



TIP OF THE WEEK

Interesting Facts About Vegetables

POTATO

The potato is probably America's most versatile vegetable. They come in a variety of sizes and colors and are served baked, mashed, boiled, fried, as an ingredient in casseroles and soups and in an endless variety of appetizers and snacks.

Although potatoes are a starchy vegetable, they are rich in Potassium and Vitamin C and not high in calories unless topped with high-fat toppings - which they usually are!

1 baked w/skin: 220 Calories 0 IU Vitamin A 26 mg. Vitamin C 1.3 g. Fiber

SPINACH

Fresh leaf spinach is available throughout the year. Known as a food source since 647 A.D., the Chinese called spinach the "herb of Persia". It was grown in America during the colonial period, probably traveling over on ships from England.

The most nutritious way to serve spinach is raw in a salad, by itself or with other mixed greens. Cooked spinach is often served as a side dish. Spinach is a rich source of iron, vitamin A and vitamin C. "Popeye" knew to include this nutrient rich vegetable in his diet every day!

½ cup chopped, raw: 6 Cal. 1880 IU Vitamin A 8 mg. Vitamin C 1 g. Fiber

TOMATO

The tomato is one of the most popular and versatile vegetables on the market today.

Tomatoes should be stored with stems up at room temperature - never in the refrigerator!

Choose fully ripe tomatoes if you plan to use them in a day or two. To quickly ripen them, place them in a paper bag with an apple. To peel tomatoes, drop them into boiling water for ten seconds, then core, and the peel will slip off easily. There are endless ways to eat tomatoes: raw alone or in salads, cooked in soups, stews, sauces and in America's favorite condiments, Catsup and salsa. Although tomatoes are eaten in many ways, the best way is still vine-ripe straight from the garden!

1 raw: 24 Calories 1394 IU Vitamin A 22 mg. Vitamin C 1 g. Fiber

ASPARAGUS

Asparagus is one of the aristocrats of the vegetable kingdom. It is available in white and green varieties with a stronger, more earthy taste in the white.

Select tight, firm tips that come to a point - size is a matter of preference. Steam lightly or use raw as a salad ingredient or on a relish platter. Asparagus is low in calories and fat free. It is one of the first vegetables available in Spring.

½ cup: 22 Calories 746 IU Vitamin A 18 mg. Vitamin C 0.6 g. Fiber

For more interesting facts from Indiana State Department Of Health, log on to:

<http://www.in.gov/isdh/programs/nutrition/5aday/fruit.html>