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!

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

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.
## Baked Winter squash

<table>
<thead>
<tr>
<th>1/2 cup onion, chopped</th>
<th>Preparation Time: 10 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup part-skim mozzarella cheese</td>
<td>Cook Time: 35 minutes</td>
</tr>
<tr>
<td>1 Tablespoon margarine</td>
<td>Serves: 6</td>
</tr>
<tr>
<td>1/4 teaspoon pepper</td>
<td></td>
</tr>
<tr>
<td>3 cups winter squash, cooked and mashed (butter, acorn or spaghetti)</td>
<td></td>
</tr>
</tbody>
</table>

Preheat oven to 400 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.

<table>
<thead>
<tr>
<th>Nutrition Facts:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories: 80</td>
</tr>
<tr>
<td>Total Fat: 4 g</td>
</tr>
<tr>
<td>Cholesterol: 5 mg</td>
</tr>
<tr>
<td>Sodium: 80 mg</td>
</tr>
<tr>
<td>Total Carbohydrate: 11 g</td>
</tr>
<tr>
<td>Protein: 3 g</td>
</tr>
</tbody>
</table>

[http://healthyliving.tamu.edu/recipes](http://healthyliving.tamu.edu/recipes)

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Fill the plate below with drawings of your favorite fruits and vegetables.
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.

Fun Fact!

“Martha Washington” is one of the most popular varieties of asparagus.

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.
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 four times during cooking. Cooking time varies. Start with beans, asparagus, and pepper; after five 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:
Calories: 85
Total Fat: 0 g
Cholesterol: 0 mg
Sodium: 4 mg
Total Carbohydrate: 8 g
Protein: 2 g

http://healthyliving.tamu.edu/recipes

Can you help the summer squash find the snap peas?

---

[maze image]
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!

Fun Fact!
The ancient Romans were the first to cultivate beets.

FIGHTBAC!
Clean: Wash hands and Surfaces Often
Separate: Don’t Cross-Contaminate
Cook: Cook to Proper Temperatures
Chill: Refrigerate Promptly

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.
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 nonfat 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 g
Cholesterol: 3 mg
Sodium: 335 mg
Total Carbohydrate: 6 g
Protein: 6 g

http://www.dole.com

Fill the plate below with drawings of your favorite fruits and vegetables
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.

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

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.

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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  

http://healthyliving.tamu.edu

Facebook

Find these fruits and vegetables in the word search below:

<table>
<thead>
<tr>
<th>Swiss Chard</th>
<th>Sugar Snap Pea</th>
<th>Bell Pepper</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grape Tomato</td>
<td>New Potato</td>
<td>Summer Squash</td>
</tr>
</tbody>
</table>

A C E D S R T D N P L E Y  
R I P B E L L P E P P E R  
N W Z C O D M M E T L O C  
S X W B T S W O L E R V M  
U U A D Z B U N I M K L O  
M I G R A P E T O M A T O  
M G R A T Y F B J Q O E L  
E R C H R V Z M U E T R S  
R E P C L S F R E B A A D  
S T W S I O N L E V T H I  
Q P U S N V G A R T O T X  
A L R I F B E B P Z P A V  
S W O W X V R T H I W A W  
H I C S D T R S L H E A Q  
F U Y S Z V B T H F N A Z
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.

Fun Fact!

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

FIGHTBAC!

Clean: Wash hands and Surfaces Often
Separate: Don’t Cross-Contaminate
Cook: Cook to Proper Temperatures
Chill: Refrigerate Promptly

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.
Black Bean Bagel Bites

1 cup cooked black beans, mashed
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

http://healthyliving.tamu.edu/recipes

Fill the plate below with drawings of your favorite fruits and vegetables.
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.

Fun Fact!
Tradition says to eat blackeye peas on New Year’s Day to bring good luck!

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.

MyPlate suggests making half your plate fruits and vegetables.
http://www.choosemyplate.gov/

FIGHTBAC!
Clean: Wash hands and Surfaces Often
Separate: Don’t Cross-Contaminate
Cook: Cook to Proper Temperatures
Chill: Refrigerate Promptly
http://www.fightbac.org/

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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

http://www.allrecipes.com/recipes

Name that vegetable!

MRMEUS  SAHUSQ

WNE OTASPETO
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!

Fun Fact!

Bok Choy is most widely used in Chinese cooking!

FIGHTBAC!

- **Clean**: Wash hands and Surfaces Often
- **Separate**: Don’t Cross-Contaminate
- **Cook**: Cook to Proper Temperatures
- **Chill**: Refrigerate Promptly

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.

MyPlate suggests making half your plate fruits and vegetables.

http://www.choosemyplate.gov/

http://www.fightbac.org/

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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

Find these fruits and vegetables in the word search below:

Swiss Chard
Grape Tomato

Sugar Snap Pea
New Potato

Bell Pepper
Summer Squash

A C E D S R T D N P L E Y
R I P B E L L P E P P E R
N W Z C O D M M E T L O C
S X W B T S W O L E R V M
U U A D Z B U N I M K L O
M I G R A T Y F B J Q O E L
E R C H R V Z M U E T R S
R E P C L S F R E B A A D
S T W S I O N L E V T H I
Q P U S N V G A R T O T X
A L R I F B E B P Z P A V
S W O W X V R T H I W A W
H I C S D T R S L H E A Q
F U Y S Z V B T H F N A Z

http://allrecipes.com/recipe/
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.

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

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.
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

http://healthyliving.tamu.edu/recipes

Can you help the summer squash find the broccoli?
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.

Fun Fact!

There are two types of cabbage, red and green.

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.

MyPlate suggests making half your plate fruits and vegetables.

http://www.choosemyplate.gov/

FIGHTBAC!

Clean: Wash hands and SurfacesOften

Separate: Don’t Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

http://www.fightbac.org/

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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: 0.0 mg
Sodium: 108 mg
Total Carbohydrate: 7 g
Protein: 2 g

http://healthyliving.tamu.edu

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Fill the plate below with drawings of your favorite fruits and vegetables
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!

Fun Fact!

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

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.

MyPlate suggests making half your plate fruits and vegetables.

http://www.choosemyplate.gov/

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FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don’t Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

http://www.fightbac.org/
Carrot, Orange and Raisin Salad

- 1½ 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

http://healthyliving.tamu.edu/recipes

Vegetable Joke
Use the pictures provided to find the answer to the joke. Write your answer in the spaces below.

How do you fix a broken tomato?

___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___
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.

Fun Fact!

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

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.
Roasted Cauliflower with Paprika

1 head cauliflower, cored and broken into small florets
2 tablespoons olive oil
1 1/2 teaspoons paprika
Coarse 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

http://healthyliving.tamu.edu/recipes

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<td>New Potato</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
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.

Fun Fact!

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

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.

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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:
Calories: 26
Total Fat: 2 g
Cholesterol: 5 mg
Sodium: 59 mg
Total Carbohydrate: 1 g
Protein: 1 g

http://healthyliving.tamu.edu/recipes

Fill the plate below with drawings of your favorite fruits and vegetables
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!

Fun Fact!

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

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.
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 thin 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

http://healthyliving.tamu.edu

Fill the plate below with drawings of your favorite fruits and vegetables.
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%.

Fun Fact!

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

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.

MyPlate suggests making half your plate fruits and vegetables.

http://www.choosemyplate.gov/

FIGHTBAC!

Clean: Wash hands and Surfaces Often
Separate: Don’t Cross-Contaminate
Cook: Cook to Proper Temperatures
Chill: Refrigerate Promptly

http://www.fightbac.org/

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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
Serves: 4

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

http://healthyliving.tamu.edu

Vegetable Color Match

Can you match the vegetables with their correct color?

Be careful! Some may have more than one right answer!

New potatoes
Swiss Chard
Bell Peppers
Sugar Snap Peas
Summer Squash
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.

Fun Fact!

Eggplant may help reduce the risk of some cancers.

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.
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 four times during cooking. Cooking time varies. Start with beans, asparagus, and pepper; after five 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

http://healthyliving.tamu.edu

Fill the plate below with drawings of your favorite fruits and vegetables.
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!

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.

MyPlate suggests making half your plate fruits and vegetables.

http://www.choosemyplate.gov/

FIGHTBAC!

Clean: Wash hands and Surfaces Often
Separate: Don’t Cross-Contaminate
Cook: Cook to Proper Temperatures
Chill: Refrigerate Promptly

http://www.fightbac.org/

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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 1 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 carbohydrate: 4 g
Protein: 1 g

http://www.foodnetwork.com

Find these fruits and vegetables in the word search below:

Swiss Chard
Grape Tomato

Sugar Snap Pea
New Potato

Bell Pepper
Summer Squash

A C E D S R T D N P L E Y
R I P B E L L P E P P E R
N W Z C O D M M E T L O C
S X W B T S W O L E R V M
U U A D Z B U N I M K L O
M I G R A P E T O M A T O
M G R A T Y F B J Q O E L
E R C H R V Z M U E T R S
R E P C L S F R E B A A D
S T W S I O N L E V T H I
Q P U S N V G A R T O T X
A L R I F B E B P Z P A V
S W O W X V R T H I W A W
H I C S D T R S L H E A Q
F U Y S Z V B T H F N A Z
Green Bean

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!

Fun Fact!

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

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/

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age or national origin.
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 Carbohydrate: 9 g
Protein: 2 g

http://healthyliving.tamu.edu

Fill the plate below with drawings of your favorite fruits and vegetables.
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.

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

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.

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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

http://allrecipes.com

Can you help the summer squash find the bell peppers?
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.

Fun Fact!
Leeks are a member of the onion family!

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.

MyPlate suggests making half your plate fruits and vegetables.
http://www.choosemyplate.gov/

FIGHTBAC!
Clean: Wash hands and Surfaces Often
Separate: Don’t Cross-Contaminate
Cook: Cook to Proper Temperatures
Chill: Refrigerate Promptly

http://www.fightbac.org/

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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 & 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

http://www.simplyrecipes.com/recipes

Fill the plate below with drawings of your favorite fruits and vegetables.
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

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.
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 20-30 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 Carbohydrate: 39 g
Protein 15 g

http://www.food.com

Name that Vegetable!

MRMEUS   SAHUSQ
_________  ___________

WNE   OTASPETO
_____  ___________
Mushrooms

Did you know?

Mushrooms are available all year round!
Mushrooms provide many B Vitamins.
Mushrooms help enhance your body’s immunity!

Fun Fact!

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

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.

MyPlate suggests making half your plate fruits and vegetables.

http://www.choosemyplate.gov/

FIGHTBAC!

Clean: Wash hands and Surfaces Often
Separate: Don’t Cross-Contaminate
Cook: Cook to Proper Temperatures
Chill: Refrigerate Promptly

http://www.fightbac.org/

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**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 nonstick 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 Carbohydrate: 5 g  
Protein: 2 g

http://healthyliving.tamu.edu

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**Vegetable Joke**

Use the pictures provided to find the answer to the joke. Write your answer in the spaces below.

**How do you fix a broken tomato?**

---
Okra

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!

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.

MyPlate suggests making half your plate fruits and vegetables.

http://www.choosemyplate.gov/

FIGHTBAC!
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Cook: Cook to Proper Temperatures
Chill: Refrigerate Promptly

http://www.fightbac.org/

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Smokey Okra

1 lb 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 teaspoon 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 to 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 Carbohydrate: 8 g
Protein: 2 g

http://www.foodnetwork.com

Name that Vegetable!

RUSAG   APNS   PSAE
_________   _______   _______

SISWS   HRDAC
_________   __________
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.

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.

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don’t Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

http://www.choosemyplate.gov/

http://www.fightbac.org/
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 Per Serving:
Calories: 234
Total fat: 8 g
Cholesterol: 9 mg
Sodium: 697 mg
Total Carbohydrate: 35 g
Protein: 6 g

http://healthyliving.tamu.edu

Fill the plate below with drawings of your favorite fruits and vegetables
Pinto Beans

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!

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 making half your plate fruits and vegetables.

http://www.choosemyplate.gov/

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don’t Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

http://www.fightbac.org/

Educational programs of the Texas A&M Agrilife Extension Service are open to all people without regard to race, color, sex, disability, religion, age or national origin.
Tex-Mex Beef Skillet

1 pound ground beef or turkey
1 medium onion, chopped
2 Tablespoon chili powder
2 Tablespoon tomato paste
1 Tablespoon ground cumin
½ 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)

Serves: 6

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

http://healthyliving.tamu.edu

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.

Find these fruits and vegetables in the word search below:

<table>
<thead>
<tr>
<th>Swiss Chard</th>
<th>Sugar Snap Pea</th>
<th>Bell Pepper</th>
<th>Summer Squash</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grape Tomato</td>
<td>New Potato</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

A C E D S R T D N P L E Y
R I P B E L L P E P P E R
N W Z C O D M M E T L O C
S X W B T S W O L E R V M
U U A D Z B U N I M K L O
M I G R A P E T O M A T O
M G R A T Y F B J Q O E L
E R C H R V Z M U E T R S
R E P C L S F R E B A A D
S T W S I O N L E V T H I
Q P U S N V G A R T O T X
A L R I F B E B P Z P A V
S W O W X V R T H I W A W
H I C S D T R S L H E A Q
F U Y S Z V B T H F N A Z
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!

Fun Fact!

There are over 5,000 different types of potatoes.

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/

FIGHTBAC!

Clean: Wash hands and Surfaces Often
Separate: Don’t Cross-Contaminate
Cook: Cook to Proper Temperatures
Chill: Refrigerate Promptly

http://www.fightbac.org/
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 one 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 per serving:
Calories: 220
Total Fat: 7 g
Cholesterol: 0 mg
Sodium: 15 mg
Total Carbohydrate: 36 g
Protein: 4 g

http://healthyliving.tamu.edu/recipes

Find these fruits and vegetables in the word search below:

<table>
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</tr>
</thead>
<tbody>
<tr>
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<td>New Potato</td>
<td>Summer Squash</td>
</tr>
</tbody>
</table>

A  C  E  D  S  R  T  D  N  P  L  E  Y
R  I  P  B  E  L  L  P  E  P  P  E  R
N  W  Z  C  O  D  M  M  E  T  L  O  C
S  X  W  B  T  S  W  O  L  E  R  V  M
U  U  A  D  Z  B  U  N  I  M  K  L  O
M  I  G  R  A  P  E  T  O  M  A  T  O
M  G  R  A  T  Y  F  B  J  Q  O  E  L
E  R  C  H  R  V  Z  M  U  E  T  R  S
R  E  P  C  L  S  F  R  E  B  A  A  D
S  T  W  S  I  O  N  L  E  V  T  H  I
Q  P  U  S  N  V  G  A  R  T  O  T  X
A  L  R  I  F  B  E  B  P  Z  P  A  V
S  W  O  W  X  V  R  T  H  I  W  A  W
H  I  C  S  D  T  R  S  L  H  E  A  Q
F  U  Y  S  Z  V  B  T  H  F  N  A  Z
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.

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.
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 Carbohydrate: 21 g
Protein: 7 g

http://healthyliving.tamu.edu/recipes

Look at the patterns below and decide which fruit or vegetable comes next!

Potato - Tomato - Potato - [Blank]

Zucchini - Swiss Chard - Zucchini - [Blank]
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!

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.
Spinach, Strawberry, Pecan Salad

Ingredients:
- 1 pound fresh spinach, washed & dried
- 1 pint strawberries, washed & 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 a 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 Carbohydrate: 12 g
- Protein: 4 g

http://healthyliving.tamu.edu/recipes

Vegetable Joke

Use the pictures provided to find the answer to the joke. Write your answer in the spaces below.

How do you fix a broken tomato?

___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___}

___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___}
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!

Fun Fact!

Both the peas and their pods are edible!

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.

MyPlate suggests making half your plate fruits and vegetables.

http://www.choosemyplate.gov/

FIGHTBAC!

Clean: Wash hands and Surfaces Often
Separate: Don’t Cross-Contaminate
Cook: Cook to Proper Temperatures
Chill: Refrigerate Promptly

http://www.fightbac.org/

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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 Carbohydrate: 6 g
Protein: 1 g

http://allrecipes.com/

Find these fruits and vegetables in the word search below:

Swiss Chard
Grape Tomato

Sugar Snap Pea
New Potato

Bell Pepper
Summer Squash

A C E D S R T D N P L E Y
R I P B E L L P E P P E R
N W Z C O D M M E T L O C
S X W B T S W O L E R V M
U U A D Z B U N I M K L O
M I G R A P E T O M A T O
M G R A T Y F B J Q O E L
E R C H R V Z M U E T R S
R E P C L S F R E B A A D
S T W S I O N L E V T H I
Q P U S N V G A R T O T X
A L R I F B E B P Z P A V
S W O W X V R T H I W A W
H I C S D T R S L H E A Q
F U Y S Z V B T H F N A Z
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

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.

MyPlate suggests making half your plate fruits and vegetables.

http://www.choosemyplate.gov/

http://www.fightbac.org/

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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 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 Carbohydrate: 25 g
Protein: 2

http://healthyliving.tamu.edu/

Can you help the summer squash find the sweet potatoes?
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!

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.
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 Carbohydrate: 12 g
Protein: 2 g

http://allrecipes.com

Find these fruits and vegetables in the word search below:

<table>
<thead>
<tr>
<th>Swiss Chard</th>
<th>Sugar Snap Pea</th>
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Letter Y is placed at the bottom.
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!

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.
Easy Layered Tomato Dip

1 - 8 ounce package low fat cream cheese, softened
2 cloves garlic, minced
2 small tomatoes, chopped (about 1 ½ p cups)
1/3 cup green onions, chopped
1/4 cup (2% milk) Cheddar Cheese, shredded
Reduced Fat Wheat Thins or other baked cracker

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

http://healthyliving.tamu.edu/

Connect the dots to find out what fruit this is and then color it!
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.

Fun Fact!

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

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/

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don’t Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

http://www.fightbac.org/

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age or national origin.
Scalloped Turnips

4 Tablespoon butter or margarine
1/2 cup thinly sliced onions
4 cups peeled, thinly sliced turnips
2 Tablespoon 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 Tbsp butter and lightly 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°F oven for 30 minutes, then remove cover and bake for another 30-45 minutes, or until tender and bubbly.

Preparation time: 20 minutes
Cook time: 75 minutes
Serves: 6

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

http://www.simplyrecipes.com/recipes

Vegetable Joke

Use the pictures provided to find the answer to the joke. Write your answer in the spaces below.

How do you fix a broken tomato?
Yellow Squash

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

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.
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 of 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 is 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 Carbohydrate: 7 g
Protein: 2 g

http://healthyliving.tamu.edu/recipes

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S W O W X V R T H I W A W
H I C S D T R S L H E A Q
F U Y S Z V B T H F N A Z
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.

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

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.
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 Carbohydrate: 56 g
Fiber: 6 g
Protein: 20 g

http://healthyliving.tamu.edu/

Fill the plate below with drawings of your favorite fruits and vegetables