



Nourish

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Julie Garden-Robinson, Ph.D., R.D., L.R.D., Food and Nutrition Specialist

Let's Get Creative With a Veggie Preparation Quiz



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Did you know that only one in 10 adults meets the daily vegetable intake goal of 2 to 3 cups? That's a lot of missed opportunity for flavor, fiber and nutrients.

Are you in a veggie rut — buying the same baby carrots and bagged lettuce week after week? Trying new vegetables and cooking methods can add zest to your meals and help you meet your nutrition goals and maintain gut health.

Visit a farmers market or your own garden to enjoy “fresh from the garden” flavor. Cook vegetables in as little liquid as possible and for a shorter amount of time to retain the vitamins and minerals.

See if you can name the method described below.

1. Cooking vegetables gently in a small amount of broth or other liquid is ____.
2. Be cautious to rotate the container and stir vegetables when cooking using this quick method: ____.
3. Cooking in a small amount of hot oil while stirring regularly is ____.
4. Using a basket above boiling water is used in this method: ____.
5. Coating veggies with a small amount of oil and cooking in a pan in an oven at 400 F is called ____.
6. Placing veggies on skewers or in a perforated pan and cooking outdoors or under the heating element in an oven is called ____.
7. Briefly boiling vegetables before draining and freezing them is ____.
8. This method requires special equipment that involves cooking vacuum-packaged vegetables in a hot water bath at about 190 F: ____.

Check out the tips in the “**Vary Your Veggies**” series of publications from NDSU Extension.

See the “**Pocket Guide to Preparing Fruits and Vegetables**” for ways to prepare a variety of fresh fruits and vegetables.

Here are the answers: 1) Simmering or poaching, 2) Microwaving, 3) Sautéing or stir-frying, 4) Steaming, 5) Roasting, 6) Grilling or broiling, 7) Blanching, 8) Sous vide (“sue-veed”)

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Question

I have read about food poisoning outbreaks and fresh fruits and vegetables. What should I use when I wash fresh fruits and vegetables? Should I wash ready-to-eat salads?

Food safety experts do not recommend using anything but plenty of running water and a vegetable brush for cleaning produce. For example, cantaloupes have a netted skin and require careful cleaning before cutting and serving. Tomatoes are more delicate and could be damaged by a vegetable brush.

The Food and Drug Administration recommends avoiding detergent or bleach solutions. Veggies and fruits are porous, and these chemicals could enter the fresh produce and affect the safety and flavor.

Experts do not recommend rinsing salads that are triple-rinsed. They are ready to eat from the bag. If you choose to rinse, be sure to avoid cross-contaminating the salad in your kitchen.

When cleaning whole heads of lettuce, remove the outer leaves and immerse in a container of cold water for a few minutes. Some researchers have shown that adding vinegar to the water (1/2 cup vinegar to 1 cup water) and soaking for a couple of minutes may reduce bacteria, but the vinegar water can affect the flavor.

- For more information about cleaning fresh produce, see **Fight BAC! Safe Handling of Fresh Fruits and Vegetables** from NDSU Extension.



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This recipe features many late-summer favorites perfect to pair with grilled fish, poultry or meat. Leftover vegetables should be refrigerated and consumed within four days.

Be creative with leftover vegetables. Try making a soup or stew with the leftovers by adding cooked meat or poultry, broth and seasonings of choice. Thicken with a mixture of flour or cornstarch in water to make a stew.



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Roasted Vegetables

- 2 cups sweet potato, diced into small cubes
- 1 red onion, peeled and chopped into bite-sized pieces
- 1 red bell pepper, chopped
- 2 cups broccoli florets
- 1 yellow squash, sliced and quartered
- 1 zucchini, sliced and quartered
- 2 cups white mushrooms
- 2 tablespoons balsamic vinegar
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 2 teaspoons Italian seasoning
- Salt and pepper (to taste)

Preheat oven to 425 F. Line a baking sheet with foil. Place sweet potatoes in bowl and add 1 tablespoon olive oil, 1 tablespoon balsamic vinegar, 1 teaspoon Italian seasoning, salt and pepper. Toss to combine. Transfer vegetable mixture (reserve bowl) to sheet pan and spread in single layer. Roast for about 30 minutes, then stir. Place all remaining vegetables in bowl and add remaining olive oil, balsamic vinegar, garlic and Italian seasoning. Season with salt and pepper to taste. Toss to combine. Add to sweet potatoes on sheet pan. Roast 10 to 15 minutes longer or until tender. Roasting time may need to be adjusted depending on size of vegetables. Serve immediately.

Makes 12 servings. Each serving has 80 calories, 1 gram (g) fat, 2 g protein, 10 g carbohydrate, 2 g fiber and 30 milligrams sodium.