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Vegetable Group: Add Variety

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VEGETABLE GROUP
Add Variety

Prepare vegetables in different ways:
▲ Raw
▲ Boil
▲ Steam
▲ Bake
▲ Stir-fry
▲ Microwave

How do you usually prepare vegetables?

Mix and Match
• Add vegetables to rice and pasta.
• Add more vegetables to soups, broths, and stews.
• Prepare meats and eggs with vegetables.

Name a dish that you could add vegetables to:

Flavor Helps
Simple things added to vegetables can add to their flavor. Try some of these combinations:
• Beans: bell pepper, chili powder, garlic, ground cloves, onion
• Cabbage: garlic, onion, oregano, rosemary, thyme
• Carrots: anise, cinnamon, cloves, dill, mint, pineapple, sage, tarragon
• Corn: allspice, bell pepper, chili powder, garlic, onion, pimiento, tomato
• Cucumbers: chives, dill, garlic, onion, vinegar
• Green beans: dill, fresh lemon juice, garlic, marjoram, nutmeg, onion, pimiento, rosemary, thyme, tomato
• Greens: garlic, lemon juice, onion, vinegar

Vegetable Group
Vary your veggies
MyPyramid.gov
What seasonings do you add to vegetables?

- Peas: mushrooms, onion, parsley, sage, savory
- Potatoes: chives, dill, garlic, green bell pepper, onions, pimiento, rosemary, sage, thyme
- Summer squash: allspice, chili powder, dill, fennel, garlic, onion, rosemary, savory, thyme
- Sweet potatoes and acorn squash: allspice, cinnamon, cloves, ginger
- Tomatoes: allspice, basil, garlic, marjoram, onion, oregano, sage, savory, tarragon, thyme

**Summer** — green beans, beets, cucumbers, tomatoes, zucchini, peppers

**Fall** — broccoli, cauliflower, winter squash, sweet potatoes, brussels sprouts

**Winter** — broccoli, cabbage

**Did You Know?**
Dark green, deep yellow, and orange vegetables have lots of vitamins and minerals.

**Which vitamin do greens, sweet potatoes, and broccoli have in common?**

**More Savings**
- Pound for pound, vegetables in packages usually cost less than loose vegetables. However, if you won’t be able to use the larger bag before the vegetables spoil, you’ve wasted money.
- Canned and frozen vegetables often cost less than fresh.
- Small-sized vegetables usually cost less, if buying by weight.

*Written by Kathy Daly-Koziel, former EFNEP Coordinator
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