On average, children and adults should aim to consume 4½ to 5 cups of fruits and vegetables daily, but most people fall short of that goal. All forms of fruits and vegetables, including canned, fresh, frozen and dried, count toward the recommendation. From fresh to grilled to roasted, try some different ways to enjoy fruits and vegetables. This pocket guide provides creative ideas for using fruits and vegetables as part of nutritious meals and snacks. Be sure to wash your hands with warm, soapy water before and after preparing food. Rinse fresh fruits and vegetables, even those you peel, while running tap water.

See www.ag.ndsu.edu/fieldtofork for webinars, fact sheets and much more.

See www.ag.ndsu.edu/food for more information about food preservation (canning, freezing, drying), food safety and nutrition.

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Fruits and Vegetables

BROCCOLI

FRESH – Enjoy broccoli fresh.
STEAM – Add a few inches of water to a pot and let simmer on medium heat. Add broccoli, then cover. Steam for four to five minutes until tender.
SAUTÉ – Add oil to a skillet over medium heat. Add cut-up broccoli and stir frequently. Cook until broccoli is bright green and tender.
ROAST – Heat oven to 425 F. Toss broccoli florets on baking sheet with oil and desired seasonings. Roast for 20 to 25 minutes.

CABBAGE

FRESH – Enjoy cabbage fresh. Create your own coleslaw recipe.
SOUPS – Experiment with different variations of cabbage soup.
BOIL – Cut cabbage into slices and bring a pot of water to a boil. Add cabbage to the pot and boil five to 10 minutes, then drain.
ROAST – Heat oven to 425 F. Cut cabbage into wedges. On a baking sheet, toss with oil, salt and pepper. Bake until the cabbage is golden and tender, about 25 to 30 minutes.

Cauliflower

FRESH – Enjoy cauliflower fresh.
ROAST – Heat oven to 425 F. Cut cauliflower into slices. Place cauliflower on a baking sheet and drizzle with olive oil. Add salt and pepper. Bake until golden brown on edges, tossing halfway, about 25 to 30 minutes.
SAUTÉ – Cut cauliflower into bite-sized pieces. Heat oil in a skillet on medium heat. Once oil is hot, toss in cauliflower and season with salt and pepper. Cook cauliflower until tender and it starts to brown, about 10 to 12 minutes.
STEAM – Bring ¼ inch of water to a boil in a pan. Add cauliflower florets to the pan, season, cover and steam for three to eight minutes (depending upon desired tenderness).
BOIL – Boil cauliflower with potatoes, then mash to make cauliflower mashed potatoes.

Apples

FRESH – Enjoy apples fresh.
BOIL – Chop apples and cook in water for 10 minutes. Drain water, then make applesauce or mix with honey, cinnamon and butter for a sweet side dish or dessert.
GRILL – Slice apples into ¼-inch slices and brush with butter. Place on a grill and cook until grill marks appear. Remove and top with cinnamon or honey.
DRIED – Slice apples horizontally into ¼-inch-thick rounds. Soak apples in lemon water for 30 minutes, then pat dry. Arrange apples in a single layer on a baking sheet. Add a sprinkle of cinnamon if desired. Bake for two hours at 200 F. Turn off the oven and let apples sit in the oven for one to two hours as they cool further, until desired crispness.

Asparagus

STEAM – Bring an inch of water to boil in a pan with a steamer insert in the bottom. Cover the pan. Steam just until the thickest stalks can be pierced with a sharp knife. This takes about three to eight minutes, depending on thickness of the stalks. Season and serve immediately.
ROAST – Preheat oven to 425 F. Cover a cookie sheet with foil (optional) for easy clean-up. Place asparagus on a cookie sheet in a single layer. Coat the asparagus with olive oil. Sprinkle with a pinch of salt and pepper. Roast for 12 to 15 minutes until asparagus is tender.
• Squeeze lemon juice or sprinkle Parmesan cheese over the top for flavor.
GRILL – Mix oil and garlic and drizzle the mixture over the asparagus. Grill on a grill pan for about five minutes and turn regularly with tongs. Grill until tender but not mushy.

Carrots

FRESH – Rinse and peel carrots.
ROAST – Rinse, peel and chop fresh carrots into desired size. Place in a pot of water, bring to a boil and cook for seven to nine minutes, depending on the size of the carrots.
BOIL – Boil carrots with the skin on for approximately 30 to 45 minutes or until tender. Eat by themselves or in a salad, or add to smoothies for a beautiful color.
SAUTÉ – Cut peppers lengthwise into strips. Heat olive oil in a pan, then add peppers. Cook, stirring occasionally, until peppers are just tender, about 10 minutes.
GRILL – Cut peppers lengthwise, brush with oil and place on a grill until grill marks appear (usually 10 to 14 minutes, depending upon desired tenderness).

Cucumbers

FRESH – Rinse and chop cucumbers and enjoy fresh as a snack or mixed into a salad.
SMOOTHIE – Rinse and chop cucumbers and add them to your favorite smoothie, then blend.
SPREAD – Rinse and finely chop cucumbers. Mix with cream cheese and seasonings to make a simple spread or add them to your favorite sandwich spread such as egg or chicken salad.

Dry Beans

CANNED – Canned beans are ready to consume after being drained and rinsed. Chickpeas are the key ingredient for making hummus. In a blender, blend one can of chickpeas, 1 Tbsp. lemon juice, 1 Tbsp. olive oil, 1 clove of crushed garlic or 1 tsp. of minced garlic, ⅛ tsp. ground cumin, and salt and pepper to taste. Blend until smooth and let chilli for at least two hours before serving. Drizzle oil or vinegar or add cumin or cayenne pepper before serving. Serve with vegetables, crackers or pita bread.
DRY – Soak dry chickpeas in a large pot of water overnight to allow them to expand before being cooked. To cook the chickpeas, place them in a pot and bring to a boil. Reduce to a simmer and cook for 60 to 90 minutes to desired tenderness.
• Mix chickpeas into soups or salads.
ROAST – Toss chickpeas with olive oil, salt, pepper and cayenne pepper. Spread on a baking sheet and roast at 450 F for 30 to 40 minutes or until crunchy.

Cauliflower

FRESH – Enjoy cauliflower fresh.
ROAST – Heat oven to 425 F. Cut cauliflower into slices. Place cauliflower on a baking sheet and drizzle with olive oil. Add salt and pepper. Bake until golden brown on edges, tossing halfway, about 25 to 30 minutes.
SAUTE – Cut cauliflower into bite-sized pieces. Heat oil in a skillet on medium heat. Once oil is hot, toss in cauliflower and season with salt and pepper. Cook cauliflower until tender and it starts to brown, about 10 to 12 minutes.
STEAM – Bring ¼ inch of water to a boil in a pan. Add cauliflower florets to the pan, season, cover and steam for three to eight minutes (depending upon desired tenderness).
BOIL – Boil cauliflower with potatoes, then mash to make cauliflower mashed potatoes.

Beets

FRESH – Wash beets with a salad spinner.
BAKE – Bake beets in the oven. Bake until soft, usually 25 to 35 minutes, depending upon size.
GRILL – Grill beets with the skin on for approximately 30 to 45 minutes or until tender. Eat by themselves or in a salad, or add to smoothies for a beautiful color.
STEAM – Steam beets with the skin on for approximately 30 to 45 minutes or until tender. Eat by themselves or in a salad, or add to smoothies for a beautiful color.
SAUTÉ – Heat olive oil and season with salt and pepper. Roast in the oven for 25 to 30 minutes at 400 F.

Dried Beans

CANNED – Canned beans are ready to consume after being drained and rinsed.
DRY – Soak dry beans, allowing room to expand. See directions at www.ag.ndsu.edu/fieldtofork. To cook, place in a pan with water and bring to a boil. Reduce to a simmer and cook for about one hour or until tender. Enjoy beans in soups, salads, tacos or salsas.
**CHIPS**

Soup, try adding some spinach, – Depending on the type of

**G R I L L**

**M I N T**

Salads, seafood or salad dressings.

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