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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
• 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

What seasonings do you add to vegetables?

Summer — green beans, beets, cucumbers, tomatoes, zucchini, peppers
Fall — broccoli, cauliflower, witer 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.

Vegetable Secrets
Fresh is best for flavor but may cost more.
Take advantage of fresh vegetables in season. They cost less in season and have great flavor. Buy crisp-looking fresh vegetables, without bruises.

Available year-round — lettuce, onions, cabbage, carrots, celery, spinach, potatoes
Spring — asparagus, broccoli, spinach

Written by Kathy Daly-Koziel, former EFNEP Coordinator
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