

# MAKE YOUR FOOD DOLLARS COUNT

A Publication of Cornell Cooperative Extension of Herkimer County

## "Fall Vegetables"



Enjoy the variety of vegetables available at this time of year. They not only taste great but are also healthy choices that can stretch your food dollar.

### Oven-Roasted Vegetables



Preheat oven to 400°F. Wash and peel desired combination of favorite vegetables (carrots, parsnips, turnips, etc.). Cut into cubes, approximately one inch in size.

Place in bowl and toss in a small amount of olive oil, to coat. Season with black pepper and, if desired, a light dash of salt. For added flavor, mix in a light sprinkling of your choice of herbs, such as dried thyme leaves or crumbled dried rosemary. Place in a single layer on a large baking sheet with sides, such as a jelly roll pan.

Roast for 30 to 40 minutes until they are browned slightly (over browning makes them bitter). Stir occasionally with a spatula to prevent sticking. Test if vegetables are done by cutting into the thickest part of a few of them with a sharp knife. It should slip easily into them.

### Fall Vegetable Soup

1 large head cauliflower, chopped, including stems (5 cups)  
1 large onion, diced (1 cup)  
2 cups carrots, chopped  
2 cups celery, chopped  
2 cans (14.5 ounces each) reduced-sodium chicken broth



2 cups water to cover, if needed  
1 can (12-ounce) fat-free evaporated milk  
1 Tablespoon corn starch

Place vegetables and chicken broth in Dutch oven or large pot. Add water if needed to cover vegetables. Simmer until vegetables are tender.

Mix corn starch with the evaporated milk until corn starch is dissolved. Pour into soup, stirring until it boils and thickens. Garnish each serving with cheese, if desired.

*Yield: 16 servings; serving size 1 cup (50 calories, 0 grams fat, 2 grams fiber, 80 mg sodium)*

### Veggie Wrap



1 whole wheat tortilla  
1/4 cup broccoli (chopped)  
1/4 cup cauliflower (chopped)  
1 Tablespoon onion (chopped)  
1 Tablespoon Parmesan cheese (optional)

Mix vegetables and microwave covered 2-4 minutes or until tender. Warm tortillas in the microwave or in a large skillet over low heat. Spoon cooked vegetables on tortilla, sprinkle with cheese if desired, tuck in ends and roll up. Serve.

Variations:

- 1/4 cup red & green peppers, 1 Tablespoon sweet onion, 1/4 cup

zucchini, 1 Tablespoon Monterey Jack cheese

- 1/4 cup eggplant, 1 Tablespoon provolone cheese, 1/4 cup tomatoes
- Try different flavored tortillas, such as spinach.

*Yield: 1 servings; serving size 1 wrap (120 calories, 3 grams fat, 3 grams fiber, 310 mg sodium)*

### Frittata



2 whole eggs  
4 egg whites  
3 cups chopped vegetables- may be any combination of: leftover (cooked), canned (drained), or frozen (thawed)  
1/2 cup grated parmesan cheese (or other cheese)  
1/4 teaspoon garlic powder  
black pepper to taste  
1 Tablespoon vegetable oil

Beat eggs with a fork in a bowl until blended. Add vegetables, parmesan cheese, garlic powder, and black pepper.

Heat oil in large skillet over medium heat. Add the egg mixture. Reduce heat to very low. Cover and cook until eggs are firm. Cut into 8 wedges. Refrigerate leftovers.

*Yield: 8 servings; serving size 1/2 cup (90 calories, 4.5 grams fat, 1 grams fiber, 250 mg sodium)*

## Ideas for Using Root Vegetables

• **Carrots** are rich in vitamin A. Look for smooth, firm ones.



Store in a plastic bag in a refrigerator (away from apples which will make them taste bitter.) Grate into salads, steam, boil, microwave, add to stir-fry, casseroles, stews or soup or eat raw.

• **Parsnips** look like white carrots and have a sweet and nutty



flavor. Look for small to medium size parsnips. They can be refrigerated up to 2 weeks in a plastic bag. Boil and mash like potatoes; steam and add to soups and stews or roast with rosemary and olive oil. Swap this vegetable in recipes that call for their cousin the carrot.

• **Rutabagas** look like a turnip. They have yellow flesh that is firm and slightly sweet. Look for hard, smooth and heavy rutabagas. Boil and mash with potatoes. They also can be substituted for turnips in recipes, or added to beef or lamb stew.

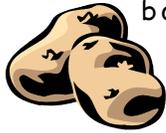


• **Turnips** are a great addition to soup, stew, roast and stir-fry. Add raw turnips to salads. Select turnips that still have their leafy greens attached. You can



sauté the greens with garlic and serve as a side dish. Turnips are white with a tinge of purple at the top. Look for small ones that are heavy for their size. They will be sweeter and won't have a woody texture or peppery bite.

• **Potatoes** can be baked, boiled, fried, mashed or steamed. There are some 100



varieties, but most fall into one of 5 types: russet, white, round, red and sweet. The type of potato you choose should be based on how you are preparing it. Select potatoes that are firm and heavy for their size. Avoid any that are shriveled or have cuts, are blemished, decayed or have green discoloration under the skin. When purchasing sweet potatoes look for the medium size, thick potato that tapers toward the ends. The darker the skin, the sweeter and moister it will be. It is best to store all potatoes in a cool, dry, dark and well-ventilated place, NOT a refrigerator. Before using, scrub and rinse well. If you're not going to use peeled and cut potatoes immediately, cover with cold water to prevent them from darkening.

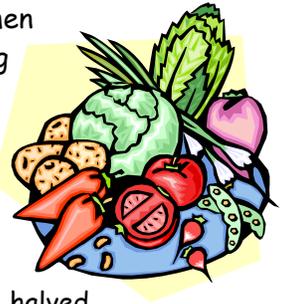


For recipe ideas using vegetables, go to [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

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Nutrition Outreach & Education Program  
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## More Ideas for Preparing Fall Vegetables

- Vegetables taste great when using low fat cooking methods like steaming, stir-frying or sautéing. Season with herbs and spices to reduce the use of oil, sauces and salt.



- Bake sweet potatoes or halved winter squash (seeds removed) at 400°F for 40-45 minutes, or until tender when pierced with a fork. Let cool then peel and mash for a moist puree. Flavor with cinnamon or herbs and garlic powder.
- Make a nourishing soup by mixing sweet potato or squash puree with reduced-sodium, fat-free chicken or vegetable broth on the stove and flavor with paprika, ginger or curry powder.
- Sauté cubed winter squash, apple, pearl onions, and yellow potato; and flavor with stuffing seasoning.
- Sweet potato chips: Thinly slice a large sweet potato and brush lightly with olive oil. Bake at 350°F for 15 minutes or until lightly browned and crisp.
- Substitute sweet potatoes for regular spuds in your favorite potato salad recipe.

### Free Nutrition Education Programs

Nutrition staff are available to help limited income families and individuals throughout Herkimer County stretch their food dollars to feed themselves and their families better.

Lessons can take place in participants homes or worksites as well as at community centers.

#### Topics include:

- Stretching food dollars
- Preparing low cost, easy recipes and menus
- Eating healthy and staying active

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