

## Vary Your Veggies - Broccoli

### CHICKEN AND BROCCOLI BAKE

1 cup brown rice, uncooked  
2 Tablespoons margarine or butter  
¼ cup flour  
2 cups chicken broth, or 1 15-ounce can  
¼ cup parmesan cheese  
1 16-ounce bag frozen broccoli (or about 3 cups fresh)  
3 cups chicken, cooked and cut in small pieces

1. Cook rice according to package directions.
2. In saucepan, melt butter or margarine. Stir in flour. This will be lumpy.
3. Use broth from chicken you cooked, or canned broth. Slowly add broth to margarine/flour. Stir to remove lumps and thicken.
4. Add cheese and stir.
5. Add rice, broccoli and chicken. Stir.
6. Put in a casserole dish and bake at 350 degrees for 30 minutes or until thoroughly heated.

Serves 8. Provides 290 calories, 11 g fat, 3 g fiber, 1/3 cup vegetables.  
From USDA RecipeFinder.

### ITALIAN BROCCOLI WITH TOMATOES

2 cups fresh broccoli florets, or 1 16-ounce bag frozen broccoli  
2 tablespoons water  
¼ teaspoon oregano  
Dash of pepper  
1 large tomato, diced  
¼ cup shredded mozzarella cheese

1. Put broccoli and water in covered casserole dish. Microwave on high 3 to 5 minutes.
2. Drain. Stir in seasonings and tomatoes.
3. Microwave on high 1-2 minutes.
4. Sprinkle with cheese. Microwave one more minute.

Serves 3. Provides 50 calories, 2 g fat, 2 g fiber, 1 cup vegetables.  
From UW-Extension, How Does Your Garden Grow?

### BROCCOLI FOREST VEGGIE TRAY

2 carrots, steamed or microwaved to soften  
3 cups broccoli florets, steamed or microwaved to soften  
1 cup cherry tomatoes  
3 Tablespoons parsley leaves

#### Dipping Sauce:

¼ cup plain non-fat yogurt  
¼ cup light sour cream  
2 teaspoons honey  
2 teaspoons spicy brown mustard



1. Combine yogurt, sour cream, honey, and mustard in a small bowl.
2. Hold carrots against cutting board and trim off ends. Cut each half, crosswise, then lengthwise to make four pieces.
3. Arrange each plate by putting two carrot pieces side-by-side in the center. Arrange broccoli around the carrots forming a cluster. Arrange the tomatoes among the broccoli. Spoon dip around the base of carrots and sprinkle with parsley.

Serves 5. Provides 60 calories, 1.5 g fat, 2 g fiber, 1 cup vegetables.

### BROCCOLI POTATO SOUP

2 potatoes, cut in ½-inch chunks  
½ cup chopped onion  
1 15-ounce can chicken broth  
2 cups water  
1/8 teaspoon nutmeg  
¼ teaspoon pepper

1 16-ounce bag frozen chopped broccoli (or about 3 cups fresh)  
4 Tablespoons parmesan cheese

1. Put potatoes, onion, broth, water, nutmeg and pepper in a 3-quart saucepan and bring to a boil. Lower heat. Cover and simmer 15 minutes.
2. Add broccoli and simmer 5 more minutes.
3. Allow the soup to cool slightly, then puree with a blender or food processor. Or, mash vegetables by hand with a potato masher.
4. Bring the soup back to a boil over moderate heat.
5. Serve with a tablespoon of parmesan cheese on each serving

Serves 4. Provides 95 calories, 1 g fat, 4 g fiber, 1 cup vegetables.  
From Iowa State University Extension, Food for Fitness & Fun.



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# Vary Your Veggies - Broccoli

## How to Choose and Prepare Broccoli

### CHOOSING TIPS

- Select stems of broccoli 8" to 10" in length with heads 3" to 6" across. Look for bunches with dark green heads.
- Do not choose broccoli with:
  - Open or spread out heads
  - Moldy or mushy heads
  - Yellow coloring of heads
  - Soft or limp stems

### PREPARATION

Wash thoroughly in cold water. Snap or cut off end of stem. Cut the heads and stems into small pieces or florets, about the same size. Broccoli may be used raw in salads, plain as a snack, or with dips. It may be boiled or microwaved. Before serving raw broccoli to young children, steam slightly to soften and prevent choking.

#### *To Boil:*

Add broccoli to ¼ cup boiling water. Cook uncovered about 10 minutes, just until tender but still crisp.

#### *To microwave:*

Add 1 tablespoon of water and microwave for about 4 minutes just until tender.

### STORAGE

Store in the refrigerator in a plastic bag, unwashed, leaving the bag open slightly. This will avoid excess moisture, which causes mold to grow. Store up to 7 days. Precut florets will lose freshness faster.



## Broccoli: A Veggie Superstar

### Did you know...

- Broccoli has lots of Vitamin A, to help with vision.
- 1 cup of broccoli has as much Vitamin C as an orange - a full day's supply!
- Broccoli also has folate, calcium, iron and fiber!

Information from:

Joy of Cooking by Irma S. Rombauer, Marion Rombauer Becker & Ethan Becker. Scribner Publishing, New York, 1997.

How does your garden grow? University of Wisconsin-Extension, 2001.



## Vary Your Veggies - Brussels Sprouts

### CARROTS & BRUSSELS SPROUTS WITH BROWN SUGAR

1 pound bag of baby carrots  
1 pound Brussels sprouts, fresh or 1 bag frozen  
1 15-ounce can chicken broth  
1 Tablespoon butter or margarine  
¼ cup brown sugar  
Salt and pepper to taste



1. In a large saucepan, boil water. Add carrots and Brussels sprouts and boil for 4 minutes. Pour off water. (This step helps mellow the flavor of the vegetables. You can skip this step and cook the veggies in the chicken broth if you like a stronger flavor).
  2. Add chicken broth, butter or margarine, and brown sugar.
  3. Bring back to a boil and cook for about 5 minutes, until carrots and Brussels sprouts are tender.
- Serves 6. Provides 115 calories, 2 g fat, 4 g fiber, 1 cup vegetables.

### BRUSSELS SPROUTS & RICE

1 10-ounce can cream of mushroom soup  
1 cup low-fat milk  
1 cup water  
1 Tablespoon butter or margarine  
2/3 cup regular brown rice (not quick-cooking rice)  
2 10-ounce packages frozen Brussels sprouts

1. In a large skillet, heat soup, milk, water, and butter or margarine to boiling, stirring occasionally.
2. Add rice. Reduce heat to low. Cover pan and simmer 15 minutes.
3. Stir in Brussels sprouts. Cover and continue to cook 15 minutes or until the rice and Brussels sprouts are tender, stirring occasionally.

Serves 6. Provides 190 calories, 6 g fat, 5 g fiber, ½ cup vegetables.

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## Vary Your Veggies - Cabbage

### CRISPY APPLE COLESLAW

2 cups cabbage, shredded  
2 apples, cored and cut up  
1 8-ounce can pineapple, crushed and drained  
½ cup fat free mayonnaise



1. Mix the cabbage, apples and crushed pineapple with the mayonnaise in a large bowl.
2. Refrigerate for at least one hour.

Serves 6. Provides 70 calories, 5 g fat, 3 g fiber, ¾ cup vegetables.  
From Iowa Pick a Better Snack.

### ORIENTAL SUPER SLAW

10 oz green cabbage, shredded (~4 cups)  
2 oz carrot, grated (~¾ cup)  
4 oz red cabbage, shredded (~1-1/2 cups)  
1/3 cup vinegar  
1/3 cup sugar  
1/2 teaspoon ground ginger  
1 Tablespoon creamy peanut butter  
8 oz cooked lean beef or chicken

Note: You may substitute one 16 oz. bag slaw mix for the cabbages and carrots.

1. Slice beef or chicken into thin slices.
2. Mix dressing ingredients: vinegar, sugar, peanut butter and ginger until smooth.
3. Toss dressing, vegetables and meat strips. Chill about 1 hour before serving.

Serves 4. Provides 240 calories, 7 g fat, 3 g fiber, 1-1/2 cups vegetables.  
From Iowa Pick a Better Snack.

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## How to Choose and Prepare Cabbage

### CHOOSING TIPS

Select well-formed heads with even color. Leaves should be compact and smooth. A good head of cabbage is heavy for its size.



Do not choose cabbage:

- That is wilted or discolored
- With cracked heads.

### PREPARATION

Wash thoroughly with cold water. Cut into quarters and remove the stalk. Cabbage can be used raw in salads, cooked as a side dish, and added to soups or stews. Cabbage leaves are also used to wrap meat or vegetable fillings.

### STORAGE

Cabbage can be kept in a plastic bag in the refrigerator for up to two weeks. Cut cabbage should be wrapped tightly with plastic wrap and should be used within two days.

Information from:  
How does your garden grow? University of Wisconsin-Extension, 2001.

## How to Choose and Prepare Brussels Sprouts

### CHOOSING TIPS

Choose Brussels sprouts that are firm, compact, bright green, and no larger than a golf ball.

### PREPARATION

If sprouts are attached to a stalk, pull them off. Pull off loose leaves from around the stem, and trim the stems. Rinse in cold water. To cook fastest and most evenly, slice them in half from top to bottom. You can also eat the leaves separately by trimming out the core with a small, sharp knife and pulling the leaves apart.

#### *To Boil:*

Cut an X in the bottom of each sprout with the tip of a knife. Drop sprouts in boiling water and boil for 6-12 minutes for whole sprouts, or 4-7 minutes for halves, or until tender depending on size.

#### *To microwave:*

Cook on high about 6-8 minutes, or until tender when pierced with a fork. Let stand, covered, for 3 minutes before serving.

### STORAGE

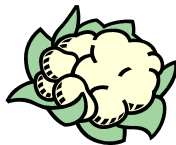
Fresh sprouts will keep several weeks in a cool, dry place. In the refrigerator crisper, they will keep several days, unwashed. They freeze easily after being partially cooked (blanched) in boiling water for 3-4 minutes.

Information from: Joy of Cooking, by I Rombauer, MR Becker & E Becker. Scribner, New York, 1997.

## Vary Your Veggies - Cauliflower

### CAULIFLOWER CASSEROLE

- 1 pound sliced fresh mushrooms, or one 15-ounce can
- 1 large onion, chopped
- 1 large head cauliflower, cut into medium sized chunks, or 1 16-ounce bag, frozen
- 1 clove garlic, chopped
- 1 Tablespoon vegetable oil
- 3 cups cooked rice
- 1 10-ounce can cheese soup



1. Heat oil in skillet, add mushrooms, onion, cauliflower and garlic. Cook over medium heat for 5 minutes.
2. Combine with remaining ingredients in a large casserole dish.
3. Bake, covered for 30 minutes in 350 degree oven.

Serves 6. Provides 240 calories, 5 g fat, 7 g fiber, 1 cup vegetables.

### MASHED POTATOES & CAULIFLOWER

- 4-5 medium potatoes, quartered
- 3 cups frozen or fresh cauliflower
- 2 tablespoons margarine
- ¼ cup milk, heated

1. Wash, peel, and quarter potatoes.
2. Wash fresh cauliflower.
3. Cook potatoes and cauliflower in boiling water for 20-25 minutes or until tender. Drain.
4. Mash with potato masher or on low speed of electric mixer.
5. Add margarine.
6. Gradually beat in warm milk to make light and fluffy.
7. Add salt and pepper to taste.

Serves 8. Provides 60 calories, 3 g fat, 3 g fiber, ¾ cup vegetables.



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## How to Choose and Prepare Cauliflower

### CHOOSING TIPS

Select creamy-white, compact heads with bright green, fresh and firm leaves. Leaves that extend through the florets are okay.

Do not choose cauliflower with:

- Light brown coloring.
- Small, dark spots on the florets.
- Spreading florets.

### PREPARATION

Cut the head of fresh cauliflower in half or quarters, remove the core from each piece, and then cut or break the florets into pieces of the desired size. Cauliflower can be used raw in salads, or as part of a vegetable platter with dip. It can be steamed or boiled. Before serving raw cauliflower to young children, steam slightly to soften and prevent choking.

#### *To microwave:*

Add 1 tablespoon of water and microwave for about 4 minutes just until tender. Let stand, covered, for 2 minutes.

### STORAGE

Store in the refrigerator in a plastic bag, unwashed, leaving the bag open slightly. This will avoid excess moisture, which causes mold to grow. Store up to 7 days. Precut florets will lose freshness faster.

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## Vary Your Veggies - Spinach and Greens

### FETTUCCINI WITH SPINACH

- 1 8-ounce box fettuccini or egg noodles
- 1 10-ounce can cream of mushroom or golden mushroom soup (try low-sodium)
- ½ cup water
- 1/3 cup grated parmesan cheese
- 1 teaspoon Italian seasoning
- 1 teaspoon onion powder
- 8 ounces sliced fresh mushrooms
- 1 16-ounce bag fresh spinach



1. Cook pasta according to package directions.
2. While pasta is cooking, in large skillet combine soup, water, parmesan cheese, Italian seasoning and onion powder.
3. Heat soup and add mushrooms. Bring to a boil.
4. Add spinach on top of soup mixture, cover pan and steam about 5 minutes, until spinach wilts.
5. Serve sauce over pasta.

Serves 4. Provides 350 calories, 10 grams fat, 3 g fiber, 1 cup vegetables.

### KALE AND BEAN SOUP

- 1 tablespoon oil
- 6-8 cloves garlic, crushed and minced
- 1 large onion, chopped
- 4 cups kale, chopped if fresh, or 2 10-ounce packages frozen
- 2 15-ounce cans chicken or vegetable broth (try low-sodium)
- 2 15-ounce cans white beans, any kind, drained
- 1 15-ounce can stewed tomatoes
- 1 teaspoon dried thyme
- 1 teaspoon rosemary
- Salt and pepper to taste

1. In a large pot, heat garlic and onion in oil. Cook until soft.
2. Add kale and cook until wilted, stirring occasionally.
3. Add 3 cups of the broth, 2 cups of beans, tomatoes, thyme, rosemary. Simmer 5-10 minutes.
4. Use a blender, or mash by hand, the remaining beans and broth. Mix into the soup to thicken the soup. Simmer 15-20 minutes.

Serves 9. Each 1-1/2 cup serving provides 140 calories, 2 g fat, 7 g fiber, and ¾ cup vegetables.

### COLORFUL QUESADILLAS

- 8 ounces fat free cream cheese
- ¼ teaspoon garlic powder
- 8 6" flour tortillas
- 2 cups fresh spinach, or one 10-ounce package frozen, thawed and squeezed dry
- 1 cup chopped red bell pepper (1 large pepper)
- 1 cup shredded cheese

1. In a small bowl, combine cream cheese and garlic powder.
2. Spread about 2 Tablespoons of the cheese mixture on each tortilla.
3. On each tortilla, add about 2 Tablespoons each of pepper, cheese and spinach. Fold tortillas in half.
4. Heat a large skillet over medium heat until hot. Put 2 folded tortillas in skillet and heat for 1-2 minutes on each side or until golden brown.
5. Remove quesadillas from skillet, place on plate and cover to keep warm while cooking the rest.
6. Cut each quesadilla into wedges. Serve warm.

Makes 8 quesadillas. Provides 110 calories, 6 g fat, ¼ cup vegetables.

### CRUSTLESS SPINACH PIE

- 1 Tablespoon butter or margarine
- 2 large eggs
- ½ cup flour
- ½ cup low-fat milk
- ½ teaspoon baking powder
- ½ cup mozzarella cheese
- 2 cups chopped fresh spinach, or one 10-ounce package frozen spinach

1. Preheat oven to 350 degrees.
2. Melt butter or margarine in an 8" baking pan.
3. In a separate dish, beat eggs well. Add flour, milk, and baking powder.
4. Pour into baking pan. Stir in cheese and spinach.
5. Bake for 30-35 minutes, or until firm and the cheese is slightly golden brown.

Serves 3. Provides 280 calories, 11 g fat, 1/3 cup vegetables.





# Vary Your Veggies - Spinach and Greens

## How to Choose and Prepare Spinach

### CHOOSING TIPS

- Choose leaves that are crisp and dark green.
- Avoid those that are limp, damaged, or spotted.
- “Baby” spinach with smaller leaves is good in salads.

### PREPARATION

One pound of fresh spinach makes about 1 cup of cooked spinach. Loose spinach can be very gritty straight from the garden, so rinse it thoroughly. It grows in sandy soil that clings to the leaves.

### STORAGE

After washing, dry thoroughly by blotting with paper towels. Wrap in dry paper towels and seal in a plastic bag for storage. Spinach is very perishable and will not remain fresh for more than 1 week.



## How to Choose and Prepare Greens

### CHOOSING TIPS

- Choose smaller-leafed plants for tenderness and mild flavor. Oversized leaves may be tough.
- Avoid yellowed, browned, or wilted leaves.

### PREPARATION

One pound of fresh greens will cook down to about one cup. Wash well in cold water. Remove tough stems and midribs (the part of the stem that extends into the leaf). The thick stems of Swiss chard can be eaten. Stronger flavored greens such as collard, turnip or mustard greens can be blanched to mellow the flavor. To blanch, drop them into boiling water and cook just until wilted. Drain and cool under cold running water. Continue with cooking, boiling with fresh water or stir-frying.

### STORAGE

Wrap unwashed greens in a damp paper towel and store in a plastic bag in the refrigerator. Use within one week. Collards and kale can last up to two weeks.

Information on choosing and preparing from: How does your garden grow? University of Wisconsin-Extension, 2001.





## Vary Your Veggies - Holiday Veggies

### HOLIDAY SWEET POTATOES

- 2 large sweet potatoes
- 2 medium apples
- ½ cup raisins
- 1 cup 100% apple juice or orange juice
- 1 Tablespoon cinnamon

1. Cut sweet potatoes into small chunks. Boil in a small amount of water for about 15 minutes, or until soft.
2. Cut apples in small chunks.
3. In casserole dish, mix all ingredients.
4. Cover and bake about 30 minutes, or until liquid is bubbling and apples are soft. This dish can be cooked ahead and reheated, or cooked while the turkey is in the oven. It can also be cooked on top of the stove if the oven is full, using some extra liquid.

Serves 6. Provides 210 calories, 0 g fat, 6 g fiber, ½ cup vegetables.

### PUMPKIN CAKE

- 1 15-ounce can pumpkin
- 2 eggs
- 1 18-ounce box spice cake mix
- 2 teaspoons baking soda
- 2/3 cup water
- Margarine or nonstick cooking spray

- Topping:**
- 1 cup low-fat whipped topping
  - ¼ cup brown sugar
  - 1 teaspoon vanilla

1. Preheat oven to 350 degrees.
2. In mixing bowl, beat eggs and pumpkin together until smooth.
3. Add cake mix and baking soda, alternating with water.
4. Mix about 2 minutes. Spread in 9x13" greased baking pan.
5. Bake for 20-25 minutes or until center of cake springs back when touched lightly, and cake pulls away from edges of pan.
6. After cake cools, mix together whipped topping, brown sugar and vanilla. Spread topping on cake. Refrigerate until serving time.

Variation: add chopped cranberries, raisins, or nuts to cake.

Makes 24 pieces. Each piece provides 120 calories, 4 g fat, 1 g fiber, and 1 Tablespoon vegetables.

From Simply Good Eating, University of Minnesota Extension.

### STUFFING WITH VEGETABLES

- 1 Tablespoon soft margarine
- 1 cup water
- 1 14-ounce package stuffing mix
- 1 medium onion, finely chopped
- 3 carrots, shredded
- 3 stalks celery, finely chopped
- 1 8-ounce can mushrooms or 1 cup fresh, finely chopped
- 1 apple, finely chopped
- ½ cup cranberries, finely chopped



1. Put margarine and water in large microwave-safe casserole dish. Microwave on high 20 seconds to melt margarine.
  2. In large bowl, mix all other ingredients.
  3. Add water and margarine and mix.
  4. Return stuffing to casserole dish, cover and bake in 350 degree oven for 45 minutes, or microwave on high 20 minutes.
- Serves 10. Provides 190 calories, 3 g fat, 5 g fiber, ½ cup vegetables.

### QUICK VEGETABLE SOUP

- 1 15-ounce can tomatoes - broken up
- 1 13-ounce can low-salt chicken broth OR 1-½ cups broth from cooked chicken or turkey
- 1 small onion, chopped
- 1 cup chicken or turkey, cooked and chopped
- 2 cups leftover vegetables, OR 1 bag (16 ounce) frozen mixed vegetables
- 1/4 teaspoon thyme
- Salt and pepper to taste

1. Use only cooked chicken or turkey for this recipe.
2. Put the tomatoes and broth in a large saucepan or soup pot. Cook on medium heat until they boil.
3. Add the onion. Turn the heat to low, and simmer for 5 minutes.
4. Add the remaining ingredients.
5. Cover the pan and cook for 10 minutes over low heat till vegetables are tender.

Serves 4. Provides 170 calories, 1 g fat, 5 g fiber, 1 cup vegetables.  
From USDA RecipeFinder.



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# Vary Your Veggies - Holiday Veggies

## Tips for Including Veggies at the Holidays

### Holiday Meals

- Start a new holiday tradition with a new vegetable dish.
- If you have dinner at someone else's house, offer to bring a vegetable side dish.
- Try a new winter vegetable: winter squash, broccoli, cauliflower, Brussels sprouts, cabbage, potatoes or sweet potatoes.
- Look creatively at your favorite recipes and find ways to include more vegetables. Soup, dressing (stuffing), and relish trays are a few easy places.
- Add vegetables to your baking. Try making pumpkin or zucchini bread. Add cranberries for a festive look.



### Using Leftovers

- Add frozen, canned or fresh veggies to casseroles or soups you make with leftover meat.
- If you use leftover meat for sandwiches, add lettuce, tomato, peppers, or other veggies.
- Chop up veggies to add to mayonnaise-based salads.
- Use leftover cooked veggies as pizza toppings, or fillers for burritos or wraps.

### Veggie Snacks

- Make veggie snacks festive for the holidays. Add red or green food color to dip for veggies, or use salsa and guacamole as dips.
- Any time cookies or desserts are brought out, bring out a veggie snack at the same time.
- Involve your child in making veggie snacks.



# Vary Your Veggies - Liking Veggies

## KID-FRIENDLY GREEN BEANS

- 1 16-ounce bag frozen green beans (or two cans, or 2-3 cups fresh)
- 1 15-ounce can Italian style diced tomatoes (try low-sodium)
- 4 Tablespoons bread crumbs
- 4 Tablespoons grated parmesan cheese



1. In saucepan or skillet, simmer tomatoes and green beans together until green beans are crisp-tender.
2. Serve topped with a spoonful of bread crumbs and parmesan cheese, to taste.

Serves 4. Provides 140 calories, 3 g fat, 4 g fiber, 1 cup vegetables.

## TORTELLINI SOUP

- 1 8-ounce package frozen or dried tortellini
- 1 15-ounce can chicken broth (try low-sodium)
- 1 28-ounce can tomatoes, diced or stewed
- 1 10-ounce package frozen spinach

1. Heat all ingredients except tortellini in saucepan until boiling.
2. Add tortellini, reduce heat and simmer about 5 minutes until tortellini is tender.

Serves 4. Provides 250 calories, 5 g fat, 6 g fiber, 1 cup vegetables.

## ENGLISH MUFFIN PIZZAS

- 4 whole (8 halves) English muffins
- 1 cup pizza sauce or spaghetti sauce
- ½ cup mozzarella cheese, shredded
- 1 cup cooked chopped broccoli
- 3 Tablespoons shredded carrots
- 1 teaspoon grated Parmesan cheese

1. Toast the English muffin halves.
2. For each English muffin half, add 2 Tablespoons pizza sauce, 1 Tablespoon shredded cheese, 2 Tablespoons broccoli, 1 teaspoon shredded carrots, 1 teaspoon grated Parmesan cheese.
3. Toast or broil for 2 minutes, until cheese melts.

Serves 4. Provides 220 calories, 4 g fat, 4 g fiber, ½ cup vegetables.

## SHEPHERD'S PIE

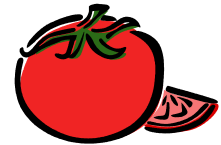
- 1 pound lean ground beef
- 1 onion, chopped
- 2 cups of leftover vegetables, like corn or carrots, or one can of veggies (drained) or one box of frozen veggies
- 2 cups mashed potatoes (leftover is fine)
- 4 slices cheese

1. Preheat oven to 350 degrees.
2. Cook ground beef with onion. Drain fat.
3. In a deep casserole dish, put the beef on the bottom, followed by the vegetables, cheese, and mashed potatoes. Spread all layers to reach sides of dish.
4. Bake uncovered 15 minutes or until peaks of potatoes are golden brown.

Serves 6. Provides 280 calories, 12 g fat, 2 g fiber, 1 cup vegetables.

## TORTILLA TOWERS

- 1 pound lean ground beef
- 1 9 ounce jar chunky salsa
- 1 16 ounce container cottage cheese
- 1 egg
- 1 15-ounce can refried beans
- 1 10-ounce box frozen corn (or 1 can)
- 8 8" flour tortillas
- 2 cups cheese, shredded



1. Preheat oven to 350 degrees.
2. Cook and drain ground beef.
3. Combine cottage cheese and egg.
4. In a large casserole dish, layer tortillas, meat, salsa, cottage cheese, beans and corn. A layer of salsa on the bottom will help keep tortillas from sticking to the dish. Cover with shredded cheese.
5. Bake for 30-40 minutes. Let stand 5 minutes before cutting into wedges. Serve with a salad and rice.

Serves 8. Provides 490 calories, 18 g fat, 6 g fiber, ¼ cup vegetables.

Adapted from 365 Foods Kids Love to Eat.



# Vary Your Veggies - Liking Veggies

## Learning to Like Vegetables

### TIPS

- Try new veggies along with your child.
- Offer a new vegetable many times.
- Offer a new vegetable along with familiar foods.
- Serve new veggies when children are hungry.
- Offer a new vegetable in small amounts, and encourage - but don't force - your child to try it.
- Discourage other family members from making negative comments about vegetables.



From Raising Healthy Eaters, UWExtension 2006.

## Dealing with Family Resistance

### TIPS

- Offer vegetables as snacks for your child.
- Serve veggies at meals you make for just your child, when other family members aren't around.
- Promote vegetables as a special treat. Allow your child to choose a special vegetable "just for them."
- Let your child see you enjoying vegetables, even if other family members don't agree.
- Try a new way of buying or preparing a vegetable. For example, if you have always bought canned spinach, try fresh spinach in a salad.
- Offer vegetables as a side dish for those who want them.
- Have your child help prepare a vegetable for the family meal and have them encourage everyone else to try it.
- Serve foods with a "make your own" option, like tacos with lettuce and tomato or baked potatoes with broccoli and cheese.
- Take advantage of meals away from home - daycare, restaurants, friends' or family's houses - to eat veggies.

## Vary Your Veggies -- Veggie Snacks

### BELL PEPPER NACHOS

3 bell peppers (green, red or yellow), seeded and cut in strips  
1 cup salsa  
2 tablespoons sliced olives  
4 tablespoons shredded cheese

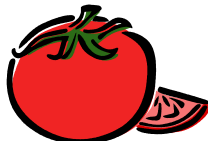


1. Place pepper strips on broiler-proof baking sheet.
2. Top with salsa, olives and cheese.
3. Broil 3-4 inches from heat for 3 minutes or until cheese melts.

Serves 6. Provides 60 calories, 2 g fat, 2 g fiber, 2/3 cup vegetables.  
From Iowa Nutrition Network, Pick a Better Snack.

### TOMATO TOPPERS

Add the following to sliced tomatoes:  
- Shredded mozzarella cheese and basil  
- Parmesan cheese and garlic powder



Microwave 30 seconds and enjoy!  
From Iowa Nutrition Network, Pick a Better Snack

### NUTTY CELERY NIBBLES

4 stalks celery  
1 cup canned crushed pineapple, drained  
1 cup light cream cheese  
1 Tablespoon honey  
2 Tablespoons peanut butter  
1 cup raisins or other dried fruit  
3 Tablespoons finely crushed nuts



Clean celery and trim off the leafy parts. Combine all other ingredients and fill the groove of each celery stalk.

Serves 8. Provides 200 calories, 9 g fat, 2 g fiber, 1/4 cup vegetables.  
From Iowa Nutrition Network, Pick a Better Snack

### BROCCOLI FOREST VEGGIE TRAY

2 carrots, steamed or microwaved to soften  
3 cups broccoli florets, steamed or microwaved to soften  
1 cup cherry tomatoes  
3 Tablespoons parsley leaves

Dipping Sauce:

1/4 cup plain non-fat yogurt  
1/4 cup light sour cream  
2 teaspoons honey  
2 teaspoons spicy brown mustard



1. Combine yogurt, sour cream, honey, and mustard in a small bowl.
2. Hold carrots against cutting board and trim off ends. Cut each half, crosswise, then lengthwise to make four pieces.
3. Arrange each plate by putting two carrot pieces side-by-side in the center. Arrange broccoli around the carrots forming a cluster. Arrange the tomatoes among the broccoli. Spoon dip around the base of carrots and sprinkle with parsley.

Makes 5 servings. Provides 60 calories, 1.5 g fat, 2 g fiber, 1 cup vegetables.

### VEGGIE SNACK ART

1 cup broccoli flowerets, steamed or microwaved to soften  
1 cup grated carrot  
1 cup shredded lettuce  
1 cup cauliflower flowerets, steamed or microwaved to soften  
1 cup cooked green peas  
1 cup fat-free creamy herb or ranch salad dressing



Place cut up veggies in separate bowls. Give each child a bowl or plate. Help them to create edible art!

Serves about 6. Provides 100 calories, 0 g fat, 3 g fiber, 3/4 cup vegetables.



## Vary Your Veggies -- Veggie Snacks

### Kids need snacks because:

- Their stomachs are small. Often they can't eat enough to keep from getting hungry between meals.
- Snacks help kids get enough nutrients to grow and develop.
- Snacks are an important way to help kids get the recommended amount of vegetables each day.

### Veggie Snacks are especially good because:

- They provide vitamins and minerals.
- They can be low in fat and calories.
- They are low in sugar, so they won't harm kids' teeth.
- They contain fiber to prevent constipation.



### Veggie Snack Tips

- Make snacks fun. Try one of the animal shape snacks on the handouts. Make a game of eating a different kind of vegetable for snack each day.
- Get kids involved in making their snack. At the store, let kids choose a new vegetable to try for a snack.
- Combine vegetables with foods from other food groups, such as a slice of tomato and a piece of cheese, or broccoli and dip made with yogurt.
- Offer different shapes, colors and textures: lightly steam or microwave baby carrots and broccoli and offer with cucumber slices or tomato wedges.
- Add vegetables to other snack foods, such as English muffin pizza or quesadillas.
- Cut up a few days worth of veggies and keep them in clear bags in the fridge.
- Try frozen veggies straight out of the bag, or thawed in the fridge.
- Choose vegetables that don't require a lot of preparation (remember that crunchy raw vegetables need to be steamed or microwaved first for young children because they can be a choking hazard).
- Keep other snack foods out of sight, or keep them out of the house.

## Vary Your Veggies - Summer Vegetables

### COLORFUL FARMERS MARKET FEAST

1 Tablespoon margarine or olive oil  
1 medium onion, chopped  
1 clove garlic, minced or pressed  
¼ cup water  
3 cups zucchini, cut in ½" cubes  
1-1/2 cups uncooked corn, cut from 3 ears OR  
1 10-ounce package frozen corn  
1 bell pepper, seeded and chopped



1. Melt margarine in a large frying pan over medium heat. Add garlic and onion and cook for 3 minutes.
2. Add water and vegetables to frying pan. Mix to blend with onion and garlic.
3. Cover and steam about 5 minutes, until vegetables are crisp-tender.

Serves 6. Provides 110 calories, 3 g fat, 4 g fiber, 1 cup vegetables.

### ZESTY SKILLET ZUCCHINI

½ cup tomato juice cocktail, low-sodium (low-sodium V-8)  
¼ teaspoon black pepper  
1 medium onion, finely chopped  
1 medium tomato, chopped  
1 cup mushrooms, sliced  
2 medium zucchini (or summer squash), sliced  
1 teaspoon basil



1. Put the tomato juice and pepper in a skillet or pan. Cook on high heat for 3 minutes.
  2. Add the onion, tomato and mushrooms.
  3. Reduce heat to medium-high. Cover and cook 5 minutes.
  4. Add the zucchini. Cover and cook for another 5-7 minutes.
- Serve this dish with rice or noodles, or eat it "as is."

Serves 6. Provides 35 calories, 0 g fat, 2 g fiber, ¾ cup vegetables.  
From USDA RecipeFinder.

### CRUMB-TOPPED GREEN BEANS WITH MUSHROOMS

1 lb fresh green beans, washed and trimmed (or 1 16-ounce bag frozen)  
2 cups fresh mushrooms, sliced (or 1 10-ounce can)  
¼ cup onion, diced  
2 Tablespoons water  
1 Tablespoon butter or margarine  
1 cup bread crumbs  
1 teaspoon basil



1. In a large skillet, over medium heat, cook green beans, mushrooms and onion in water for 3-4 minutes, or until crisp-tender and water evaporates.
2. Place in serving dish, keep warm.
3. In the same skillet, melt margarine or butter. Add bread crumbs and basil, cook and stir over medium-high heat until light brown.
4. Serve bread crumbs over vegetables.

Serves 6. Provides 120 calories, 3 g fat, 4 g fiber, ¾ cup vegetables.

### FRESH SALSA

2 large tomatoes, chopped  
½ onion, chopped  
½ green bell pepper, chopped  
3 jalapeno chiles, finely chopped, seeded if desired  
¼ cup fresh cilantro  
Juice of 1 lime



In a medium bowl, mix all ingredients. Serve or store salsa in the refrigerator for up to 3 days in a covered plastic or glass container.

Makes about 4 cups. Each cup provides 35 calories, 0 g fat, 2 g fiber, 1 cup vegetables. From 5-A-Day Recipes.





## Vary Your Veggies - Time Savers

### VEGGIE CHILI

- ½ pound ground beef
- 1 15-ounce can kidney beans
- 1 16-ounce bag frozen mixed vegetables
- 1 cup tomato sauce
- 1 Tablespoon instant minced onion
- 1 ½ Tablespoons chili powder, or to taste



1. In large skillet, thoroughly cook ground beef until browned. Drain any excess fat.
2. Stir in kidney beans, vegetables, tomato sauce, onion, and chili powder.
3. Bring to a boil. Reduce heat, cover, and simmer for 10 minutes.

Serves 4. Provides 360 calories, 8 g fat, 13 g fiber, 1 cup vegetables. Adapted from Simply Good Eating, University of Minnesota Extension

### QUICK ONION POT ROAST IN THE SLOW COOKER

- 1 packet onion soup mix
- 3 pounds lean beef or pork roast. Trim off any fat and cut into 2" or smaller cubes.
- 4 potatoes, washed and cut up
- 1 16-ounce bag baby carrots, or regular carrots washed and sliced

1. Sprinkle ½ packet onion soup mix over the bottom of a 4 ½-6 quart slow cooker.
2. Add potatoes, carrots, and meat.
3. Pour the other ½ package of onion soup mix on top. Add 4 cups of water.
4. Cover and cook on low about 10 hours or 5 hours on high.

Serves 8. Provides 250 calories, 11 g fat, 5 g fiber, 1 cup vegetables. Adapted from Healthy Beginnings Portage County.

### MINESTRONE SOUP

- 1 16-ounce bag frozen vegetables, any type
- 1 24-ounce can stewed tomatoes, low-sodium
- 2 15-ounce cans broth, any flavor, low-sodium
- 1 15-ounce can beans, drained, any type
- 1 cup pasta, dry, any type

1. In a large pot, combine frozen vegetables, tomatoes, broth and beans.
2. Bring the soup to a boil and add the pasta. Then reduce to low heat.
3. Let simmer for 6-8 minutes or until the pasta and vegetables are tender.

Serves 6. Provides 200 calories, 1 g fat, 9 g fiber, 1 cup vegetables. From USDA RecipeFinder

### TOP YOUR OWN BAKED POTATOES

- 1 baking potato for each person
- 1 10-ounce package frozen chopped broccoli
- 1 15-ounce can beans, seasoned for chili
- 8 ounces cheese, shredded
- 1 9-ounce jar salsa



1. Pierce potatoes with a fork and bake in microwave (about 10 minutes) or oven (about 1 hour at 350 degrees). When cooking more than 2 or 3 potatoes, plan on more time in the microwave. After cooking, let stand for 5 minutes.
2. Prepare broccoli according to package directions.
3. Heat beans in microwave or on stovetop.
4. Let each person top their own potato. Toppings listed here should be enough for 4-6 potatoes.

One potato plus 1/6 of toppings provides 410 calories, 13 g fat, 10 g fiber, 1-1/4 cup vegetables.



## Vary Your Veggies - Time Savers

### Time Saving Tips

#### CHOOSING TIPS

- Canned and frozen veggies are pre-cut and ready to go.
- Look for bagged frozen vegetable blends - great for soup, stew, or stir-fries.
- Large bags of frozen veggies may be a better buy. You can use part of the bag and put the rest back in the freezer.

#### PREPARING TIPS

- Leave peels on to save time and add fiber.
- Cut up veggies on the weekend or when you have time. Store in plastic bags in the fridge.
- Make up small baggies of cut up veggies for lunches and snacks. Make enough for several days so they're ready to grab and go.
- Keep some seasoned canned vegetables, like Italian style tomatoes or Mexican style beans, on hand. They add flavor to recipes and you don't have to measure out spices.

#### MULTI-TASKING TIPS

- Canned or frozen veggies in the microwave take about the same amount of time as reheating leftovers. When you reheat leftovers, cook some vegetables, too.
- When cooking pasta, cook vegetables in the same pot of water. Serve together.

- Add veggies to other prepared foods, like soup, macaroni and cheese, or pizza.
- Cook enough for two meals. Make extra rice today and use half in a casserole tomorrow. Cook some extra chicken and add to tomorrow's soup. Bake some extra potatoes for homefries tomorrow.

### Slow Cooker Safety

- The direct heat from the pot, long cooking time, and steam in the tightly covered pot combine to destroy bacteria and make the slow cooker a safe place for cooking foods.
- Be sure your cooker, hands, and work area are clean.
- Always defrost meat or poultry before putting it in the cooker. Defrost in the refrigerator, under cold running water, or in the microwave.
- Cut meat into bite size pieces before cooking. Do not use the cooker for large pieces of meat, such as a roast or a whole chicken. Big pieces of meat cook too slowly and stay in the bacterial "danger zone" too long.
- Fill the cooker at least half full, but no more than 2/3 full. Veggies cook more slowly than meat, so put thinly sliced veggies around the edges, add meat in the center, and cover the food with a liquid.
- Keep the lid on. Remove it only to stir or check for doneness.
- You can reheat foods on the stove or microwave and put it in the slow cooker to keep warm. Do not reheat foods in a slow cooker.

From USDA website, [www.fsis.usda.gov](http://www.fsis.usda.gov)



## Vary Your Veggies - Winter Squash

### SPICED BUTTERNUT SQUASH

2 cups cooked butternut squash  
2 Tablespoons low fat milk  
2 Tablespoons apple juice concentrate  
2 Pinches of pumpkin pie spice  
(or a pinch each of cinnamon and nutmeg)  
Black pepper to taste



1. Use one of the methods from the other side of this sheet to cook the squash.
2. Combine all the ingredients in microwave safe dish.
3. Microwave until heated thoroughly (5-6 minutes).  
You can also heat this dish in the oven. Use an ovenproof dish and bake covered in a 350 degree oven for about 20 minutes.

Serves 4. Provides 60 calories, 0 g fat, 3 g fiber, ½ cup vegetables.

### PETER PUMPKIN SQUARES

1 16-ounce can pumpkin	1 ½ cups flour
1 ½ cups brown sugar	1 ½ cups oatmeal
4 eggs	1 Tablespoon cinnamon
½ cup oil	1 teaspoons baking powder
	1 teaspoon baking soda

1. Preheat oven to 350 degrees.
2. In a medium bowl, stir together the pumpkin, brown sugar, eggs and oil. Mix well.
3. In a large bowl, mix the flour, oats, cinnamon, baking powder, and baking soda.
4. Add the pumpkin mix to the flour mix. Stir well.
5. Grease a 9x13" pan with butter or margarine. Pour the batter into the greased pan.
6. Bake for 30 minutes.



Makes 24 squares. Each square provides 160 calories, 6 g fat, 1 g fiber, 1 Tablespoon vegetables.

### SPAGHETTI SQUASH

1 large spaghetti squash  
3 teaspoons margarine  
1/2 cup parmesan cheese

1. Place a whole squash in a pan baking pan with one inch of water, cover with foil and bake in 350 degree oven until squash shows mark when pressed (about 20 minutes).
2. Turn squash over and cook for another 15-20 minutes, adding more water if necessary.
3. When cooked, remove from oven and cut squash length ways.
4. Scoop out seeds and scrape out the flesh with a fork (it will look like spaghetti).
5. Put squash in a bowl, toss with the margarine and cheese, and serve.

Serves 4. Provides 181 calories, 8 g fat, 5 g fiber, 1 cup vegetables.

### BAKED WINTER SQUASH

1 acorn or butternut squash  
2 Tablespoons margarine or butter  
1 Tablespoon brown sugar  
1 teaspoon ground cinnamon  
1 teaspoon vanilla extract  
Pinch of ground cloves  
Pinch of salt



1. Preheat oven to 350°F. Grease a baking sheet and a baking dish.
2. Halve the squash lengthwise and spoon out seeds. Place cut side down onto the baking sheet. Bake squash until it is tender, about 45 minutes.
3. Remove squash from oven and with a spatula, transfer the squash to the baking dish cut sides up.
4. Melt butter, stir in remaining ingredients and spoon evenly over the squash.
5. Bake squash another 15 minutes, until it is very soft. Cool and serve.

Serves 2. Provides 220 calories, 12 g fat, 4 g fiber, ½ cup vegetables.



# Vary Your Veggies - Winter Squash

## How to Choose and Prepare Winter Squash

Types of winter squash include acorn, butternut, buttercup, Hubbard, and spaghetti.

### CHOOSING TIPS

Choose squash that are firm, have a hard, tough skin, free of cracks or soft spots. The skin of winter squash should be dull. Squash that have a shiny skin are immature and not sweet. The size you pick depends on your needs. There is no such thing as an over-sized winter squash. One pound serves 2.

### STORAGE

Winter squash can be stored uncut in a cool, dry place. Do not store in a refrigerator. They can keep up to three months.

### PREPARATION

Scrub and wash dirt off skin with cold water. Some types of winter squash can be difficult to cut. When cutting squash use a heavy knife, cut in half (lengthwise), and scoop out seeds. For squash that are impossible to cut before cooking, cook them whole.

Information from:

How does your garden grow? University of Wisconsin-Extension, 2001.

## What to do with winter squash

Winter squash is typically pre-cooked before it is used in many recipes. It can also be eaten on its own as a side dish or snack. When a recipe calls for pre-cooked squash, use one of the following methods to cook the squash.

### Bake it

Cut squash in half and remove seeds. Place squash cut side up on a rimmed baking sheet, rub cut side with margarine, season with salt and pepper, and sprinkle with brown sugar. Bake at 375° F for up to 1-1/2 hours until the squash skin is blistered and browned and the squash is tender. Remove skin and eat squash as is or puree and use in recipes. Baked squash freezes well and reheats easily.

### Boil it

Cut the squash in half and remove seeds. Then peel and cut squash in chunks. Place in a saucepan and cover with water. Bring to boil until the squash chunks are tender. Drain squash, mash and serve with a little margarine or butter (or use in other recipes).

### Microwave it

Peel and cut squash into chunks. Place in a microwave-safe dish and cover. Microwave on high for 8-10 minutes. Season to taste and serve or use in other recipes.

