

Color Your Plate with Vegetables and Fruits

Cooking with a Chef

LESSON 2:

COLOR YOUR PLATE WITH VEGETABLES AND FRUITS

Lesson Objectives:

1. Review basic cooking terms covered in CWC lessons.
2. Review five reasons to eat more vegetables and fruits.
3. Review various ways to serve vegetables and fruits.
4. Demonstration of simple ways to serve more vegetables and fruits at home for meals and snacks as well as how to pack in a cooler for away from home meals.
5. Review the different color categories of vegetables and fruits.
6. Guide yourself through the produce aisle.



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Culinary and Nutrition Terms

Score:

Blanch:

Shock:

Concassé:

Simmer:

Steam:

Salsa:

Phytonutrients:

Fruits and Veggies— More Matters™:

Organic:

Food Allergy:



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Color Your Plate with Vegetables and Fruits

1. Five Reasons to Eat More Vegetables and Fruits
2. Simple Ways to Serve More Vegetables and Fruits
3. Eat Your Colors Everyday
4. The Produce Aisle...Check It Out



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Five Reasons to Eat More Vegetables and Fruits

1. Vegetables and fruits taste good. Vegetables and fruits add more than color and nutrients to your menu; they are also bursting with flavor.

Tip:

2. Vegetables and fruits are quick and easy to eat. Frozen and canned vegetables can be cooked in the microwave in minutes. They can also be added to soups and stews. Canned fruits are already prepared for you, but choose fruits packed in their own juice.

Tip:

3. Many vegetables and fruits are reasonably priced. Buy vegetables and fruits that are in season. Check your store's flyer for specials. Canned or frozen vegetables can be cheaper than fresh produce at certain times of the year and don't spoil as fast.

Tip:

4. Vegetables and fruits can keep you healthy. Vitamin C-rich vegetables and fruits, like oranges, grapefruits, and sweet potatoes, help build up your body's natural defenses.

Tip:

5. Vegetables and fruits can help you reach your healthy weight. Whether you are trying to lose weight or maintain your weight, vegetables and fruits are packed with the vitamins and minerals to help you stay healthy and strong. They are also lower in calories and fat than most other foods.

Tip:



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Blanching Guide

Vegetable	Blanching Time (minutes)
Asparagus	3
Beans (wax, snap, green)	3
Broccoli flowerets	3-4
Carrots	5
Cauliflower flowerets	3
Corn	
-medium ears	9
-whole kernel	4
Peas	
-green	1½
-field/black-eyed	2
-in pod	2

Note: After blanching, shock vegetables in an ice bath to stop the cooking process.



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Simple Ways to Serve More Vegetables and Fruits

- Serve at least one glass of 100% fruit juice each day. Serve 100% fruit juice with breakfast or with a snack in the afternoon. Read the label to make sure that it's 100% fruit juice, not 10% fruit juice.

Tips:

- Serve at least 2 vegetables with the main meal. Serve a small salad with your meal. A salad is a great substitution for French fries or potato chips. Don't forget that one ½ cup of tomato sauce count as a serving of vegetables. Also, you can cook vegetables in different ways (broil, grill, steam, and add to soup and sauces).

Tips:

- Add vegetables and fruit to your favorite foods. For example, serve cut up bananas, raisins, or strawberries with cereal. Add frozen strawberries or applesauce to waffles or pancakes. Add frozen peas or broccoli to Ramen noodles before heating them. Have a pizza party where everyone adds their own extra toppings, like tomatoes or mushrooms. Add frozen broccoli to macaroni and cheese.

Tips:

- Serve at least one vegetable or fruit as a snack each day. Apples, bananas, peaches and plums come in their own little packages making them an easy on-the-go treat. Try serving dried fruits and nuts or canned peaches and pears. Serve low-fat yogurt with sliced strawberries.

Tips:

- Serve a vegetable at lunch. Serve vegetable juice instead of fruit juice. Also, try vegetable soup with extra cut-up veggies.

Tips:



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Eat Your Colors Everyday

Vegetables and fruits with deep, vibrant colors contain vitamins, minerals, and dietary fiber plus phytonutrients, substances that are beneficial to your health.

Green: artichokes, asparagus, broccoli, green apples, kiwifruit, peas, spinach, green peppers, leafy greens, and zucchini

Tip • Add chopped green peppers to your baked beans or broccoli or collards to soups

Red: apples, cherries, cranberries, red grapes, raspberries, strawberries, tomatoes, watermelon, red peppers, and red onions

Tip • Add a slice of tomato to your sandwich or mix dried cranberries into salads.

Yellow/Orange: apricots, cantaloupe, carrots, mangoes, peaches, pumpkin, sweet corn, oranges, tangerines, and squash

Tip • Add sliced tangerines to your favorite salad greens or dice a mango to salsas.

White: cauliflower, garlic, jicama, mushrooms, onions, parsnips, white potatoes, and turnips

Tip • Steam cauliflower in microwave and top with low-fat cheese, or purée parsnips and serve instead of mashed potatoes.

Blue/Purple: blueberries, plums, purple grapes, raisins, eggplant, and figs

Tip • Add chopped eggplant to prepared pasta sauce and serve over noodles.



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The Produce Aisle ... ✓ Check It Out

New varieties of produce are cropping up all the time in the supermarket. Today there are over 400 produce options, many of which are available year-round.

✓ Check out what is in season.

Tips:

✓ Prepackaged vegetables and fruits can save you time. Even though they may be a little more expensive, some examples include baby carrots and bagged lettuce or spinach.

Tips:

✓ If your favorite fruit or vegetable isn't in season, consider using canned or frozen. Because canned and frozen vegetables and fruits are packed at their ripest, they have equal nutritional value as fresh produce.

Tips:

✓ Adding fresh produce to scratch or prepared foods has never been easier.

Tips:

✓ Many vegetables and fruits come in a variety of colors and shapes. Examples include green and red apples, red and green grapes, and multi-colored varieties of tomatoes.

Tips:

✓ Be adventurous and try something new. Consider tropical fruits, like mangos, papayas, or guava. Try a toma bella—a bright, red bell pepper with the flavor and shape of a tomato, or the donut peach—a white-fleshed, flat peach, or star spangled zucchini squash.

Tips:



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Chicken and Fruit Salad

(makes 4 servings)

Ingredients:

1 lb boneless, skinless chicken breasts (cooked, cooled, and chopped)
½ cup dates, chopped
½ cup grapes, halved
1 ½ cups celery, chopped
8 oz fat free lemon yogurt
1 apple, cored and diced
2 tsp lemon juice
1 tsp ground turmeric

Instructions:

In a large bowl, mix chicken pieces, dates, grapes, celery and apple. In another bowl, combine yogurt, lemon juice and turmeric. Pour yogurt mixture over chicken mixture. Gently stir to coat. Refrigerate 1 hour until chilled.

Serving suggestion: Arrange on a bed of salad greens and garnish with ¼ cup low- sugar, pineapple tidbits

Nutrition Information:

Calories: 270
Total Fat: 2g
Saturated Fat: 0g
Carbohydrates: 35g
Fiber: 3g
Protein: 30g



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Berry Blue Salad

(makes 8 servings)

Ingredients:

2 cups blueberries, frozen (fresh when in season)
½ cup pecans, chopped
2 apples, diced
½ cup fat free mayonnaise or ½ cup whipped cream
1 (15 oz) can low-sugar crushed pineapple, drained
8 lettuce leaves

Instructions:

Toss first 5 ingredients together in a medium bowl. Serve on lettuce leaf.

Nutrition Information:

Calories: 140
Total Fat: 6g
Saturated Fat: 0.5g Carbohydrates: 24g
Fiber: 4g
Protein: 1g



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Mango Salsa

(Makes 6-7 three ounce servings of salsa)

Ingredients:

2 mango (peeled and diced)
2 tomato (peeled, seeded and diced)
½ red bell pepper (peeled, seeded and diced)
½ jalapeno (seeded and minced)
½ Serrano pepper (seeded and minced)
1 clove garlic (minced)
¼ cup or about 3 stalks green onion (chopped)
¼ cup cilantro (chopped)
Juice from half a lime
1 Tbsp white wine vinegar
1 tsp extra virgin olive oil
Pinch of sugar
Salt and pepper to taste

Instructions:

Combine all ingredients in a bowl. Mix together. Chill for 2 hours before serving. Can be made a day in advance.

Notes:

To peel tomato: Bring a pot of water to a boil. Cut an “X” an inch big into bottom of tomato and submerge into water. After about 45 seconds remove and place immediately into an ice bath to prevent continued cooking. Remove skins. If skins do not come off easily, re-submerge in boiling water for 15 more seconds, again followed by the ice bath. When seeding the jalapeno and Serrano peppers be careful not to touch or rub your eyes. If you want to reduce the heat of the chilies even further, carefully remove the white membrane. Substitutions for mango can be made. Try peaches or pineapple for a different twist on this recipe.

Nutrition Information:

Calories: 26
Total Fat: <1 g
Saturated Fat: trace
Carbohydrates: 6 g
Fiber: 2 g
Protein: 1 g

