

## Vegetables & Fruits for Vitamin A

Vitamin A can be stored by your body. If you eat a good source of vitamin A three or four times a week, you will get enough.



Foods rich in vitamin A are usually deep yellow or dark green in color. Good examples are pumpkin, carrots, squash, sweet potatoes, cantaloupe, peaches, spinach and broccoli.

Vitamin A helps children grow and fight infections. It is also important for seeing in the dark and at night.

It can be dangerous to take vitamin A pills.

## BAKED POTATO WITH CHEESY VEGETABLES

2 cups coarsely chopped broccoli  
1 cup chopped onions  
1 cup finely chopped carrots  
2 tablespoons margarine  
2 tablespoons flour  
1½ cups milk  
1 cup shredded cheese  
8 hot baked potatoes

1. Cook broccoli, onions and carrots in a small amount of water until tender. Drain.
2. In another pan melt margarine and stir in flour.
3. Add milk gradually while stirring.
4. Cook until sauce thickens.
5. Add cheese and stir until melted.
6. Add vegetables and serve over hot baked potatoes.
7. Serves 8. Each serving provides 271 calories,

## VEGETABLE CASSEROLE

7 carrots, peeled, cut in ½-inch chunks  
1 (16 oz.) bag frozen cauliflower  
1 (16 oz.) bag frozen cut broccoli  
2 tablespoons cornstarch  
2 tablespoons margarine  
2 cups milk  
4 ounces cheese, diced

1. In a large, covered saucepan, cook carrots in a small amount of water for 5 minutes. Add cauliflower and cook 5 more minutes. Add broccoli and cook 5 additional minutes.
2. Meanwhile, in another saucepan combine cornstarch, margarine and milk. Bring to a boil and cook for 1 minute, add the cheese and stir to melt.
3. Drain vegetables and combine with cheese sauce. Place in casserole dish and bake about 30 minutes at 350° or leave in saucepan and cook on stove top over low heat for 15 minutes.
4. Makes 8 servings. Each serving provides 95 calories

## STUFFED ACORN SQUASH

2 acorn squash, cut in half  
1 cup unsweetened applesauce  
4 teaspoons brown sugar  
4 teaspoons soft margarine  
Ground cinnamon

1. Place squash halves, cut side down in shallow baking pan. Cover bottom with water. Bake at 400° for 50-60 minutes until tender.
2. Turn squash over. Fill each cavity with ¼ cup applesauce, 1 teaspoon brown sugar and 1 teaspoon margarine. Sprinkle with cinnamon.
3. Continue baking until applesauce is bubbly, about 15-20 minutes.
4. Serves 4. Each serving provides 233 calories

## PUMPKIN PIE SQUARES

- 1 cup flour
- ½ cup quick cooking oats
- ½ cup brown sugar
- ½ cup margarine
- 1 (16-oz.) can pumpkin
- 1 (13 oz.) can evaporated milk or 1½ cups reconstituted nonfat dry milk
- 2 eggs
- ¾ cup sugar
- 1 teaspoon cinnamon
- ½ teaspoon ginger
- ¼ teaspoon cloves

1. Combine flour, oats, brown sugar and margarine until crumbly.
2. Press into a 13 x 9 x 2-inch pan.
3. Bake 15 minutes at 350°.
4. Combine pumpkin, milk, eggs, sugar, cinnamon, ginger and cloves; pour over baked layer.
5. Bake 35 minutes at 350°.
6. Serves 12. Each bar contains 174 calories.

## HOMEMADE VEGETABLE SOUP

- 1 tablespoon margarine
- ¼ cup chopped onion
- 1 (10 oz.) package frozen mixed vegetables
- 2 potatoes, scrubbed and diced
- ¼ teaspoon salt
- 2 cups water
- 1 (28 oz.) can tomatoes
- ¼ teaspoon dried basil (optional)

1. Melt margarine in a large pan and add onion, mixed vegetables, potatoes, salt and water. Bring to a simmer and cook until potatoes are tender (about 15 minutes).
2. Cut or mash the canned tomatoes into pieces and add to the soup along with the liquid from the tomatoes. Add basil, if desired; cook 10 minutes.
3. Makes 6 servings. Each serving provides 114 calories.



## STIR-FRY VEGETABLES

- 2 tablespoons oil
- 2 cups chopped fresh broccoli
- 1 cup carrots, peeled and sliced thin
- ½ cup sliced onion
- 1 teaspoon cornstarch
- ½ teaspoon garlic powder
- 1 teaspoon soy sauce
- ⅓ cup water
- Hot cooked rice

1. Heat the oil in a large skillet or saucepan. Add broccoli, carrots and onion.
2. Stir and cook over moderate heat for 3-5 minutes or until vegetables are crisp tender. (If you like them more tender add 2-3 tablespoons water, cover tightly and cook a little longer.)
3. In a small bowl mix cornstarch, garlic powder, soy sauce and water. Add this mixture to the vegetables. Stir and cook 1 minute.
4. Serve with rice. Makes 4 servings. Each serving provides 100 calories.

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