

Sensational Summer Vegetables

Enjoy these easy recipes using any summer vegetables you have from the Farmer's Market or your own garden. Start with any combination of veggies.. wash, chop or slice... then combine and add to any of these recipes.



Garden Fresh Sandwich

1 whole wheat English muffin
2 – 3 Tablespoons chopped or sliced summer fresh vegetables*
1 – 2 Tablespoons shredded cheddar (or other favorite) shredded cheese OR ½ slice American cheese
2 slices fresh tomato

1. Cut English muffin into 2 halves.
2. Toast both halves in the toaster.
3. Layer fresh vegetables on toasted English muffin half.
4. Sprinkle with cheese.
5. Microwave for approximately 30 seconds, or until cheese is melted. (Can also bake or broil.)
6. Top each muffin half with 1 tomato slice.

*Use any fresh vegetables you have on hand. Cucumbers, onions, peppers, zucchini are delicious. Can also use shredded or sliced carrot, broccoli, cauliflower, fresh spinach, etc...

Option: Sprinkle small amount (1/4 teaspoon olive oil and ¼ teaspoon dried mixed herbs or Italian Seasoning) over vegetables. Stir to mix. Then place on English Muffin halves.

Makes: 2 open-faced sandwiches. Each open faced sandwich = 100 calories, 3 g fat

Pasta Veggie Salad

2 cups uncooked pasta – shells, spirals, etc... whole wheat or regular
2 cups cut up fresh vegetables, ie pepper, cucumber, onion, carrots, celery, etc.. OR
can use cooked frozen vegetables
½- 1 cup any salad dressing.. ie.. Italian, French, ranch, etc.. Can use regular, light or fat-free.
1/2 cup 'salad toppings'

1. Cook pasta and drain.
2. Add cut-up fresh vegetables or drained cooked vegetables.
3. Pour salad dressing over pasta and vegetables and mix. (Can add more dressing if it seems too dry.)
4. Chill.
5. **Makes approximately 6 servings, 1 cup each. Each cup = 162 calories, 3 g fat**

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Salad in a Bag

Yield: 1 serving or more, 1½ cups each

Ingredients:

1 cup lettuce per person

½ cup of vegetables per person such as: broccoli, black beans, kidney beans, garbanzo beans, shredded carrot, diced cooked sweet potatoes, lima beans, peas, cabbage, cauliflower, celery, cucumbers, green beans, onions, tomatoes, zucchini, asparagus, red, yellow or green peppers, mushrooms

1-2 Tablespoons salad dressing per person

Instructions:

1. Use a one gallon sized zip-lock bag for a family sized salad or a one quart sized bag for individual salads.
2. Place 1 cup lettuce per person in the gallon bag or 1 cup in each quart bag.
If making individual salads in quart bags, add ½ cup of veggies to each bag. If making a family sized salad in a gallon bag, add ½ cup of veggies per person.
4. Add salad dressing.
5. Zip bag shut and shake to distribute the dressing over all the ingredients.

Note: Recipe analyzed using romaine lettuce, black beans, carrots, peas, tomatoes, and French salad dressing.

1.5 cup serving = 158 calories, 10.8 g fat, 14.6 g carbohydrate, 3.4 g protein

Vegetable Quesadillas

These delicious quesadillas can be eaten as a snack, an appetizer, or as the main course. The filling can be stored in the refrigerator so you don't need to use it up all at once!

6 flour or corn tortillas

1 cup grated or finely chopped raw vegetables: (Use any combination of raw vegetables: broccoli, zucchini, pepper, onion, carrots, tomato, etc...)

½ cup shredded cheese (cheddar or any other shredded cheese)

1 Tablespoon lime juice

Option: Add ¼ tsp. cumin to vegetable/cheese mixture

1. Wash and grate/chop any combination of raw vegetables as desired.
2. Add shredded cheese and lime juice to vegetables. Toss gently until well mixed.
3. Take 3-4 Tablespoons of the vegetable cheese mixture and spread over half of a tortilla. Fold the other half of the tortilla shell over mixture and place folded tortilla on flat skillet.
4. Heat on medium heat for 2 – 4 minutes on each side. Remove from heat and serve whole or cut in wedges.

Note: Vegetable mixture can be made in advance and keeps 24 hours in the refrigerator. (Add cheese and lime juice prior to actually using.)

Delicious served with salsa! Makes: 6 vegetable quesadillas

Each quesadilla = 138 calories, 5 g fat, 5 g protein

Stuffed Veggie Pitas/Tortillas

6 cups grated or finely chopped raw vegetables: (Use any combination of raw vegetables: broccoli, zucchini, pepper, onion, carrots, tomato, etc...)

12 ounces low-fat cheddar cheese, grated

½ tsp. oregano

¼ tsp. black pepper

¼ tsp. garlic powder

¼ tsp. onion powder

2 Tablespoons vegetable oil

12 6-inch mini-pitas OR 12 4-5 inch flour or corn tortillas



1. Heat oil and spices in skillet.
2. Add vegetables and stir and sauté about 5 – 8 minutes.
3. When vegetables are slightly tender, remove from heat. Spoon the vegetable mixture into the pitas, or onto the center of the 12 tortillas.
4. Sprinkle each tortilla or pita with 1 oz. cheese.
5. Serve with salsa if desired.

Each mini pita = 172 calories, 5 g fat, 11 g protein

Brown Rice Pilaf

4 cups cooked instant brown rice (cook in chicken broth or add 1 chicken bouillon cube to cooking water)

2 Tablespoons oil

1 teaspoon minced garlic

2 cups any combination raw vegetables, chopped or shredded

1 teaspoon minced garlic

1 teaspoon dried herb mix or Italian seasoning

¼ teaspoon salt and pepper (optional)

½ cup dried fruit such as golden raisins or dried cranberries or cherries

½ cup water or chicken broth

½ cup toasted nuts such as walnuts, almonds, pine nuts or pecans

1. Heat oil in non-stick skillet. Add vegetables and seasonings and sauté for 5- 8 minutes or until vegetables are slightly tender.
2. Add cooked brown rice, dried fruit and additional water or broth. Cover and heat for 5 – 10 minutes or until thoroughly heated.
3. Prior to serving, stir in toasted nuts and gently mix.

Makes 6 1-cup servings Each serving = 268 calories, 12 g fat

Option: Add 1 cup cooked chicken or chicken breast in Step #2.

Veggie Salad Pitas

2 cups raw veggies. Any combination chopped or shredded.. include a leafy raw vegetable such as spinach, cabbage or lettuce

6 6-inch pitas

Shredded cheese, ranch dressing, salsa

1. Combine vegetables in a large bowl.
2. Fill each pita with approximately 1/3 cup vegetable mixture. Top with ranch dressing, salsa, and cheese as desired.

Makes 6 pita sandwiches. Each pita = 116 calories, 3 g fat (without the salad dressing and salsa)

Option: Place a thin deli slice of turkey, roast beef or ham in pita bread before adding vegetables and toppings

Pita Bread Pizza

This is a great quick meal or snack and an excellent way to get your family to try a variety of vegetables. Use any fresh vegetables you have on hand. This is also a very economical way to have pizza.

Let each child make their own pizza by choosing their own toppings and arranging the vegetables and the cheese themselves. Encourage vegetable intake by asking them to put at least three vegetables on their pizza.

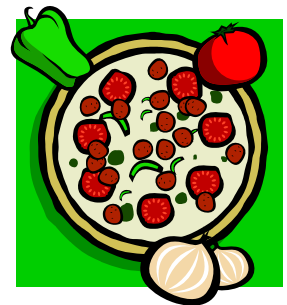
1 round pita bread

3 Tbsp. pizza sauce

Fresh vegetables as desired.... Choose 2 – 4 vegetables, using 1 – 3 Tablespoons of each vegetable per pizza

(Fresh sliced or chopped vegetables: mushrooms, peppers, finely broccoli, carrots, onions, celery, etc...)

1/3 cup Mozzarella cheese, shredded



Preheat oven to 400°. Lay pita bread on baking sheet. Spread pizza sauce over pita bread, leaving ¼ inch around the edge uncovered. Arrange assorted vegetables over sauce. Sprinkle cheese evenly over vegetables. Bake until cheese is melted and golden... approximately 8 – 10 minutes.

Options:

- 1) Use regular tomato sauce instead of pizza sauce. (Can sprinkle with pizza seasoning or oregano or Italian seasoning, if desired.)
- 2) Add cooked meat to pizza if desired.... i.e. sliced or diced ham, sausage, ground beef, pepperoni, Canadian bacon, sliced hotdogs, etc...
- 3) Add sliced or diced, drained, canned pineapple and ham or Canadian bacon.
- 4) Heat in microwave instead of in the oven.. until cheese is melted.

1 whole pizza = 299 calories, 8 g fat