

Eat less veggies during the cooler months? Not anymore!

November 2, 2023



Concepts Taught:

- Benefits of eating seasonally and how to do so during the fall and winter months in Michigan.
- Nutrients in winter vegetables.
- New ideas to use more vegetables during the winter months.

Veggies are important:

- Most people should aim for 3 cups vegetables every day.
- 1 cup raw or cooked vegetables or 2 cups raw leafy green vegetables (spinach, romaine) equals 1 cup portion.

Eat the rainbow!

- Dietary Guidelines for Americans recommends:
 - 1 1/2 cups dark green vegetables each week
 - Example: kale, arugula, collards
 - 5 1/2 cups red and orange vegetables each week
 - Example: carrots, beets, pumpkin, winter squash
 - 5 cups starchy vegetables each week
 - Example: sweet potatoes, corn
 - 4 cups other vegetables each week
 - Example: cucumbers, onions, mushrooms, peppers

Seasonal eating:

- Benefits: Less costly, supporting local growers, eating produce at peak nutrition
- What's available in Michigan during late fall and winter?
 - Broccoli, Brussel sprouts, cabbage, carrots, pumpkins, winter squash, sweet potatoes, beets, collards, salad greens

Peak nutrition:

- Winter vegetables are packed full of nutrition, too!
- Broccoli, kale, brussel sprouts, cauliflower and cabbage are good sources of vitamin C.
- Sweet potatoes, butternut squash, broccoli and brussel sprouts are packed with fiber.
- Spinach, acorn squash, potatoes and collard greens are good sources of potassium.

Recipes to use more winter vegetables:

- **Breakfast:**
 - [Sweet potato egg breakfast casserole](#)
 - [Greek muffin tin omelets](#)
 - [Spinach, peanut butter & banana smoothie](#)
- **Lunch:**
 - **Stir fry:**
 - [Winter vegetable stir fry](#)
 - [Stir fried tofu with red cabbage and winter squash](#)
 - **Grain bowls:**
 - [Winter grain bowl](#)
 - [Roasted vegetable grain bowl](#)
- **Dinner:**
 - [Butternut squash carbonara with broccoli](#)
 - [Roasted autumn vegetables and chicken sausage](#)

More ideas:

- Frozen vegetables for a quick steamed option to add to any meal.
- Use a spiralizer or vegetable peeler to turn butternut squash, sweet potatoes, carrots or beets into noodles or "ribbons" to replace a pasta in a recipe.
- Winter vegetable salad - shred radishes, parsnips, cabbage or Brussel sprouts for a quick side dish
- [One sheet pans!](#)
- Add extra vegetables to any soup, stew, or chili.
 - Try this [slow cooker chicken and white bean stew](#) using carrots, onions, and kale.

*click the recipes (underlined) to take you to the source for full details.