

Jr. Chef Club - Level II

NEWS PARENTS CAN USE

Lesson 5

Cooking with Colors I—Vary Your Veggies

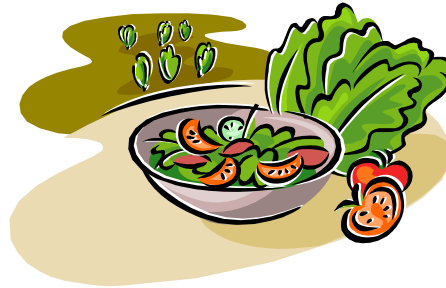
Crunchy Burritos

Cooking with Colors— Mineral-Rich Vegetables

They were crunchy, delicious, and packed full of mineral-rich, colorful veggies. They were Crunchy Burritos and Jr. Chefs made them today.

Vegetables are well-known for being high in vitamin A, C and fiber. But they are also a good source of some of the minerals your body needs. Plus, veggies have special substances called phytochemicals. These natural substances give vegetables their beautiful colors. Inside you, phytochemicals help prevent cancer and heart disease.

MyPyramid urges you to “Vary your Veggies” so that you get many different nutrients and phytochemicals. Eat a few dark green and orange ones each week.



More on Minerals

Here’s a quick look at a few of the minerals the body needs every day:

Potassium: the heart healthy mineral. It helps keep blood pressure in check and keeps the heart beating regularly. Vegetables are packed with potassium.

Calcium: for strong bones and many other uses. Dark green veggies have some calcium, but not as much as milk and dairy foods.

Iron: carries oxygen to all your body parts. Iron can help keep you from feeling tired and helps your brain work well. Leafy greens have some iron, and red meat has even more.

Magnesium: helps nerve and muscle function. Leafy greens are rich in magnesium.

Other foods rich in additional minerals include meat, seafood, whole grains and fruit. Eat a variety of foods to get all the minerals you need.

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Information provided by Washington State University Extension’s *Food Sense*. This material funded in part by USDA-Food Stamp Program, state and local government agencies. *Basic Food* assistance helps people with low incomes. To find out more, contact your local DSHS-Community Service office. Extension programs are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension Office.

Crunchy Burritos**Makes 4 Servings**

- ½ cup shredded carrots
- ½ cup chopped broccoli
- ½ cup chopped cauliflower
- 2 green onions, thinly sliced
- 4 ounces reduced-fat shredded cheddar cheese
- ¼ cup light ranch salad dressing
- ½ teaspoon chili powder
- 4 (7 inch) 98% fat-free whole wheat tortillas
- 1 cup torn lettuce

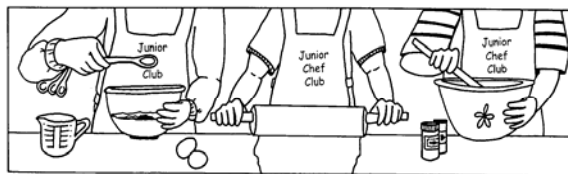
1. In a mixing bowl, combine carrots, broccoli, cauliflower and onions with cheese, dressing and chili powder.
2. Lay tortillas flat on the counter and spoon ½ cup vegetable mixture down the center. Sprinkle with about ¼ cup of lettuce.
3. Wrap each tortilla very tightly around the vegetable mixture.



Did you know... frozen vegetables may be just as nutritious as fresh? Frozen vegetables are typically processed within hours of being picked—locking in nutrients. Fresh produce sometimes sits for days on its way from the farm to your plate. The longer vegetables are stored, the more nutrients they lose.

Cook Lightly!

In order to preserve the many nutrients in vegetables, cook them as little as possible. For instance, steam instead of boil. Cook only until crisp-tender, not soggy. And then add a small touch of vegetable oil—it increases the absorption of certain nutrients and phytochemicals.

**Just Do It!**

How can you be sure your family gets the minerals and vegetables they need? Ask your Jr. Chef to help you figure out how to get family members eating one or two kinds of vegetables in a day.

Let children pick out new veggies and help fix them. Kids may not like vegetables at first, but keep serving them—or else they may never learn to like them! Add veggies to main dishes whenever you can—toss them into spaghetti sauce, chili or pasta.