

1964

EC64-932 Vegetables, Money and Minutes

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To Help You Plan Meals

Vegetables in your meals provide flavor, color and texture as well as Vitamins and Minerals needed for Good Health.

Vitamin A - Dark-green and deep-yellow ones are our best choice.

Thiamine - Potatoes and dark-green leafy vegetables are good sources.

Vitamin C - Dark-green, leafy vegetables, green pepper, tomatoes, potatoes and cabbage are sources.

Minerals - A variety of minerals are provided by choosing a variety of vegetables. They are important for growth and to keep the body functioning properly.

Remember, your family needs the nutrients supplied by the foods in these four groups each day:

MILK GROUP

Children.....3-4 cups
Teen Aged.....4 cups
Adults.....2 cups
or more daily

MEAT GROUP

2 or more
servings daily

FRUIT-VEGETABLE GROUP

4 or more servings
daily

BREAD-CEREAL GROUP

4 or more servings
daily

Have You Tried ?

Cooked Vegetables:

Stewed tomatoes with green beans, lima beans, corn or okra.

A few pineapple chunks with glazed carrots.

A combination of greens instead of just one kind. In season include wild greens.

Leftover cooked vegetables in your cheese souffle or casserole.

Salads:

Finely shredded cabbage and lettuce with a favorite dressing.

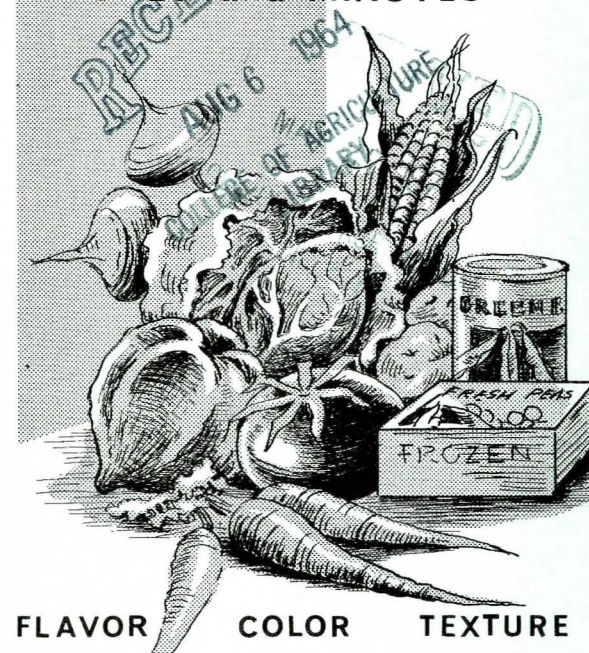
One of the following in tossed salad: crumbled crisp bacon, grapefruit sections, raw cauliflower or garlic-flavored croutons.

Cooked vegetables marinated in tasty French dressing. Drain. Serve on lettuce. Garnish with a strip of pimento.

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VEGETABLES

MONEY and MINUTES



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COLLEGE OF AGRICULTURE

FLAVOR COLOR TEXTURE VEGETABLE MAGIC!

FLAVOR COLOR TEXTURE

You can be a "food artist" when you plan meals to include vegetables that offer a contrast in color, flavor and texture.

Acorn squash-Green lima beans
Asparagus spears-Red tomato
Whole kernel corn - Green
pepper
Celery and tomatoes
Cauliflower - Carrots

A BUYING GUIDE FOR VEGETABLES

Cut vegetables on the bias, in slivers, or slices. This can mean quicker cooking for you and spark interest in the vegetable served at your table.

When You Buy Vegetables

1. Select those firm and crisp in texture and bright in color.
2. Compare costs of canned, frozen and fresh.
3. Use fresh vegetables in season.
4. Read label information.
5. Buy grade for use intended.

Care at Home

1. Wash perishable vegetables carefully and dry thoroughly.
2. Store in plastic bags or covered container in your refrigerator.
3. Peel or cut vegetables just before using.
4. Keep tomatoes at room temperature until ripe.
5. Keep frozen vegetables at 0° F. or below.

When You Cook Vegetables

1. Use fresh vegetables as soon after harvest as possible.
2. Cook most vegetables in a small amount of water with the lid on.
3. Cook green vegetables 10 minutes or more in a medium amount of water with the lid off to preserve the green color.
4. Cook vegetables only until crispy tender.
5. Keep any liquid left from cooking vegetables. Use in soups and gravies.

Weight Watchers - Keep a jar of celery and carrot sticks in the refrigerator. They are an attractive and tempting reminder to eat fewer calories. Other raw vegetables (green peppers, turnips, cauliflower, tomatoes) in season make a welcome change.

A carrot a day - (5 1/2 inches long and 1 inch thick) will supply more vitamin A than an adult needs with only 20 calories.

Vegetables	Market unit	Approximate measure as purchased	Approximate number of servings
Fresh:			
Asparagus	1 lb.	16-20 stalks	4 (1/2 c.)
Beans, snap	1 lb.	3 cups, 1 in.	5
Beets	1 lb.	2 cups, diced	4
Broccoli	1 lb.		3
Brussel sprouts	1 lb.	1 qt. or less	5
Cabbage, raw	1 lb.	1/2 small head (4 c. shredded)	7
" , cooked	1 lb.		4
Carrots	1 lb.	2 1/2 cups (diced-shredded)	5
Cauliflower	1 lb.	1 1/2	3
Celery	1 lb.	2 med. bunches or 2 c. diced	4
Corn, ears	12 med.	3 cups cut	6
Greens	1 lb.		3 to 4
Mushrooms	1 lb.	35 to 45	6
Onions	1 lb.	3 large	4
Peas in pod	1 lb.	1 c. shelled	2
Potatoes			
sweet	1 lb.	3 medium	3
white	1 lb.	3 medium	3
Squash, winter	1 lb.		2 to 3
" , summer	1 lb.		3
Tomatoes	1 lb.	4 small 16 slices	3 cooked 4 raw
Frozen:			
All kinds	10 to 12 oz.-1 lb.	1 1/4 to 2 c.	3 to 4
	1 lb.	2 1/2 cups	5
Canned:			
All kinds	No.303	2 cups	4
(see labels)	No.2 1/2	3 1/2 c.	6 to 7
	No.3	46 oz.	11 (4 oz.)
	8 oz. can	1 cup	2
	16 oz. "		4
	20 oz. "		5
	29 oz. "		7