

# GREEN VEGGIES WITH PEANUT SAUCE

*Eat and enjoy your greens!*  
Serve this easy peanut sauce with any  
green vegetable  
(broccoli, green beans, bok choy, cabbage).



## PEANUT SAUCE:

1/4 cup	Peanut butter
2 tablespoons	Hot water
1 tablespoon	Reduced sodium soy sauce
1 tablespoon	Lime juice
1 teaspoon	Brown sugar
1 clove	Garlic, minced
1/2 teaspoon	Crushed red pepper (optional)

## DIRECTIONS:

1. Combine peanut butter and hot water. Stir until smooth.
2. Stir in the remaining ingredients.
3. Serve with steamed broccoli or other green vegetables. Makes 4 servings.

## MORE TIPS:

- Vary your veggies, including more dark, green vegetables like broccoli and leafy greens.
- Discover what's fresh at your local Farmers' Market. Be adventurous--try something new!
- Go easy on high fat dressings. Fat and calories add up fast.



The Youth Food Stamp Nutrition Education Program is funded by the United States Department of Agriculture (USDA), California Department of Social Services (CDSS) Food Stamp Bureau, and the University of California Cooperative Extension.

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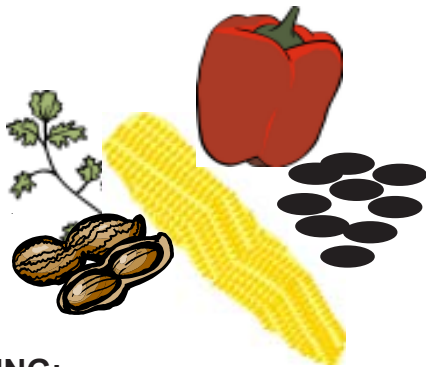
# FRESH IDEAS FOR VEGETABLES



**UNIVERSITY OF CALIFORNIA  
COOPERATIVE EXTENSION  
San Francisco/San Mateo Counties  
Expanded Food & Nutrition Education  
Program (EFNEP)**

# BLACK BEAN SALAD

Enjoy this quick and easy, colorful salad with delicious dressing. It's a winner!



## DRESSING:

- 1/4 cup Seasoned rice vinegar
- 1 teaspoon Reduced sodium soy sauce
- 1 teaspoon Sesame oil

## SALAD:

- 1 can Black beans, rinsed and drained
- 1 can Corn, drained
- 1 medium Red bell pepper, diced
- 1/4 cup Cilantro, chopped
- sprinkle Peanuts, unsalted, chopped

## DIRECTIONS:

1. In a small bowl, whisk together the dressing ingredients.
2. In a serving bowl, combine the black beans, corn, red bell pepper and cilantro.
3. Toss salad with dressing.
4. Sprinkle with chopped, roasted peanuts.  
Makes 4 servings.



## MORE TIPS:

- Check the label! Buy canned vegetables with less salt, or rinse well in a colander under cold running water.
- Beans are an excellent source of fiber, high in protein, without the fat.
- Pack this salad along with a brown bag lunch.
- Get your kids involved in the kitchen.
- Eat a variety of colorful fruits and vegetables every day.

# GARBANZO SALAD WITH HONEY MUSTARD DRESSING

This healthy salad is full of bright colors, crunch, and sweetness, topped with a delicious honey-mustard dressing.



## DRESSING:

- 2 tablespoons Balsamic vinegar
- 2 teaspoons Dijon mustard
- 2 teaspoons Olive oil
- 2 teaspoons Honey
- 1/4 teaspoon Celery seeds
- sprinkle Black pepper

## SALAD:

- 8 leaves Red leaf or romaine lettuce, torn
- 1 can Garbanzo beans, rinsed, drained
- 1/2 cup Raisins
- 1 large Apple, chopped into small pieces
- 1 medium Red bell pepper, strips

## DIRECTIONS:

1. Mix vinegar and mustard together in a small bowl. Add oil, honey, celery seeds, and black pepper.
2. Prepare and toss salad ingredients together in a serving bowl.
3. Serve dressing on-the-side.  
Makes 4 servings.

## MORE TIPS:

- Don't limit yourself to plain old iceberg lettuce. A variety of dark lettuce greens boost nutrition.
- Buy canned beans with less salt, or rinse well in a colander under cold running water.
- Try a delicious Fuji apple for more crunch.
- Red bell peppers are an outstanding source of Vitamin C, plus they add great color and taste.
- Start your meal with a vegetable (salad) and end with a fruit (dessert).