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.

FRESH IDEAS FOR VEGETABLES

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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.

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).