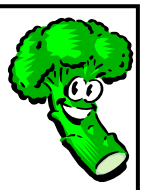
Vegetable of the Month:
Broccolini

Broccolini History



- It is actually a natural hybrid of the cabbage family, a cross between broccoli and Chinese Kale.
- Broccolini is also known by the name Asparation, Asparations, Baby Broccoli, and Tender Stem.
- The entire vegetable as sold, including the yellow flowers, may be eaten.
- Broccolini has a sweet, delicate flavor with a subtle peppery "edge".

Broccolini & Sugar Snap Pea Salad

6 ounces Broccolini, ends trimmed and cut in half
4 ounces sugar snap peas
1/2 cup red bell pepper, thinly sliced
1 cup baby spinach leaves, washed
1/4 cup green onions, thinly sliced

Vinaigrette:
1/4 cup olive oil
1 tablespoon cider vinegar
1 tablespoon Dijon mustard
Salt and pepper

Blanch* Broccolini and sugar snap peas. Set aside in bowl. Whisk vinaigrette ingredients together in separate bowl. Add julienne cut red bell pepper, spinach and slivered green onions to baby broccoli and sugar snap peas. Toss with vinaigrette. Add salt and pepper to taste. Serves 4. *To blanch: Add the vegetable to saucepan of boiling water. Boil for 1 minute; drain. Rinse with cold water and pat dry with paper towels.

Nutrition Information per Serving: Calories 163, Fat 14 g, Saturated Fat 2 g, Cholesterol 0 mg, Sodium 69 mg, Carbohydrates 8 g, Fiber 2 g, Protein 3 g, Iron 8%, Calcium 6%, Vitamin A 71%, Vitamin C 173%.

Garlicky Broccolini

1-1/2 pounds Broccolini
Salt
2 Tbsp. olive oil
4-5 cloves garlic, finely chopped

Trim Broccolini ends. Place into a skillet and cover with water. Cover and bring to a boil. Add salt and reduce heat. Simmer Broccolini 6-7 minutes, until tender and bright green. Drain the Broccolini and return the skillet to the stove over medium heat. Add olive oil to pan, then garlic. Cook garlic 2-3 minutes. Add broccolini back to the pan and coat in garlic. Serves 4.

Nutrition Information per Serving: Calories 138, Fat 7 g, Saturated Fat 1 g, Cholesterol 0 g, Sodium 200 mg, Carbohydrates 14 g, Fiber 2 g, Protein 6 g, Iron 9%, Calcium 13%, Vitamin A 86%, Vitamin C 272%.

Storage Tips

- Broccolini will stay fresher if kept clean and cold.
- Place vegetables in your refrigerator crisper. Set humidity control to "high".

A half cup offers as much vitamin C as orange juice. It also provides a substantial amount of folate, vitamin A and potassium, as well as some iron, calcium, vitamin B and fiber!

Add Broccolini to Your Meals!

The texture of the stem is less fibrous than broccoli or asparagus and does not need to be peeled prior to eating.

- Served raw it is tender, crunchy and well suited for dipping in your popular sauce.
- Blanch - In shallow pan, bring 2 cups of water to boil and add Broccolini. Let boil for 1 to 2 minutes until Broccolini turns bright green; drain. Rinse immediately with cold water to stop the cooking process.
- Boil - in plenty of salted water for about 4 minutes. Drain and serve at once.
- Sauté - with olive oil, yellow onions, and capers for an accompaniment to meat or seafood
- Microwave - Rinse Broccolini and place in a microwaveable bowl, cover. Microwave on "high" for 3-6 minutes.
- Grill - First blanch Broccolini; drain. Brush with favorite seasoning and place on grill. Tip: Wrap the flower in foil to prevent charring.
- Steam - In a steamer, bring water to boil, add Broccolini. Steam until Broccolini is tender, yet still crisp.
- Stir Fry - Add a ginger soy sauce to Broccolini and a selection of other fresh vegetables for a light meal.
- Add to: Couscous dishes, pastas, soups, vegetable trays, stews, quiches, macaroni-and-cheese, casseroles and salads.

Nutrition Facts

Serving Size: Eight stalks (82 grams)

Amount Per Serving		
Calories 35	Calories from Fat 0	
		% Daily Value*
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	25 mg	1%
Total Carbohydrate	6 g	1%
Dietary Fiber	1 g	4%
Sugars	2 g	
Protein	3 g	

Vit. A	30%	Vit. C	130%
Calcium	6%	Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet.

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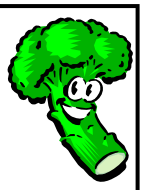
Vegetal del mes:
"Broccolini"

Historia del "Broccolini"



- En si, este es un hibrido de la familia de la col, una cruza de bróculi y col rizada china.
- El "Broccolini" también es conocido por el nombre de "Asparation", "Asparations", "Baby Broccoli" y Tallo Tierno.
- El vegetal entero como se vende, incluyendo las flores amarillas pueden comerse.
- Broccolini tiene un sabor dulce, delicado, sutilmente picante.

Ensalada de "Broccolini" & Chícharo Japonés

6 onzas de "Broccolini", sin la colita y partidos a la mitad
4 onzas de chícharo japonés
1/2 taza de pimiento rojo, rebanadas delgadas
1 taza de hojas de espinacas, lavadas
1/4 taza de cebolla verde, en rebanadas delgadas

Vinagreta:
1/4 taza de aceite de olivo
1 cucharada de vinagre de manzana
1 cucharada de mostaza de Dijon
Sal y pimienta

Escalde* el Broccolini y el chícharo japonés. Póngalo a un lado en un tazón. Bata los ingredientes de la vinagreta en un tazón separado. Añada el pimiento rojo, las espinacas y la cebolla verde al broccolini y a los chicharos japoneses. Revuelva con la vinagreta. Añada sal y pimienta al gusto. Sirve a 4 personas.
*Para Escaldar: Añada los vegetales en una cacerola con agua hirviendo. Hierva por 1 minuto; desagüe. Enjuague con agua fría y séquelo a palmaditas con una toalla de papel.

Información Nutricional por porción: Calorías 163, Grasa 14 g, Grasa Saturada 2 g, Colesterol 0 mg, Sodio 69 mg, Carbohidratos 8 g, Fibra 2 g, Proteína 3 g, Hierro 8%, Calcio 6%, Vitamina A 71%, Vitamina C 173%.

"Broccolini" con ajo

1-1/2 libra de "Broccolini"
Sal
2 cucharadas de aceite de olivo
4-5 dientes de ajo, picados finamente

Corte la colita del "Broccolini". Póngalo en un sartén y cúbralo con agua. Cúbralo y hiérvalo. Añada sal y reduzca el calor. Cueza el Broccolini de 6-7 minutos, hasta que este suave y este verde brilloso. Desagüe el Broccolini y regrese el sartén a la estufa a fuego medio. Añada aceite de olivo al sartén, luego el ajo. Cocine el ajo por 2-3 minutos. Añada el broccolini al sartén y cocínelo en el ajo. Sirve a 4.

Información Nutricional por porción: Calorías 138, Grasa 7 g, Grasa Saturada 1 g, Colesterol 0 g, Sodio 200 mg, Carbohidratos 14 g, Fibra 2 g, Proteína 6 g, Hierro 9%, Calcio 13%, Vitamina A 86%, Vitamina C 272%.

Consejos de almacenaje

- El "Broccolini" se mantendrá fresco si se mantiene limpio y frio.
- Ponga los vegetales en su refrigerador. Mantenga el control de la humedad en alto.

!La mitad de una taza ofrece tanta vitamina C como una de jugo de naranja. Este también provee una cantidad substancial de fóliate, vitamina A y potasio también como hierro, calcio, vitamina B y fibra!

!Añada "Broccolini" a sus comidas!

La textura del tallo es menos fibrosa que la del bróculi o esparrago y no necesita ser pelada antes de comerse.

- **Sírvalo crudo, es suave, crujiente y esta bien para comerlo con su aderezo preferido.**
- **Escaldado– En un sartén no muy hondo, ponga a hervir 2 tazas de agua y añada el Broccolini. Déjelo hervir de 1 a 2 minutos hasta que el Broccolini se ponga verde brilloso; desagüe. Enjuague inmediatamente con agua fría para detener el cocimiento.**
- **Hiérvalo - en agua salada por unos 4 minutos. Desagüe y sírvalo inmediatamente.**
- **Saeté - con aceite de olivo, cebolla amarilla y alcaparras para acompañarlas con carne o mariscos.**
- **Microondas - Enjuague el "Broccolini" y póngalo en un tazón que se pueda poner en el microondas, tápelo. Cocínelo en "alto" de 3-6 minutos.**
- **Asado - Primero escalde el "Broccolini"; Desagüe. Cepíllelo con su sazonador favorito y póngalo en el asador. Consejo: Envuelva la flor en papel aluminio para prevenir que se chamusque.**
- **A vapor - En una vaporera, hierva agua, añada el Broccolini. Déjelo hasta que el Broccolini este suave, pero crujiente.**
- **Frito - Añada salsa de soya con jengibre al Broccolini y una selección de otros vegetales frescos para una comida ligera.**
- **Añádalo a: platillos con Cuscús, pastas, sopas, bandejas de vegetales, guiso, "quiches", macarrones y queso, cacerolas y en saladas.**

Información Nutricional

Tamaño de porción: 8 tallos (82 gramos)

Cantidad por porción		
Calorías 35	Calorías de Grasa 0	
		% Valor Diario*
Grasa Total	0 g	0%
Grasa Saturada	0 g	0%
Colesterol	0 mg	0%
Sodio	25 mg	1%
Total de Carbohidrato	6 g	1%
Fibra Dietética	1 g	4%
Azúcar	2 g	
Proteína	3 g	

Vit. A 30% Vit. C 130%
Calcio 6% Hierro 4%

* Porcentaje de Valor Diario basado en una dieta de 2,000 calorías.

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Vegetable of the Month:
Tri-Colored Carrots

FUN FACTS

1. Research suggests that pigments in these colorful carrots, which taste just like regular carrots, may help prevent heart disease and cancer, and reduce cholesterol
2. Carrots are ninth among vegetable crops in the U. S.
3. The first carrots grown were for medicinal purposes.
4. Purple, red, yellow, black and white carrots have existed for hundreds of years.
5. The carrot is the second most popular vegetable in the world after the potato.
6. Carotenoids, which causes the carrot's color, are the most important source of vitamin A for people in the U.S.
7. Peak season: Mid-Autumn through early Spring

Tell me more...

- Yellow carrots help develop healthy eyes and aid in the fight against macular degeneration and may help prevent lung and other cancers.
- Red carrots help prevent heart disease and a wide variety of cancers including prostate cancer.
- Purple carrots help prevent heart disease and have good anti-inflammatory agents. They also contain very powerful antioxidants.
- White carrots are the least healthful of all the carrots because they lack pigment.
- Black carrots have anticancer compounds, as well as inhibitors of LDL (the bad) cholesterol. These carrots are also proven to have essential nutrients for hair growth.
- The first carrots ever grown were purple or red.

Recipe

Orange Glazed Carrots

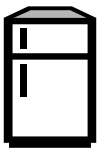
Ingredients:

4 cups julienne multicolored carrots
1/3 cup orange juice
2 Tbsp. sugar
2 tsp. cornstarch
1/2 tsp. salt

Directions:

In a microwave-safe dish, combine carrots and half the orange juice. Cover and microwave on high for 5-6 minutes. Combine the sugar, cornstarch, salt and remaining orange juice until smooth; stir in with carrots. Microwave, uncovered for another 2-3 minutes or until sauce has come to a boil and is thickened. Stir twice. Let stand for 5 minutes before serving.

Storage



Keep carrots in the coldest part of your refrigerator.

Purchasing and Cooking Tips

- Choose carrots that are firm, smooth, relatively straight and bright in color.
- Avoid carrots that are cracked, as well as limp and rubbery.
- Be sure to wash carrots before eating.
- Try this for a power sandwich: Spread whole wheat bread with peanut butter and top with raisins and shredded multicolored carrots for an interesting crunch and a hint of sweetness.
- Instead of French fries, try low-fat fries: Slice carrots lengthwise and coat with olive oil, salt and pepper. Roast in a 425° F oven for 30-40 minutes.
- Carrots should stay fresh in a cold refrigerator for up to two weeks.
- Good ways to cook carrots would be steaming, microwaving or baking.

Nutrition Facts

Serving Size: 128 g

Amount Per Serving		
Calories 52	Calories from Fat 3	
		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0 g		0%
Cholesterol 0 mg		0%
Sodium 88 mg		0%
Total Carbohydrate 12 g		10%
Dietary Fiber 4 g		16%
Sugars 6 g		
Protein 1 g		
Vitamin A 428%	Vitamin C	13%
Calcium 4%	Iron	2%

* Percent Daily Values are based on a 2,000 calorie diet.

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Nutritious sources of vitamin A, potassium, vitamin C and folic acid.

Vegetal del mes:
Zanahorias Tri-colores

HECHOS GRACIOSOS

1. Estudios sugieren que los pigmentos en estas zanahoria de gran colorido, las cuales saben igual que la zanahoria regular, puede ayudar a prevenir enfermedades del corazón y cáncer, reducir el colesterol.
2. Zanahorias son el noveno cultivo de vegetales en los EEUU.
3. Las primera zanahorias que se cosecharon fueron para propósitos medicinales.
4. Las zanahorias moradas, rojas, amarillas, negras y blancas han existido por cientos de años.
5. La zanahoria es el segundo vegetal mas popular en el mundo después de la papa..
6. Los carotinoides, el color de la zanahoria, son los recursos mas importante de Vitamina A por persona en los EEUU.
7. Temporada: Mediados de otoño principios de primavera.

Dime más

- Zanahorias amarillas ayuda a desarrollar ojos saludables y ayuda en la lucha degeneración macular y puede ayudar a prevenir cáncer del pulmón y otros tipos de cáncer.
  Zanahorias rojas ayudan prevenir enfermedades del corazón y una amplia variedad de canceres incluyendo el cáncer de la próstata.
- Zanahorias moradas ayudan a prevenir enfermedades del corazón y tienen un buen agente anti inflamatorio. También contienen poderosos antioxidantes.
- Zanahorias blancas son las menos saludables por que no contienen pigmentación.
- Zanahorias negras tienen componentes anticancerosos al igual que inhibidores de LDL colesterol (malo). Estas zanahorias también prueban tener nutrientes esenciales para el crecimiento del cabello.
- Las primeras zanahorias eran moradas o rojas.

Receta

Zanahoria en Glaseado de Naranja

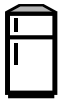
Ingredientes:

4 tazas de zanahorias multicolor julienne
1/3 tazas de jugo de naranja
2 cucharada de azúcar
2 cucharadita de maicena
1/2 cucharadita de sal

Direcciones:

En un plato que se pueda meter a micro-ondas, combine las zanahorias y la mitad del jugo de naranja. Tápelo y ponga en el microondas a temperatura alta por 5-6 minutos. Combine la azúcar, maicena, sal y el resto del jugo de naranja hasta que este suave; revuelva con las zanahorias. Ponga en el micro ondas, destapado por otros 2-3 minutos o hasta que la salsa hierva y este espeso. Revuelva dos veces. Déjelo adentro por 5 minutos antes de servir.

Almacenaje



Mantenga las zanahorias en la parte mas fría de su refrigerador.

Información Nutricional

Tamaño de Porción: 128 g

Cantidad por Porción		
Calorías 52	Calorías de Grasa 3	
		% Valor Diario*
Grasa Total 0g		0%
Grasa Saturada 0 g		0%
Colesterol 0 mg		0%
Sodio 88 mg		0%
Total Carbohidratos	12 g	10%
Fibra Dietética	4 g	16%
Azúcar 6 g		
Proteína 1 g		
Vit. A 428%	Vit. C 13%	
Calcio 4%	Hierro 2%	

* Porcentaje de Valor Diario basado en una dieta de 2,000 calorías.

Consejos para comprar y cocinar

- ◊ Escoja las zanahorias que estén firmes, suaves, relativamente derechas y brillantes en color.
- ◊ Evite las zanahorias que están agrietadas, al igual que incompletas o elásticas.
- ◊ Asegúrese de lavar las zanahorias antes de comerlas.
- ◊ Trate este como un emparedado de poder: Ponga crema de cacahuate en pan integral, pasas y zanahorias multicolores rayadas para un interesante toque dulce y crujiente.
- ◊ En lugar de papas fritas, trate papas fritas bajas en grasa: Rebane zanahorias, báñelas en aceite de oliva, sal y pimienta. Rostícelo en el horno en 425° F de 30-40 minutos.
- ◊ Las zanahorias deben estar frescas en el refrigerador por hasta dos semanas.
- ◊ Algunas maneras de cocinar zanahorias es cociéndolas, en el microondas o al horno.

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Recursos nutricionales de Vitamina A, potasio, Vitamina C y Acido fólico.

Vegetable of the Month: Curly Endive

What is Endive?

Curly endive, also called frisee or chicory, is crisp and curly with dark green leaves on the outside and light green leaves on the inside. These attractive greens add a nice peppery bite.

How Do You Eat Endive?

Curly endive is used mainly in salads, but can also be briefly cooked and eaten as a vegetable or in soups.

To Prepare: Refresh under cold water and blot dry; never soak.

***For a salad*:** combine green and white endive. **Serving Suggestions:** Make Lyonnaise salad by tossing together warm bacon bits, cut up curly endive, and vinaigrette dressing. Then top with a poached egg.

Steamed: Steam the endive for about 8 minutes with some apple wedges. Then, drizzle with oil & lemon juice, and season with fine sea salt and cinnamon.

Purchasing Tips

Curly endive is available year-round and peaks from June to October.
Look for firm, crisp heads without discoloration or insect damage. Avoid endive with brown discoloration, excessive dirt, or flabby, dry, yellowing leaves.

Nutrition Facts

Serving Size: 1/2 cup, chopped (25 g)

Amount Per Serving		
Calories 4	Calories from Fat 0	
		% Daily Value*
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	5 g	0%
Dietary Fiber	1 g	
Sugars	0 g	
Protein	0 g	

Vit. A	11%	Vit. C	50%
Calcium	1%	Iron	1%

* Percent Daily Values are based on a 2,000 calorie diet.

Nutty Endive Pizza

MAKES 4 SERVINGS

- 1 small red onion chopped (1/3 cup)
- 2 garlic cloves, minced
- 1 tablespoon olive oil or walnut oil
- 4 cups torn curly endive or spinach
- 1/4 teaspoon crushed red pepper
- 1 16-ounce pre-baked Italian bread shell
- 1 cup shredded Swiss cheese (4 ounces)
- 1/4 cup pine nuts or coarsely chopped walnuts, toasted
- 1 cup shredded Colby cheese (4 ounces)

DIRECTIONS

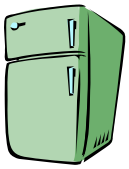
1. To toast nuts: Preheat oven to 350. Spread nuts in a single layer in a small baking pan. Bake until lightly browned, stirring once, about three to four minutes. Pine nuts brown very quickly; take care not to burn them.
2. In a medium skillet cook red onion and garlic in hot oil until tender but not brown. Add the endive or spinach and crushed red pepper. Cover and cook over low heat for 2 minutes.
3. Place bread shell on a 12-inch pizza pan or large baking sheet. Sprinkle Swiss cheese evenly over bread shell. Top with endive mixture and toasted nuts. Sprinkle Colby cheese over the top. Bake in a 425 degree F oven about 10 minutes or until cheese melts. Cut into wedges.

Holiday Salad

SERVES 12

- ½ head curly endive lettuce, chopped
- ½ head escarole, chopped (in the lettuce section, looks like this:
- ½ head romaine lettuce, chopped
- 4 cups apples, coarsely chopped and sprinkled with lemon juice
- 1 cup celery hearts, thinly sliced
- 1 cup walnuts (optional) or pecans, coarsely broken (optional)
- 1 cup dried sweetened cranberries (optional)

Toss together all ingredients. Serve with a dressing that suits your family tastes, like a balsamic vinaigrette.



Storage

- Store curly endive in plastic, tightly wrapped in the refrigerator for up to 3 days.
- To increase its keeping time, wash it, spin or shake it dry and wrap in a damp cloth.

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Vegetal del Mes:
Escarola

¿Qué es la Escarola?

La Escarola, también llamada Endibia, es crujiente y rizada con hojas verde oscuro en el exterior y hojas verde claro en el interior. Estos atractivos verdes agregan también un sabroso picante a la mordida.

¿Como se come la Escarola?

La escarola se usa principalmente para ensaladas, pero también puede cocinarse brevemente y comerse como vegetal o en sopas.

Para Preparar: Lavar bajo el chorro de agua fria y secar con servilleta absorbente; nunca remojar.

***Para ensalada*:** combine escarole verde y blanca. **Sugerencia para servir:** Prepare ensalada Leonesa combinando pedacitos de tocino tibios, escarola cortada, y aderezo de vinagreta . Ponga encima un huevo duro.

**** Al vapor:*** Cocine la escarola al vapor por unos 8 minutos junto con rebanadas de manzana. Después, rocíe con aceite y jugo de limón, sazone con sal de mar y canela.

Consejos de compra

La escarola esta disponible todo el año y su mayor consume es de Junio a Octubre. Busque que este firme, frescas cabezas sin decoloraciones ni daño de insectos. Evite escarola con manchas cafés, demasiada tierra, o con hojas blandas, secas o amarillas.

Pizza de Escarola con Nuez

PREPARA 4 PORCIONES

- 1 cebolla roja pequeña en trozos (1/3 taza)
- 2 dientes de ajo, picados
- 1 cucharada de aceite de oliva o de nuez
- 4 tazas de escarola cortada o espinaca
- 1/4 cucharadita pimienta roja machacada
- 1 corteza de pan Italiano pre-horneado de 16-onzas
- 1 taza de queso suizo rallado (4 onzas)
- 1/4 taza nueces o nuez de castilla en pedazos, tostadas
- 1 taza queso Colby rallado (4 onzas)

INSTRUCCIONES

1. Para tostar las nueces: Precaliente el horno a 350F. Separe las nueces en una sola capa en un molde para hornear chico. Hornee por 3 o 4 minutos hasta que estén ligeramente cafés, revuelva una vez. Las nueces se doran muy rápido; tenga cuidado de no quemarlas.
2. En un sartén mediano cocine la cebolla roja y el ajo en aceite caliente hasta que este suave pero no café. Agregue la escarola o espinaca y la pimienta roja. Tape y cocine a fuego lento durante 2 minutos.
3. Coloque la corteza de pan en una bandeja para pizza de 12-pulgadas o bandeja grande para hornear. Espolvoree parejo el queso suizo sobre la corteza de pan. Cubra con la mezcla de escarola y nueces tostadas. Espolvoree el queso Colby encima. Hornee a 425 F por 10 minutos o hasta que el queso se derrita. Corte en rebanadas.

Contenido Nutricional

Tamaño de porcion: 1/2 t, picada (25 g)

Cantidad por porción		
Calorías 4	Calorías de Grasa 0	
		% Valor Diario*
Total Grasa	0 g	0%
Grasa Saturada	0 g	0%
Colesterol	0 mg	0%
Sodio	0 mg	0%
Total Carbohidratos	5 g	0%
Fibra Dietética	1 g	
Azúcar	0 g	
Proteína	0 g	
Vit. A 11%		Vit. C 50%
Calcio 1%		Hierro 1%

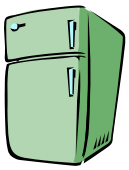
* Valores de Porcentaje Diario basados en una dieta de 2,000 calorías.

Ensalada de Fiesta

12 PORCIONES

- ½ cabeza de lechuga escarola, en trozos
- ½ cabeza de escarola, en trozos (en las lechugas, se ve asi:
- ½ cabeza de lechuga romana, en trozos
- 4 tazas de manzanas, en trozos grandes y rociada con jugo de limón
- 1 taza corazón de apio, finamente rebanado
- 1 taza nuez de castilla o nueces, rotas en pedazos grandes (opcional)
- 1 taza arandanos dulces secos (opcional)

Ponga todos los ingredientes juntos. Sirva con el aderezo favorito de su familia, como una vinagreta balsámica.



Almacenaje

- Guarde la escarola en el refrigerador hasta por tres días en plástico, forrándola apretada.
- Para aumentar su tiempo de conservación, lávela, séquela girando o sacudiendo y envuelva con un trapo mojado.

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Veggie of the month:
Turnip

FUN FACTS

1. The 1st jack o' lantern was made out of a turnip by the Irish.
2. Turnips are thought to be native to Western Asia and Europe, though no definitive origin is known.
3. Persians believed turnips were beneficial in treating the common cold.
4. A turnip looks larger than a radish and is a well known food source for both the root and greens.
5. In general, the smaller the turnip, the sweeter the taste.
6. The Mexican turnip is another name for jicama.
7. The turnip gets its name because it looked as though it was "turned on a lathe".

Tell me more...

- Create turnip relish, salsa or slaw by adding shredded or julienne turnips.
- You can freeze turnips and preserve flavor and nutrients. Just cut the turnips into cubes. Blanch for two minutes. Cool, drain and place in a freezer-safe container and freeze.
- Turnips can be eaten raw. They can be sliced into sticks or coins and eaten.
- Turnips are a great source of Vitamin B6, folate, calcium, copper and manganese.
- Turnips are available year-round, peaking in October through March.
- Turnips are popular in the Middle East, where they are pickled in vinegar with red beets which gives them a bright pink color.

Recipe

Crispy Turnip Fries (Serves 4)

- ◊ 1 1/2 lbs. turnips
- ◊ 1 1/2 tsp. vegetable oil
- ◊ 2 Tbsp. and 2 tsp. grated parmesan cheese
- ◊ 1/2 tsp. garlic salt
- ◊ 1/2 tsp. paprika
- ◊ 1/2 tsp. onion powder

1. Preheat oven to 425° F. Line a baking sheet with a piece of aluminum foil and lightly grease.
2. Peel the turnips and cut into French fry-sized sticks. Place into a large bowl and toss with the vegetable oil to coat. Place the parmesan cheese, garlic salt, paprika and onion powder in a resealable plastic bag and shake to mix. Place the turnips in the bag and shake until coated with the spices. Spread out on the prepared baking sheet.
3. Bake in oven for 20 minutes. Serve immediately.

Storage

Store in plastic bags in refrigerator such as in the crisper drawer.

Purchasing and Cooking Tips

- ◊ Good-quality turnips will be firm, smooth-skinned and heavy for their size. The coloring will be light-purple on the top fading to bright white at the bottom.
- ◊ Avoid product that is soft, spongy, blemished with brown spots, cut or lightweight for use.
- ◊ Turnips are great sliced or cubed in stews or salads.
- ◊ Try mashing turnips for a side dish or cut up and add to your favorite vegetable soups.
- ◊ Turnips should be cooked just to the tender point as overcooking takes away from their sweetness.
- ◊ Turnips are popular in turnip casserole, a dish in which turnips are cooked, then mashed, seasoned and baked.

Nutrition Facts

Serving Size: 130 g

Amount Per Serving	
Calories 36	Calories from Fat 1
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 87 mg	4%
Total Carbohydrate 8 g	3%
Dietary Fiber 2 g	9%
Sugars 5 g	
Protein 1 g	
Vit. A 0%	Vit. C 46%
Calcium 4%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

Turnips are very saturated fat-free and cholesterol-free. They are a great source of fiber, potassium and Vitamin C.

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Veggie of the Month:
Butterhead Lettuce

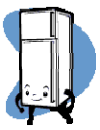
What is it?

Butterhead lettuces have small, round, loosely formed heads with soft, buttery-textured leaves. The flavor is sweet and succulent.

Purchasing Tips

- This lettuce should be crisp looking and unwilted leaves that are free of dark or slimy spots. The leaves' edges should be free of discoloration.

Storage Tips



- Butterhead lettuce need not to be washed before storing. It should be stored in a plastic bag and stored in the refrigerator crisper.
- Lettuce should keep for 2-3 days.

Make Lettuce a Part of Your Meals!

- Give sandwiches extra crunch (and nutrients) by garnishing with lettuce leaves.
- When it comes to salads, the only limitation is your imagination. Add vegetables, fruits, seeds, nuts, whole grains or meats and cheese.
- For a fun meal, arrange nuts, diced vegetables, chicken and lettuce leaves on a large plate. Everyone then has a chance to make their own lettuce wraps.

Nutrition Facts

Serving Size: 1 cup shredded (55 g)

Amount Per Serving		
Calories 7	Calories from Fat 1	
		% Daily Value*
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	3 mg	0%
Total Carbohydrate	1 g	0%
Dietary Fiber	1 g	2%
Sugars	1 g	
Protein	1 g	

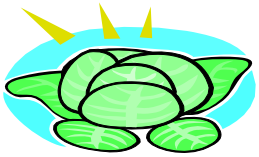
Vit. A	36%	Vit. C	3%
Calcium	2%	Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet.

Fat Free!

Rich in Vitamin A!

Low in sodium!



Avocado and Tomato Salad

Ingredients:

- 2 heads butterhead lettuce, rinsed
- 3 small avocados, peeled and sliced
- 4 large tomatoes, peeled and quartered
- 1/2 white onion, sliced into rings
- 1/3 cup virgin olive oil
- 4 Tbsp. red wine vinegar
- 1/2 tsp. salt and pepper

Directions:

1. Tear lettuce into bite-size pieces. Use immediately or refrigerate until needed.
2. To serve, arrange the lettuce leaves on individual plates. Top the lettuce portions with avocado, tomatoes and onions. Mix the olive oil, salt, vinegar and pepper in a small bowl. Pour over salad and serve.

Chinese Summer Salad

- 1 pint bean sprouts, washed
- 4 Tbsp. sesame oil
- 2 Tbsp. dry sherry
- 6 Tbsp. olive oil
- 2 Tbsp. soy sauce
- 2 Tbsp. lemon juice

- Freshly ground black pepper
- 2 cups shredded Chinese cabbage
- 1 head butterhead lettuce, washed
- 12 oz. can bamboo shoots, sliced
- 12-14 nasturtium leaves, washed and cut into strips

1. Toss the bean sprouts with a mixture of the sesame oil and sherry.
2. Combine the olive oil, soy sauce, lemon juice and pepper. Pour half of it over the cabbage and toss.
3. Arrange the lettuce on a platter or in a shallow bowl. Mound the bean sprouts on one half of the platter and the cabbage on the other. Make a border of the bamboo shoots.
4. Spoon the remaining olive oil dressing over the bamboo shoots. Serve with additional dressing if needed.

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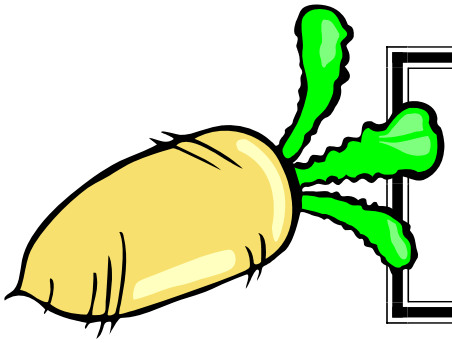

Veggie of the Month:
Daikon Radish

Fun Facts

- Daikon is a mild-flavored East Asian giant white radish.
- The flavor is generally rather mild compared to other small radishes
- They look like overgrown white carrots. They have been know to weigh in at 50 lbs.

Purchasing

- Good quality daikon is bright white and firm.
- Avoid product that is soft, or has wrinkled skin or has brown marks.
  - Daikon tends to be sweet and juicy, but some varieties are hotter than radishes.

Preparation

1. There is no need to peel daikon radishes. Wash them thoroughly in cold running water to remove dirt. Slice, dice, chop or grate for any meal.
2. Not only is the root eaten, but the leaves are rich in Vitamin C, beta carotene, calcium and iron.
3. Use the daikon as you would a radish. It may be served raw in salads, grated for use as a condiment, pickled or simmered in soup.

Stir-Fried Daikon

- 2 Tbsp. peanut oil
- 1/4 cup sliced scallions
- 1 medium daikon, thinly sliced
- 10-12 radishes, thinly sliced
- 2 Tbsp. water
- 2 Tbsp. soy sauce
- 1 tsp. sugar
- 1/4 tsp. hot chili oil

1. Heat the peanut oil in a wok over high heat. Add the scallions; stir-fry for 30 seconds. Add the daikon and red radishes; stir-fry for 1 minute. Add the water and continue stir-frying until all water has evaporated.
2. Add the soy sauce, sugar and chili oil, mixing everything together vigorously and cooking for 30 seconds. Eat right away!

Grilled Daikon, Red & Green Peppers

- 1/2 large daikon root, peeled
- 1/2 large zucchini
- 1 yellow summer squash
- 1 green pepper
- 1 red pepper
- 1 yellow pepper

Marinade

- 2 Tbsp. olive oil
- 2 Tbsp. balsamic vinegar
- 2 Tbsp. parsley flakes
- 1 tsp. crushed garlic
- 1 dash Worcestershire sauce

1. Slice daikon, zucchini and summer squash into 1/2 inch slices. Remove seeds from peppers and slice into large spears.
2. Combine all ingredients with marinade and let sit for five minutes.
3. Heat grill to medium high heat.
4. Spread vegetables out evenly across grill and cook for two minutes, turn everything over and grill two more minutes.

Nutrition Facts

Serving Size: 50 g

Amount Per Serving		
Calories 10	Calories from Fat 0	
		% Daily Value*
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	10 mg	0%
Total Carbohydrate	2 g	1%
Dietary Fiber	1 g	0%
Sugars	1g	
Protein	1 g	

Vit. A	0%	Vit. C	20%
Calcium	0%	Iron	0%

* Percent Daily Values are based on a 2,000 calorie diet.

Daikon radishes are rich in Vitamin C, folic acid, potassium, Vitamin B6, magnesium, riboflavin and calcium.

Storage

- If the greens are still attached, remove and refrigerate them in a plastic bag and use them within a week.
- The more moist you keep them, the longer they will last.

Add Daikon Radishes to Your Meals

- This is an extremely versatile vegetable that can be eaten raw in salads or cut into strips for relish trays.
- It can be stir-fried, grilled, baked, boiled or broiled.
- You may also preserve by salting as in making sauerkraut.

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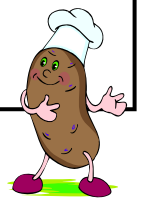
Vegetable of the Month:
Fingerling Potato

What Kind of Potato?

- Fingerlings are small potatoes with a long, narrow shape, much like stubby fingers– hence their name.
- They are less starchy than other potatoes and have a BIG flavor with wonderful varieties & colors! Skin colors range from red, pink, and white, to yellow, purple, or cream colored. The flesh is usually white, yellow, pink, or blue in color! See the popular varieties below for best use!

- **Rose Finn Apple:** Rose colored skin and yellow flesh.
- **French Fingerling:** Red skin, yellow flesh.
- **Swedish Peanut:** Nutty flavored, golden fleshed, good baked or roasted.
- **Russian Banana:** These create the ultimate potato salad!
- **Red Thumb Fingerling:** Red skin and reddish-pink flesh.
- **Purple Peruvian:** Unique with its purple rim surrounded by the white circle of flesh which disappears when cooked.



Purchasing Tips

Find fingerlings at any grocery store year-round. Make sure the potatoes are evenly colored with no green anywhere on the potato.

Storage:

Fingerlings must be stored in the refrigerator, otherwise they will turn green.

Nutrition Facts

Serving Size: 4 potatoes (148 g)

Amount Per Serving		
Calories 100	Calories from Fat 0	
		% Daily Value*
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	5 mg	0%
Total Carbohydrate	25 g	8%
Dietary Fiber	3 g	12%
Sugars	3 g	
Protein	0 g	

Vit. A	0%	Vit. C	45%
Calcium	0%	Iron	6%

* Percent Daily Values are based on a 2,000 calorie diet.

Microwavable Potato Recipes!

Makes 4 servings (about 1-1/4 cups) per recipe

Ranch Potatoes

- 9 Fingerling Potatoes
- 1 Tbsp. Butter
- 1 pinch ground black pepper
- 1 tsp. Ranch Dressing Mix
- 1 Tbsp. Chives, fresh, chopped or 1 tsp. dried chives (optional)

Dill Potatoes

- 9 Fingerling Potatoes
- 1 Tbsp. Butter
- 1 pinch ground black pepper
- 1 Tbsp. dill, fresh, chopped or 1 tsp. dried dill

Directions for Both Recipes:

1. Wash potatoes in cool water and pat dry. Cut potatoes into 1 inch pieces for even cooking. Place potatoes in microwave-safe casserole dish.
2. Add butter, salt, and pepper. Microwave on high for 4-6 minutes or until potatoes are tender.
3. ***For Ranch Potatoes:*** Sprinkle potatoes with Ranch mix (dry) and chives. Allow potatoes to sit for 2 minutes and serve.
4. ***For Dill Potatoes:*** Sprinkle potatoes with dill. Allow potatoes to sit for 2 minutes and serve.

Southwest Fingerling Salad

9 Fingerling Potatoes
1 head Romaine lettuce, cut, washed, drained
4 ears fresh corn, oven roasted and cut from cobb, room temperature
1/4 cup red bell pepper, finely chopped
1/4 cup fresh cilantro, finely chopped
1 Tbsp. sliced green onion
1 tsp. fresh lime juice
1/4 cup white wine vinager
1/2 cup olive oil
1 Tbsp. honey
1 tsp. salt and ground black pepper, pinch cayenne pepper & garlic powder

1. Preheat oven to 425°. Wash fingerlings in cool water, pat dry, and brush with olive oil. Place potatoes in a glass baking dish. Sprinkle with salt and pepper and bake in center of oven for 20 minutes or until golden brown and tender. Remove fingerlings from oven, and set aside to cool.
2. Meanwhile, make the salad dressing by combining the lime juice, white wine vinegar, olive oil, honey, salt, black pepper, cayenne pepper and garlic powder in a mixing bowl and whisk thoroughly. Add cilantro and set aside.
3. In a large mixing bowl toss romaine, roasted corn, red bell peppers, and salad dressing. Place healthy portions of mixture on individual plates and top with roasted fingerlings. Optional: top with sliced grilled chicken. Serve immediately. Serves 4.

Add Fingerlings to Your Meals!

These narrow finger shaped potatoes can be prepared almost any way imagined. They are great roasted, boiled, baked, mashed, fried, grilled or sautéed. Slice them into salads, soups or use as a pizza topping.

If you're looking for a substitute: Fingerlings can be substituted for small new potatoes or substitute new potatoes with fingerlings.

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