

## Flavorsome Veggies

1 serving

Estimated cost per serving: \$0.50

1 cup frozen broccoli, cauliflower & carrot mix  
1 tsp Mrs. Dash Garlic & Herb Seasoning Blend  
4 squirts of 'butter' spray (like I Can't Believe It's Not Butter spray) or 1 tsp soft tub margarine



1. Place frozen vegetables in a microwavable dish. Add seasoning blend & butter spray.
2. Cover and microwave according to the package directions, about 6 - 8 minutes.

**Nutrition facts per serving:** 40 calories, 0g total fat, 6g carbohydrates, 4g dietary fiber, 3g protein, 105mg sodium.

**Good source** of Vitamin A, Vitamin C and dietary fiber

**Pyramid servings:** 2 vegetable

### **Nutrition Note:** Cooking veggies 101

**\* Try eating a colorful selection of vegetables to provide you with the most nutrients\***

**Microwaving:** (short cooking time, few nutrients lost, best method for cooking frozen veggies)

- Use microwave-safe dishes and cover tightly while cooking
- Add minimal water to reduce nutrient losses; about 2 - 3 Tbsp per pound of vegetables
- Halfway through the cooking time, stir or turn veggies
- Flavor with salt-free seasoning mixes, herbs, lemon juice or wine vinegar

**Steaming:** (retains nutrients, flavor and texture more than other techniques)

- Keep veggies about the same size so they will cook evenly
- Place vegetables in a steamer basket, well above boiling water
- Tightly cover the pan to keep in the steam
- Cook vegetables only until they are crisp-tender

**Stir-frying:** (quick & flavorful method for cooking veggies)

- Cut vegetables into small pieces, on the diagonal
- Use a wok or heavy skillet and cook over medium-high heat
- Add a small amount of healthy oil like canola, olive or sesame (about 2 tsp for 1 cup veggies) or stir-fry in a little fat-free broth
- While cooking, toss the vegetables continuously & cook only until crisp-tender
- To add more flavors, try throwing in a minced garlic glove or 1 tsp garlic seasoning; look for a sodium-reduced stir-fry sauce at your grocery store

Recipe provided by Keri Tonia, MSU Dietetics Student, 11/06.