

Focus on Nutrition: Serve Vegetables

The term "vegetable cookery" means many things to people. Properly cooked vegetables seasoned with salt, pepper, and butter are hard to beat. But why not be daring? New cooking methods and mixtures of vegetables will provide a happy change of pace for your family.

Vegetables provide many important vitamins and minerals. Of these, vitamins A and C come mainly from fruits and vegetables. You get enough of these two vitamins if you eat the vegetables that contain them in large amounts. Vitamin A is found in dark green and deep yellow vegetables such as broccoli, spinach, winter squash, sweet potatoes, carrots, and pumpkin. Eat one dark green or deep yellow vegetable every other day.

Vitamin C is found in raw cabbage, tomatoes, dark green vegetables, and of course such fruits as oranges, grapefruit, cantaloupe, and strawberries. Eat at least one vitamin C rich fruit or vegetable each day.

The following cooking tips and ideas will help you prepare vegetables your family will enjoy.

FOOD SAFETY TIPS

- Before tasting home canned vegetables, always boil them for 20 minutes. Improperly canned food can be harmful.
- Cans that leak at the seam or have bulged tops are not safe to use.

STORE VEGETABLES THE RIGHT WAY TO GET YOUR MONEY'S WORTH

Store fresh vegetables with care so they are crisp and delicious when you are ready to eat them. Most vegetables should be eaten as soon as possible. With only a few exceptions, vegetables keep best in the refrigerator. The exceptions—potatoes, sweet potatoes, dry onions, and hard rind squash—keep best in a cool, dry place.

Green vegetables can be kept crisp by storing them in a covered container or plastic bag in the refrigerator.

CAREFUL COOKING KEEPS THE VITAMINS AND MINERALS IN THE VEGETABLE

- Wash vegetables and trim off a thin layer of peel or the outer leaves. Cook potatoes in the skin when you can.
- Save dark green outer leaves of leafy vegetables. They are full of vitamins. Use them in stews, salads, and boiled vegetables.
- Vegetables to be boiled should be cooked in a covered pan with a small amount of water over low heat.
- Do not overcook. Vegetables are done when just tender.
- To cook frozen vegetables, follow directions on package or cook as if they were fresh vegetables.



WAYS TO COOK VEGETABLES

You can cook vegetables in many ways. Your family will eat more vegetables and like them better if you vary your cooking methods. There are three basic ways to cook vegetables—boil, bake or fry. Some methods work best for certain vegetables. Here are the directions for each cooking method and some variations to add interest to your meals.

BOILED VEGETABLES

Use any fresh vegetable such as . . .

Carrots	Potatoes
Winter squash	Peas
Summer squash	Green beans
Spinach	Corn
Broccoli	Cabbage
Brussels sprouts	Onions
Turnips	Beets
Rutabagas	

1. For six servings, use *3 cups raw vegetable* trimmed and cleaned.
2. **PLACE** in a saucepan:
1 cup water or less
1/2 to 1 tsp. salt
3. **BRING** salted water to a boil.
4. **ADD** vegetable, **COVER** pan and bring to a boil again.
5. **LOWER** heat and **SIMMER** until the vegetable is just tender. Don't overcook.
6. **SEASON** to taste with *salt, pepper, and butter or margarine*.

NOTE: Use left-over cooking liquid in gravy or soups when you can. Use boiled vegetables as is, in soups or stews, or cold in salads. Sauces also add a flavorful touch.

CREAMED OR SCALLOPED VEGETABLES

Use any cooked or canned vegetable. Try mixing vegetables such as . . .

Peas & Potatoes	Peas & Corn
Lima Beans & Carrots	Green Beans & Corn
Peas & Carrots	Green Pepper & Corn
Cabbage & Onions	

1. Use *3 cups vegetables* cooked until just tender for 6 servings.
2. **MAKE** *1-1/2 cups basic cream sauce* for each 3 cups of vegetables.

To Make Cream Sauce:

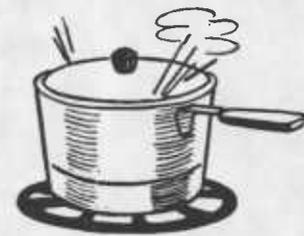
- **MELT** *3 Tbsp. fat* over medium heat in a saucepan.
- **REMOVE** from heat. **ADD** *3 Tbsp. flour* and *1/2 tsp. salt*. **MIX** well.
- **ADD** *1-1/2 cups milk* (You may use the liquid from the cooked vegetable in place of part of the milk).
- **RETURN** to heat. **STIR** until mixture boils and thickens.

NOTE: For variety, add *grated cheese*, stirring until mixture is smooth.

3. **ADD** cooked drained vegetables to cream sauce.
4. **COOK** until heated thoroughly on top of range.

or

POUR into buttered casserole dish, **TOP** with buttered bread crumbs and **BAKE** 25 to 30 minutes at 350°.



GLAZED BOILED VEGETABLES

Use carrots, winter squash, sweet potatoes, parsnips or beets.

1. **TRIM** and **CLEAN** vegetables.
2. **CUT** *vegetables* into strips or large pieces.
3. **BOIL** vegetables until just tender. **DRAIN**.

4. **BLEND** these ingredients together in a heavy fry pan over low heat:

1 Tbsp. water
1/4 cup brown sugar
2 Tbsp. butter or margarine
a dash of cinnamon (if you like)

5. **ADD** about 3 cups cooked, drained vegetables.
6. **COOK** over low heat, turning vegetables often until syrup is very thick and vegetables are well coated.



BAKED FRESH VEGETABLES

Potatoes, carrots, sweet potatoes or winter squash

BAKED POTATOES AND SWEET POTATOES

1. **WASH** and **DRY** the *potatoes*.
2. **BAKE** in a 325-425° oven until tender (40 to 60 minutes).

NOTE: Vegetables can be baked at 325° to 425°. It will take longer to cook them at the lower temperatures.



BAKED CARROTS

1. **WASH** and **SCRAPE** the *carrots*. Use 3 to 4 carrots for 6 servings.
2. **CUT** carrots in half lengthwise.
3. **PLACE** carrots in a casserole or baking dish.
4. **ADD** 1/4 cup hot water. **DOT** carrots with *butter or margarine*.
5. **SPRINKLE** with *salt and pepper*.
6. **COVER** and **BAKE** 45 minutes at 350°.

BAKED WINTER SQUASH

1. For 6 servings, use 3 *Acorn squash* or 3 *pounds of Hubbard, Butternut or Banana squash*.
2. **WASH** and **CUT** the squash open. **REMOVE** the pulp and seeds. **CUT** large squash into chunks.

3. **PLACE** squash in baking pan. **BRUSH** with *melted butter or margarine*.
4. **SPRINKLE** with *salt and pepper* and a little *brown sugar*.
5. **BAKE** in a 375° oven until tender (about 45 minutes).



FRIED VEGETABLES

Carrots, potatoes, parsnips.

USING COOKED VEGETABLES

1. Use 3 *cups diced or sliced vegetables* for 6 servings.
2. **HEAT** 3 Tbsp. *butter, margarine or drippings* in a heavy fry pan over medium heat.
3. **ADD** drained vegetables and sprinkle with *salt*.
4. **COOK**, turning often until brown (5 to 10 minutes.)

USING RAW VEGETABLES

1. Use 3 *cups diced or sliced raw vegetables* for 6 servings.
2. **HEAT** 3 Tbsp. *butter, margarine or drippings* in a heavy fry pan over medium heat.
3. **ADD** vegetable, **STIR** or **TURN** often, and **COOK** until tender (20 to 30 minutes).

FRIED EGGPLANT OR TOMATOES

1. **TRIM** and **SLICE** the *raw vegetable*.
2. **DIP** slices in *milk* or a *slightly beaten egg*. Then **DIP** in *dry bread crumbs*.
3. **COOK** slices in 1/4 cup *hot fat or oil* for 2 to 4 minutes or until tender. **TURN ONCE**.

PANNED VEGETABLES

Use snap green beans, cabbage, carrots, corn, spinach, summer squash, asparagus, broccoli or a combination of two or more vegetables such as cabbage and onions, corn and green pepper, or carrots and celery.

1. **CLEAN** and **TRIM** *vegetables*.
2. **SHRED** or **CUT** *vegetable* into thin slices. Use 3 cups sliced vegetable for 6 servings.
3. **HEAT** *fat* (butter, margarine, or drippings) over medium heat. Use just enough fat to cover the bottom of the pan.
4. **ADD** the vegetable and **SPRINKLE** with *salt*.
5. **COVER** the pan and **COOK** over low heat until the vegetables are tender. **STIR** them often to keep them from sticking to the pan.

WAYS TO SERVE RAW VEGETABLES

Raw vegetables add color and crunch to your meals. They can be used in place of a hot vegetable, or as a salad or snack. Some vegetables are better when they are cooked before they are eaten. Some vegetables are very good raw. Try these as a part of your family meals:

Sliced tomatoes	Green pepper rings
Carrot sticks	Cabbage wedges
Celery	Cauliflower pieces
Turnip slices	Green onions



SALADS

Raw vegetables make good salads. The possible salad combinations are endless. A salad can be just lettuce or a mixture of several vegetables. Prepare greens by washing, draining, and refrigerating to keep them crisp.

1. **START** with one or more of these greens:

<i>head lettuce</i>	<i>red leaf lettuce</i>
<i>romaine</i>	<i>watercress</i>
<i>endive</i>	<i>cabbage</i>
<i>spinach</i>	<i>dandelion greens</i>
2. **CUT OR BREAK** the greens into bite-sized pieces and place in bowl.
3. **ADD** one or more of the following:
onions
celery—sliced
carrots—thin slices or grated
radishes—sliced
cucumber—sliced or small pieces
tomatoes—cut in pieces
zucchini—sliced
cauliflower—small pieces
4. **ADD** your favorite salad dressing just before you are ready to eat it.

Raw vegetables can also be used in gelatin salads. Try grated carrots and pineapple in orange flavored gelatin.

Here is a recipe for a different kind of a vegetable-gelatin salad with a zippy flavor.

PERFECTION SALAD

1. **PUT** in a pan or bowl
one 3 oz. *package of lemon gelatin*
1½ cups *boiling water*
2. **STIR** until dissolved.
3. **ADD** ¼ cup *vinegar*
½ tsp. *salt*
1 cup *chopped celery*
1 cup *chopped cabbage*
¼ cup *chopped green pepper*
2 Tbsp. *chopped onion* (if you like)
4. **STIR** to mix well and chill until set.

SNACKS

Raw vegetables are instant snack foods. Keep them cut up in the refrigerator ready to eat. Use crisp raw vegetables instead of potato chips or crackers with your favorite dip.

HOW TO USE LEFT-OVER VEGETABLES

Left-over vegetables should be covered and refrigerated. Even a spoonful or two can add color and flavor to a casserole dish. Home made soup is also a great way to use them. Remember the left-overs should be added near the end of the cooking time because they are already cooked and just need to be warmed.

When you bake or boil potatoes, prepare twice as many as you need. Refrigerate part of them to fry for another meal. Cold cooked potatoes are also ready for potato salad.

Cooked sweet potatoes, carrots, or parsnips can be heated in a brown sugar glaze to add a new taste to a familiar vegetable. Add butter or margarine and brown sugar to the vegetable and heat them in the oven. Stir once after the butter has melted so the vegetables are coated with the brown sugar mixture.



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