



SHOP SMART SUMMER EAT WELL 2015

...a quarterly bulletin from the UC CalFresh Nutrition Education Program

Mom Said Eat Your Veggies

*Everybody has been told to eat more fruits and vegetables.
But is it really that important? Read on for the top 8 reasons to eat more
fruits and vegetables and decide for yourself.*

1. **Color and Texture** - Fruits and vegetables add color, texture, and appeal to your plate.
2. **Convenience** - Fruits and vegetables are nutritious in any form: fresh, frozen, canned, dried, and 100% juice.
3. **Fiber** - Fruits and vegetables provide fiber that helps fill you up and keeps your digestive system happy.
4. **Low in Calories** - Fruits and vegetables are naturally low in calories.
5. **May Reduce Disease Risk** - Eating plenty of fruits and vegetables may help reduce the risk of many diseases including heart disease, high blood pressure, and some cancers.
6. **Vitamins and Minerals** - Fruits and vegetables are rich in vitamins and minerals that help you feel healthy and energized.
7. **Variety** - Fruits and vegetables are available in an almost infinite variety. There is always something new to try!
8. **Quick, Natural Snack** - Fruits and vegetables are nature's treat and easy to grab for a snack.



Create Amazing Veggies

Create delicious and nutrition vegetable dishes from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each dish serves four adults.

1	Choose one or more summer vegetables to make 4 cups															
	<table style="width: 100%; border: none;"> <tr> <td style="width: 25%;">Bell Pepper</td> <td style="width: 25%;">Eggplant</td> <td style="width: 25%;">Peas</td> <td style="width: 25%;">Squash</td> </tr> <tr> <td>Carrots</td> <td>Green Beans</td> <td>Potato</td> <td>Tomatillo</td> </tr> <tr> <td>Corn</td> <td>Jalapeno</td> <td>Shallot</td> <td>Tomato</td> </tr> <tr> <td>Cucumber</td> <td>Onion</td> <td>Spinach</td> <td>Zucchini</td> </tr> </table>	Bell Pepper	Eggplant	Peas	Squash	Carrots	Green Beans	Potato	Tomatillo	Corn	Jalapeno	Shallot	Tomato	Cucumber	Onion	Spinach
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Carrots	Green Beans	Potato	Tomatillo													
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2	Choose a cooking method															
	<ul style="list-style-type: none"> • Fresh: No cooking method required (salads, veggie trays, etc.). 															
	<ul style="list-style-type: none"> • Roast: Chop vegetables into uniform 1" cubes. Combine with 1-2 tablespoons olive oil and herbs as desired. Put on a baking sheet in single layer. Roast at 425°F until tender, 10-50 minutes depending on vegetable. Stir occasionally. Roasting brings out naturally sweet flavor of vegetables! 															
	<ul style="list-style-type: none"> • Steam: Bring water to a boil in sauce pan with steamer basket. Place vegetables in the steamer. Cover and steam until tender (3-10 minutes depending on vegetable). If vegetables are green, leave lid askew to help retain color. 															
	<ul style="list-style-type: none"> • Sauté: Heat a small amount of oil or water on low heat. Turn heat to medium-high and when pan is hot, add food. Don't over-crowd food. The goal is to create a crust around each piece of food in the pan so that it is browned and crispy outside and tender inside. Do no over-stir. 															
	<ul style="list-style-type: none"> • Grill/broil: Spray grill rack or broiler with cooking spray. Heat grill or broiler pan to 10-15 minutes. Add cubed or sliced vegetables. Leave 3/4 inch between food items to ensure even cooking. "Flip" vegetables only once during cooking to sear. Use seasonings for flavor; add sticky sauces just before serving or pass sauce around table. 															
3	Choose one or more flavors (optional)															
	<ul style="list-style-type: none"> • Chopped onion, celery, green pepper, hot pepper 															
	<ul style="list-style-type: none"> • Minced garlic and/or ginger 															
	<ul style="list-style-type: none"> • Lemon juice and/or zest 															
	<ul style="list-style-type: none"> • 1-2 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, rosemary, sage, dill, etc.) 															
	<ul style="list-style-type: none"> • Salt and pepper to taste 															
	<ul style="list-style-type: none"> • Soy sauce, balsamic vinegar, red wine vinegar, sesame oil, or olive oil 															
4	Choose one or more extras (optional)															
	<ul style="list-style-type: none"> • 1/4 cup breadcrumbs, 2 tablespoons grated parmesan cheese, 1/4 cup grated cheddar or mozzarella cheese 															
DIRECTIONS:																
Select vegetables and cooking method. Choose flavors and extras. Cook according to instructions above. Add extras before serving.																

Source: Utah State University, Food Sense

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