

Food \$ense Tips

- Make half your plate full of veggies and fruit. Try red, orange, and dark green vegetables to add color to your plate each day.
- Steamed veggies are a fat-free choice!



Adapted from Washington State University Extension Food \$ense

Nutrition Facts (Serving size 1 cup Broccoli): Calories-30; Protein-3g; Carbohydrate-6g; Total Fat-0g; Saturated Fat-0g; Cholesterol-0mg; Fiber-2g; Sodium-30mg; Vitamin C-140%; Vitamin A-10%; Iron-4%; Calcium-4%

1. Plan for 1 cup of raw vegetables for each person.
2. Wash vegetables. Trim and cut into same sized pieces.
3. Put all cut vegetables in a medium to large saucepan with a tight fitting lid.
4. Add about ½ to 1 inch of water to the bottom of the pan.
5. Bring the water to a boil. Reduce heat to low and cover. Simmer until tender. Check to make sure the pan does not boil dry. See back for approximate cooking times.
6. Drain excess water, add seasonings, and serve.

Directions

Prep time: 10 minutes | Cooking time: See back | Number of servings: 1

Steamed Vegetables



Steamed Vegetables

Prep time: 10 minutes | Cooking time: See back | Number of servings: 1

Directions

1. Plan for 1 cup of raw vegetables for each person.
2. Wash vegetables. Trim and cut into same sized pieces.
3. Put all cut vegetables in a medium to large saucepan with a tight fitting lid.
4. Add about ½ to 1 inch of water to the bottom of the pan.
5. Bring the water to a boil. Reduce heat to low and cover. Simmer until tender. Check to make sure the pan does not boil dry. See back for approximate cooking times.
6. Drain excess water, add seasonings, and serve.



Nutrition Facts (Serving size 1 cup Broccoli): Calories-30; Protein-3g; Carbohydrate-6g; Total Fat-0g; Saturated Fat-0g; Cholesterol-0mg; Fiber-2g; Sodium-30mg; Vitamin C-140%; Vitamin A-10%; Iron-4%; Calcium-4%

Adapted from Washington State University Extension Food \$ense

Food \$ense Tips

- Make half your plate full of veggies and fruit. Try red, orange, and dark green vegetables to add color to your plate each day.
- Steamed veggies are a fat-free choice!



**Cooking time will vary depending on the vegetables you are cooking and the amount.*

Seasoning	Cooking time: 30 to 40 minutes	Cooking time: 20 to 30 minutes	Cooking time: 5 to 10 minutes*
<p>For every 4 cups of vegetables:</p> <ol style="list-style-type: none"> Add 1 teaspoon of olive oil or butter. Sprinkle with favorite herbs and spices. 	<ul style="list-style-type: none"> Beets 	<ul style="list-style-type: none"> Potatoes Carrots Sweet potatoes Yams 	<ul style="list-style-type: none"> Asparagus Broccoli Cauliflower Brussels sprouts Cabbage Green beans Celery Zucchini

Steaming vegetables is a quick, easy way to add color to your plate.

How to Steam Vegetables

ADD COLOR TO YOUR LIFE

ADD COLOR TO YOUR LIFE

How to Steam Vegetables

Steaming vegetables is a quick, easy way to add color to your plate.

Cooking time: 5 to 10 minutes	Cooking time: 20 to 30 minutes	Cooking time: 30 to 40 minutes	Seasoning
<ul style="list-style-type: none"> Asparagus Broccoli Cauliflower Brussels sprouts Cabbage Green beans Celery Zucchini 	<ul style="list-style-type: none"> Potatoes Carrots Sweet potatoes Yams 	<ul style="list-style-type: none"> Beets 	<p>For every 4 cups of vegetables:</p> <ol style="list-style-type: none"> Add 1 teaspoon of olive oil or butter. Sprinkle with favorite herbs and spices.

**Cooking time will vary depending on the vegetables you are cooking and the amount.*

