

Recipes and more

About the recipes

The emphasis of this book is on recipes. This is no accident. We think that new, healthy recipes are a great way for people to get excited about fresh produce. And we are especially pleased that our friends and neighbors around the state submitted such a wide variety of interesting recipes for our choosing. Be sure to notice who submitted each recipe. Perhaps a name familiar to you is hiding in these pages.

The following criteria were used to choose recipes from the many wonderful submissions we received:

- Keeping total fat content down
- Keeping saturated fat content down
- Keeping sodium (salt) content down
- Representing a variety of fruits and vegetables
- Keeping the cost of ingredients down
- Simplicity of preparation

Although some recipes are higher than others in fat or sodium, we think these recipes are excellent examples of how to prepare produce in healthy ways that will keep friends and family members coming back for more. You will notice that each recipe has a Nutrition Facts label just like the label you would

find on a product in the supermarket. This is included so that you can get used to reading the label, and so that you can know how each recipe measures up nutritionally. To learn more about interpreting the Nutrition Facts label, see page 9.

Some recipes have symbols near them that allow you to quickly learn something about the recipe. The following symbols are used:



means that the item can be prepared in less than 30 minutes



means that the item is easy to freeze

We hope that you find this book enjoyable to read and easy to use. But most importantly, we hope that it inspires you to try a fruit or vegetable that quickly becomes a new favorite. So keep turning the pages until you find a recipe that appeals to you. Then transform the words into great tastes and smells in your kitchen, and let fresh Vermont produce nourish you for years to come!

Understanding the Nutrition Facts label

The Nutrition Facts label shown on the next page, makes it easier for you to know what is in the food you eat. Comparing these labels will help you to know which foods have lower fat or fewer calories, which foods make healthy snacks, and which are acceptable for special diets. Use the Nutrition Facts label to make informed food choices that will benefit your entire family.

With each recipe in this book, you will find a Nutrition Facts label that contains information on the nutritional value of one serving of that particular recipe. The labels may look familiar to you because they are the same style as the labels that are found on food packages in the store. By reading the labels in this book you can become more familiar with the label format, and then use labels to make purchasing decisions next time you go to the store!

Nutrition Facts This is the label heading.

Calories Allows you to compare the calorie content per serving. When comparing similar foods, be sure to check that the serving sizes are the same.

Nutrition Panel The nutrients required to appear on the nutrition panel are those most important to the health of most people today. Today, the most common concern in the U.S. is getting too much of certain nutrients (fat, for example), rather than too few vitamins or minerals.

Conversion Guide Reveals the calorie value of the nutrients that provide us with energy.

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 260 **Calories from fat 120**

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 5g **25%**

Cholesterol 30mg **10%**

Sodium 660mg **28%**

Total Carbohydrate 31g **10%**

Dietary Fiber 0g **0%**

Sugars 5g

Protein 5g

Vitamin A 4% • Vitamin C 2%

Calcium 15% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Serving Size Information

Serving sizes are given in both household and metric measures, and reflect the amounts people usually eat.

% Daily Value Shows how a food fits into the overall daily diet.

Reference Values For certain nutrients, this section tells you the amount of the nutrient you might consume in an entire day to meet recommendations for a healthy diet. To use this section, you need to have some idea of how many total calories you consume in a typical day.