

Stamford Health Systems Nutrition Services Department Childhood Wellness Program

Vita-Voom with Veges Recipes!

1. Green beans with garlic, lemon, and parsley

Ingredients:

- 1 1/2 pounds green beans, trimmed
- 2 tablespoons (1/4 stick) butter
- 2 tablespoons olive oil
- 2 large garlic cloves, minced
- 1/4 cup chopped fresh parsley
- 1 tablespoon grated lemon peel

Preparation:

Cook beans in large pot of boiling salted water until crisp-tender, about 4 minutes. Drain. Place beans in bowl of ice water to cool. Drain well.

Melt butter with oil in heavy large skillet over medium-high heat. Add garlic; stir 30 seconds. Add beans; sauté until heated through, about 5 minutes. Stir in parsley and lemon peel. Season with salt and pepper. Transfer to platter.

2. Low fat Vegetable dip:

Ingredients:

- 1 1/2 tbsp. Mrs. Dash salt free onion and herb blend
- 1 c. low fat sour cream
- Assorted veggies, chilled

Preparation:

Combine Mrs. Dash with sour cream. Place dip in center of tray; surround with veggies



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3. Low fat Broccoli dip:

Ingredients:

- 1 (16 oz.) carton low fat sour cream
- 1 large bag fresh broccoli, (or broccoli heads cut into bite size pieces)
- 1 can sliced water chestnuts, chopped
- 1 pkg. Low sodium Lipton vegetable soup mix

Preparation:

Mix all ingredients and chill 2 hours before using. Serve on party rye or pumpernickel or allowed crackers.

4. Asparagus with Lemon and Butter

Ingredients:

- 4 lb medium to large asparagus, trimmed
- 2 tablespoons unsalted butter
- 1 tablespoon fresh lemon juice
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper

Preparation:

Peel lower half to two thirds of each asparagus stalk with a vegetable peeler. Cook asparagus in a wide 6- to 8-quart pot of boiling salted water uncovered, until just tender, 5 to 7 minutes. Drain well in a colander, then return to pot and toss with butter, lemon juice, salt, and pepper.



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These are just some of the ways you can make vegetables at home!

*****ALWAYS PREPARE FOOD WITH AN ADULT PRESENT!**

- *Microwave:* Fresh vegetables only take a few minutes in the microwave. Add about 2 Tbsp of water to fresh vegetables and place in microwave for about 3 minutes, or until tender (soft)
- *Baking:* This works really well for potatoes, sweet potatoes, and even vegetables like butternut squash and tomatoes. Preheat oven to 350°, wrap vegetables in tin foil and place in oven for about 30-45 minutes or until soft. Or spray a cookie sheet with nonstick spray and place vegetables on sheet. Place cookie sheet in oven and bake for 30-45 minutes or until soft.
- *Roasting:* This is similar to baking. Place cut up vegetables in a large zip lock bag. Add about 1 tbsp olive oil, a pinch of salt and pepper, shake until all vegetables are coated with oil and seasoning. Place on cookie sheet and bake at 350° until tender (about 30 minutes)
- *Boiling:* Place vegetables and water in pot, place over medium heat on the stove. Bring water and vegetables to a boil. Cook until tender.



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