

Sweet Bell Pepper

- ✓ Very high in vitamin A and vitamin C
- ✓ Source of potassium, iron and fibre



Look for:

- Firm peppers with smooth, shiny skin
- Check for soft spots

To Store:

- Do not wash before storing
- Keep store in a plastic bag in the fridge for up to 1 week

To Prepare:

- Wash under cool running water
- Remove the stem and seeds
- Leave pepper whole or cut into pieces

Tasty Ideas:

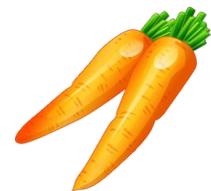
- *Green and red pepper salad:* Slice 4 peppers small pieces. Mix ¼ cup olive oil (or other vegetable oil), 1 tbsp vinegar, 1 crushed garlic glove, ¼ tsp basil, ¼ tsp dry mustard and a pinch of salt and pepper. Serve on a bed of romaine or leaf lettuce. Makes 4 servings

Source: *Colour it Up—Go for more Vegetables and Fruit, 2007*

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Carrots

- ✓ Very high in Vitamin A.
- ✓ Source of Vitamin C and potassium



Look for:

- ✓ Firm, clean, bright, orange carrots.
- ✓ If tops are attached, they should be bright green and look fresh (not wilted).

To Store:

- Remove green leafy tops
- Do not wash.
- Put in a plastic bag
- Refrigerate. Young carrots can be kept for up to 2 weeks. Mature carrots may be kept for 3 to 4 weeks.

To Prepare:

- Trim root and stem ends. Rinse. Scrub or peel. Leave whole, shred or cut into coins or sticks.

Tasty Ideas:

- Try adding these flavour boosters when you cook carrots: garlic and butter, thyme, nutmeg, brown sugar or honey.

Source: *Colour it Up—Go for more Vegetables and Fruit, 2007*

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Broccoli

- Very high in vitamin C
- Source of fibre, potassium, vitamin A and folate



Look for:

- Firm stalks with compact green bud clusters.
- Avoid yellow florets.

To Store:

- Do not wash.
- Put in a covered container or plastic bag.
- Refrigerate for up to 5 days.

To Prepare:

- Rinse. Cut into florets. Trim and peel main stem, cut into coins or sticks.

Tasty Ideas:

- Broccoli is delicious stir fried or sautéed. Stir fry with ginger and sesame seeds. Sauté with garlic and olives.

Source: *Colour it Up—Go for more Vegetables and Fruit, 2007*

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Sweet Potatoes

- Very high in vitamin A
- Good source of vitamin C and potassium
- Source of fibre

Look for:

- Choose small-to-medium size sweet potatoes. Look for firm sweet potatoes without soft spots or blemishes.
- Avoid ones with cracked skins or a greenish tinge.

To Store:

- Keep uncovered at room temperature for up to 1 week.

To Prepare:

- Scrub well. Leave whole or peel and cut up. Bake, boil or microwave until you can slide a fork through the potato easily.

Tasty Ideas:

- Healthy fries!
- Cut sweet potatoes into wedges, brush with a little vegetable oil and arrange on a cookie sheet. Bake at 450 F for 15 minutes. Turn over and bake for another 10 minutes until golden. Season with chili powder, parmesan cheese or salt and pepper.



Special Note: People often think sweet potatoes and yams are the same. They are the same in size and shape, but true yams are a white, starchy, less nutritious root that is not grown in North America.

Source: *Colour it Up—Go for more Vegetables and Fruit, 2007*

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Mushrooms

- Good Source of potassium
- Source of vitamin C and iron

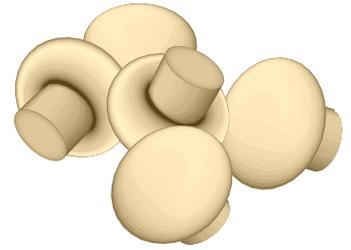
Look for:

- Mushrooms with no blemishes or slimy spots

To Store:

- Do not wash.
- Keep in a paper bag
- Refrigerate for up to 5 days.

:: Colour it Up—Go for more Vegetables and Fruit, 2007



To Prepare:

- Gently wipe with a damp cloth or rinse and pat dry. Cut off the base of the stem, if you wish. Slice or serve whole.

Tasty Ideas:

- Try a variety of different mushrooms – button, shiitake, portabello, enoki.

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Garlic

Adding raw or cooked garlic is a great way to add flavour to your cooking instead of using salt!

Look for:

- Garlic cloves that are plump, firm and free of green sprouts
- Skin should be dry and intact
- Avoid cloves that are soft or wrinkled

To Store:

- Do not wash before storing
- Keep in cool, dry storage at room temperature for up to 8 weeks
- Once a head of garlic is broken, the individual cloves can keep for 3-10 days

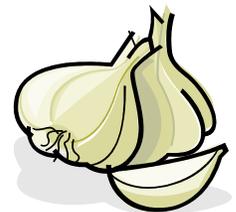
To Prepare:

- Cut off the tip from each end of a clove and peel the flaky skin off
- Slice, chop, crush or puree garlic cloves. You can also use whole garlic cloves when cooking dishes with a liquid, such as a stew, soup or curry

Tasty Ideas:

- Heat a teaspoon of vegetable oil in a skillet. Add chopped garlic and your favourite chopped vegetables (ideas include spinach, red pepper, green beans, bok choy or cauliflower). Cook vegetables until tender!

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Asian/Chinese Eggplant

- ✓ Source of fibre and several vitamins



Look for:

- A long, slim eggplant that is firm
- Shiny smooth skin. The skin will wrinkle as it ages

To Store:

- Do not wash before storing
- Can be stored in the fridge in a plastic bag for several days

To Prepare:

- Young eggplant does not need to be peeled
- Wash eggplant under cool running water and trim ends before cooking

Tasty Ideas:

- Can be cooked in many ways, but keep their form and flavour best when baked. To prepare: wash and cut eggplant in half. Try stuffing it with a filling before baking!
- Stew pieces of eggplant with tomatoes and peppers or add to a curry

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Chinese Cabbage (Nappa)

- Source of Iron, vitamin C and folate



Look for:

- Firm heads with crinkly, pale green leaves and thick white ribs
- Avoid wilted and brown leaves

To Store:

- Tightly wrap in paper or plastic
- Refrigerate for up to 4 days.
- If you plan to cook cabbage it may be refrigerated for up to 2 weeks.

To Prepare:

- Slice it thinly for salads or cook it in stir-fries or soups

Tasty Ideas:

- Chop or shred into vegetable salads or coleslaws
- Add to a stir-fry with other Chinese vegetables such as bok choy and bean sprouts.