



## Vegetables

Prepare vegetables in ways that promote a variety in colour, texture, shape, temperature, and taste. Consider mixing vegetables of different colours and shapes. Vegetables can be chopped, sliced, diced, shredded (grated), julienned, or mashed. Or, get creative with cookie cutters!

### Examples of vegetables suitable to be blanched, sautéed, steamed, or served raw:

Dark green, orange, and red:	Other:
asparagus (cooked)	beans, yellow
beets	cauliflower
beans, green	corn (cooked)
bok choy (cooked)	eggplant (cooked)
broccoli	mushrooms
brussel sprouts (cooked)	onions (cooked)
carrots	parsnips (cooked)
green peas	peppers (yellow)
kale	potatoes (DO NOT SERVE RAW)
leeks (cooked)	radishes
peppers (green, red/orange)	turnips
pumpkin (cooked)	
snow peas	
spinach	
squash (acorn, butternut, spaghetti, etc.) (cooked)	
sweet potatoes (cooked)	
swiss chard	
tomatoes*	
yams (cooked)	
zucchini	

\*Although technically a fruit, tomatoes have been grouped with vegetables for reasons of practicality and convenience.

*Note 1:* Tips, cooking methods, and Nutrition Information are on pages 2 – 4.

#### Preschool Portion Size Guide:

Fresh: ½ - 1 medium-sized vegetable

Fresh, frozen, or canned: ¼ - ½ cup

Leafy vegetables (raw): ½ - 1 cup



## Tips

- Serve at least one dark green, orange, or red Vegetable and Fruit each day.
- Vary the type of vegetables served from day-to-day.
- Choose fresh and frozen vegetables most often.
- If using canned vegetables, rinse under running water to reduce salt.
- Add extra vegetables to soups, lasagna, or casseroles.
- Use cooking water from vegetables in soups and sauces.

## Sautéed Vegetables

Makes: 50 child servings

Imperial Measurement	Ingredient	Metric Measurement
20 cups+	vegetables (one or more varieties)	5 L+
¼ cup	vegetable oil	60 mL
Optional:	salt (1 tsp/5 mL) pepper herbs, fresh or dried	

## Instructions

1. Wash and prepare vegetables (ie. chop, dice, etc.).
2. Heat oil in a large wok or frying pan over medium-high heat. If the vegetables are crowded, they will steam instead of sauté. Therefore, cook the vegetables in multiple pans or batches if you are cooking the full recipe.
3. Continue to sauté vegetables until cooked but still slightly crispy.

### Nutrition Information

Serving 125 mL  
(½ cup)

Nutrition information varies depending on the vegetable used.

### Food Guide Servings

1 Vegetable & Fruit

## Blanched Vegetables

Makes: 50 child servings

Imperial Measurement	Ingredient	Metric Measurement
20 cups+	vegetables (one or more varieties)	5 L+
	water	
Optional:	margarine or butter salt (1 tsp/5 mL) pepper lemon juice herbs, fresh or dried	

## Instructions

1. Wash and prepare vegetables (ie. chop, dice, etc.).
2. Bring a large pot of water to a boil.
3. Add vegetables, ensuring that they are completely submerged in the water.
4. Continue to blanch vegetables until cooked but still slightly crispy.

### Nutrition Information

Serving 125 mL  
( $\frac{1}{2}$  cup)

Nutrition information  
varies depending on  
the vegetable used.

### Food Guide Servings

1 Vegetable & Fruit

## Steamed Vegetables

Makes: 50 child servings

Imperial Measurement	Ingredient	Metric Measurement
20 cups+	vegetables (one or more varieties)	5 L+
	water	
Optional:	margarine or butter salt (1 tsp/5 mL) pepper lemon juice herbs, fresh or dried	

### Instructions

1. Wash and prepare vegetables (ie. chop, dice, etc.).
2. Fit a steamer into a large pot. Place approx. 1 – 2 inches of water in the pot (the bottom of the steamer should sit above the water line).
3. Bring water to a boil.
4. Place vegetables in steamer. If steaming multiple vegetables at once, those requiring the longest cooking time should be placed on the bottom.
5. Throughout the steaming process, keep heat sufficiently high to generate steam and pressure; steam should escape from beneath the pot lid. When steaming a vegetable that requires a prolonged period of cooking, check periodically to ensure that the water has not boiled away. If it has, replenish with boiling water.
6. Continue to steam until vegetables are cooked but still slightly crispy.

*Note 2:* Different vegetables require different cooking times. Generally, for harder vegetables, longer cooking times are required.

*Note 3:* Vegetables continue to cook once removed from the heat. This is especially noticeable with green vegetables, which take on a greyish hue if overcooked.

#### Nutrition Information

Serving 125 mL  
(½ cup)

Nutrition information varies depending on the vegetable used.

#### Food Guide Servings

1 Vegetable & Fruit