



green vegetables

'Eat your greens' has been sound advice for generations. Green vegetables are particularly rich in antioxidants. They contain varying amounts of many phytochemicals including some really important ones like Vitamin C, flavonoids and carotenoids. The brassica group (broccoli, cabbage, Brussels sprouts, etc) also contain sulphur compounds and indoles, which add extra punch.

The green group also contributes significant amounts of other nutrients such as fibre, folate, B group Vitamins, Vitamin K and minerals such as iron, potassium and calcium.

Go green daily with vegetables like:

asparagus, leeks, beans, peas, broccoli, green capsicums, cucumbers, celery, cabbage, Brussels sprouts, leafy greens including Asian greens, salad mixes, lettuces, spinach, silverbeet, rocket, watercress.

Why is colour important?

Colourful vegetables contain nutrients and phytochemicals (fight-o-chemicals) you need for good health. They also protect against the effects of aging and can help reduce the risk of some of the major lifestyle diseases. Many of the phytochemicals and other compounds that make vegetables such healthy foods also give them their colour. So to ensure you get a wide range, choose from each of the colour groups every day.

For good health it is essential to eat at least five serves of fruit and vegetables every day and ideal if you can eat from each colour group. Eat the colour way to have even better protection.

Vegetables. Eat your colours every day.

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green vegetables

quick, tasty and healthy ways to get **green** into your day...

Poached eggs taste even better with a layer of **baby spinach** leaves between the toast and egg.

Steam or microwave bite-sized pieces of **broccoli** or **asparagus**. Cool. Add strips of roasted red pepper, sprinkle with sliced almonds and drizzle with vinaigrette.

Remember to include raw **celery** sticks in lunchboxes, with nachos, dips or on a cheese board.

Add sliced **silverbeet** or **spinach** leaves to a hot pasta sauce before pouring over the hot pasta. The heat of the sauce will wilt the leaves to perfection.

Stir-fry a finely diced onion in a little olive oil with a sprinkling of Chinese Five spice. Add finely shredded **cabbage** or **bak choy** and stir-fry for no more than 2 - 3 minutes.

Rocket or **watercress** leaves add a zing to your sandwiches or rolls. Try lots of leaves with cream cheese, sundried tomatoes and shaved ham.

Cut an iceberg **lettuce** into quarters. Serve in a bowl with your favourite creamy dressing.

Stir-fry a mix of sliced **courgettes**, **leeks**, **celery**, **beans**, **asparagus**, **cabbage**, **Brussels sprouts** or **capsicum**, **broccoli** or **cauliflower** florets, frozen or canned **peas** or **beans**. Heat 2 Tbsp honey, 2 Tbsp vinegar, 1 Tbsp oil and 1 Tbsp finely grated fresh ginger in the microwave until the honey is melted. Pour over the cooked greens.

Slice a telegraph **cucumber** lengthwise into thin ribbons with a potato peeler. Serve as is, or on a bed of mixed salad greens with herbs and a sprinkling of balsamic vinegar.





red vegetables

From scarlet to crimson the red vegetables look stunning and are packed with a wide range of phytochemicals. The antioxidant heroes of this group are the red pigments - anthocyanins and carotenoids. Vitamin C is also often present. Lycopene, the carotenoid which is found in tomatoes, is a nutritional 'super hero'.

The collection of vegetables in the red group is diverse. They contribute a varying and significant range of other nutrients, particularly fibre and potassium.

Get your red protection from: tomatoes, red capsicums, red onions, red skinned potatoes, red cabbage, radishes, red skinned kumara.

Why is colour important?

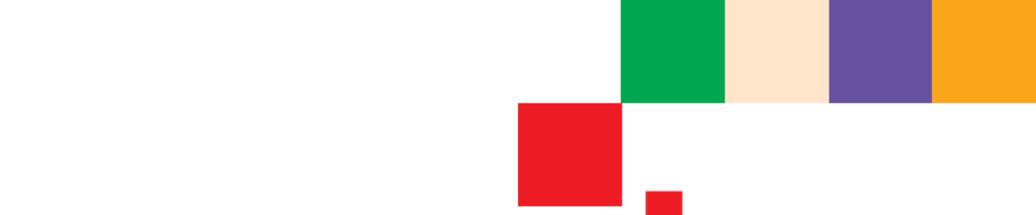
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red vegetables

quick, tasty and healthy ways to get **red** into your day...

Make a stunning salad with **tomato** wedges, crumbled feta and crispy cooked bacon on a bed of spinach leaves.

Sliced **tomatoes** on toast are a great start to the day. Or serve on crackers for the best morning tea.

For a delicious salsa, finely dice **red onions** and mix with finely diced **tomato**. Spice it up with some sweet chilli sauce.

Add red to your barbecue with **tomato** halves and **red capsicum** strips. Brush sparingly with oil and turn frequently during cooking.

Microwave red skinned **kumara**, with the skin on. Allow 3-4 minutes per kumara. Split and fill with pickle, cheese or sour cream and finely chopped **red capsicum**. Another great filling is chopped ham or salami, chopped **tomatoes**, pesto sauce and parmesan cheese.

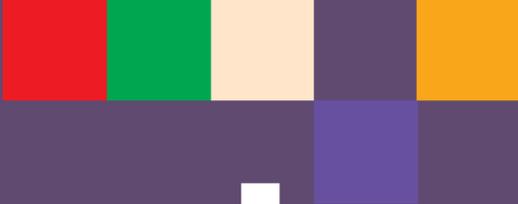
For a great soup, sauté 3 - 4 cups chopped carrots, onions, celery, leek, or **kumara**. Add one can of chopped **tomatoes**, simmer until vegetables are soft. Blend. Thin with tomato juice and season to taste.

Slice **tomatoes**, **red onion** and cucumber. Add basil leaves and your favourite vinaigrette.

Leave the skin on 4 large **red skinned potatoes**, cut into wedges. Place in a roasting dish with 2 cloves finely chopped garlic, 2 Tbsp finely chopped fresh mint, 1 sliced **red capsicum**, $\frac{1}{2}$ cup tomato paste, 2 Tbsp brown sugar, 2 Tbsp vinegar, $\frac{1}{2}$ cup water with 2 Tbsp oil. Bake at 180°C for 30 minutes. Turn during cooking. Add a little extra water at the end of cooking for a smooth glossy coating.

Cut **radishes** into quarters and serve with your favourite dip or hummus.





purple vegetables

It is actually fruits that reign supreme amongst blue - purple produce. However, the vegetables do contain varying amounts of valuable phytochemicals such as anthocyanins and other phenolics, which have significant antioxidant activity. Fibre and other nutrients are also supplied in significant quantities.

There is some overlap with the red group as the colour in both groups is mostly due to anthocyanins. Blue - purple could also be called the 'exciting and different' vegetables as some of these will be new to you. Go on give blue - purple a go!

So for protection from the purple group include:

Egg plant, beetroot, Maori potatoes with purple flesh and/or skin, lettuce varieties with a dark purple tinge, purple or red cabbage, purple varieties of peppers, cauliflower, asparagus.

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purple vegetables

quick, tasty and healthy ways to get blue - purple into your day...

Make a stack with slices of **egg plant**, whole flat mushrooms, thickly sliced tomato, some pesto sauce and sliced cheddar or feta cheese. Drizzle with olive oil and bake for 15 - 20 minutes.



Scrub but do not peel **Maori potatoes**. Steam or gently boil until tender and toss in a little butter or olive oil. A delicious accompaniment to any meal.

Prepare a medley of vegetables, e.g. capsicum wedges, thick slices of **egg plant**, onion wedges, whole unpeeled cloves of garlic, kumara slices. Roast or barbecue brushed with a mix of oil, crushed garlic and a little brown sugar.



Trim ends off **beetroot**. Microwave or bake whole. Slip skin off and serve with sour cream and lemon rind.

Toss drained, canned **beetroot** through a green leafy salad.

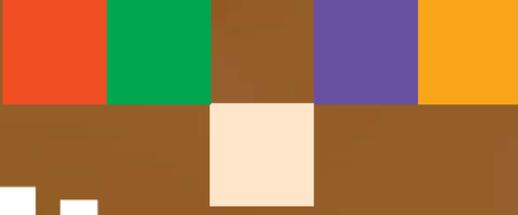
To make **beetroot** soup, peel and roughly chop 4 beetroot, 2 onions, 1 carrot, 1 potato, 1 apple and 1 cup shredded **red cabbage**. Place in a large pan with 2 Tbsp vinegar, 2 Tbsp brown sugar, 1/2 tsp ground cloves and 3 cups water. Simmer for 30 minutes then puree.



Add some dark **purple lettuce**, sometimes called red oak or red frilly, to your leafy salad.

Stir-fry **red cabbage** over a high heat with a little cumin and oil. Add lemon juice, a handful of raisins and plenty of finely chopped fresh parsley.

If you ever see purple varieties of **peppers**, **cauliflower** and **asparagus**, snap them up and use them in the same way you would their green cousins.



white vegetables

Whilst not vibrant in colour, don't underestimate the nutritional contribution of the white and brown vegetables. They contain varying amounts of a range of phytochemicals, including phenolic compounds. The sulphur compounds found in garlic and onions are of great significance. The potent antioxidant Vitamin C is also in abundance. Potatoes, for example, contribute around 30% of most New Zealanders' daily recommended intake of Vitamin C.

So for protection from the white - brown group include:

- cauliflower
- garlic
- ginger
- turnips
- potatoes
- mushrooms

Why is colour important?

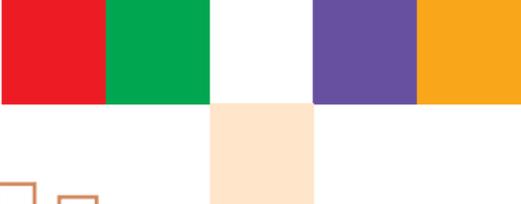
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white vegetables

quick, tasty and healthy ways to get **brown** and **white** into your day...

Transform macaroni cheese into a complete meal. Add **cauliflower** florets to the pasta for the last 4 - 5 minutes of boiling. Add finely diced **onion** and parsley to the cheese sauce.



Add whole peeled **onions** and **cloves of garlic** when roasting **potatoes**.

Make spicy crunchy wedges. Cut 4 - 6 large floury **potatoes** into wedges. Place in a plastic bag with 1 - 2 tsp paprika, 1 tsp mustard powder, $\frac{1}{2}$ cup flour, salt and pepper. Shake to evenly coat. Bake at 200°C for 25 - 35 minutes or until the wedges are golden brown.



Add a knob of butter, 1 tsp brown sugar and $\frac{1}{2}$ cup orange juice to four quartered **turnips**. Season with pepper. Cover and microwave on high power for 4 - 6 minutes.



Button **mushrooms** make the ideal snack or nibble. Fill each with a spoonful of pickle, finely diced capsicums and grated cheese. Bake at 180°C for 10 - 15 minutes.

Bake, boil, microwave or steam 4 **parsnips** until tender. Sauté 3 rashers of finely chopped bacon. Mix in 2 sliced spring onions, $\frac{1}{2}$ cup lemon juice and $\frac{1}{2}$ cup maple syrup. Remove from the heat and add 2 sliced bananas. Cut the **parsnips** in half lengthways and fill.

When stir-frying vegetables, start by sautéing generous quantities of finely chopped fresh **ginger** and **garlic**. Add a mix of other fresh, frozen or canned vegetables.

Get a green bonus with your white **cauliflower** by making sure you cook the green stalks as well.

orange

vegetables

Antioxidants abound in the orange and yellow vegetables. The heroes of this group are the carotenoids that give these vegetables their bright colour. A wide range of other phytochemicals is also found in this group, such as Vitamin C and flavonoids.

The yellow - orange group is also a good source of fibre. Other nutrients such as folate, potassium and calcium are also supplied in varying but significant amounts.

Protect yourself with yellow - orange vegetables:

- carrots
- the pumpkin group, including butternut and buttercup
- squash
- sweetcorn
- golden kumara
- swede
- yams

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orange

vegetables

quick, tasty and healthy ways to get **yellow - orange** into your day...

Glaze **carrot**, **swede**, **kumara**, **pumpkin** or **yams** - either by themselves or as a mixture. Combine bite-sized vegetable pieces, 1 Tbsp brown sugar, 1 Tbsp margarine and 1 tsp finely grated lemon rind. Cover and microwave on high power for 4 - 6 minutes.



Peel and cut **pumpkin** into small chunks, add onion wedges and toss in olive oil with caraway seeds and plenty of black pepper. Roast until golden and succulent.

Extend meat sauces by adding grated **carrot**, **kumara** or **pumpkin**. A fantastic addition to lasagna and bolognese type meals.



Remember a whole **carrot** as a snack or in lunchboxes is always loved.

Add canned whole kernel **corn** to your next stir-fry.



The easy way to cook whole **pumpkin** is to pierce 2 or 3 decent holes in the top of the **pumpkin** to act as steam vents. Cook on high power until the base is soft (allow 12 - 15 minutes for a 2kg **pumpkin**). Cut in half, remove seeds and peel. Use in soups, pies or baking. Try mashed with sour cream, seasoned with nutmeg or ginger.

Cut golden **kumara** into 1/2 cm thick slabs, **capsicums** into 4 - 6 wedges and **sweetcorn** cobs into 2cm thick wheels. Roast or barbecue brushed with a mix of oil, garlic and a little brown sugar.

Microwave a **sweetcorn** cob, complete with the husk, for 3 minutes on high. Once cooked, remove the husk, add a knob of butter and plenty of pepper. Alternatively, use frozen **corn**. Enjoy with a tomato for a quick and filling lunch.