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## Enjoy Oregon's Healthy Harvest



Visit local farmers markets, farms, and orchards to select and pick your own fruits and vegetables!

- Be active. Play "I spy" or have a scavenger hunt with veggies.
- Share the adventure. Try something new like kohlrabi (photo above)!
- Cook together. Everyone can help prepare the harvest!

Harvest veggies like squash, peppers, and carrots work great in any meal.

- Mash them with potatoes for dinner.
- Roast them for a snack.
- Shred them into pancakes for breakfast.
- Bake them as a side dish to enjoy as part of your favorite meal!



### Have a picky eater?

Kids who help choose, wash and cook new foods, are more likely to try them.\*

Kids often love to eat what they help cook!



### Kids can...

- ★ Add vegetables to recipes
- ★ Peel and wash harvested veggies and fruits
- ★ Make a list of new foods they like

### Monthly Hero Checklist

- Eat a vegetable for a snack.
- Pick a fruit or vegetable for dessert.
- Try a new fruit or vegetable.
- \_\_\_\_\_

Stay connected   



FoodHero.org

Oregon State UNIVERSITY **OSU** Extension Service

\*Nutrition Matters, Inc-adapted and reprinted with permission



## Roasted Vegetables

### Ingredients

- 1 cup **fresh vegetables per person** (choose one vegetable or a mix)
- ½ teaspoon **oil** (per cup of vegetables)
- Sprinkle of **salt and pepper**

### Directions

1. Wash vegetables, peel if desired, and cut into similar sized pieces. Smaller pieces (about ½ inch thickness) brown more and cook more quickly. Long thin pieces (asparagus or beans) can be left whole.
2. Preheat oven to 425 degrees.
3. Prepare a baking sheet that will hold the vegetables in a single layer. A metal baking sheet without sides allows more browning. A covering of foil will make cleanup easy.
4. Toss the vegetable pieces with just enough oil to make them shine.
5. Spread the vegetables on the baking sheet in a single layer.
6. Roast until tender and slightly browned on the edges. Baking time will depend on the thickness of the pieces. Thin pieces (asparagus or beans) may take 5 minutes; pieces about ½ inch thick take about 15 minutes.
7. Stir or turn about halfway through the roasting to obtain more even browning.
8. Remove to a serving dish and sprinkle lightly with salt or seasoning of your choice.
9. Refrigerate leftovers within 2-3 hours.

### Note:

- Try vegetables like: Brussels sprouts, carrots, onions, sweet potatoes, peppers, asparagus, broccoli, cauliflower, green beans, squash and more.
- Try additional seasonings like: thyme, rosemary, oregano, balsamic vinegar, lemon juice.

Amount Per Serving	
<b>Calories</b> 70	Calories from Fat 25
% Daily Value*	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 320mg	<b>13%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 3g	
<b>Protein</b> 3g	
Vitamin A 10%	• Vitamin C 160%
Calcium 2%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated 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	

For more recipes and tips on eating well for less, visit [www.foodhero.org](http://www.foodhero.org)