

Color Your Plate

- Plan a few meals each week around a vegetable main dish, such as a vegetable stir-fry or soup. Then add other foods to complement it.
- Try a main dish salad for lunch. Go light on the salad dressing.
 - Include a green salad with your dinner every night. Add color to salads by adding baby carrots, shredded red cabbage, or spinach leaves.
 - Shred carrots or zucchini into meatloaf, casseroles, quick breads, and muffins.
 - Include chopped vegetables in pasta sauce or lasagna.
 - Order a veggie pizza with toppings like mushrooms, green peppers, and onions, and ask for extra veggies.
- Use pureed, cooked vegetables such as potatoes to thicken stews, soups and gravies. These add flavor, nutrients, and texture.
- Grill vegetable kabobs as part of a barbecue meal. Try tomatoes, mushrooms, green peppers, and onions.



Veggies and Your Kids

- Set a good example for children by eating vegetables with meals and as snacks.
- Let children decide on the dinner vegetables or what goes into salads.
- Depending on their age, children can help shop for, clean, peel, or cut up vegetables.
- Allow children to pick a new vegetable to try while shopping.
- Use cut-up vegetables as part of afternoon snacks.

Vary Your Veggies



Add color and nutrition to all meals using a variety of bright colored, delicious vegetables!

*Your county
extension office*



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Why eat Veggies?

- Most vegetables are naturally low in fat and calories. All are naturally cholesterol free.
- Vegetables are important sources of many nutrients, including potassium, dietary fiber, folate, vitamin A, and vitamin C.
- Diets rich in potassium may help to maintain healthy blood pressure.
- Dietary fiber from vegetables, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease.
- Folate (folic acid) helps the body form red blood cells. Women of childbearing age who may become pregnant and those in the first trimester of pregnancy should consume adequate folate.
- Vitamin A keeps eyes and skin healthy and helps to protect against infections.
- Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy. Vitamin C aids in iron absorption.

Eat at least 3 servings per day

A serving =

- ½ cup cooked or chopped raw vegetables
- ½ cup vegetable juice
- 1 cup raw leafy vegetables
- ½ cup cooked dried beans, peas, and lentils



What foods are in the vegetable group?

Any vegetable or 100% vegetable juice counts as a member of the vegetable group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.

Dark green vegetables

bok choy
broccoli
collard greens
dark green leafy lettuce
kale
romaine lettuce
spinach
turnip greens
watercress

Orange vegetables

acorn squash
butternut squash
carrots
hubbard squash
pumpkin
sweet potatoes

Dry beans and peas

black beans
black-eyed peas
garbanzo beans (chickpeas)
kidney beans
lentils
lima beans (mature)
navy beans
pinto beans
soy beans
split peas
tofu
white beans

Starchy vegetables

corn
green peas
lima beans (green)
potatoes

Other vegetables

artichokes
asparagus
bean sprouts
beets
Brussels sprouts
cabbage
cauliflower
celery
cucumbers
eggplant
green beans
green or red peppers
iceberg lettuce
mushrooms
okra
onions
parsnips
tomatoes
tomato juice
vegetable juice
turnips
wax beans
zucchini

Crunchy Vegetable Wraps

Serving Size = ½ wrap

Makes 4 servings

Ingredients:

- 4 Tablespoons cream cheese, low fat
- 2 flour tortillas
- 1/2 teaspoon ranch seasoning mix
- 1/4 cup broccoli washed and chopped
- 1/4 cup carrots peeled and grated
- 1/4 cup zucchini washed and cut into small strips
- 1/4 cup yellow summer squash washed and cut into small strips
- 1/2 tomato diced
- 2 Tablespoons green bell pepper seeded and diced
- 2 Tablespoons chives chopped fine

Directions:

1. In a small bowl, stir ranch seasoning into cream cheese, chill.
2. Wash and chop vegetables.
3. Steam broccoli in microwave for 1 minute with 1 tablespoon of water.
4. Spread cream cheese onto flour tortilla, staying one inch from edge. Sprinkle vegetables over cream cheese. Roll tortilla tightly.
5. Chill for 1-2 hours before serving (the wrap will hold its shape better). With a sharp knife slice, cut into circles and serve.

Cost per recipe: \$1.29

Cost per serving: \$0.32

Garden Chili

Serving Size = ¼ of recipe

Makes 4 servings

Ingredients:

- 3/4 pound ground beef
- 1/2 cup chopped green pepper
- 1/2 large chopped onion
- 1/2 cup chopped celery
- 2/3 cup canned, drained and rinsed, kidney beans
- 1/2 cup sweet corn
- 8 ounces tomato sauce
- 1 cup chopped fresh tomatoes
- dash black pepper
- 1/2 teaspoon garlic powder
- 2 teaspoons chili powder

Directions:

1. Place ground beef in a skillet sprayed with non-stick cooking spray. Brown meat over medium-high heat until it is no longer pink, stirring occasionally to break it into pieces. Drain fat and blot meat with paper towels. Transfer beef into a colander and rinse with very hot water to further remove fat.
2. Add green pepper, onion, and celery. Cook until softened.
3. Add beans, corn, tomato sauce, chopped tomatoes, pepper, garlic and chili powder.
4. Cook mixture over low heat for 20 minutes.
5. Serve hot in bowls. Or serve as a dip with baked tortilla chips or on a bun.
6. Cover and refrigerate leftovers within 2 hours.

Cost per recipe: \$4.37

Cost per serving: \$1.09



Adapted from USDA My Pyramid.gov.

WNEP education is supported by the USDA Supplemental Nutrition Assistance Program (SNAP), UW-Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call 715-537-5691 or go to <http://access.wisconsin.gov>.