

What counts as a cup of vegetables?

In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the Vegetable Group. The table below lists specific amounts that count as 1 cup of vegetables (in some cases equivalents for ½ cup are also shown) towards your recommended intake.

CUP OF VEGETABLE TABLE		
	AMOUNT = 1 CUP OF VEGETABLES	AMOUNT = 1/2 CUP OF VEGETABLE
DARK GREEN VEGETABLES		
Broccoli	1 cup, chopped or florets 3 spears, 5" long - raw or cooked	
Greens (collards, mustard or turnip greens, kale)	1 cup, cooked	
Raw leafy greens: romaine, watercress, dark green leafy lettuce, endive, escarole	2 cups, raw	1 cup, raw
Spinach	2 cups raw 1 cup, cooked	1 cup, raw
RED & ORANGE VEGETABLES		
Carrots	1 cup - strips, slices or chopped raw or cooked 2 medium 1 cup baby carrots (about 12)	1 medium carrot about 6 baby carrots
Pumpkin	1 cup - mashed, cooked	
Sweet Potato	1 large baked 1 cup - sliced or mashed, cooked	
Tomatoes	1 large raw whole (3") 1 cup - chopped or sliced raw, canned or cooked	
Tomato Juice	1 cup	½ cup
BEANS & PEAS		
Dry beans & peas such as pinto, kidney, black, garbanzo, black-eyed peas or split peas.	1 cup- whole or mashed, cooked	
STARCHY VEGETABLES		
Green Peas	1 cup	
Corn, yellow or white	1 cup 1 large ear (8" - 9" long)	1 small ear (6" long)
White Potatoes	1 cup- diced, mashed 1 medium boiled or baked, (2 ½"-3" diameter)	
OTHER VEGETABLES		
Cabbage	1 cup - chopped or shredded raw or cooked	
Cucumbers	1 cup - raw, sliced or chopped	
Lettuce, iceberg	2 cups - raw, shredded or chopped	
Mushrooms	1 cup - raw or cooked	
Onions	1 cup - cooked, raw or chopped	
Summer Squash or Zucchini	1 cup - cooked sliced or diced	

find additional tips and resources at www.santaana-nsn.gov/wellness/

Healthy Gatherings Food Ideas

TRAIL MIX

1 cup piñon nuts
1 cup pumpkin seeds
1 cup sunflower seeds
1 cup dried currants
1 teaspoon salt

Make sure all nuts and seeds are properly shelled. Place nuts and seeds in saucepan and toast lightly over medium heat for 2 to 3 minutes, stirring constantly. In a large bowl, combine all ingredients. Stir well.

recipe shared from The Pueblo Food Experience Cookbook

SUMMER LASAGNA

1 lb. extra lean ground beef
½ cup chopped onion
½ cup chopped green bell pepper
¼ cup finely chopped carrots
2 cloves garlic, minced
1 (15 ounce) can tomato sauce
½ teaspoon oregano
½ teaspoon dried basil
salt and pepper

5 medium zucchini,
sliced lengthwise into ¼ inch strips
1 cup cottage cheese
1 egg, beaten
¾ cup shredded mozzarella cheese
¼ cup grated parmesan cheese

Makes 8 servings: 237 calories per serving
19.7g protein, 13.5g Fat, 10.3 carbs

Preheat oven to 350° F. Lightly grease a medium baking dish.

In a skillet over medium heat, cook the ground beef or turkey until evenly brown. Drain juices. Mix the onion, green bell pepper, carrots, garlic and tomato sauce into skillet. Season with oregano, basil, salt and pepper. Bring the mixture to a boil, reduce heat to low and simmer 10 minutes until vegetables are tender.

In the bottom of the prepared baking dish, layer 1/2 the zucchini strips. In a bowl, beat together the cottage cheese and egg and spread over the zucchini. Scoop 1/2 the meat mixture over the cottage cheese/egg mixture and sprinkle with 1/2 the mozzarella cheese. Layer with remaining zucchini, meat mixture and mozzarella. Top with parmesan cheese.

Bake 45 minutes in the preheated oven. Allow to sit for 10 minutes before slicing to serve.