

HASKELL COUNTY

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Vegetables from A to Z



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Loaded Vegetable Pasta

2 cups reduced-fat shredded mozzarella cheese
1 cup fresh mushrooms, sliced
3 cups ziti-pasta, cooked and drained
1 - 24 ounce jar spaghetti sauce
2 red peppers, washed and sliced
1 teaspoon dried oregano
2 zucchini, halved, and sliced

Wash your hands and clean your cooking area. Preheat oven to 375 degrees. Combine 1 cup cheese (reserve the remaining 1 cup for later use), ziti, peppers, zucchini, mushrooms, spaghetti sauce, and oregano in a large bowl. Pour mixture into a 9x13 inch baking dish and sprinkle the remaining cheese evenly over the top. Bake for 20-25 minutes.

Preparation Time: 10 minutes, Cook Time: 25 minutes, Serves: 6

Nutrition Facts: Calories: 380, Total Fat: 9 g, Saturated Fat: 4 g, Trans Fat: 0 g, Cholesterol: 15 mg, Sodium: 740 mg, Total Carbohydrates: 56 g, Fiber: 6 g, Protein: 20 g.



MyPlate suggests
making half your plate
fruits and vegetables.

<http://www.choosemyplate.gov/>

Fun Fact!

Acorn squash is one of many different types of squash.

FIGHTBAC!

**Clean: Wash hands
and Surfaces Often**

**Separate: Don't
Cross-Contaminate**

**Cook: Cook to Proper
Temperatures**

**Chill: Refrigerate
Promptly**

<http://www.fightbac.org/>

TEXAS A&M
AGRILIFE
EXTENSION

Acorn Squash

Did you know?

Acorn Squash, also known as winter squash, is best during the fall and winter months.

Acorn squash is an excellent source of Vitamin A.

Acorn squash is also a good source of Vitamin C!

What am I looking for?

- Look for squash that is tender but firm.
- Squash should be heavy in relation to size and looks fresh.
- Avoid squash with a dull appearance.
- Avoid over mature squash with a hard or tough surface.



MyPlate suggests
making half your plate
fruits and vegetables.

<http://www.choosemyplate.gov/>

Fun Fact!

"Martha Washington" is one of the most popular varieties of asparagus.

FIGHTBAC!

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TEXAS A&M
AGRILIFE
EXTENSION

Asparagus

Did you know?

Asparagus is available all year round!

Asparagus is an excellent source of Vitamin C.

Asparagus is also a good source of Vitamin A and
potassium.

What am I looking for?

- Look for asparagus with close, compact tips.
- Select asparagus with a rich green color over most of the spear.
- Wash asparagus well before use.
- Avoid asparagus with moldy or decayed tips as well as spears that are not rounded.

Mixed Vegetable Casserole

1 cup fresh broccoli florets
1 cup fresh asparagus
1 cup fresh baby spinach
1 cup fresh summer squash, sliced
1/3 cup green onion, chopped
1 can low fat cream of mushroom soup
1/2 cup water
1 tablespoon fresh basil
1 tablespoon fresh oregano
Salt and pepper to taste

Preheat oven to 350 degrees. Coat a 2-quart baking dish with fat free cooking spray. Layer broccoli, asparagus, spinach, squash, and onions in the dish. In a small bowl, mix together soup, water, oregano, basil, salt, and pepper. Pour over vegetables. Cover with foil and bake until tender (approximately 30 minutes). Serve immediately.

Preparation Time: 10 minutes, Cook Time: 30 minutes, Serves: 6

Nutrition Facts: Calories: 45, Total Fat: 1 g, Cholesterol: 2 mg, Sodium: 483 mg, Total Carbohydrates: 7 g, Protein: 2 g.

Easy Layer Tomato Dip

1 - 8 ounce package low-fat cream cheese, softened
2 cloves garlic, minced
2 small tomatoes, chopped (about 1/12 p cups)
1/3 cup green onions, chopped
1/4 cup (2% milk) cheddar cheese, shredded
Reduced Fat Wheat Thins or other baked crackers

Mix cream cheese and garlic until well blended. Spread onto bottom of shallow serving dish or bowl. (Such as a 9-inch pie plate). Top with tomatoes, onions, and cheddar cheese. Cover and refrigerate until chilled. Serve as a dip with crackers.

Preparation Time: 5 minutes, Cook Time: 0 minutes, Serves: 32

Nutrition Facts: Calories: 27, Total Fat: 1.8 g, Cholesterol: 2 mg, Sodium: 32 mg, Total Carbohydrate: 1 g, Protein: 1 g.

Scalloped Turnips

4 tablespoons butter or margarine
1/2 cup thinly sliced onions
4 cups peeled, thinly sliced turnips
2 tablespoons flour
1 teaspoon salt
Freshly ground black pepper
3/4 cup milk
1/3 cup cream

Preheat oven to 350 degrees. Butter a 1-quart casserole. Melt 1 tablespoon butter and slightly sauté onions until just wilted. Layer a third of the sliced turnips in the casserole dish; top with a third of the onion; sprinkle with 2 teaspoons of flour, 1/3 teaspoon of salt, and one grind of pepper; pat with dollops from 1 tablespoon of butter. Repeat this layering twice. Mix milk and cream together and pour over the turnips. Cover and bake in a 350 degree F oven for 30 minutes, then remove cover and bake for another 30-45 minutes, or until tender and bubbly.

Preparation Time: 20 minutes, Time Cook: 75 minutes, Serves: 6

Nutrition Facts: Calories: 210, Total Fat: 13 g, Cholesterol: 40 mg, Sodium: 600 mg, Total Carbohydrates: 17 g, Protein: 7 g.



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making half your plate
fruits and vegetables.**

<http://www.choosemyplate.gov/>

Fun Fact!

The ancient Romans were the first to cultivate beets.

FIGHTBAC!

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and Surfaces Often**

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Temperatures**

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Promptly**

<http://www.fightbac.org/>

TEXAS A&M
AGRILIFE
EXTENSION

Beets

Did you know?

Beets are available all year long!

Beets provide a good source of folate, manganese and potassium.

Beets contain beta-carotene which helps support eyesight!

What am I looking for?

- **Look for beets rich in color, firm round, and smooth over most of the surface.**
- **Choose small beets with stalks still intact.**
- **Avoid beets with long scaly areas around the top.**
- **Also avoid wilted, flabby beets which have been exposed to the air too long.**



MyPlate suggests
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<http://www.choosemyplate.gov/>

Fun Fact!

The most popular bell pepper in the United States is the green bell pepper.

FIGHTBAC!

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and Surfaces Often

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Cross-Contaminate

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Temperatures

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Promptly

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TEXAS A&M
AGRILIFE
EXTENSION

Bell Peppers

Did you know?

Bell Peppers are available all year round!

One serving of bell peppers contains nearly two times your daily requirement for Vitamin C!

Bell peppers also contain health-promoting substances called phytochemicals that work to keep our bodies healthy.

What am I looking for?

- Look for medium to dark colored peppers with a glossy sheen.
- Peppers should have firm walls and be relatively heavy in weight.
- Wash peppers well before use.
- Avoid peppers with very thin walls, punctured walls and peppers with soft watery spots on the side.

Sugar Snap Peas

1/2 pound sugar snap peas
1 tablespoon olive oil
1 tablespoon chopped shallots
1 teaspoon chopped fresh thyme
Kosher salt to taste

Preheat oven to 450 degrees. Spread sugar snap peas in a single layer on a medium baking sheet and brush with olive oil. Sprinkle with shallots, thyme, and kosher salt. Bake 6 to 8 minutes in the oven, until tender but firm.

Preparation Time: 10 minutes, Cook Time: 8 minutes, Serves: 4

Nutrition Facts: Calories: 60, Total Fat: 3 g, Cholesterol: 0 mg, Sodium: 0 mg, Total Carbohydrates: 6 g, Protein: 1 g.

Sweet Potato Paté

1 cup canned sweet potatoes, drained
2 tablespoons fat-free vanilla yogurt
1 tablespoon vanilla extract
1/2 tablespoon cinnamon
4 whole graham crackers, divided

Wash your hands and clean your cooking area. Combine sweet potato and and vanilla yogurt in a bowl, processor, or blender. Add vanilla extract and cinnamon. Mix thoroughly until smooth. Spread onto graham cracker squares. Serve immediately or cover and store in the refrigerator.

Preparation Time: 5 minutes, Serves: 4

Nutrition Facts: Calories: 130, Total Fat: 1.5 g, Cholesterol: 0 mg, Sodium: 110 mg, Total Carbohydrates: 25 g, Protein: 2 g.

Simple Swiss Chard

2 tablespoons extra-virgin olive oil
4 cloves garlic, minced
1 bunch Swiss chard, stalks discarded, leaves cut into wide ribbons
1/4 cup balsamic vinegar
Salt and pepper to taste

Heat the olive oil in a large skillet over medium heat. Stir in the garlic and cook until tender and aromatic, about 2 minutes. Add the Swiss chard and balsamic vinegar; cook and stir until the chard is wilted and tender, about 5 minutes. Season with salt and pepper and serve.

Preparation Time: 10 minutes, Cook Time: 10 minutes, Serves: 2

Nutrition Facts: Calories: 180, Total Fat: 14 g, Cholesterol: 0 mg, Sodium: 50 mg, Total Carbohydrates: 12 g, Protein: 2 g.

Tex-Mex Salad

1 15 ounce can no-salt-added black beans, drained and rinsed
1/4 cup chopped green onions
1/4 cup frozen whole-kernel corn, thawed
1/2 cup salsa
2 cups shredded lettuce

Combine beans, onions, corn, and salsa. Spoon mixture over 2 cups lettuce and serve. Refrigerate leftovers.

Preparation Time: 10 minutes, Cook Time: 0 minutes, Serves: 4

Nutrition Facts: Calories: 111, Total Fat: 0.6 g, Cholesterol: 0 mg, Sodium: 103 mg, Total Carbohydrates: 21 g, Protein: 7 g.

Spinach, Strawberry, Pecan Salad

1 pound fresh spinach, washed and dried
1 pint strawberries, washed and halved
1/4 cup pecan halves, toasted

Dressing:

1/3 cup raspberry vinegar
1 teaspoon dry mustard
1/2 teaspoon salt
1/4 cup sugar
1 cup olive oil
1 1/2 Tablespoons poppy seeds

Combine dressing ingredients except the poppy seeds in the blender. Add the poppy seeds by hand. Toss dressing with spinach, strawberries, and pecans. The warm nuts will slightly wilt the greens.

Preparation Time: 10 minutes, Cook Time: 0 minutes, Serves: 6

Nutrition Facts: Calories: 230, Total Fat: 20 g, Cholesterol: 0 mg, Sodium: 190 mg, Total Carbohydrates: 12 g, Protein: 4 g.



MyPlate suggests
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<http://www.choosemyplate.gov/>

Fun Fact!

Beans can be divided into two main groups: those with edible pods and those with edible seeds!

FIGHTBAC!

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Temperatures

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Promptly

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TEXAS A&M
AGRI LIFE
EXTENSION

Black Beans

Did you know?

Black beans are available all year long!

Black beans are an excellent source of magnesium, a mineral lacking in most adult diets!

Black beans are high in protein and serve as a valuable part of a vegetarian or vegan diet.

What am I looking for?

- Look for beans with bright pods that are firm and plump.
- Dried beans shouldn't be kept for more than a year.
- Wash beans well before use.
- Avoid beans with tough pods or pods that are flimsy.



MyPlate suggests
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<http://www.choosemyplate.gov/>

Fun Fact!

Tradition says to eat blackeye peas on New Year's Day to bring good luck!

FIGHTBAC!

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Temperatures

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Promptly

<http://www.fightbac.org/>

TEXAS A&M AGRI LIFE EXTENSION

Blackeye Peas

Did you know?

Blackeye peas are available all year long!

Blackeye peas are a good source of Vitamin A and folate!

Blackeye peas also contain high levels of protein.

What am I looking for?

- Look for peas with bright pods that are firm and plump.
- Dried peas shouldn't be kept for more than a year.
- Wash peas well before use.
- Avoid peas with tough pods or pods that are flimsy.

Tex-Mex Beef Skillet

1 pound ground beef or turkey
1 medium onion, chopped
2 Tablespoons chili powder
2 Tablespoons tomato paste
1 Tablespoon ground cumin
1/2 teaspoon salt
3 cups cooked brown rice
1 - 16 ounce can pinto beans, drained
2 - 4 ounce cans diced green chilies
1 - 14 ounce can diced tomatoes (undrained)
Fresh cilantro for garnish (optional)

In a large skillet over medium-high heat, cook meat and onion until brown, stirring to crumble; drain. Return meat to skillet. Add chili powder, cumin, tomato paste, and salt. Stir in rice, beans, and chilies; heat through. Garnish with cilantro if desired. Serve immediately.

Serves: 6

Nutrition Facts: Calories: 313, Total Fat: 9 g, Cholesterol: 29 mg, Sodium: 43 g, Total Carbohydrates: 43 g, Protein: 16 g.

Roasted Potatoes

2 pounds of potatoes, red or white with skins intact
2 tablespoons olive oil
1/2 teaspoon rosemary
Salt and pepper to taste

Preheat the oven to 425 degrees. Wash the potatoes and allow them to dry. Do not peel the potatoes, but you may wish to cut out the eyes or any surface blemishes. Baby potatoes may be left whole. Large potatoes should be cut into 2 inch cubes.

Place the potatoes in a baking dish and drizzle the olive oil over the potatoes. Add rosemary, salt and pepper.

Roast the potatoes uncovered for approximately 1 hour. Turn the potatoes occasionally during the cooking time. The potatoes will be done when the flesh is soft and easily pierced with a fork.

Preparation Time: 10 minutes, Cook Time: 1 hour, Serves: 4

Nutrition Facts: Calories: 220, Total Fat: 7 g, Cholesterol: 0 mg, Sodium: 15 mg, Total Carbohydrates: 36 g, Protein: 4 g.

Smokey Okra

1 pound fresh okra
1 tablespoon vegetable oil
3/4 teaspoon salt

Preheat a grill to medium high. Toss 1 pound okra with 1 tablespoon vegetable oil and 3/4 each salt and smoked paprika. Thread the okra across 2 skewers, leaving a bit of space between each piece. Grill until tender and charred, 4-5 minutes per side.

Preparation Time: 5 minutes, Cook Time: 10 minutes, Serves: 4

Nutrition Facts: Calories: 70, Total Fat: 3.5 g, Cholesterol: 0 mg, Sodium: 450 mg, Total Carbohydrates: 8 g, Protein: 2 g.

Corn Bread Salad

1 package corn bread mix
2 tomatoes, chopped
1 bell pepper, chopped
1 onion, chopped
5 slices cooked bacon, crumbled
1 teaspoon mustard
Non-fat mayonnaise to taste

Prepare cornbread according to package directions. After cooling, crumble in a large bowl. Add remaining ingredients and toss well. Refrigerate before serving.

Preparation Time: 20 minutes (after cornbread is cooked), Serves: 6

Nutrition Facts: Calories: 234, Total Fat: 8 g, Cholesterol: 9 mg, Sodium: 697 mg, Total Carbohydrates: 35 g, Protein: 6 g.



MyPlate suggests
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<http://www.choosemyplate.gov/>

Fun Fact!

Bok Choy is most widely used in Chinese cooking!

FIGHTBAC!

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Temperatures

Chill: Refrigerate
Promptly

<http://www.fightbac.org/>

TEXAS A&M
AGRILIFE
EXTENSION

Bok Choy

Did you know?

Bok Choy is an excellent source of Vitamin A!

Bok Choy is also an excellent source of Vitamin C!

Bok Choy is a good source of fiber so you stay fuller longer!

What am I looking for?

- Select Bok Choy leaves that are crisp and green.
- Store leaves in a plastic bag in a cool environment.
- Wash the leaves well before use.
- Throw out leaves that are yellow, show signs of decay, or are wilted.



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Fun Fact!

Broccoli has been around for more than 2000 years but it wasn't until the 1920's that Italian immigrants started growing this super vegetable in the United States.

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

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TEXAS A&M
AGRI LIFE
EXTENSION

Broccoli

Did you know?

Broccoli is available all year round!

Broccoli is rich in vitamin C which helps to keep the immune system strong and healthy.

Broccoli is an excellent source of folate to help keep your heart strong.

What Am I Looking For?

- Broccoli is freshest before the yellow buds open. So eat your broccoli when it's fresh and green!
- Fresh broccoli should be refrigerated in a plastic bag and eaten within 2-3 days.
- Be sure to wash broccoli before eating.
- If left to grow, broccoli will turn into a bunch of yellow flowers.

Sweet Potato and Lentil Soup

5 cups chicken stock or 5 cups water
1 cup red lentils
3 medium onions
4 cups sweet potatoes
5 garlic cloves
2 teaspoons ground cumin
1/2 teaspoon ground turmeric
1/4 teaspoon cayenne
1/2 cup coriander, chopped
1 lemons salt and black pepper

Peel and roughly chop the onions and sweet potatoes - can be chunky. Combine with the stock or water, lentils, garlic, cumin, cayenne, and turmeric in a pot. Cover and bring to the boil. Simmer until the potatoes and lentils are cooked - about 20 to 30 minutes. Puree the soup, adding in the coriander and the juice of the lemon. Add salt and pepper to taste.

Preparation Time: 10 minutes, Cook Time: 30 minutes, Serves: 6

Nutrition Facts: Calories: 240, Total Fat: 2.5, Cholesterol: 5 mg, Sodium: 300 mg, Total Carbohydrates: 39 g, Protein: 15 g.

Stuffed Mushrooms

1 pound (about 10-12) large white mushrooms, cleaned and dried with paper towels
2 Tablespoons chopped chives or thinly sliced green onion tops
2 Tablespoons reduced-fat mayonnaise
3 Tablespoons fat-free sour cream
2 Tablespoons grated Parmesan cheese
5 Tablespoons Italian seasoned bread crumbs
1 Tablespoon balsamic vinegar

2-3 drops hot pepper sauce, optional preheat broiler. Spray a baking sheet with non-stick spray. Trim the mushroom stems. Cut off stems, chop, and reserve. Lay the mushrooms, rounded side down, on the baking sheet. In a small bowl, combine 1/3 cup mushroom stems, chives, mayonnaise, sour cream, cheese, bread crumbs, vinegar, and hot pepper sauce. Stir well to mix. Stuff each mushroom with the cheese mixture. Broil 2 inches from the broiler until the stuffing begins to brown, about 2-4 minutes. Serve warm.

Preparation Time: 15 minutes, Cook Time: 2-4 minutes, Serves: 10-12

Nutrition Facts: Calories: 41, Total Fat: 2 g, Cholesterol: 3 mg, Sodium: 159 mg, Total Carbohydrates: 5 g, Protein: 2 g.

Creamy Jalapeño Ranch Dip

- 1 cup buttermilk
- 1 (4 ounce) can chopped green chilies
- 1/2 cup reduced-fat mayonnaise
- 1/3 cup seeded and chopped jalapeño
- 1/3 cup chopped fresh cilantro
- 1 tablespoon minced garlic
- 1 (1 ounce) package ranch dressing mix

Blend buttermilk, green chilies, mayonnaise, jalapeño pepper, cilantro, garlic, ranch dressing mix, and lime juice in a food processor or blender until mostly smooth.

Preparation Time: 15 minutes, Serves: 10

Nutrition Facts: Calories: 60, Total Fat: 4.5 g, Cholesterol: 5 mg, Sodium: 170 mg, Total Carbohydrate: 4 g, Protein: 1 g.

Potato Leek Soup

- 3 large leeks, cut lengthwise, separate, clean. Use only the white and pale green parts, chop.
- 2 Tablespoons butter
- 2 cups water
- 2 cups chicken broth
- 2 pounds potatoes, peeled, diced into 1/2 inch pieces
- Marjoram- dash
- 1/4 cup chopped fresh parsley
- 2 teaspoons chopped fresh thyme, or 1/2 teaspoon dried thyme
- Tabasco sauce or other red chili sauce
- Salt and Pepper

Cook leeks in butter with salt and pepper in a medium sized sauce pan. Cover pan, cook on low heat for 10 minutes. Check often. Do not brown leeks! Browning will give leeks a burnt taste. Add water, broth, and potatoes. Bring to a low simmer and cook for 20 minutes. Scoop about half of the soup mixture into a blender, puree and return to pan. Add marjoram, parsley, and thyme. Add a few dashes of chili sauce to taste. Add some freshly ground pepper, 1-2 teaspoons salt or more to taste.

Preparation Time: 5 minutes, Cook Time: 30 minutes, Serves: 4-6

Nutrition Facts: Calories: 220, Total Fat: 4.5 g, Cholesterol: 0 mg, Sodium: 75 mg, Total Carbohydrate: 40 g, Protein: 5 g.



**MyPlate suggests
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<http://www.choosemyplate.gov/>

Fun Fact!

There are two types of cabbage, red and green.

FIGHTBAC!

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**Separate: Don't
Cross-Contaminate**

**Cook: Cook to Proper
Temperatures**

**Chill: Refrigerate
Promptly**

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TEXAS A&M
AGRILIFE
EXTENSION

Cabbage

Did you know?

One cup of cabbage only has 25 calories!

Cabbage is an excellent source of Vitamins C and K.

Cabbage may help reduce the risk of certain cancers.

What am I looking for?

- **Look for firm or hard heads that are heavy for their size.**
- **Outer leaves should be a good green or red color and free from blemishes.**
- **Wash cabbage well before use.**
- **Avoid cabbage with wilted or decayed outer leaves or leaves turning yellow.**



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Fun Fact!

The first carrots were not grown for food; they were to be used as medicine.

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TEXAS A&M
AGRILIFE
EXTENSION

Carrots

Did you know?

Carrots are available all year round!

Carrots contain a lot of Vitamin A, which helps keep your eyes, skin and hair healthy.

One serving of carrots contains 2 grams of fiber so you stay fuller longer!

What am I looking for?

- Look for carrots that are smooth, well colored, and firm.
- Be sure to wash carrots before eating.
- Bagged carrots keep for up to two weeks, but when they become limp and rubbery, it's time to throw them away.
- Avoid carrots that are wilted or show spots of decay.

Roasted Grape Tomatoes

4 cups grape tomatoes
3 garlic cloves, peeled
3 tablespoons extra-virgin olive oil
2 teaspoons coarse kosher salt
1 teaspoon freshly ground black pepper

Preheat oven to 400 degrees. In a medium bowl add the grape tomatoes and 3 garlic cloves. Drizzle with 3 tablespoons of olive oil and sprinkle with salt, pepper.

In a 9 by 13-inch glass baking dish, place the tomatoes and garlic cloves, ensuring they are in just one layer. Roast for 20 minutes, and then stir. Add 2 to 3 tablespoons of hot water, if too dry in appearance. Return to the oven and cook for 20 to 30 more minutes.

When ready, the tomatoes will have begun to shrivel and the liquid in the dish should have thickened. Serve hot from oven.

Preparation Time: 5 minutes, Cook Time: 50 minutes, Serves: 8

Nutrition Facts: Calories: 60, Total Fat: 5 g, Cholesterol: 0 mg, Sodium: 590 mg, Total Carbohydrates: 4 g, Protein: 1 g.

Garlic Basil Green Beans

2 pounds fresh green beans
2 Tablespoons olive oil
1 clove garlic
1 teaspoon dried basil
Salt and pepper to taste

Slice off stems, ends, and strings from beans. Boil a large pot of water and place in beans. Add garlic and basil. Cook, stirring frequently, about 4 to 5 minutes or until desired consistency. Season with salt and pepper.

Preparation Time: 10 minutes, Cook Time: 6 minutes, Serves: 10

Nutrition Facts: Calories: 62, Total Fat: 3 g, Cholesterol: 0 mg, Sodium: 18 mg, Total Carbohydrates: 9 g, Protein: 2 g.

Cream Cheese'n Herb

1 carrot, shredded (about 1/2 cup)
1/2 cup chive & onion cream cheese
2 cucumbers, cut lengthwise in half, seeded

Reserve 2 tablespoons of carrots. Mix remaining carrots with cream cheese. Spoon into cucumber shells. Top with reserved carrots.

Cut each cucumber half into 2 pieces to serve.

Preparation Time: 10 minutes, Cook Time: 0 minutes, Serves: 4

Nutrition Facts: Calories: 90, Total Fat: 6 g, Cholesterol: 20 mg, Sodium: 180 mg, Total Carbohydrate: 8 g, Protein: 3 g.

Scrumptious Grilled Vegetables

Cooking Spray
1/2 red pepper, cut in strips
8 medium asparagus spears
8-10 fresh string beans
1 medium-large zucchini, sliced lengthwise

Optional Other Ingredients:

Eggplant, onions, summer squash, green pepper, and sliced apples.
Clean vegetables, cut into strips or squares, and lay on grill pan. (You may lightly spray your nonstick pan with canned olive oil, but very lightly.)

Cook vegetables over medium heat. Turn them (with plastic clamps or turners) about 4 times during cooking. Cooking time varies. Start with beans, asparagus, and pepper; after 5 minutes, add the zucchini. If you want to cook eggplant, it takes a bit longer and will get limp.

Preparation Time: 5 minutes, Cook Time: 10-15 minutes, Serves: 4

Nutrition Facts: Calories: 85, Total Fat: 0 g, Cholesterol: 0 mg, Sodium: 4 mg, Total Carbohydrate: 8 g, Protein: 2 g.



**MyPlate suggests
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<http://www.choosemyplate.gov/>

Fun Fact!

Cauliflower originated more than 2,000 years ago in the gardens of Asia Minor and the Mediterranean.

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TEXAS A&M
AGRILIFE
EXTENSION

Cauliflower

Did you know?

Cauliflower is in season from February to May and again from August to December.

One serving of cauliflower contains only 15 calories and 40 percent of your daily Vitamin C!

Cauliflower contains phytochemicals that may help reduce the risk of cancers.

What am I looking for?

- Look for cauliflower that is white or creamy in color with a compact, solid head.
- Keep cauliflower dry. Don't wash until ready to eat.
- Bagged cauliflower can be stored for up to one week in a plastic bag in the refrigerator.
- Avoid cauliflower that is wilted or shows bruising.



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Fun Fact!

Celery was first used as medicine by the Greeks and Romans.

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TEXAS A&M AGRI LIFE EXTENSION

Celery

Did you know?

Celery is available all year round!

One serving of celery is only 20 calories and contains 15%
of our daily Vitamin C requirement.

Celery is also a good source of potassium.

What am I looking for?

- Look for fresh, crisp stalks with a solid, rigid feel.
- Celery should have a glossy surface with light or medium green stalks.
- Wash celery well before use.
- Avoid celery with flabby upper branches or leaf stems, hollowed or discolored centers in the branches.

Blue Cheese Spread

5 ounces reduced-fat cream cheese
3 ounces fat-free cream cheese
1/2 cup crumbled blue cheese
1 teaspoon instant minced onion
Dash garlic powder
1 large stalk celery, finely diced
1/4 cup finely chopped pecans

In a medium bowl, combine cream cheeses, blue cheese, onion and garlic powder. Mash and stir with a fork until mixed. Stir in celery and pecans. Transfer to serving bowl. Serve at once or cover with plastic wrap and refrigerate 1-2 hours.

Preparation Time: 10 minutes, Cook Time: 0 minutes, Serves: 32 (2 teaspoons per serving)

Nutrition Facts: Calories: 26, Total Fat: 2 g, Cholesterol: 5 mg, Sodium: 59 mg, Total Carbohydrate: 1 g, Protein: 1 g.

Grilled Spicy Corn

2 tablespoons butter or margarine, melted
4 ears corn with husks
1 tablespoon taco seasoning mix

Heat coals or gas grill for direct heat. Mix butter and taco seasoning mix. Carefully pull back husk of each ear of corn; remove silk. Spread butter mixture over corn. Pull husks back over ears; tie husks securely with then piece of husk or string. Cover and grill corn 4 to 5 inches from medium heat 20-30 minutes, turning frequently, until tender.

Simplify:

Grilling adds a smoky flavor to these cobs of corn, but you can get similar results by cooking corn on the stove-top. Spread the seasoned butter on the corn just before serving.

Preparation Time: 10 minutes, Cook Time: 30-40 minutes, Serves: 4

Nutrition Facts: Calories: 175, Total Fat: 7 g, Cholesterol: 15 mg, Sodium: 170 mg, Total Carbohydrate: 27 g, Protein: 4 g.

Cabbage with Peas

1 teaspoon vegetable oil
6 cups cabbage, fresh, cut up
1 cup frozen green (English) peas
Salt and pepper to taste

Heat oil in a non-stick skillet. Add cabbage and peas. Cook over medium heat until cabbage is soft. Remove from heat and add salt and pepper. Serve.

Preparation Time: 1 minute, Cook Time: 5 to 10 minutes, Serves: 4

Nutrition Facts: Calories: 45, Total Fat: 1.4 g, Cholesterol: 0 mg, Sodium: 108 mg, Total Carbohydrate: 7 g, Protein: 2 g

Carrot, Orange and Raisin Salad

1 1/2 cups carrots, washed and shredded
1 large orange, peeled and diced
1/2 cup raisins
1/2 cup plain low-fat yogurt

In a large mixing bowl combine carrots, oranges, and raisins. Add yogurt, and mix well. Serve immediately or cover and refrigerate.

Preparation Time: 15 minutes, Serves: 6 portions (1/2 cup each)

Nutrition Facts: Calories: 72, Total Fat: 0 g, Cholesterol: 0 mg, Sodium: 35 mg, Total Carbohydrate: 17 g, Protein: 2 g.

Roasted Cauliflower with Paprika

1 head cauliflower, cored and broken into small florets
2 Tablespoons olive oil
1 1/2 teaspoons paprika
Course salt and ground pepper

Preheat oven to 450 degrees. Line a rimmed baking sheet with aluminum foil. Spread cauliflower on foil. Sprinkle with oil and paprika; toss to coat. Season with salt and pepper. Roast until tender and lightly browned, 20 to 25 minutes; tossing once.

Preparation Time: 10 minutes, Cook Time: 25 minutes, Serves: 4

Nutrition Facts: Calories: 74, Total Fat: 7 g, Cholesterol: 0 g, Sodium: 20 mg, Total Carbohydrate: 4 g, Protein: 1.4 g



MyPlate suggests
making half your plate
fruits and vegetables.

<http://www.choosemyplate.gov/>

Fun Fact!

Corn may also help reduce the risk of certain types of cancer.

FIGHTBAC!

Clean: Wash hands
and Surfaces Often

Separate: Don't
Cross-Contaminate

Cook: Cook to Proper
Temperatures

Chill: Refrigerate
Promptly

<http://www.fightbac.org/>

TEXAS A&M
AGRI LIFE
EXTENSION

Corn

Did you know?

Corn is available all year round!

One medium ear of corn is a good source of Vitamin C,
thiamin and folate!

The phytochemicals in corn can help maintain eye health!

What am I looking for?

- Look for fresh husks with good green color free from decay.
- Corn should be eaten as soon as possible after harvest.
- Wash corn well before use.
- Avoid corn with undeveloped kernels which lack color.



MyPlate suggests
making half your plate
fruits and vegetables.

<http://www.choosemyplate.gov/>

Fun Fact!

The inside of a cucumber measures 20 degrees cooler than the outside.

FIGHTBAC!

Clean: Wash hands
and Surfaces Often

Separate: Don't
Cross-Contaminate

Cook: Cook to Proper
Temperatures

Chill: Refrigerate
Promptly

<http://www.fightbac.org/>

TEXAS A&M
AGRILIFE
EXTENSION

Cucumber

Did you know?

Cucumbers are available from May to October!

Per cup, cucumbers provide 22% of your daily Vitamin K.

Cucumbers have a water content greater than 95%.

What am I looking for?

- Look for firm cucumbers that are heavy relative to their size.
- Cucumbers should be well shaped and well developed but not too large in diameter.
- Wash cucumbers well before use.
- Avoid cucumbers that have a dull color or are turning yellow.

Asian Bok Choy Salad

1/2 cup water
1/4 cup white sugar
1 lemon, juiced
3 tablespoons soy sauce
1/3 cup olive oil
2 medium heads Bok Choy
4 green onions, chopped
1 cup pine nuts
1 (5 ounce) can chow mein noodles

Mix water and sugar in a medium saucepan, and bring to a boil. Cook 5 minutes, stirring occasionally, until a light syrup has formed. Remove from heat, and mix in lemon juice, soy sauce, and olive oil. Refrigerate until serving. In a medium bowl, toss together bok choy and green onions. Top with pine nuts and dried rice noodles. Sprinkle with the dressing to taste.

Preparation Time: 20 minutes, Serves: 8

Nutrition Facts: Calories: 340, Total Fat: 26 g, Cholesterol: 0 mg, Sodium: 550 mg, Total Carbohydrate: 24 g, Protein: 7 g.

Broccoli Salad

6 cups chopped broccoli
1 cup raisins
1 medium red onion, peeled and diced
2 Tablespoons sugar
8 cooked and crumbled bacon slices
2 Tablespoons lemon juice
3/4 cup low fat mayonnaise

Combine all ingredients in a medium bowl. Mix well. Chill for 1-2 hours.

Preparation Time: 15 minutes, Cook Time: 1-2 hours, Serves: 8

Nutrition Facts: Calories: 170, Total Fat: 7 g, Cholesterol: 10 mg, Sodium: 170 mg, Total Carbohydrate: 26 g, Protein: 2 g

Black Bean Bagel Bites

1 cup cooked black beans
1/4 teaspoon cumin
1/4 teaspoon garlic powder
8 100% whole wheat mini bagels
1 cup canned corn, drained
1 cup fat-free mozzarella cheese, shredded
1/2 head lettuce, chopped
1 large tomato, diced

Wash your hands and clean your cooking area. In a skillet or microwave, combine beans, cumin, and garlic powder. Mash thoroughly and heat on low for 1 minute. Spread 1 tablespoon of beans onto half of mini bagel. Layer bagel with corn, cheese, lettuce, and tomato. Serve immediately or cover and store in the refrigerator.

Preparation Time: 15 minutes, Cook Time: 5 minutes, Serves: 16

Nutrition Facts: Calories: 100, Total Fat: 0.5 g, Cholesterol: 5 mg, Sodium: 310 mg, Total Carbohydrate: 17 g, Protein: 8 g.

Cold Black-Eyed Peas and Corn

1 (15 ounce) can black-eyed peas, drained
1 (15.25 ounce) can whole kernel corn, drained
1 (4 ounce) jar pimento peppers, drained
1/4 onion grated
2 cloves garlic, minced
1 tablespoon bottled Italian dressing
1/2 teaspoon ground coriander
1/4 teaspoon dried cilantro

Mix black-eyed peas, corn, pimento pepper, onion, garlic, Italian dressing, coriander, and cilantro in a large bowl until well combined.

Preparation Time: 10 minutes, Cook Time: 0 minutes, Serves: 4

Nutrition Facts: Calories: 190, Total Fat: 1.5 g, Cholesterol: 0 mg, Sodium: 340 mg, Total Carbohydrate: 36 g, Protein: 6 g.



**MyPlate suggests
making half your plate fruits
and vegetables.**

<http://www.choosemyplate.gov/>

Fun Fact!

Eggplant may help reduce the risk of some cancers.

FIGHTBAC!

**Clean: Wash hands
and Surfaces Often**

**Separate: Don't
Cross-Contaminate**

**Cook: Cook to Proper
Temperatures**

**Chill: Refrigerate
Promptly**

<http://www.fightbac.org/>

TEXAS A&M
AGRILIFE
EXTENSION

Eggplant

Did you know?

Eggplant is available all year long!

One cup of eggplant contains only 35 calories.

Eggplant is a good source of fiber so you stay fuller longer.

What am I looking for?

- **Look for firm, heavy, smooth and uniformly purple eggplants.**
- **Wash eggplant well before use.**
- **Avoid eggplant which are poorly colored, soft, shriveled, cut or which show decay in the form of irregular dark brown spots.**



MyPlate suggests
making half your plate
fruits and vegetables.

<http://www.choosemyplate.gov/>

TEXAS A&M
AGRILIFE
EXTENSION

Grape Tomatoes

Did you know?

Grape tomatoes are available all year round but are best from June to October.

Grape tomatoes are an excellent source of Vitamin A and Vitamin C.

Grape tomatoes are also a good source of potassium.

Fun Fact!

Grape tomatoes originated in Southeast Asia!

FIGHTBAC!

Clean: Wash hands
and Surfaces Often

Separate: Don't
Cross-Contaminate

Cook: Cook to Proper
Temperatures

Chill: Refrigerate
Promptly

<http://www.fightbac.org/>

What am I looking for?

- Select ripe tomatoes that are well formed, smooth, and free from blemishes.
- Look for overall rich red color and a slight softness.
- Wash tomatoes well before use.
- Avoid tomatoes that are overripe or bruised.

Beet Dip

1/2 pound red beets (1 large) , peeled and coarsely chopped
1 large scallion, chopped
1/4 cup (packed) chopped fresh spinach
8 ounces nonfat cream cheese
2 teaspoons freshly squeezed lemon juice
1/4 teaspoon salt
2 teaspoons snipped chives

In bowl or food processor, pulse beets, scallion and spinach until finely chopped. Add non-fat cream cheese, lemon juice and salt, and process until well blended, leaving some texture in dip. Transfer to bowl and stir in chives. Serve as a dip with crackers or as a spread on toasted French bread.

Preparation Time: 20 minutes, Serves: 6-8

Nutrition Facts: Calories: 55, Total Fat: 0.5 mg, Cholesterol: 3 mg, Sodium: 335 mg, Total Carbohydrate: 6 g, Protein: 6 g.

Roasted Red Pepper Hummus

2 cloves garlic, minced
1 - 15 ounce can garbanzo beans, drained
1/3 cup tahini
1/3 cup lemon juice
1/2 cup roasted red peppers
1/4 teaspoon dried basil
Salt and pepper to taste

Using a food processor, combine garlic, garbanzo beans, tahini, and lemon juice until smooth. Add red pepper and basil. Mix until all ingredients are combined. Add salt and pepper to taste. Serve immediately or cover and refrigerate.

Preparation Time: 15 minutes, Cook Time: 0 minutes, Serves: 8 portions

Nutrition Facts: Calories: 132, Total Fat: 6 g, Cholesterol: 0 mg, Sodium: 312 mg, Total Carbohydrate: 17 g, Protein: 5 g.

Baked Winter Squash

1/2 cup onion, chopped
1/2 cup part-skim mozzarella cheese
1 tablespoon margarine
1/4 teaspoon pepper
3 cups winter squash, cooked and mashed
(butter, acorn, or spaghetti)

Preheat oven to 400 degrees F. Cook onions on low heat with margarine until tender. Combine all ingredients in a large bowl and place in a 1 quart baking dish. Bake for 35 to 45 minutes.

Preparation Time: 10 minutes, Cook Time: 35 minutes, Serves: 6

Nutrition Facts: Calories: 80, Total Fat: 4 g, Cholesterol: 5 mg, Sodium: 80 mg, Total Carbohydrates: 11 g, Protein: 3 g.

Scrumptious Grilled Vegetables

Cooking Spray
1/2 red pepper, cut in strips
8 medium asparagus spears
8-10 fresh string beans
1 medium-large zucchini, sliced lengthwise

Clean vegetables, cut into strips or squares, and lay on grill pan. (You may lightly spray your nonstick pan with canned olive oil, but very lightly.)

Cook vegetables over medium heat. Turn them (with plastic clamps or turners) about 4 times during cooking. Cooking time varies. Start with beans, asparagus, and pepper; after 5 minutes, add the zucchini. If you want to cook eggplant, it takes a bit longer and will get limp.

Preparation Time: 5 minutes, Cook Time: 10-15 minutes, Serves: 4

Nutrition Facts: Calories: 85, Total Fat: 0 g, Cholesterol: 0 mg, Sodium: 4 mg, Total Carbohydrate: 8 g, Protein: 2 g.



**MyPlate suggests
making half your plate
fruits and vegetables.**

<http://www.choosemyplate.gov/>

Fun Fact!

To test their freshness, snap a green bean in half. The snap should be clean and clear!

FIGHTBAC!

**Clean: Wash hands
and Surfaces Often**

**Separate: Don't
Cross-Contaminate**

**Cook: Cook to Proper
Temperatures**

**Chill: Refrigerate
Promptly**

<http://www.fightbac.org/>

TEXAS A&M
AGRILIFE
EXTENSION

Green Beans

Did you know?

Green beans are available all year round!

Green beans are a good source of Vitamin C and Vitamin K.

Green beans are a good source of fiber to help you stay fuller longer!

What am I looking for?

- Look for fresh, young green beans with good color.
- Select green beans that are firm and crisp in condition.
- Wash green beans well before use.
- Avoid green beans that are wilted, flabby or show signs of decay.



MyPlate suggests making half your plate fruits and vegetables.

<http://www.choosemyplate.gov/>

Fun Fact!

Jalapeño peppers are native to the Americas!

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

TEXAS A&M
AGRILIFE
EXTENSION

Jalapeño Peppers

Did you know?

Jalapeño peppers are available all year long!

Jalapeño peppers are a good source of Vitamin A!

Jalapeño peppers are hot in flavor due to their high levels of capsaicin flavonoid.

What am I looking for?

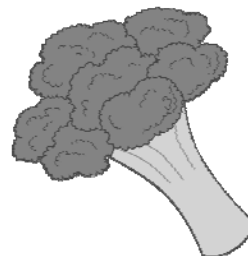
- Look for medium to dark colored peppers with a glossy sheen.
- Peppers should have firm walls and be relatively heavy in weight.
- Wash peppers well before use.
- Avoid peppers with thin walls or peppers with soft water spots.



Recipes to Enjoy!

MyPlate suggests making half your plate fruits and vegetables!

<http://www.choosemyplate.gov>





MyPlate suggests making half your plate fruits and vegetables.

<http://www.choosemyplate.gov/>

Fun Fact!

Zucchini is actually a small Italian summer squash!

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

TEXAS A&M
AGRILIFE
EXTENSION

Zucchini

Did you know?

Zucchini are available all year long!

Zucchini is a good source of Vitamin A!

Zucchini is also a good source of potassium.

What am I looking for?

- Look for small, young squash that are heavy for their size.
- Zucchini should be stored in the refrigerator for two to four days.
- Wash zucchini well before use.
- Avoid zucchini that has cuts or shows signs of decay.



MyPlate suggests making half your plate fruits and vegetables.

<http://www.choosemyplate.gov/>

Fun Fact!

Leeks are a member of the onion family!

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

TEXAS A&M
AGRILIFE
EXTENSION

Leeks

Did you know?

Leeks are available in the spring, summer and autumn months.

Leeks are a good source of manganese.

Leeks may also reduce the risk of certain types of cancer.

What am I looking for?

- Look for leeks with dark-green leaves with fresh roots.
- Choose bulbs with even colored skin.
- Wash leeks well before use.
- Avoid leeks with flabby or wilted leaves or leeks that show signs of decay.

Lentils



MyPlate suggests making half your plate fruits and vegetables.

<http://www.choosemyplate.gov/>

Did you know?

Lentils are available all year long!

Lentils are an excellent source of folate!

Lentils are high in protein and serve as a valuable part of a vegetarian or vegan diet.

Fun Fact!

Lentils are a major staple food for many developing countries.

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

What am I looking for?

- Look for whole lentils free from damage.
- Some lentils require soaking before cooking so read directions carefully.
- Wash lentils well before use.

Yellow Squash



MyPlate suggests making half your plate fruits and vegetables.

<http://www.choosemyplate.gov/>

Did you know?

One serving of yellow squash is only 18 calories!

Yellow squash is an excellent source of Vitamin C.

Yellow squash is also a good source of Vitamin B₆.

Fun Fact!

Yellow squash is one of many different types of squash.

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

What am I looking for?

- Look for squash that is tender but firm.
- Squash should be heavy in relation to size and look fresh.
- Avoid squash with a dull appearance.
- Avoid over mature squash with a hard or tough surface.



MyPlate suggests making half your plate fruits and vegetables.

<http://www.choosemyplate.gov/>

Fun Fact!

There are two types of turnip: early-crop and main-crop!

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

TEXAS A&M
AGRILIFE
EXTENSION

Turnips

Did you know?

Turnips are in season from April to July!

One cup of cooked turnips contains only 34 calories!

Turnips are a good source of Vitamin C and potassium.

What am I looking for?

- Look for turnips small to medium in size that are smooth, fairly round and firm.
- If sold in bunches, the tops should be fresh and have a good green color.
- Wash turnips well before use.
- Avoid turnips with too many leaf scars around the tops or turnips flabby roots.



MyPlate suggests making half your plate fruits and vegetables.

<http://www.choosemyplate.gov/>

Fun Fact!

Some types of mushrooms are poisonous so leave the gathering to the professionals!

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

TEXAS A&M
AGRILIFE
EXTENSION

Mushrooms

Did you know?

Mushrooms are available all year round!

Mushrooms provide many B Vitamins.

Mushrooms help enhance your body's immunity!

What am I looking for?

- Look for young mushrooms that are small to medium in size.
- Mushrooms are best when used on the day of purchase.
- Avoid overripe mushrooms (shown by wide open caps).
- Also avoid mushrooms with discolored caps.

Okra



MyPlate suggests making half your plate fruits and vegetables.

<http://www.choosemyplate.gov/>

Did you know?

Okra is best from December to March!

One cup of boiled okra contains only 22 calories!

Okra is an excellent source of fiber so you stay fuller longer.

Fun Fact!

The okra plant reaches a height of six feet before harvest!

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

What am I looking for?

- Look for okra with tender pods.
- Okra pods should have a bright green color and be free from blemishes.
- Wash okra well before use.
- Avoid okra with tough, fibrous pods and pods that are a faded green color.

Tomatoes



MyPlate suggests making half your plate fruits and vegetables.

<http://www.choosemyplate.gov/>

Did you know?

Tomatoes are available all year long!

Tomatoes are an excellent source of Vitamins A and C!

Tomatoes also contain lycopene that may have health benefits.

Fun Fact!

Tomatoes bought at the beginning of autumn will have the most intense flavor!

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

What am I looking for?

- Look for tomatoes that are well-formed, smooth, well-ripened and free from blemishes.
- Check for a rich red color and a slight softness.
- Wash tomatoes well before use.
- Avoid tomatoes that are bruised or have water-soaked spots.

Swiss Chard



MyPlate suggests making half your plate fruits and vegetables.

<http://www.choosemyplate.gov/>

Did you know?

Swiss chard is in season from June to August, and from October to April!

Swiss chard is an excellent source of Vitamins K and C.

Swiss chard is also a top source of Vitamin A.

Fun Fact!

Swiss chard is very popular in Italian and French cooking!

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

What am I looking for?

- Select fresh-looking bunches with bright, glossy leaves and firm stalks.
- Store Swiss chard in a plastic bag in the vegetable crisper section of the refrigerator.
- Wash the leaves well before use
- If leaves begin to yellow or show signs of decay, it's time to throw them away.

Onions



MyPlate suggests making half your plate fruits and vegetables.

<http://www.choosemyplate.gov/>

Did you know?

Onions are available all year long!

Onions are an excellent source of Vitamin C.

Fun Fact!

Americans eat an average of 18 pounds of onions per year.

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

What am I looking for?

- Look for onions that are hard and covered with papery outer skin.
- Choose onions free from green spots or other blemishes.
- Avoid onions with wet or soft necks.
- Also avoid onions that show signs of decay.

Pinto Beans



MyPlate suggests making half your plate fruits and vegetables.

<http://www.choosemyplate.gov/>

Did you know?

Pinto beans are available all year long!

Pinto beans are an excellent source of selenium which may help reduce the risk of some forms of cancer!

Pinto beans also contain high levels of antioxidants.

Fun Fact!

Pinto beans are most popularly used in Latin American and Southwestern cuisine!

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

What am I looking for?

- Look for beans with bright pods that are firm and plump.
- Dried beans shouldn't be kept for more than a year.
- Wash beans well before use.
- Avoid beans with tough pods or pods that are flimsy.

Sweet Potatoes



MyPlate suggests making half your plate fruits and vegetables.

<http://www.choosemyplate.gov/>

Did you know?

Sweet potatoes are best from October to January!

One medium sweet potato contains over 400% of your Daily Value of Vitamin A!

Sweet potatoes also contain beta-carotene which helps contribute to eye health.

Fun Fact!

Sweet potatoes are often classified as yam, but they are two different vegetables!

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

What am I looking for?

- Look for well-shaped, firm potatoes with smooth, bright, uniformly colored skins.
- Check carefully for signs of decay.
- Wash sweet potatoes well before use.
- Avoid sweet potatoes with holes, cuts, grub injury or any other defects.



TEXAS A&M
AGRILIFE
EXTENSION

Sugar Snap Peas

Did you know?

Sugar snap peas are available from June to September.

Sugar snap peas are an excellent source of Vitamin C.

Sugar snap peas are also a good source of fiber to help you stay fuller longer!

MyPlate suggests making half your plate fruits and vegetables.

<http://www.choosemyplate.gov/>

Fun Fact!

Both the peas and their pods are edible!

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

What am I looking for?

- Select young, bright pods with well-developed peas that snap readily.
- Store peas in a plastic bag for up to three days.
- Wash the peas well before use.
- Yellowed, swollen, or speckled pods indicate poor quality.



TEXAS A&M
AGRILIFE
EXTENSION

Potatoes

Did you know?

Potatoes are available all year long!

One serving of potatoes has 45% of your daily Vitamin C.

Potatoes are a good source of fiber to help you stay fuller longer!

MyPlate suggests making half your plate fruits and vegetables.

<http://www.choosemyplate.gov/>

Fun Fact!

There are over 5,000 different types of potatoes.

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

What am I looking for?

- Look for potatoes that are fairly clean and smooth.
- Choose potatoes free from blemishes, sunburn, and decay.
- Avoid potatoes with cuts or bruises.
- If potatoes begin to sprout or shrivel, it's time to throw them away.



MyPlate suggests
making half your plate
fruits and vegetables.

<http://www.choosemyplate.gov/>

Red Leaf Lettuce

Did you know?

Red leaf lettuce is available all year long!

One serving of red leaf lettuce provides 125 % of the Daily Value of Vitamin A and Vitamin K!

Red leaf lettuce provides a significant amount of antioxidants.

Fun Fact!

Red Leaf is one of many different types of lettuces.

FIGHTBAC!

Clean: Wash hands
and Surfaces Often

Separate: Don't
Cross-Contaminate

Cook: Cook to Proper
Temperatures

Chill: Refrigerate
Promptly

<http://www.fightbac.org/>

What am I looking for?

- Store red leaf lettuce in a plastic bag in the vegetable crisper section of the refrigerator for up to one week after purchase.
- Keep lettuce dry. Don't wash until ready to eat.
- Avoid lettuce that has brown edges or show signs of slime or insect damage.



MyPlate suggests
making half your plate
fruits and vegetables.

<http://www.choosemyplate.gov/>

Spinach

Did you know?

Spinach is available all year long, but its peak season is the cool of spring and fall.

One serving of spinach contains only 20 calories and is a good source of iron!

Spinach is an excellent source of Vitamins A, C, and K.

Fun Fact!

With its strong color, spinach can also be used to dye pastes green!

FIGHTBAC!

Clean: Wash hands
and Surfaces Often

Separate: Don't
Cross-Contaminate

Cook: Cook to Proper
Temperatures

Chill: Refrigerate
Promptly

<http://www.fightbac.org/>

What am I looking for?

- Look for spinach with vibrant green leaves that are crisp and unblemished.
- Keep spinach dry. Don't wash until ready to eat.
- Bagged spinach can be stored for up to one week in a plastic bag in the refrigerator.
- Avoid spinach with soft spots, wet places, yellowing or bruising.