

Try these sauces!

Peanut Sauce

In a small bowl, stir together $\frac{1}{4}$ cup peanut butter, $\frac{1}{3}$ cup warm water, $\frac{1}{4}$ cup low-sodium soy sauce, 2 Tablespoons cider vinegar, and 1 Tablespoon sugar.

Spicy Soy Sauce

In a small bowl, stir together $\frac{1}{4}$ cup low-sodium soy sauce, 1 Tablespoon brown sugar, 1 Tablespoon cornstarch, 1 teaspoon minced jalapeno, and $\frac{1}{2}$ teaspoon ground ginger.

Lemon Stir-Fry Sauce

In a small bowl, stir together 3 Tablespoons lemon juice, 3 Tablespoons low-sodium soy sauce, and 2 teaspoons cornstarch.

Directions

If using meat or poultry as your protein:

1. Cook grains following package directions. While grains cook, make stir-fry.
2. In a large skillet over medium-high heat, heat 1 Tablespoon canola oil. Add meat or poultry. Stir occasionally until just cooked through, about 4–6 minutes. Transfer to a plate.
3. Add veggies to skillet. Start with harder veggies first (e.g., green beans, onion, carrots, broccoli, cauliflower). As they begin to soften, add softer veggies (e.g., zucchini, yellow squash) and keep cooking. Total cooking time may be about 10 minutes.
4. If using garlic and/or ginger, add to skillet when all veggies are soft. Stir until fragrant, about 15 seconds.
5. If using Peanut Sauce or other thick sauce, remove pan from heat and stir in sauce. If using Spicy Soy Sauce, Lemon Stir-Fry Sauce, or other thin sauce, add to pan and bring to a boil. Cook until thickened, about 1–2 minutes.
6. Stir cooked meat or poultry into veggie mixture. Serve stir-fry over cooked grains.

If using tofu or edamame as your protein:

- Follow directions above, omitting step 2. Add tofu or edamame in step 3, during the last 3–5 minutes of vegetable cooking time. Heat through.



Roasted Butternut Squash

Serves 6, $\frac{3}{4}$ cup per serving



Ingredients

- 2 pounds butternut squash
- $\frac{1}{4}$ cup walnuts
- 2 Tablespoons canola oil
- 1 teaspoon dried sage
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- 1 Tablespoon butter or canola oil
- $\frac{1}{4}$ cup dried cranberries
- $1\frac{1}{2}$ Tablespoons maple syrup

Directions

1. Preheat oven to 375°F.
2. Rinse and peel squash. Cut off ends and discard. Cut squash at the neck, creating a narrow end and a round end. Cut round end in half and scoop out seeds with a spoon. Cut squash into $\frac{3}{4}$ -inch, even-size cubes.
3. In a large bowl, add squash. Toss with oil, sage, salt, and ground black pepper.
4. Spread squash evenly on a baking sheet. Roast, stirring once, until tender, about 35 minutes.
5. While squash is roasting, coarsely chop walnuts. Set aside.
6. In a small skillet over medium heat, melt butter or heat oil. Add walnuts and cook until fragrant, about 2 minutes. Remove from heat. Stir in cranberries and maple syrup.
7. Gently toss cooked squash with cranberry mixture.

Nutrition Facts

Serving Size $\frac{3}{4}$ cup
Servings Per Recipe 6

Amount Per Serving

Calories 180 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **13%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 105mg **5%**

Total Carbohydrate 23g **8%**

Dietary Fiber 5g **18%**

Sugars 11g

Protein 2g

Vitamin A 290% • Vitamin C 35%

Calcium 6% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher.



Chef's Notes

- To bring out flavors even more, stir in 1 Tablespoon cider vinegar along with the cranberry mixture.
- You can use fresh sage instead of dried. Leave out dried sage in step 3. Roll 4 fresh sage leaves into a log shape and slice thinly. Cook fresh sage in butter or oil along with the walnuts in step 6.
- Use pecans or hazelnuts in place of walnuts. Try using raisins or dried cherries in place of cranberries. Also, you can use any winter squash for this recipe.

Super Salads

Load up on veggies with a tasty salad.

Serve a small salad before dinner. Or, add protein to make a quick and tasty weeknight meal. Add ingredients from each column to make a salad for four.



Greens (4 cups)	+	Veggies (1–2 cups total, any combo)	+	Optional Protein (2 cups)	+	Optional Add-Ins (½ cup)	+	Salad Dressing (¼ cup) recipes on page 29
Leaf Lettuce		Raw beets or carrots, peeled and shredded		Canned beans, rinsed and drained		Toasted nuts or seeds, chopped or sliced		Oil and vinegar
Spinach		Broccoli or cauliflower, chopped		Hard-boiled eggs, chopped		Cheese, shredded or crumbled		Honey mustard
Romaine lettuce		Cucumber, chopped or sliced		Roasted chicken, turkey, beef, or pork, shredded or sliced		Cooked barley, brown rice, or whole grain pasta		Citrus dressing
Mixed salad greens		Tomatoes, diced (canned or fresh)		Extra-firm tofu, crumbled and drained		Olives, sliced		Balsamic vinaigrette
		Corn kernels or peas (fresh or frozen, thawed)		Frozen peas or edamame (soy beans), thawed and drained		Orange or grapefruit, cut into segments		Low-fat ranch
		Radishes, sliced				Whole grain croutons		
		Bell pepper, chopped				Dried fruit		

Try these combos!

Simple Spinach Salad

Spinach + shredded carrots + hard-boiled eggs + honey mustard dressing

Winter Salad

Mixed salad greens + shredded beets + grapefruit or orange segments + citrus dressing

Fast Southwestern Dinner Salad

Romaine lettuce + corn + diced tomatoes + black beans + cooked and chilled brown rice + shredded cheddar + sliced olives + citrus dressing with a pinch of chili powder

Super Salads (Continued)

Dress foods up with homemade salad dressing.

Make salad dressing just the way you like it with a few basic items.

Follow this ratio:

- 2 parts olive or canola oil
- 1 part acid, such as vinegar, lemon or lime juice, or Dijon mustard
- Salt and pepper



Simple Salad Dressing	Honey Mustard	Citrus Dressing	Balsamic Vinaigrette	Creamy Low-Fat Ranch Dressing
3 Tablespoons oil 2 Tablespoons red wine vinegar 1 teaspoon salt ¼ teaspoon pepper	6 Tablespoons mustard ½ Tablespoon fresh lemon juice or cider vinegar 1½ Tablespoons honey 1 teaspoon oil Salt and pepper to taste	2 Tablespoons lime, lemon, or orange juice. 3-4 Tablespoons oil Salt and pepper to taste	2 Tablespoons balsamic vinegar 1 Tablespoon Dijon mustard 3-4 Tablespoons oil Salt and pepper to taste	1 (6-ounce) container plain nonfat or low-fat yogurt ⅓ cup low-fat mayo 2 Tablespoons white vinegar 1 Tablespoon dried dill ¼ teaspoon garlic powder ⅛ teaspoon salt



Chef's Notes

- For a thinner Ranch dressing, use more vinegar. For a thicker Ranch, good for cut-up veggies, use less.
- You can use milk instead of vinegar in the Ranch if you prefer.
- Different ratios of oil to vinegar will change the taste of your vinaigrette and adding ingredients such as honey or mustard may impact the amount of oil needed. Experiment to find the right ratio for your tastes.

Snappy Coleslaw

Makes 4 servings



Ingredients

- ¼ cup light mayonnaise
- 2 Tablespoons vinegar
- 2 Tablespoons sugar
- ½ teaspoon mustard (optional)
- ⅛ teaspoon black pepper
- ½ head cabbage, shredded

Directions

1. Combine mayonnaise, vinegar, sugar, and spices.
2. Pour over cabbage and toss lightly.

Nutrition Facts	
Serving Size 1/2 cup (142.94g)	
Servings Per Container 4	
Amount Per Serving	
Calories 110	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 125mg	5%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	12%
Sugars 11g	
Protein 2g	4%

*Percent Daily Values are based on a 2,000 calorie diet.



Add Color and Variety:

- Add one or more of the following: pineapple chunks, halved seedless grapes, shredded carrots, diced apple, diced green pepper, nuts, sunflower seeds, or raisins.

Cauliflower Mashed Potatoes

Makes 8 servings

Ingredients

- 3-4 medium potatoes (about 1 pound), cubed
- 1 small head cauliflower, cut into 1½-inch cubes
- 1 small onion, diced
- 1 clove garlic, chopped (½ teaspoon minced or ¼ teaspoon powder)
- ½ cup low-fat (1%) milk
- 1 Tablespoon soft-tub margarine
- Salt and black pepper



Directions

1. Boil potatoes and cauliflower until tender, about 20 minutes.
2. While potatoes are boiling, cook onion and garlic in 1 teaspoon of margarine until tender.
3. Drain potatoes and cauliflower and place in a deep bowl. Mash with a fork, or potato masher until chunky. Add garlic and onion. Continue mashing while gradually adding margarine and low-fat (1%) milk.
4. Season with salt and pepper to taste.

Nutrition Facts

Serving Size 1/2 cup (161.14g)
Servings Per Container 8

Amount Per Serving

Calories 110 Calories from Fat 15

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 35mg **1%**

Total Carbohydrate 21g **7%**

Dietary Fiber 3g **12%**

Sugars 3g

Protein 3g **6%**

*Percent Daily Values are based on a 2,000 calorie diet.

Mashed Potatoes

Makes 4 servings

Ingredients

- 4 medium potatoes (red or yellow work best for boiling)
- ¼ cup low-fat (1%) milk (approximately)
- 1 Tablespoon soft-tub margarine
- Salt to taste



Directions

1. Wash potatoes, removing sprouts and blemishes. Leave peels on and cut into 2-inch pieces. Put potatoes in saucepan, cover with water, add salt, and bring to boil. Reduce heat and simmer until fork tender (about 30 minutes).
2. Drain (reserved liquid can be used in gravy, soup, or rolls) and mash with potato masher or fork. Add milk to desired consistency and salt to taste. Add margarine and stir. To help fluff the potatoes, cover, and place over very low heat for about 5 minutes.

Nutrition Facts	
Serving Size 1/2 cup (154.77g)	
Servings Per Container 4	
Amount Per Serving	
Calories 150	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0.5g	
Cholesterol 0mg	0%
Sodium 370mg	15%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 3g	6%
*Percent Daily Values are based on a 2,000 calorie diet.	

Variation

- *No skins* - Use peeled potatoes and follow cooking directions above.

Potato Salad

Makes 8 servings

Ingredients

- 4 medium potatoes (red or yellow potatoes hold their shape the best)
- 1 small onion, chopped
- 2 Tablespoons sweet pickle relish
- 1 medium stalk celery, chopped
- ¼ cup light mayonnaise
- ½ cup plain low-fat (1%) yogurt
- 1 Tablespoon yellow mustard
- ½ teaspoon garlic powder (1 teaspoon minced or 2 cloves)
- ⅛ teaspoon black pepper
- 2 hard-cooked eggs (Month 6, Lesson 6)



Directions

1. Scrub potatoes. Place potatoes in pan and add water; heat to boiling and cover; cook until tender, about 30 to 35 minutes. Drain and cool.
2. Slice or cube potatoes (leave skins on to retain fiber and nutrients). Place potatoes, onion, relish, and celery in large bowl.
3. In separate bowl, mix mayonnaise, yogurt, mustard, garlic, and pepper.
4. Cut eggs into small pieces and add to potatoes with mayonnaise mixture. Stir until potatoes are well-coated.
5. Chill and serve.

Nutrition Facts

Serving Size 1/2 cup (154.77g)
Servings Per Container 4

Amount Per Serving

Calories 150 Calories from Fat 30

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0.5g

Cholesterol 0mg **0%**

Sodium 370mg **15%**

Total Carbohydrate 28g **9%**

Dietary Fiber 3g **12%**

Sugars 2g

Protein 3g **6%**

*Percent Daily Values are based on a 2,000 calorie diet.

Oven Fries

Makes 6 servings

Ingredients:

- 3 medium baking potatoes
- 2 Tablespoons canola oil
- Spices you enjoy
- Dash of salt



Directions:

1. Wash potatoes and cut into thick strips or wedges.
2. Toss pieces in a bowl with oil, spices and salt.
3. Spread pieces on baking sheet (any size) coated with non-stick spray.
4. Bake at 400°F for 20 minutes or until brown.

Variation:

Ranch: Add 1 teaspoon Herb Ranch Seasoning (Month 10, Lesson 10) and 1 Tablespoon grated Parmesan cheese.

Mexican: Add 1 teaspoon Mexican Seasoning (Month 1, Lesson 1).

Sweet Potato: Cut 2 large sweet potatoes into ½-inch strips. Use 1 teaspoon thyme and ½ teaspoon rosemary. Bake 450° F about 30 minutes. Salt and pepper to taste. For crispier fries, cut thinner strips.

Italian: Add 2 teaspoons Italian Seasoning (Month 1, Lesson 1) with either regular or sweet potatoes.

Nutrition Facts	
Serving Size 8 fries (91.03g)	
Servings Per Container 6	
Amount Per Serving	
Calories 120	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 2g	4%

*Percent Daily Values are based on a 2,000 calorie diet.

Panned Carrots and Onions

Makes 6 servings

Ingredients

- ½ medium size onion, chopped
- 1 Tablespoon canola oil
- 3 cups coarsely shredded or thinly sliced carrots
- ½ teaspoon salt
- Black pepper to taste



Directions

1. Cook onions in oil for 1 minute in medium saucepan or electric skillet over low heat.
2. Add carrots.
3. Season with salt and pepper.
4. Cover tightly and steam until tender, about 5 to 8 minutes.

Nutrition Facts	
Serving Size 1/2 cup (77.33g)	
Servings Per Container 6	
Amount Per Serving	
Calories 50	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 1g	2%
*Percent Daily Values are based on a 2,000 calorie diet.	

Variations

Vegetable Mix - Add Vegetable Mix (page 37) to above recipe.

Cabbage - Substitute shredded cabbage for carrots or a combination of carrots and cabbage.

Summer Squash - Add chunks of zucchini or other summer squash.

Zucchini and Tomatoes - Slice 3 zucchini lengthwise. Cook in a pan with 1 Tablespoon oil and ¼ teaspoon black pepper until zucchini are browned. Add 2 diced tomatoes (or a 15-ounce can diced tomatoes, drained) and ¼ teaspoon garlic powder. Cook 10 minutes.

Basic Vegetable Soup

Makes 8 servings

Ingredients

- 4½ cups chicken, beef or vegetable broth, low sodium
- ½ cup chopped onion
- 2 teaspoons Italian Seasoning (Month 1, Lesson 1)
- 1 bay leaf
- ¼ teaspoon black pepper
- 1 10-ounce package frozen mixed vegetables (2 cups)
- 1 15-ounce can chopped tomatoes

Nutrition Facts

Serving Size 1 cup (234g)
Servings Per Container 8

Amount Per Serving

Calories 70 Calories from Fat 10

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 140mg 6%

Total Carbohydrate 10g 3%

Dietary Fiber 2g 8%

Sugars 2g

Protein 4g 8%

*Percent Daily Values are based on a 2,000 calorie diet.



Directions

1. In large saucepan, mix broth, onion, Italian Seasoning, bay leaf, and pepper.
2. Stir in mixed vegetables but not tomatoes.
3. Bring to boil; reduce heat. Cover and simmer 6 to 8 minutes or until vegetables are tender crisp. Remove and throw away bay leaf.
4. Stir in tomatoes. Heat through. Serve hot.

Variation

Meat - Add 1 pound of cooked ground beef, turkey or pork.

Beans - Add 2 cups of cooked kidney beans, or one 15-ounce can

Vegetable Mix

Makes 8 servings

Ingredients

- 2 small zucchini or cucumbers
- 1 bell pepper, green or red
- 1 onion
- 3 carrots
- 3 stalks of celery
- 1 small yellow squash
- Vary the vegetables based on what is in season.



Directions

1. Chop the vegetables into about ½-inch pieces. Chop only the amount that can be used within about 3 days. Store remaining uncut vegetables to chop later in the week.
2. Combine chopped vegetables and store in sealable bag in the refrigerator.
3. Use ½ to 1 cup of the mix in the following ways. Use the mix within 3 to 4 days.

Nutrition Facts

Serving Size 1/2 cup (165.62g)

Servings Per Container 8

Amount Per Serving

Calories 45

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 90mg **4%**

Total Carbohydrate 9g **3%**

Dietary Fiber 2g **8%**

Sugars 6g

Protein 2g **4%**

*Percent Daily Values are based on a 2,000 calorie diet.

Vegetable Mix (Continued)

Breakfast:

- Cook in a little canola oil in a small pan and add scrambled eggs.
- Add to any type of quiche.
- Finely chop the vegetables. Mix with low-fat soft cream cheese and salt and black pepper. Spread on bagel or toast.
- Cook in a little canola oil in a small pan with chopped potatoes, low-fat breakfast sausage, and salsa.

Lunch and Dinners:

- Cook in a small pan or microwave. Add to soup, stew, sloppy joe mix, spaghetti sauce, or tacos.
- Add to any green salad or tuna, egg, or pasta salad.
- Add to other vegetables such as cabbage or broccoli for a stir-fry. Try adding meat, poultry, fish, eggs, beans or tofu.
- Cook in small pan or microwave. Make a pilaf by adding rice, barley, or another grain; or pasta.
- Make a cool wrap with hummus, vegetables, lettuce, tomato, avocado, and sunflower seeds in a tortilla.
- Replace in recipes calling for fresh or cooked chopped vegetables.



Western Vegetable Salad

Makes 10 servings

Ingredients

- 1 15-ounce can whole kernel corn, drained, or 2 cups frozen corn
- 2 cups cooked black beans or 1 15-ounce can; rinsed and drained
- 1 bell pepper, minced
- $\frac{3}{4}$ cup minced onion
- 1 medium tomato, chopped
- 1 clove garlic ($\frac{1}{4}$ teaspoon powder or $\frac{1}{2}$ teaspoon minced)

Nutrition Facts	
Serving Size $\frac{1}{2}$ cup (110.09g)	
Servings Per Container 10	
Amount Per Serving	
Calories 110	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 18g	6%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 4g	8%
*Percent Daily Values are based on a 2,000 calorie diet.	



Dressing

- $\frac{1}{4}$ cup Italian dressing
- $\frac{1}{2}$ teaspoon chili powder
- 1 Tablespoon lemon or lime juice
- 1 Tablespoon chopped cilantro or 1 teaspoon dried cilantro (optional)
- $\frac{3}{4}$ teaspoon hot pepper sauce (optional)

Directions

1. Drain corn and beans and place in a large bowl.
2. Chop bell pepper, onion, garlic, and tomato, and add to the bean and corn mixture.
3. Mix dressing ingredients. Pour dressing over the salad.
4. Cover the bowl. Refrigerate for at least 6 hours, or overnight.



Add Veggies:

- Add Vegetable Mix (page 37), extra zucchini or avocado.

Create Your Own Main Dish Salad

1. Choose at least one ingredient from each column on this page.
2. Combine and serve.
3. Store leftovers in the refrigerator.



Base	Protein	Vegetables or Fruit
Lettuce or salad greens, 4-5 cups: romaine, spinach, arugula, spring greens Cooked whole-wheat pasta, 3 cups Cooked grain, 3 cups: Brown rice, bulgur, quinoa, couscous Cooked potatoes, 4 cups: chunks regular or sweet potatoes Whole-grain bread: torn in bite-sized pieces and toasted	2 cups cooked dried beans: pinto, black, chickpeas, lentils ½ pound cooked ground meat 1½ cups cooked and diced chicken, turkey, fish, pork, or beef 1-2 cans (6-8 ounces) canned fish, chicken, or beef 1 pound extra firm tofu, drain, marinate in soy sauce and fruit juice 2 cups chopped hard-boiled eggs	2 cups Vegetable Mix (page 37) 2 cups fresh, frozen or canned vegetables 1 cup fruit (optional): apples, orange segments, raisins, dried cranberries

Dressing	Flavor	Topping
Create Your Own Vinaigrette (page 41-42) Fat-free or low-fat dressing	½ to 1 cup diced onion, celery, and/or green pepper 1 cup Vegetable Mix (page 37) ½ cup Salsa (Month 10, Lesson 10) 2-4 Tablespoons fresh herbs or 1-2 teaspoons dried	¼ cup slivered or chopped nuts 2 Tablespoons grated Parmesan cheese ¼ cup shredded low-fat cheddar or mozzarella cheese 2 Tablespoons dried fruit Grated orange or lemon rind

Create Your Own Vinaigrette

1. Put ingredients in a jar, seal and shake. Or mix in a glass or stainless steel bowl with a fork or whisk. Add a pinch of salt and black pepper to taste.
2. Let stand 15 minutes to blend flavors.
3. Store extra dressing in the refrigerator and use within 3 days. After 3 days, freeze or discard remaining dressing.

Herb Vinaigrette: Olive oil, lemon juice, oregano and basil, salt and pepper.

Garlic Mustard Vinaigrette: canola oil, red wine vinegar, Dijon mustard, minced garlic, honey, salt, and pepper.

Italian Vinaigrette: vegetable oil, white vinegar, Italian Seasoning (Month 1, Lesson 1).

Citrus Vinaigrette: canola oil, lemon juice, orange or lemon zest, orange juice.



Create Your Own Vinaigrette

Makes 6 servings (approx. 2 Tablespoons each)

Oil 1/2 cup	Acid 3 Tablespoons	Aromatics 1/2 teaspoon powder 1 teaspoon dried or 3 Tablespoons fresh	Sweet (optional) 1 Tablespoon
Olive Canola Vegetable Walnut	Vinegar (cider, rice, white, red wine, balsamic, etc.) Citrus juice (lemon, lime, orange, grapefruit)	Herbs (fresh or dried) Spices (celery seed, paprika, or others) Garlic or onion Seasoning Mixes (Month 1, Lesson 1), 1 teaspoon Basil and cilantro Dill and parsley Thyme and rosemary Basil, bay leaf, oregano, and parsley Prepared mustards, 1 Tablespoon Zest from orange or lemon (scrape, grate or cut outer, colorful peel)	Honey Maple syrup Brown sugar Orange juice Jam



Vinaigrettes can be used in many ways:

- Add to any cold or warm salad, green salads, pasta salads, fruit salads, vegetable salads, and bean salad.
- Add to coleslaw mix, or sliced cabbage and carrots for your own slaw.
- Marinade fresh vegetables several hours or overnight in a bowl or sealable plastic bag in the refrigerator. Try tomatoes, mushrooms, green beans, zucchini, jicama, yellow squash, or onion slices. Discard marinade after use.
- Marinade for beef, game, fish, tofu, or chicken. Add soy sauce if desired. Marinade several hours or overnight in a bowl or sealable plastic bag in refrigerator. Discard marinade after use. If basting meat while cooking, use fresh marinade.
- Pour over cut vegetables and let sit about 30 minutes before roasting, grilling or broiling.