

# Microwave your 5 a Day

Microwaving fruits and vegetables is easier than it looks. It saves time and they taste great! You don't even have to go to the market for fresh vegetables...frozen vegetables can be microwaved too. Here are five simple rules to successfully microwaving produce.

1. Cut into same-size pieces.
2. Stir or rotate food during cooking.
3. Loosely cover foods allowing steam to escape.
4. Use a fork to pierce whole, unpeeled vegetables or fruits.
5. Let food stand 3-5 minutes after microwaving, allowing them to finish cooking.

## Microwaving Guide For Single Servings (or more!)

Special Instructions		Cooking time on high	
Asparagus, Broccoli, or Cauliflower	Arrange pieces in micro-safe dish (flowerettes or asparagus tips pointed toward center). Add 2 Tbsp. water. Cover & cook.	2-3 min. 3-4 min. 8-10 min.	for 1 cup for 2 cups for 1 lb. (spears)
Brussels Sprouts	Peel away any wilted or brown outer layers. Arrange 1 pound in 1 1/2 quart micro-safe dish and add 2 Tbsp. water. Cover & cook.	3-4 min. 6-7 min.	for 1 cup for 1 lb.
Carrots	Trim stem and tops; slice. Place in micro-safe dish, with 2 Tbsp. water. Cover & cook.	3-4 min. 4-5 min.	for 3/4 cup for 1 1/2 cup
Corn on the Cob	Peel husks back and remove silk; replace husks (if cooking more than one, arrange like "spokes" in the dish).	3-4 min.	per car
Cut Corn or Peas (frozen)	Pour corn or peas into a micro-safe dish with 3 Tbsp. water. Cover & cook.	2-3 min. 4-5 min.	for 1 cup for 2 cups
Green Beans	Cut beans into 1" pieces and place in micro-safe dish with 1/4 cup water. Cover & cook.	3 min. 7-12 min.	for 1 cup for 1 lb.
Greens	Rinse and coarsely chop greens. Place lightly wet leaves in micro-safe dish. Cover & cook.	2 min. 7-10 min.	for 2 cups leaves [makes 1/2 cup cooked] for 1 1/4 lb.
Mushrooms	Place whole or sliced mushrooms in dish with 1 Tbsp. water. Cover tightly with plastic wrap.	2 min.	for 1 cup
Onions	Place chopped onion in dish with 1 Tbsp. water. Cover tightly with plastic wrap.	2-3 min.	for 1 onion
Peppers	Cut in 1/4-inch pieces. Add 1 Tbsp. water and cover tightly with plastic wrap.	2-3 min.	for 3/4 cup
Potato, Sweet Potato or Yam	Puncture a few times with a fork. Place on paper towel in microwave. Do this at work as a snack.	4-5 min. (2-3 min. for each additional potato)	for 1 medium
Summer Squash (includes zucchini)	Trim off ends. Cut into 1/4" slices. Add 1/4 cup water to micro-safe dish. Cover & cook.	3-4 min. 6-7 min.	for 1 1/2 cup (sliced) for 1 lb.
Tomatoes	Clean, peel and halve. Add 2 Tbsp. water. Cover with plastic wrap.	4-6 min.	for lg. tomato
Winter Squash*	Cut into serving size pieces, remove seeds and fibers. Place pieces cut side up in a micro-safe dish. Sprinkle surfaces with 1/4 cup water or fruit juice. Cover and cook until tender when pierced with fork.	10-13 min.	for 1 squash

\* Includes acorn, hubbard, spaghetti, etc.

# How MUCH WILL IT MAKE?

*This chart will help you figure how much prepared food your fresh fruits and vegetables will yield. Use it to estimate how much produce you will need for your recipes*

FOOD TYPE	VOLUME OR WEIGHT BEFORE PREPARATION	AMOUNT AFTER PREPARATION
<b>FRUITS:</b>		
Apples, fresh	3 medium (1 pound)	3 cups sliced
Apricots, fresh	5-6 medium (1 pound)	5 cups cooked
	3 pounds	4 cups puree
Bananas	3 medium (1 pound)	1 cup puree 3/4 cup sliced
Cherries	1 pound	2 cups pitted
Cranberries	4 cups (1 pound)	3 cups ground
Dates	1 cup pitted (8 ounces)	1-1/3 cups chopped
Lemons	1 medium (5-6 ounces)	3 tablespoons juice, 2 teaspoons grated peel
Lime	1 medium (3 ounces)	2 tablespoons juice, 1 teaspoon grated peel
Oranges	1 medium (8 ounces)	1/4-1/3 cup juice, 4 teaspoons grated peel
Peaches, fresh	1 medium (4-6 ounces)	1/2 cup sliced
Pears, fresh	1 medium (4-6 ounces)	1/2 cup sliced
Strawberries, fresh	4 cups whole	3 cups sliced
<b>VEGETABLES:</b>		
Beans, dry	1 pound	2-1/2 cups dry, 6 cups cooked
Beans, green	1 pound	3 cups
Beets	1 pound	2 cups diced
Broccoli	1 pound	2 cups
Cabbage	1 pound (1 small)	5 cups shredded
Carrots	1 pound (6-8)	3 cups sliced, 2 cups shredded
Cauliflower	1 pound (1 small)	2 cups
Celery	2 pounds (1 bunch) 1 stalk	4 cups chopped 1/2 cup chopped
Mushrooms	1 pound (12 large)	5 cups sliced
Onions	1 pound (4 medium) 1 small	3-4 cups chopped 3/4 cup chopped
Peas, fresh green	1 pound	1 cup shelled
Peas, dried	1 pound	2 cups dry
Peppers, sweet	1 medium	3/4 cup chopped
Potatoes, sweet	1 pound (3 medium)	3 cups sliced
Potatoes, white	1 pound	2-1/2-3 cups diced or sliced, 2 cups mashed
Spinach	1 pound	1-1/2 cups cooked
Tomatoes	1 pound (3 medium)	1 cup cooked, 1-1/2 cups pulp
Turnips	1 pound (3-4 medium)	3 cups sliced, 2 cups shredded
Zucchini	1 pound (3 medium)	3/4 cup sliced, 1 cup shredded

As featured in the Seattle Times, March 9, 1994. Source: Cook's Book of Essential Information, Barbara Hill, Morning Star.

# NATURE'S FAST FOODS: ON THE GO WITH FRUITS & VEGETABLES

*Today's busy lifestyles often demand that fruits and vegetables be fast and easy to prepare. What could be more convenient than frozen, canned, dried, or precut fruits and vegetables?*

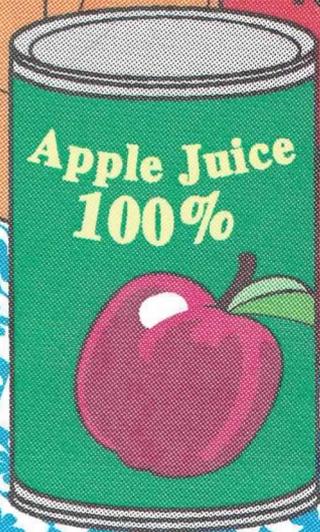
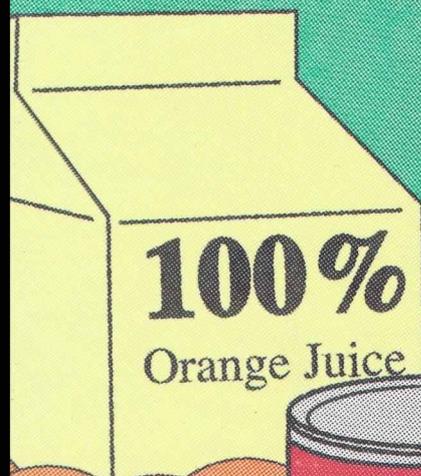
## QUICK TIPS FOR FRUITS:

- ◆ Check out the supermarket salad bar for prepared melons, fresh pineapple and other ready to eat fruits.
- ◆ Grab 100% juice instead of a soda.
- ◆ Sliced peaches, pears, pineapples and other fruits are only a can opener away!
- ◆ For a quick handy snack, try dried dates, figs, prunes, apricots and other fruits.
- ◆ Add sliced bananas, blueberries or strawberries to your cereal.
- ◆ Top your pancakes or waffles with fruit instead of syrup.

## QUICK TIPS FOR VEGETABLES:

- ◆ Buy precut carrots, celery, broccoli, and cauliflower at your supermarket salad bar.
- ◆ Frozen or canned vegetables need only be put in a bowl and covered before heating in the microwave.
- ◆ Trimmed and cleaned spinach leaves, lettuce leaves, baby carrots, and shredded cabbage are available in supermarkets for salads or snacks.
- ◆ Microwave a vegetable (potato, yam, sweet potato) by rinsing, piercing it with a fork and popping it into the micro wave.

*Did you know that  
6 oz. of juice  
= 1 serving  
towards 5 a Day?*

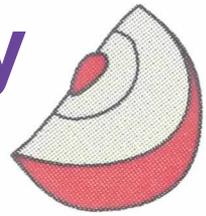
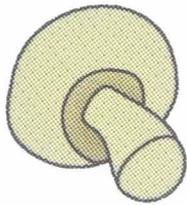


# 5 Gift Ideas For Every Season

Give the gift of health...a bright basket of fruits and/or vegetables is a thoughtful gift. It is also fun and easy to make! You'll find enough supplies in the supermarket to make a one-of-a-kind fruit basket or vegetable bowl. Baskets and bowls, ribbons and bows, kitchen gadgets, and flowers are all right there; just put them together to show you care!

<b>SEASON</b>	<b>SEASONAL PRODUCE</b>	<b>ACCENT WITH:</b>
<i>Honor the Holidays!</i>	Whole pineapple, dates, cranberries, kiwi, persimmons, pomegranates, dried fruits, bananas	Pine or holly, tiny ornaments, red ribbon, silver and gold trim, small fruitcakes
<i>Brighten Up the Winter</i>	Citrus sampler, carrots, tropical fruits, cabbage, Brussels sprouts, greens	Mittens, cinnamon sticks tied with a ribbon, a zester or juicer
<i>Welcome the Spring!</i>	Strawberries, asparagus, seasonal fruits, green peas, spinach, oranges, papaya, pineapple	Daffodils, Easter bows, Cinco de May colors, cilantro, limes or lemons, a steamer rack.
<i>Cool Down the Summer!</i>	Lettuces, corn, spinach, green onions, mixed peppers, plums, squashes, cucumbers, berries, melons, mango, peaches, nectarines	Fresh flowers, melon ball maker, a vegetable brush, lowfat bottled dressing, fresh leafy herbs, a scalloped vegetable knife
<i>Celebrate Autumn</i>	Apples, pears, seedless grapes, Brussels sprouts, peppers, tomatoes, sweet potatoes	Tiny gourds, Indian corn, autumn leaves, football flag, an apple corer or peeler, flavored vinegar

Get your 5 A Day  
the easy way...  
at the *Salad Bar*



*1 serving = 1 of the following:*

1 cup lettuce or  
spinach,

1/2 cup beans,  
3 cherry tomatoes,

3 broccoli florets,  
1/2 cup sliced carrots, or  
1/2 cup of any fruit  
or vegetable



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