



VEGGIE RECIPES



Easy Carrots Serves 4.

1 lb. carrots, peeled, chopped, 1" pieces 2 teaspoons margarine
1/4 cup water 1/4 teaspoon cinnamon
1 Tablespoon brown sugar

1. In medium saucepan, combine all ingredients; stir well and bring to boil.
2. Reduce heat; cover and simmer until carrots are just tender, about 10 minutes.
3. Uncover; cook over medium-high heat until almost all liquid evaporates, about 3 minutes.

NUTRITION FACTS (per serving) - Calories 80 ~ fat 2 g ~ calories from fat 20 ~ sodium 80 mg ~ total carbohydrate 14 g ~ fiber 3 g

Polynesian Beets Serves 10

1 can (16-ounce) sliced beets 1/3 cup sugar
1 can (16-ounce) pineapple chunks 1 Tablespoon vinegar
1 or 2 Tablespoons corn starch

1. Drain beets or cook fresh ones and slice.
2. Drain pineapple, reserve juices.
3. Combine beet juice and pineapple juice in saucepan; cook over medium heat to boiling.
4. Mix cornstarch, sugar, and vinegar into a smooth paste. Cook stirring constantly, until thickened. Add beets and pineapple; Mix.
5. Can be seasoned with salt and or pepper if desired. Serve hot or cold.

NUTRITION FACTS (per serving) - Calories 80 ~ fat 0 g ~ calories from fat 0 ~ sodium 40 mg ~ total carbohydrate 19 g ~ fiber 1 g

Broccoli Stuffed Potatoes Serves 8

2 cups chopped broccoli 2 Tablespoons flour
1 cup chopped onion 1 1/2 cups skim milk
1 cup finely chopped carrots 1 cup shredded cheese, low fat
2 Tablespoons margarine 8 baking potatoes

1. Cook broccoli, onions and carrots in a small amount of water until tender.
2. In a saucepan, melt margarine and stir in flour.
3. Add milk slowly while stirring.
4. Cook until sauce thickens.
5. Add cheese to sauce and stir until melted.
6. Add cooked vegetables to sauce. Serve over hot baked potatoes.

NUTRITION FACTS (per serving) - Calories 210 ~ fat 4 g ~ calories from fat 40 ~ sodium 160 mg ~ total carbohydrate 36 g ~ fiber 5 g

Stewed Tomato Pasta Serves 8

2 can (14.5-ounce each) stewed tomatoes
1 can (14.5-ounce) low sodium chicken broth
2 Tablespoons vegetable oil
1 teaspoon Italian seasoning
1 package (12-ounce) spiral pasta

1. In a large pan/pot combine the tomatoes (not drained), broth, oil and Italian seasoning.
2. Bring to a boil.
3. Add pasta.
4. Reduce heat, cover and simmer for 16-18 minutes or until pasta is tender; stir occasionally.

NUTRITION FACTS (per serving) - Calories 217 ~ fat 5 g ~ calories from fat 45 ~ sodium 243 mg
~ total carbohydrate 39 g ~ fiber 3 g

Green Beans Delight Serves 8

4 cups green beans (2 16-ounce cans)
1 small onion, sliced
3/4 cup French or Italian dressing, low fat

1. Mix ingredients together.
2. Cover and marinate overnight in the refrigerator.
3. Serve as a side dish or on top of a leafy salad.

NUTRITION FACTS (per serving) - Calories 60 ~ fat 1.5 g ~ calories from fat 15 ~ sodium 540 mg
~ total carbohydrate 10 g ~ fiber 2 g

Spinach Apple Salad Serves 3

1 bag (8- to 10-ounce) fresh spinach
1 unpeeled apple, sliced
1/4 cup bacon pieces
1/2 cup fat free mayonnaise/salad dressing
1/4 cup frozen orange juice concentrate

1. Wash spinach and tear into bite-size pieces
2. Place spinach, apple slices and bacon in a large bowl.
3. Mix mayonnaise and orange juice concentrate.
4. Add spinach mixture and gently mix.

NUTRITION FACTS (per serving) - Calories 145 ~ fat 3 g ~ calories from fat 30 ~ sodium 700 mg
~ total carbohydrate 25 g ~ fiber 4 g



UNIVERSITY OF ILLINOIS
EXTENSION
FOOD STAMP NUTRITION EDUCATION
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

University of Illinois * United States Department of Agriculture
*** Local Extension Councils Cooperating**
University of Illinois Extension provides equal opportunities in programs and employment.
This material was funded by USDA's Food Stamp Program.