



Vegetables & Fruits for a Week

Cooking with a Chef

LESSON 3:

VEGETABLES AND FRUITS FOR A WEEK

Lesson Objectives:

1. Categorize the list of vegetables for a week's menu.
2. Create your own menu.
3. Design a plan to stock your pantry and refrigerator.
4. Plan a menu to include vegetables and fruits that meets your needs for a week.





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Culinary and Nutrition Terms

Braise:

Steam:

Boil:

Hummus:

Legumes:

Temperature Danger Zone:



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Vegetables and Fruits for a Week!

This list is designed for a family of four, consisting of 2 adults and 2 children. Therefore, you may need to scale up or down to meet your needs. It entails 56 cups of vegetables and 49 cups of fruit, according to the Food Guide Pyramid. This list has been converted into pounds for easier purchasing and has been rounded up.

Vegetables

- 10 cups—greens (spinach, collards, kale)
- 4 cups—lettuce
- 4 lbs—carrots
- 4 lbs (8 cups = 64 oz)—legumes/beans
- 1 ¼ lbs—winter squash
- 1 ¼ lbs—sweet potato/yams
- 1 ¼ lbs—potatoes
- 6 ears—corn or 3 cups—corn kernels
- 2 lbs—peas in pod or 2 cups—peas
- 1 lb—asparagus
- 1 ¼ lb—green beans
- 1 ¼ lb—cabbage
- 2 heads—cauliflower 2 bunches—broccoli
- 1 bunch—celery
- 1 cucumber
- 1 large onion
- 1 lb—mushrooms
- 2 lbs—tomato
- 1 ¼ lb—peppers
- 1 ¼ lb—beets 1 lb—parsnips
- 1 small eggplant

Fruit

- 2 lbs—apples
- 2 ½ lbs—bananas
- 2 ½ lbs—strawberries
- ½ lb—blackberries
- ½ lb—raspberries
- ½ lb—blueberries
- 1 ½ lb—kiwi
- 2 ¼ lbs—grapes
- 5 lbs—melons 4 lbs—peaches
- 2 lbs—nectarines
- 3 lbs—oranges
- 1 lb—pears
- 4 lbs—pineapple 2
- ½ lb—plums

5 Categories of Vegetables

Greens:

Orange:

Starchy:

Legumes/Beans:

Other:

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Building Blocks for a Healthy Weekly Menu

1	Breakfast	Lunch	Dinner	Snack
	<u><i>Fresh Fruit Crunch</i></u> Skim Milk	Fresh Garden Salad Poppy Seed Fruit Salad	Tomato Basil Meatball Soup	Whole Grain Crackers or Veggies and Dip

2	Breakfast	Lunch	Dinner	Snack
	Fruit Crisp or Kiwi Cobbler Skim Milk	<u><i>Sizzlin' Bean Salad</i></u> Turkey Sandwich (optional)	Fish (w/herbs or fish sticks) Creamed Spinach or Broc w/ Cheese	Veggie crisp

3	Breakfast	Lunch	Dinner	Snack
	Muffins (appl-eanut butter, mightly bran, or apple- carrot-liscious muffins) Yogurt	<u><i>Chicken & Fruit Salad</i></u> Baby Carrots	Veggie Raw Pizza Fruit Pizza	Muffins



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Building Blocks for a Healthy Weekly Menu

4	Breakfast	Lunch	Dinner	Snack
	Toast w/ P-butter, jelly or honey Yogurt Fruit	Rainbow Chowder, <u><i>A Whale of a Kale Soup</i></u> , Curried Lentils	Meatloaf Surprise, Sloppy Joe, Applesauce Meatloaf or Burger Casserole Coleslaw (regular or pineapple)	Apples with Dip

5	Breakfast	Lunch	Dinner	Snack
	Pancake Creation Yogurt	Sweet Potato Soup (golden glow, soup from the garden or sweet potato bisque), Tuscan salad or sweet potato salad	Creamy Limas or Pork 'N' Beans Chicken	Berry Trifle or <u><i>Berry Blue Salad</i></u>

6	Breakfast	Lunch	Dinner	Snack
	Oatmeal Skim Milk Fruit	Chicken Fries (4s) <u><i>Broccoli Salad</i></u>	Chili Cornbread Applauch	Fruit

7	Breakfast	Lunch	Dinner	Snack
	Cereal Skim Milk Fruit	Tuna Caramel Apple Dessert	Pot-luck Dinner	<u><i>Chocolate Nut Bread</i></u>





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Create Your OWN Healthy Menu

Tips to Remember:

- 2 ½ cups of vegetables
- 2 cups of fruit
- 3 cups of low-fat dairy
- 6 ounces of grains (including 3 ounces of whole grain)
- 5 ½ ounces meat & beans

5 Categories of Vegetables:

- Dark Green
- Orange
- Starchy
- Legumes
- Other

5 Colors of Vegetables

- Green
- Red
- Yellow/orange
- White
- Blue/Purple



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What should I keep in my PANTRY?

Refrigerator/Freezer

<u>Vegetables:</u> -carrots -celery -lettuce -broccoli -bell/chili pepper -spinach -corn -peas	<u>Fruits:</u> -lemons -apples -grapes	<u>Dairy:</u> -milk (1% or skim) -butter -light yogurt -parmesan cheese -low-fat cheese -eggs	<u>Condiments:</u> -mustard -low-fat mayonnaise -tomato paste -ketchup
<u>Meats:</u> -beef meat -ground beef/turkey -chicken breast (boneless/skinless)	<u>Other:</u>		

Pantry

<u>Beans:</u> -dried or canned -black, garbanzo, pinto, kidney beans	<u>Broth:</u> -low-sodium -resealable boxes -vegetable or chicken	<u>Starches:</u> -potatoes -pasta (whole wheat) -rice (brown) -couscous	<u>Herbs/Spices:</u> -basil -bay leaves -sage -thyme -oregano -dill -parsley
<u>Oils:</u> -olive -canola	<u>Vinegar:</u> -balsamic -red wine	<u>Nuts:</u> -walnuts -almonds -peanuts/peanut butter	<u>Sauces:</u> -hot sauce -Worcestershire sauce -low-sodium soy sauce -teriyaki sauce
<u>Canned Items:</u> -tomatoes -olives	Onion Garlic	<u>Other:</u>	

Adapted from Real Simple Magazine *Written by Kay Chun and Amanda Hinnant*
www.realsimple.com



Black-Eyed Peas Hummus

(Makes 5 two-ounce servings of dip)

Ingredients:

1 (15 oz) can black-eyed peas, drained and rinsed
2 cloves of garlic, minced
2 Tbsp Tahini
2 Tbsp olive oil
Juice of half a lemon
¼ cup chopped fresh parsley
1 tsp paprika
Salt and pepper to taste
2 ice cubes

Instructions:

In a food processor combine black-eyed Peas, garlic, tahini, lemon juice, parsley, paprika, salt and pepper. Begin Blending. While blending, add olive oil. Add ice cubes one at a time after all olive oil is added. Scrape mixture from sides of food processor making sure entire mixture is incorporated. Blend until desired consistency is reached. Chill an hour and a half before serving.

Nutrition:

Calories: 190
Total Fat: 10g
Saturated Fat: 1g
Carbohydrates: 20g
Fiber: 6g
Protein: 8g





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Baked Meatballs

(makes 12 servings)

Ingredients:

3 lbs. (95% lean) ground beef
¼ cup minced onion
1 cup breadcrumbs
2 Tbsp chopped fresh parsley
½ tsp salt
¼ tsp ground black pepper
¼ tsp ground nutmeg
1 cup skim milk
3 eggs
Cooking spray

Instructions:

Preheat oven to 425°F. Mix all ingredients. Shape into 1 1/2 inch balls. Arrange on baking sheets coated with cooking spray. Bake for 12 minutes or until internal temperature is 165° F. Serve with Tomato Gazpacho.

Nutrition Information:

Calories: 240
Total Fat: 11g
Saturated Fat: 3g
Carbohydrates: 8g
Fiber: 1g
Protein: 24g





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Tomato Gazpacho

(10 servings)

Ingredients:

4 large tomatoes, peeled
1 Hot House (English) cucumber, peeled and seeded
1 large bell pepper, seeded and chopped
¼ red onion, chopped
1 clove garlic
3 Tbs white wine vinegar
4 Tbs Worcestershire sauce
2 Tbs olive oil
Pepper, to taste

Instructions:

Combine all ingredients into food processor or blender and puree. Chill or serve immediately with Baked Turkey Meatballs.

Nutrition Information:

Calories: 40
Total Fat: 3g
Saturated Fat: 0g
Carbohydrates: 4g
Fiber: less than 1g
Protein: 1g





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Skillet Sweet Potatoes

(makes 12 servings)

Ingredients:

3 lbs sweet potatoes, peeled and sliced

1 ½ cups orange juice

3 Tbs light brown sugar

½ tsp salt

¼ tsp ground cinnamon

Instructions:

In a large pot, bring water to a boil. Add sweet potato slices; reduce heat. Cover and simmer for 20 minutes or until tender. Drain well. In a large skillet, combine juice, brown sugar, salt and cinnamon. Add potatoes to skillet. Cook and stir gently until bubbly. Simmer 5 minutes or until potatoes are glazed.

Nutrition Information:

Calories: 150

Total Fat: 0g

Saturated Fat: 0g

Carbohydrates: 35g

Fiber: 2g

Protein: 2g



Poppy Seed Fruit Salad

(makes 12 servings)

Ingredients:

2 medium bananas, mashed
1 (8 oz) container fat-free sour cream
¼ cup sugar
1 Tbs lemon juice
½ tsp salt
2 tsp poppy seeds
4 apples, sliced
1 (8 oz) can pineapple chunks, drained
1 (11 oz) can mandarin oranges, drained
3 cups seasonal fruit (strawberries, grapes, raspberries, blueberries, etc.)
¼ cup sliced almonds
Salad greens, optional

Instructions:

In a small bowl, combine first 6 ingredients; stir well with whisk. Cover and refrigerate for AT LEAST 30 minutes to enhance flavor. In a large bowl, combine apples, pineapple, oranges and other fruit. Add banana mixture to fruit and toss well. Sprinkle nuts over top of the salad. Cover and refrigerate until ready to serve.





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Tropical Coleslaw

(makes 12 servings)

Ingredients:

- 1 cup fat-free mayonnaise
- 3 Tbs white vinegar
- 3 Tbs sugar
- 3 Tbs skim milk
- 7 cups shredded cabbage
- 1 (8 oz) can pineapple chunks (low sugar)

Instructions:

Combine 4 ingredients in a bowl and mix. Add cabbage and pineapple in a separate bowl. Add dressing to the cabbage mixture and toss. Chill until ready to serve. Sprinkle with paprika before serving.

