

Fill your Fall with Vegetables!

Vegetables are a very important part of a healthy diet.

Benefits of Eating Vegetables

- **Vegetables give our bodies many important nutrients.** These nutrients (such as magnesium, folic acid, dietary fiber, potassium, vitamin A, C, and K) that keep us healthy and help fight diseases such as diabetes or heart disease.
- **Vegetables help our overall health.** They assist many different parts of the body such as maintaining a healthy heart, and having healthy vision, strong bones and teeth.
- **Vegetables promote a healthy weight** as they are naturally low in fat and calories!

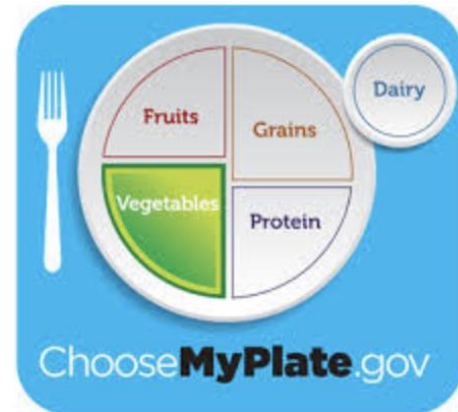
How many servings should I eat a day?

The recommended daily intake of vegetables varies between 1-3 cups per day. This includes 1 cup of raw or cooked vegetables or vegetable juice. (*exception: 2 cups of lettuce is considered 1 cup from the vegetable group*). Other examples of a cup of vegetables includes: 12 baby carrots, 1 large ear of corn, or 2 large stalks of celery.

TIPS:

- Canned and frozen vegetables are as nutritionally beneficial as fresh but have the convenience of being found year-round in your local grocery store.
 - Remember to choose low sodium for a healthier option.
- Choose a VARIETY of vegetables, different vegetables have different nutrients. Eating a variety of **COLORFUL** vegetables provides us with many health benefits.
- Shopping for vegetables in season is the most budget friendly!

<https://www.choosemyplate.gov/eathealthy/vegetables>



SEASONAL VEGETABLES:

- | | |
|-----------------|---------------|
| Beets | Bell Peppers |
| Brussel Sprouts | Broccoli |
| Carrots | Cabbage |
| Collard Greens | Corn |
| Cucumbers | Cauliflower |
| Eggplant | Garlic |
| Green Beans | Green onions |
| Kale | Onions |
| Parsnips | Radish |
| Spinach | Swiss Chard |
| Tomatoes | Winter Squash |
| Zucchini | |



Nutritious food choices add color to any diet

This institution is an equal opportunity provider

Russian Borscht

(Beet soup)

Servings: about 10 servings

Ingredients

4 cups low sodium vegetable or chicken broth
4 red beets diced (canned or fresh)
2 tbsp. vegetable oil (or preferred oil)
1 medium potato, peeled and diced
1 cup carrots, diced (about 2 carrots)
2 garlic cloves, minced
1 small onion, chopped
½ small cabbage, shaved
1 cup green beans
1 tbsp. lemon juice
Pinch of salt
Pinch of pepper
1 handful fresh dill (optional)
Sour cream (optional, for serving)



natashaskitchen.com

WHAT IS BORSCHT?

Borscht is a traditional beet and cabbage based soup originating from Russia.



Beyond that, the soup can be cooked in a variety of ways! It is perfect for using vegetables you have in your fridge. Some even put meat in it. Explore ways to make it your masterpiece!

Directions

- Step 1:**
Add vegetable oil to a soup pot and set over medium-high heat. When the oil is hot add in the beets, carrots, potatoes, onion, and cabbage. Stir to combine. Cook for 10 minutes to slightly soften the vegetables.
- Step 2:**
Add in the garlic and sauté for 30 seconds.
- Step 3:**
Pour in the vegetable broth and green beans and let simmer for 20-25 minutes or until the beets and carrots are tender
- Step 4:**
Stir in the fresh dill and lemon juice. Taste and season with the desired amount of salt/pepper. It is ready to serve! Optional: serve with a spoonful of sour cream on top

Recipe and information from: <https://www.spendwithpennies.com/borscht-recipe-beet-soup/>

Good news about everything that's good to eat!

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