



SMART SHOPPER TIPS & RECIPES

Vegetables Put Spring in Your Step

Spring is here and so is the return of warmer weather. Heat up with the season by trying some tasty recipes and tips that will help you make the most of the vegetables you eat.

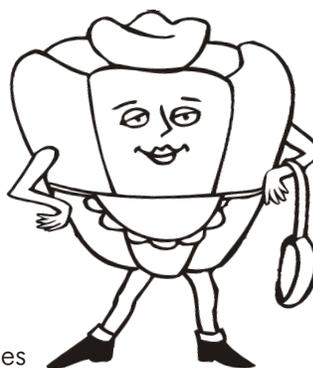
Roasted Vegetables

If you have never tried roasted vegetables, you will be surprised at how good they taste.

Serves 4.

- 1 Large green pepper, seeded and cut into 2-inch pieces
- 1 Medium onion, peel and cut into 4 wedges
- 2 Sweet potatoes, peel and cut into 2-inch pieces
- 2 Medium carrots, peel and cut into 2-inch pieces
- 2 Potatoes, peel and cut into 2-inch pieces
- 2 Tbsp (30 ml) Vegetable oil
- 2 Tbsp (30 ml) Brown sugar
- ½ tsp (2 ml) Dried thyme or your favourite herb
- ¼ tsp (1 ml) Salt

1. Preheat the oven to 400° F.
2. Lightly oil a large baking dish.
3. In the baking dish, toss the vegetables with the oil.
4. Sprinkle the vegetables with the brown sugar, thyme and salt and toss again.
5. Roast for 30 to 40 minutes until tender. Turn vegetables every 15 minutes.



TIP

Try different vegetables and herbs. Squash, pumpkin, onions, eggplant, carrots, turnip and parsnips can all be roasted.

What to do...

..with leftover roast vegetables?

Toss leftover roasted vegetables with 1 Tbsp of lemon juice or red wine vinegar and serve cold in a pita for lunch. Add grated cheese or chick pea dip for protein. Or toss the leftover roasted vegetables in cooked pasta and add a favourite salad dressing. This can be eaten hot or cold.



Homemade French Fries

- 4 Large potatoes 2 Tbsp (30 ml) Vegetable oil 1 tsp (5 ml) Salt

1. Preheat the oven to 450° F
2. Cut the potatoes into strips ½ inch thick. Wash drain and place in a large bowl.
3. Add the oil and toss until coated. Spread in a single layer on a cookie sheet.
4. Bake for 20 minutes until crisp and brown. Turn the fries over halfway through baking. Sprinkle lightly with salt.

TIP: Try this recipe with sweet potatoes or parsnips.

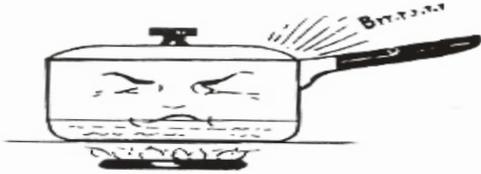
Canada's Food Guide to Healthy Eating recommends 5 to 10 servings per day of vegetables and fruit.

For tips and practical suggestions, visit www.5to10aday.com

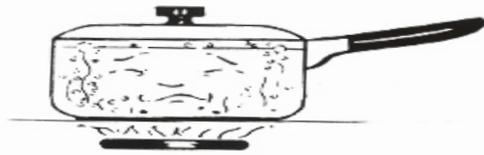
How Do You Boil Vegetables?

Boiling vegetables is the most common cooking method. Did you know that most of us do not boil vegetables properly? Use the checklist below to find out if you are boiling vegetables correctly:

Wrong



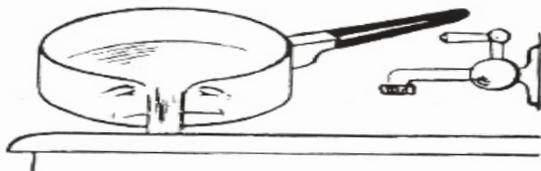
Add vegetables to cold water



Drown vegetables in a lot of water



Over-cooking and wasting heat by rapid boiling



Throwing cooking liquid down the drain

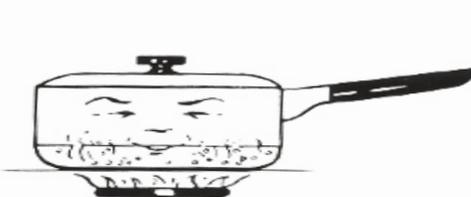
Right



Add vegetables to boiling water



Cook in a small amount of water



Boil gently until vegetables are tender crisp



Using cooking liquid for gravies & soups

Did You Know?

Vegetables cook just as quickly in gently boiling water as in rapidly boiling water. In both cases, the temperature is the same (100°C or 212°F).

Guide to Boiling Fresh Vegetables

5 to 15 minutes

- Asparagus
- Cabbage (wedged or finely chopped)
- Corn on the Cob
- Spinach
- Broccoli
- Brussel sprouts
- Cauliflower, flowerets

15 to 20 minutes

- Beans, green or wax (1-inch pieces)
- Carrots, small whole
- Squash, 1 ½ inch cubes
- Turnip, ½ inch cubes