



VARY YOUR VEGGIES

Add Some Vegetables to Your Diet

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What vegetables do you have on hand at home?

Even though people have become more conscious of nutrition, studies show that most do not eat even the minimum number of recommended servings of vegetables. You can print your personalized nutrition plan at www.MyPlate.gov.

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Try one new vegetable a week!

Consider some of the following options to increase your vegetables:

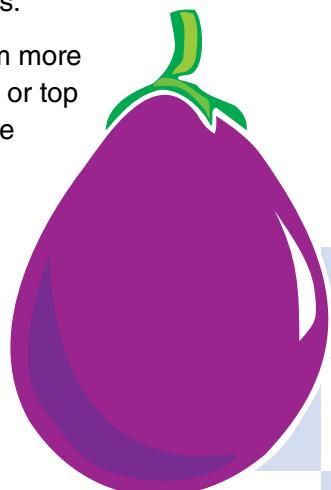
Keep rinsed, ready-to-eat vegetables on hand and easy to find. How many times does someone in your family open the refrigerator door to see what there is to eat and take one of the first foods they see? Let the cleaned vegetables be seen first. Also, set them out when meals and snacks are eaten.

On the run? Cut up some veggies and put them in zip-top bags. Stop in the produce department to see if some vegetables are cut up and ready to eat for a snack. If you do not have a cooler or refrigerator nearby, remember to eat cut-up produce within two hours for safety.

Serve vegetables with other favorite foods for a more balanced plate. For example, serve a mixed vegetable salad or raw vegetable plate with pizza or hamburgers.

Add vegetables to other foods: put tomato slices, sprouts and greens (such as spinach or lettuce) into a sandwich; mix pasta or rice with summer squash (such as zucchini), red pepper strips or broccoli florets; add a layer of spinach to lasagna; grate zucchini or carrots into meat loaves and hamburgers.

Add something to vegetables to make them more enjoyable. Sprinkle with Parmesan cheese or top with a melted low-fat cheese or white sauce made with low-fat milk. Spread with a little cream cheese. Make a dip by blending nonfat or low-fat cottage cheese (or reduced-calorie mayonnaise) with a few tablespoons of low-fat salad dressing (or with dry salad dressing or soup mix).



Recipes!

Hearty Vegetable Beef Soup

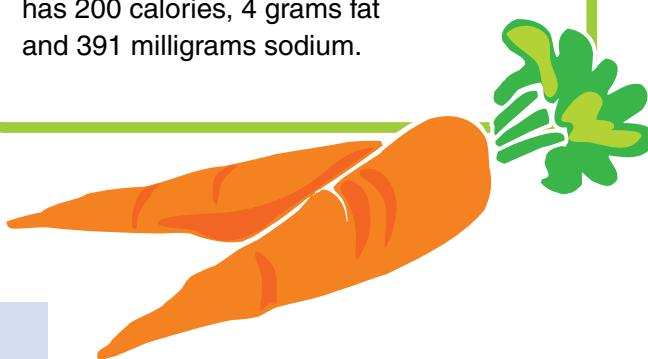
(Makes four servings)

10.5-ounce can unsalted chicken broth*
½ cup water
2 cups frozen mixed vegetables for soup
16-ounce can tomatoes, broken up
1 cup beef, cooked, diced
1 teaspoon thyme leaves, crushed
Dash pepper
¼ teaspoon salt
1 bay leaf
2 ounces (about 1¼ cups) narrow-width
noodles, uncooked

*Reduced-sodium broth may be used and
the salt omitted

Heat broth and water. Add vegetables,
meat and seasonings. Bring to boil,
reduce heat and boil gently, uncovered,
for 15 minutes. Add noodles. Cook until
noodles are tender, about 10 minutes.
Remove bay leaf before serving.

Makes four servings. Each serving
has 200 calories, 4 grams fat
and 391 milligrams sodium.



Soup Substitutes

Many vegetable recipes call for canned soups, which
are often high in sodium. You may want to try these
substitutes:

Medium White Sauce Base

(May be made on top of the stove or in a microwave.)

1 tablespoon butter
2 tablespoon flour
1 cup skim milk
⅛ teaspoon pepper

Herbs or spices may be mixed with the flour for added
taste and interest. Start with ⅛ teaspoon and then let
your taste be your guide.

On top of the stove:

Melt butter in a saucepan. Add flour. Stirring
constantly, heat until the mixture bubbles. Continue
to cook and stir an additional minute. Do not allow
to brown. Add skim milk and continue stirring until
mixture comes to a boil and thickens. Add pepper.

In microwave:

Melt butter in a 4-cup measure on high for 30 to 50
seconds. Stir in flour. Microwave until the mixture
bubbles and continue to cook for 30 seconds. Stir in
skim milk and microwave 6 to 8 minutes, until mixture
thickens, stirring every couple of minutes. Add pepper.

- For **Cream of Celery Soup**, add ¼ cup
chopped celery.
- For **Cream of Mushroom Soup**, add 1 cup
chopped fresh mushrooms or ½ cup canned
mushrooms
- For **Cream of Chicken Soup**, replace ½ of
the skim milk in the white sauce with a low-
sodium chicken broth.

For more information about nutrition, visit www.ag.ndsu.edu/food

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