

Healthy Ways to Cook Fruits & Vegetables

Fresh fruits and vegetables are abundant thanks to the good weather we've had so far this year. Fruits & Veggies–More Matters® share the following cooking techniques and tips to help you maximize their nutritional value by cooking them in the healthiest ways possible.

Bake ...

1. Sweet potato fries by cutting up into slices and seasoning with olive oil, cayenne pepper and a dash of salt.
2. Peaches for a sweet snack. Slice in half, drizzle on some honey and sprinkle with ginger and pecans.
3. An apple for dessert. Fill the core with dried fruit and nuts.

Boil ...

1. Diced or crushed tomatoes in a vegetable or chicken broth for the base of a homemade tomato soup! Add fresh herbs and spices to make your own unique recipe.
2. Apples with lemon juice and cinnamon. Mash up and serve warm or chilled.
3. Butternut squash and season with salt, pepper and a drizzle of olive oil.

Steam ...

1. A medley of vegetables and season with some herbs. Serve over couscous.
2. Cabbage, and season with caraway seed, salt and pepper.
3. Green beans with chopped onion. Add a clove of garlic to cooking water.

Stir-Fry ...

1. Zucchini, yellow squash, diced tomatoes and mushrooms with olive oil and herbs. Add some diced jalapeno for an extra kick and serve over brown rice.
2. Broccoli in olive oil and chopped garlic. Add some capers for extra zip.
3. Frozen mixed veggies. Add a dash of low sodium soy sauce, or flavor with herbs.

Sauté ...

1. Pear and apple slices (peeled) in a skillet with a little butter until tender. Add marmalade and orange slices, remove from heat and serve for a fruity dessert.
2. Spinach with garlic and olive oil.
3. Green and yellow summer squash with onion and garlic. Season with salt and pepper, and sprinkle with Parmesan cheese. For a different twist, add chopped tomato and basil.

Roast ...

1. Red peppers in the oven at 450°, turning every 15 minutes until done (blackened skins). Peel off the skin and slice them, then drizzle in oil and garlic and refrigerate.
2. Whole red potatoes in the oven after tossing them in a mixture of olive oil, garlic and rosemary until tender for a mouth-watering side to any meal!
3. Brussels sprouts drizzled lightly with olive oil, and sprinkled with salt.
4. Thin slices of sweet potato to make chips.

Grill ...

1. Mushrooms, bell peppers, onions and tenderloin for the perfect summer kabobs.
2. Corn on the cob. Peel and coat in a mix of seasonings such as oregano, pepper, onion and chili powders and salt with a touch of butter to help it stick. Wrap in aluminum foil and grill until tender.
3. Asparagus and add to a salad of mixed greens, roasted peppers and toasted nuts. .

Blanch ...

1. Broccoli and cauliflower to use on a vegetable platter for snacks and appetizers.
2. Carrots, cauliflower, green beans, asparagus and broccoli. Marinate in your favorite low-fat vinaigrette and serve cold. If desired, add other veggies like onions, mushrooms and peppers.

Fruits & Veggies–More Matters® is a health initiative focused on helping Americans increase fruit & vegetable consumption for better health.

The U.S. Department of Agriculture (USDA) and Health and Human Services' Dietary Guidelines for Americans, 2010 recommends that Americans make half their plate fruits and vegetables for meals and snacks, as demonstrated by the MyPlate nutrition guide. Given the increase of chronic diseases among all age groups, eating a diet rich in a variety of colorful fruits and vegetables is more important than ever.

To learn more about nutrition and health topics, contact your local Texas A&M AgriLife Extension Service county office at 903-473-4580 or visit us at rains.agrilife.org. We are also on Facebook at [Facebook.com/pages/Rains-County-Family-Consumer-Sciences](https://www.facebook.com/pages/Rains-County-Family-Consumer-Sciences). Go and “Like” our page to keep up with the latest news, events, and programs offered by Family & Consumer Sciences in Rains County.