



THE VEGGIE GUIDE

THE
UNIVERSITY
OF RHODE ISLAND



welcome

This recipe book is designed to help you prepare fresh vegetables in easy, healthy ways.

Healthy Cooking Tips

- Serve more vegetables! Choose at least 1 vegetable to add to each meal. Some ideas are green beans, carrots, broccoli, peppers, or squash.
- Don't be afraid to buy frozen or canned vegetables. They are just as nutritious as fresh vegetables and typically last longer. Just be sure to rinse your canned vegetables in a colander since they usually contain added salt.
- Be sure to wash fresh produce before eating it. Use a produce brush & warm water to wash thick-skinned produce, and rinse thin-skinned produce thoroughly in warm water.



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BEETS

WHAT DO THEY TASTE LIKE?

Greens: Very similar to other dark leafy greens, but sweeter

Beet: Sweet, juicy and earthy

HOW DO I PICK THEM?

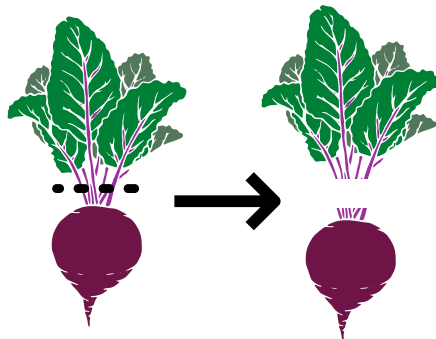
Choose firm beets with smooth skin. Beets are available all year round at the grocery store but can be found locally in their peak season between the months of mid June to November.

HOW DO I STORE THEM?

Store beets in the crisper drawer of your refrigerator for up to 1 month. Wrap beet greens in a paper towel to absorb moisture.

HOW DO I PREPARE THEM?

1. Wash beets and greens to remove dirt.
2. Dry well.
3. Trim the tops (greens) off the beets. Save greens for later use or cut into pieces and cook.
4. Prepare beet root according to recipe instructions.



BEETS

RECIPE: BEET SALAD

Servings per recipe: 4

Total cook time: 5 minutes (pre-cooked beets); 50 minutes (raw beets)

Ingredients:

1 cup Swiss chard leaves,
chopped (8 leaves) or baby
spinach

2 medium beets (cooked and
chopped)*

3 tablespoons Italian dressing

¼ cup crumbled feta cheese or
goat cheese



**To cook fresh beets, prep as shown on page 3. Add beets to a pot of cold water, bring to a boil, then reduce heat and simmer until tender (about 45 minutes).*

Directions:

1. Remove stems from chard. Chop chard leaves into small pieces and place in a large mixing bowl.
2. Dice beets and add to chard. Drizzle Italian dressing and sprinkle feta cheese.
3. Mix together and serve.

KITCHEN TIP!

Wear rubber gloves when working with beets to avoid staining your hands!

BROCCOLI

WHAT DOES IT TASTE LIKE?

Broccoli has an earthy and peppery flavor. It is similar to the taste of Brussels sprouts.

HOW DO I PICK IT?

Choose broccoli heads with tight, green florets. Stalks should be firm. The bunch should feel somewhat heavy in your hand. Avoid broccoli that looks dried out or has brown or yellow florets and stems.

HOW DO I STORE IT?

Store whole, uncut and unwashed broccoli in the refrigerator for up to 5 days.

HOW DO I PREPARE IT?

1. Wash broccoli then let air dry or pat fully dry.
2. Slice off the florets where they meet the stem.
3. Save stems to add to broths, soups, and stir fries, or discard.
4. Slice the larger florets in half.
5. Prepare according to recipe or cooking method being used.



BROCCOLI

RECIPE: EASY CHEESY CHICKEN AND BROCCOLI

Servings per recipe: 6

Total cook time: 25 minutes

Ingredients:

- 1 (14.5 ounce) can low-sodium chicken broth
- 2 cups instant brown rice, uncooked
- 1 pound fresh broccoli, chopped
- 1 cup cooked diced chicken
- OR 1 (10 ounce) can chicken, drained
- 1 cup shredded low-fat cheddar cheese
- ¼ cup parmesan cheese
- ½ teaspoon garlic powder



Directions:

1. Place broth in a medium saucepan. Bring to a boil over medium-high heat.
2. Stir in rice. Place broccoli and chicken over rice but do not stir in. Cover and cook 6 minutes.
3. Remove from heat and let stand, covered, for 5 minutes.
4. Stir in cheeses and garlic powder. Let stand, covered, for 5 minutes, then serve.

KITCHEN TIP!

Broccoli can be prepared many ways: steamed, roasted, grilled, boiled, blanched, and even microwaved.

BRUSSELS SPROUTS

WHAT DO THEY TASTE LIKE?

Brussels sprouts have a bitter taste when eaten raw and a sweet and nutty taste when cooked.

HOW DO I PICK THEM?

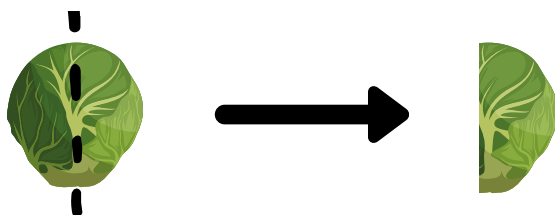
Choose Brussels sprouts that are a bright green color with the leaves tightly stuck together.

HOW DO I STORE THEM?

Store Brussels sprouts in a plastic bag in the crisper drawer of your refrigerator for up to 1 week.

HOW DO I PREPARE THEM?

1. Rinse under cold running water.
2. Use a small knife to remove the stem and then discard.
3. Remove any yellow or bruised leaves.
4. Slice in half or leave whole.



Brussels sprouts can be enjoyed on their own **roasted, grilled,** or **steamed**. Try adding them to a **salad** or **stir-fry**, too.

BRUSSELS SPROUTS

RECIPE: LEMON GARLIC ROASTED BRUSSELS SPROUTS

Servings per recipe: 4

Total cook time: 35 minutes

Ingredients:

1 pound Brussels sprouts

1 ½ tablespoons olive oil

Juice of 1 lemon

¼ teaspoon garlic powder

Salt and pepper to taste



Directions:

1. Preheat oven to 400°F.
2. After rinsing Brussels sprouts, cut off the stems and cut in half. Remove any yellow or bruised leaves.
3. Place the halves on a pan lined with parchment paper or foil and drizzle with olive oil.
4. Sprinkle lemon juice, garlic powder, salt, and pepper, and toss to coat all the pieces.
5. Cook in the oven for about 25 minutes, flipping halfway through, until the Brussels sprouts are golden brown and crispy.
6. Serve warm and enjoy!

KITCHEN TIP!

Try to purchase Brussels sprouts that are the same size so that they cook evenly.

BUTTERNUT SQUASH

WHAT DOES IT TASTE LIKE?

Butternut squash has a subtle sweet flavor that goes well in both sweet and savory dishes. It tastes a bit like pumpkin!

HOW DO I PICK IT?

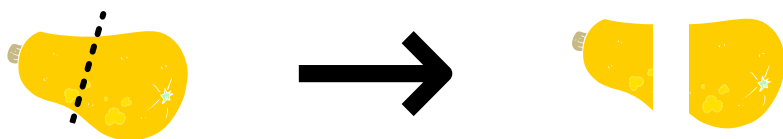
Choose squash that are heavy when you hold them, are beige in color and that are free of bruises.

HOW DO I STORE IT?

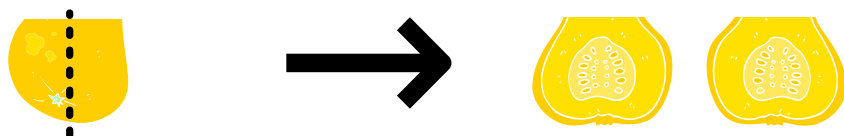
Store in a cool, dry, well-ventilated area such as a pantry for up to 1 month. Once cut, wrap it in plastic and store in the refrigerator for up to 5 days.

HOW DO I PREPARE IT?

- Wash squash well to remove any dirt.
- Cut off the stem and bottom of the squash.
- Cut the squash in half to separate the thinner end from the rounder end. Now peel off all of the skin.



- Place the round end with cut side facing up, then cut in half again from top to bottom. You will see seeds inside.



- Scoop out seeds using a spoon, just like you would for a pumpkin or cantaloupe.
- Cut into the size your recipe says.

BUTTERNUT SQUASH

RECIPE: BUTTERNUT SQUASH SALAD

Servings per recipe: 6

Total cook time: 35 minutes



Ingredients:

Salad:

1 butternut squash, peeled & diced
1 tablespoon olive oil
½ teaspoon salt
½ teaspoon pepper
2 cups chopped kale
¼ cup diced red onion
¼ cup dried cranberries

Dressing:

3 tablespoons apple cider vinegar
2 tablespoons olive oil
2 tablespoons brown sugar
½ teaspoon garlic powder
Salt & pepper to taste

Directions:

1. Preheat oven to 450°F.
2. Combine diced squash, oil, salt and pepper. Toss well to coat and spread evenly on a baking sheet.
3. Roast squash for 10-12 minutes until golden brown.
Remove from oven and cool for 5-10 minutes.
4. In a small bowl, mix dressing ingredients together.
5. In a large bowl, toss roasted squash, kale, red onion, cranberries and dressing.
6. Serve cold and enjoy!

KITCHEN TIP!

To make squash easier to peel, cook it whole in the microwave for 3 minutes.

CARROTS

WHAT DO THEY TASTE LIKE?

Carrots have a sweet, earthy flavor with a rough crunchy texture.

HOW DO I PICK THEM?

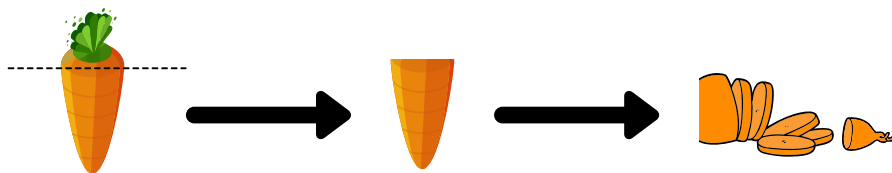
Choose firm carrots that have a bright color and smooth skin.

HOW DO I STORE THEM?

Store carrots in a plastic bag then put in the refrigerator in a drawer for up to 1 month.

HOW DO I PREPARE THEM?

1. Wash and scrub carrots thoroughly to remove any dirt.
2. Cut off stem.
3. Peel the skin using a knife or vegetable peeler or leave skin on if preferred.
4. Prepare according to recipe being used (chopped, sliced, grated).



Eat fresh with **dip** or **dressing**, add to **salad** or **soup**, **bake** in the oven whole, sliced or chopped, **roast** with other vegetables, or add them to **smoothies**.

CARROTS

RECIPE: CHEESY CARROT FRIES

Servings per recipe: 4

Total cook time: 40 minutes

Ingredients:

2 pounds carrots, washed and peeled

2 tablespoons olive oil

¼ teaspoon pepper

¼ teaspoon salt

Non-stick cooking spray

¼ cup parmesan cheese



Directions:

1. Preheat oven to 400°F.
2. Slice carrots into strips, shaped like fries.
3. Place carrots in a bowl and toss with olive oil, salt and pepper.
4. Place carrots on baking sheet sprayed with non stick spray. Bake for 30-35 minutes, or until carrots are tender and golden.
5. Toss with parmesan cheese and serve.

KITCHEN TIP!

The green tops of carrots are edible! Carrot greens have a fresh and slightly bitter flavor. Add them to a soup, salad, or a smoothie.

CAULIFLOWER

WHAT DOES IT TASTE LIKE?

Cauliflower has a slightly nutty and earthy flavor. Overall it is fairly mild, making it a very versatile vegetable!

HOW DO I PICK IT?

Pick cauliflower with a creamy, white color and green leaves. If it has a very strong smell, it should not be purchased. Avoid cauliflower with brown spots or blemishes.

HOW DO I STORE IT?

If the cauliflower you purchased is wrapped in plastic, unwrap it once you get home to avoid trapping moisture that can cause it to rot. Whole heads of cauliflower should be kept in a loose plastic bag in the refrigerator for 4-7 days. Precut florets can be stored the same way but should be used within 4 days of purchasing.

HOW DO I PREPARE IT?

1. Wash cauliflower then let air dry or pat fully dry.
2. Pull off leaves then cut head in half or into quarters.
3. Slice off florets where they meet the stem.
4. Slice larger florets in half if desired.
5. Prepare according to recipe or cooking method being used.



CAULIFLOWER

RECIPE: MASHED CAULIFLOWER

Servings per recipe: 4

Total cook time: 20 minutes

Ingredients:

- 1 medium head cauliflower, chopped (or 5 cups frozen cauliflower)
- 1 tablespoon butter
- 2 tablespoons grated parmesan cheese
- ¼ teaspoon garlic powder
- Black pepper to taste (optional)



Directions:

1. Microwave cauliflower until soft (about 8–10 minutes fresh, or if frozen cook according to package).
2. Place cauliflower in blender, food processor, or mash by hand. Add butter, parmesan cheese, and garlic powder.
3. Blend until creamy, scraping from sides as needed.
4. Top with black pepper if desired and serve.

KITCHEN TIP!

Cauliflower can be prepared roasted, grilled, steamed, boiled, mashed, creamed for soup, as rice, and even as a pizza crust.

EGGPLANT

WHAT DOES IT TASTE LIKE?

When cooked, eggplant is mild and rich with a creamy texture.

HOW DO I PICK IT?

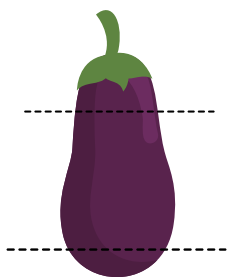
Choose a heavy, firm and glossy eggplant that's free of soft spots. Eggplants are available all year round at the grocery store but can be found locally in their peak season between the months of July to October.

HOW DO I STORE IT?

Store whole and unwashed in a plastic bag in the refrigerator. Use within 5- 7 days.

HOW DO I PREPARE IT?

1. Wash eggplants to remove any dirt.
2. Cut off both ends of each eggplant.
3. Leave skin on as it contains many nutrients.
4. Cut according to recipe being used.



Cut into circles and **grill**, cut into small pieces and **roast** in the oven, **sauté** with your favorite veggies, add a few slices into a **sandwich**, cut into strips and **bake** for eggplant fries. Make an **eggplant parmesan**...and so much more!

EGGPLANT

RECIPE: EGGPLANT PIZZA BITES

Servings per recipe: 4

Total cook time: 20 minutes

Ingredients:

1 large eggplant, cut into ½ inch rounds

Olive oil for brushing

Ground black pepper to taste

1 cup marinara sauce (low sodium or no salt added)

1 cup shredded mozzarella cheese

¼ cup finely sliced basil



Directions:

1. Preheat oven broiler to high.
2. Brush sides of each eggplant slice with oil. Place on baking sheet and season with black pepper.
3. Broil eggplant on top oven rack for 5 minutes and then flip over. Broil 3 more minutes.
4. Remove from oven when eggplant is tender and slightly charred on both sides.
5. Top each round with marinara and basil, then sprinkle with mozzarella.
6. Broil 3 minutes until cheese is melted and serve.

KITCHEN TIP!

Cover your sliced eggplant rounds with salt to firm up the flesh and absorb the juices. Let sit for an hour, then wash off salt and prepare.

GREEN BEANS

WHAT DO THEY TASTE LIKE?

Green beans are juicy and slightly crunchy, especially when roasted.

HOW DO I PICK THEM?

Choose tender, long and stiff green beans. Green beans are available all year round at the grocery store but can be found locally in their peak season between the months of June to mid November.

HOW DO I STORE THEM?

Store green beans in the crisper drawer of the refrigerator in a plastic bag or container for up to 4 days.

HOW DO I PREPARE THEM?

- Rinse beans with water to remove any dirt.
- Trim the tough ends off the beans, using your hands, scissors or a knife.

Roast, steam, or sauté green beans with herbs, olive oil, salt and pepper for a tasty side dish. **Toss** them in with a salad and eat them with your favorite vegetables. Green beans pair well with chicken, other beans and vegetables like potatoes, tomatoes and more.



GREEN BEANS

RECIPE: THREE BEAN SALAD

Servings per recipe: 10

Total cook time: 10 minutes

Ingredients:

2 cups cooked green beans, halved

1 (15.5 oz) can kidney beans,
drained and rinsed

1 (15.5 oz) can garbanzo beans
(chick peas), drained and rinsed
2 stalks celery, diced (about 1 cup)

¼ cup apple cider vinegar

¼ cup canola or olive oil

⅓ teaspoon black pepper



Directions:

1. In a medium bowl combine green beans, kidney beans, garbanzo beans, and celery.
2. In a small bowl, mix together vinegar, oil, and pepper. Pour the vinegar mixture over beans. Toss to mix.
3. Cover the salad and refrigerate for at least 2 hours. Gently toss before serving.

KITCHEN TIP!

Steam green beans for 2–3 minutes, let cool then place in freezer bags for later use. Green beans will remain fresh for up to 12 months in the freezer.

MUSHROOMS

WHAT DO THEY TASTE LIKE?

Mushrooms have a rich and earthy flavor, especially when roasted. They have a savory taste similar to meat.

HOW DO I PICK THEM?

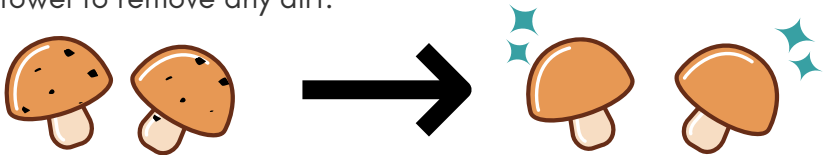
Choose mushrooms that are firm, fresh and smooth. Mushrooms are available at the grocery store and locally all year round.

HOW DO I STORE THEM?

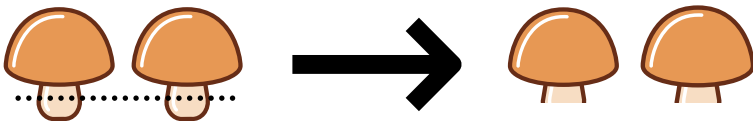
Store mushrooms in a paper bag in the refrigerator for up to a week.

HOW DO I PREPARE THEM?

- Gently rinse or wipe mushrooms with a damp cloth or paper towel to remove any dirt.



- Cut off dried-up stem ends.



- Cut into the size and shape your recipe says.

Roast mushrooms with herbs for a delicious **side dish**, put them in an **omelette** or on a **pizza**. Make them into a **soup**, add them to a **pasta dish** for added veggies, or even enjoy raw in a **salad**... the options are endless!

MUSHROOMS

RECIPE: VEGGIE EGG BITES

Servings per recipe: 7

Total cook time: 30 minutes

Ingredients:

Non-stick cooking spray

2 cups mushrooms or any other
veggies, washed and chopped

6 eggs

½ teaspoon salt

½ teaspoon pepper

½ teaspoon garlic powder

½ cup shredded reduced fat
cheddar cheese



Directions:

1. Preheat oven to 350°F. Spray a muffin pan with non-stick cooking spray.
 2. Put chopped vegetables in 7 holes of the muffin pan.
 3. Beat eggs in a bowl. Stir in salt, pepper, garlic powder, and cheese.
 4. Pour egg and cheese mixture over vegetables in the muffin pan and bake for 25 minutes.
- *If there are empty muffin tin holes, fill with water so egg bites cook evenly.

KITCHEN TIP!

Do not soak mushrooms in water. They will absorb the water and may turn mushy when cooked.

POTATOES

WHAT DO THEY TASTE LIKE?

Potatoes have a neutral flavor without any seasoning. They have a fluffy and creamy texture when cooked.

HOW DO I PICK THEM?

Look for smooth, firm potatoes. Potatoes are available all year round locally and at the grocery store.

HOW DO I STORE THEM?

Store in a cool, dark area that has good air flow.

HOW DO I PREPARE THEM?

1. Using a vegetable brush, scrub potatoes under lukewarm water to remove any dirt.
2. Cut off any damaged parts. Leave the skin on for extra fiber!
3. Once clean, prepare potatoes as your recipe calls for.

Bake them whole in the oven, or cut potatoes into chunks and drizzle with oil and **roast**. **Boil and mash**, or add potato chunks to a **soup**. **Shred and pan-fry** for homemade hash browns...and so much more!



POTATOES

RECIPE: GARLIC ROASTED POTATOES

Servings per recipe: 8

Total cook time: 55 minutes

Ingredients:

6 small red potatoes, chopped into 1" wedges

¼ cup canola or olive oil

¼ cup parmesan cheese

¼ teaspoon salt

1 teaspoon Italian seasoning

1 teaspoon garlic powder

¼ teaspoon paprika



Directions:

1. Preheat oven to 400° F.
2. Place potato wedges in a large bowl.
3. Add the oil and parmesan cheese. Toss to coat potatoes evenly.
4. In a small bowl, mix salt, Italian seasoning, garlic powder, and paprika.
5. Sprinkle the mixture over potatoes and toss to coat evenly.
6. Place potato wedges in a baking dish.
7. Bake for 40 minutes, or until fork tender and golden brown.

KITCHEN TIP!

Cooked potatoes can be stored in the fridge for up to 4 days.

Baked potatoes can be stored in the freezer for months.

SUMMER SQUASH

WHAT DOES IT TASTE LIKE?

Summer squash and zucchini are mildly sweet with a nutty tasting skin.

HOW DO I PICK IT?

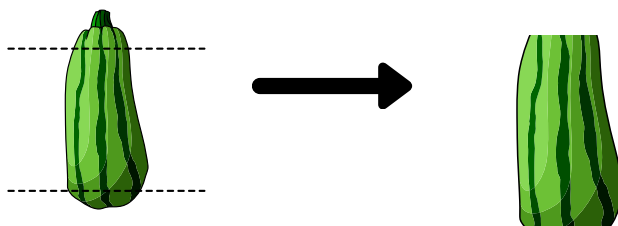
Choose firm and heavy summer squash with bright and shiny skin. Summer squash is available all year round at the grocery store but can be found locally in their peak season between mid June to September.

HOW DO I STORE IT?

Poke a few holes in a plastic bag and place the summer squash inside. Place in the crisper drawer of your refrigerator for up to 5 days.

HOW DO I PREPARE IT?

1. Wash the summer squash.
2. Cut both ends off.
3. If the skin has a waxy feeling, peel the vegetable. If it does not have waxy skin, leave the skin on.
4. Prepare according to recipe being used.



SUMMER SQUASH

RECIPE: FRESH ZUCCHINI SALAD

Servings per recipe: 4

Total cook time: 10 minutes

Ingredients:

- 1 medium zucchini
- 1 tablespoon green onion (scallion)
- 1 small green pepper
- 1 medium tomato
- 1 tablespoon vegetable oil
- ¼ cup white vinegar



Directions:

1. Wash and chop zucchini, green onion, green pepper, and tomato into bite size pieces. Combine in a bowl.
2. In a small bowl, mix together oil and vinegar. Pour dressing over vegetables and toss.
3. Cover and chill until serving.

KITCHEN TIP!

Freeze cooked or uncooked summer squash for later use. You can freeze summer squash for up to 4-6 months for the best flavor.

SWEET POTATOES

WHAT DO THEY TASTE LIKE?

Starchy, creamy and sweet!

HOW DO I PICK THEM?

Choose sweet potatoes with tight, smooth, unwrinkled skin. Look for small to medium sweet potatoes, which usually have the best flavor and texture. Sweet potatoes can be found locally in their peak season between the months of August to October and found locally from storage in November and December.

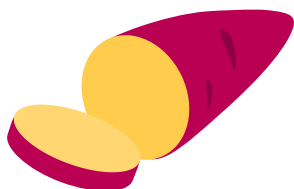
HOW DO I STORE THEM?

Store sweet potatoes in a cool, dark place, such as a pantry, for up to 2 weeks.

HOW DO I PREPARE THEM?

1. Wash and scrub potatoes to remove any dirt.
2. If skin is thick and dry, peel the sweet potatoes. Otherwise, leave the skin on for extra fiber.
3. Prepare according to recipe being used.

Bake them whole in the oven, **cook** and **mash** them, slice into wedges and **roast** in the oven for healthy sweet potato fries, cut into circles and bake into chips, and more!



SWEET POTATOES

RECIPE: SWEET POTATO FRIES

Servings per recipe: 8

Total cook time: 30 minutes

Ingredients:

3 medium sweet potatoes

2 tablespoons olive oil

½ teaspoon salt

½ teaspoon paprika

¼ teaspoon cinnamon



Directions:

1. Preheat oven to 450°F.
2. Wash sweet potatoes. Leaving skin on, cut each potato into thin wedges.
3. Place sweet potatoes in a medium bowl. Add oil, salt, paprika, and cinnamon. Mix well to coat the strips. Spread onto a baking sheet in a single layer.
4. Bake for 15 minutes, then flip the strips over. Bake 10-15 minutes more until golden brown.
5. Enjoy as is or with your favorite dip.

KITCHEN TIP!

Cooked sweet potatoes can be stored in the refrigerator in a covered container for up to 4 days.

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