

# You Are What You Eat

*Using Home Grown Vegetables to Benefit Your Health*



*South Puget Intertribal Planning Agency*

**Food Distribution Program**

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## ***"You are what you eat"***

This phrase refers to the fact that your body will respond to the food it receives, either good or bad. Processed, sugary, high-fat, and excessively salted foods leave the body tired and unable to perform effectively. By contrast, eating fresh, natural whole foods fuels the body by providing what it needs to produce energy, promote metabolic activity, prevent low nutrient levels, ward off chronic disease, and promote a sense of overall health and well-being.

Better nutrition is related to improved health, stronger immune systems, and a lower risk of diseases such as diabetes and heart disease. By choosing more vegetables, fruits, beans, whole grains, and less processed foods, you can not only improve your health, but live longer.

This book contains ideas on how to include more tomatoes, peppers, and carrots into your diet. If you're not used to eating vegetables, start slowly, increasing your portions toward the recommended amounts.

Source: Mayo Clinic Minute January 2023: Relationship between food and disease is stronger than you think <https://www.youtube.com/watch?v=aNmXH5WIZb0>

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A wooden surface with fresh ingredients: green leafy herbs (parsley) in the top left, two orange carrots in the top right, a green bell pepper in the bottom left, and a sprig of rosemary in the bottom right.

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# Kitchen

## Conversion Chart



CUPS	OZ	G	TBSP	TSP	ML
1/16	1/2	15	1	3	15
1/8	1	50	2	6	50
1/4	2	60	4	12	60
1/3	3	70	5	16	70
1/2	4	115	8	24	125
2/3	6	170	12	36	175
1	8	225	16	48	250

250°F 300°F 325°F 350°F 400°F 450°F

120°C 150°C 160°C 175°C 200°C 230°C

# Cherry Tomato Facts

## NUTRITION FACTS

Serving Size	1/2 Cup
Per serving	
<b>Calories</b>	31
Fat	0g
<b>Sodium</b>	144g
<b>Total carbs</b>	6g
Total sugars	5g
<b>Protein</b>	0g
%DV	
Vitamin A	<b>86%</b>
Vitamin C	<b>14%</b>
Iron	<b>8%</b>
Potassium	<b>7%</b>
Calcium	<b>3%</b>

\*Percent Daily Values are based on a 2,000 calorie diet. Your values may be higher or lower depending on your calorie needs.

**Compounds found in cherry tomatoes may fight an imbalance between antioxidants and free radicals in your body that can contribute to conditions such as cancer, diabetes, and heart and kidney disease. Cherry tomatoes contain Lycopene, which may help reduce your risk of heart disease. Low blood levels of lycopene have been linked to an increased risk of heart attack and stroke.**



## ***Garlic Roasted Cherry Tomatoes***

### ***Ingredients***

*2 Cups cherry tomatoes,  
halved*

*6 Cloves garlic, minced*

*2 Tablespoons olive or  
avocado oil*

*1 teaspoon kosher salt*

*2 teaspoons pepper*

### ***Instructions***

***Prepare:*** Preheat oven to 375°F, and line a baking sheet with parchment paper

***Combine:*** Toss together tomatoes, garlic, olive oil, salt and pepper in a bowl. Spread into an even layer on the prepared baking sheet

***Bake:*** For 20 to 25 minutes, until tomatoes are soft and fragrant.

*Serve immediately*



## ***Salmon and Cherry Tomatoes***

### ***Ingredients***

*Olive oil*

*1 Cup chopped yellow onion*

*2 teaspoons garlic, minced*

*2 Cups cherry tomatoes, halved*

*Salt and pepper*

*1 ½ Tablespoons balsamic vinegar*

*1 ½ Tablespoons fresh basil leaves, chopped*

*1- 2 Pound salmon fillet, cut crosswise into 4 pieces*

### ***Instructions***

***Preheat:*** *Oven to 425° F.*

***Make Tomato Sauce:*** *Heat 3 Tablespoons of olive oil in a medium pan. Add the onion and cook over medium-low heat for 5 minutes, stirring occasionally. Add the garlic and cook for 1 more minute. Stir in the tomatoes, 1 teaspoon salt, and 1/2 teaspoon pepper and cook over medium-low heat for 10 to 15 minutes, stirring occasionally. Remove from heat and stir in the vinegar and basil.*

***Cook the Salmon:*** *Place a large cast-iron pan on the stove over high heat for 5 minutes. Brush the salmon with olive oil, sprinkle with salt and pepper, and place skin side up in the pan. Cook for 3 to 4 minutes until browned. Turn skin side down and transfer the pan to the oven for 8 minutes. (The Salmon will not be completely cooked through.) Remove from the oven and transfer to a serving plate, cover with foil, and allow to rest for 5 minutes.*

*Season the tomatoes to taste, and serve hot with the salmon.*



## ***Tangy Cilantro Lime Salad***

### ***Ingredients***

*2 Medium sweet orange peppers, chopped*

*2 Medium avocados, peeled and cubed*

*10 ½ oz. Cherry tomatoes, halved*

*1 Cup fresh or frozen corn, thawed*

*½ Medium red onion, finely chopped*

### ***Dressing:***

*¼ Cup seasoned rice vinegar*

*3 Tablespoons lime juice*

*½ Cup fresh cilantro leaves*

*2 Garlic cloves, halved  
2 teaspoons sugar*

*½ teaspoon kosher salt*

*¼ teaspoon pepper*

### ***Instructions***

***Make the Salad:*** Combine the vegetable ingredients in a large bowl.

***Make Dressing:*** Place dressing ingredients in a blender; cover and process until creamy in texture.

***Combine:*** Pour dressing over vegetable mixture and toss to coat. Refrigerate, covered up to 3 hours.



## ***Penne With Asparagus and Cherry Tomatoes***

### ***Ingredients***

*8 oz. penne pasta*

*3 Tablespoons olive oil*

*2 garlic cloves, minced*

*1 ½ pounds asparagus,  
trimmed and cut into 1-inch  
pieces*

*Salt and black pepper*

*2 Cups cherry tomatoes*

*1 Cup shelled fresh peas*

*½ Cup low-sodium chicken  
stock*

*1 Cup grated Parmesan*

*2 Tablespoons chopped fresh  
basil leaves*

### ***Instructions***

***Cook the pasta:*** Bring a large pot of salted water to a boil over high heat. Add the pasta and cook until tender, stirring occasionally, about 8 to 10 minutes. Drain the pasta, reserving about ½ cup of the pasta water.

***Cook the vegetables:*** In a large saute pan, heat the oil over medium-high heat. Add the garlic and cook until fragrant, about 1 minute. Add the asparagus, season with the salt and pepper, and cook for 3 minutes until slightly soft. Add the cherry tomatoes and peas. Cook for 2 minutes. Pour the chicken stock into the pan and bring the mixture to a simmer. Cook until the tomatoes start to burst and the stock is reduced by half, about 3 minutes.

***Assemble:*** Transfer the asparagus mixture to a large serving bowl. Add the cooked pasta and 1/2 of the Parmesan. Toss well, adding reserved pasta water, if needed, to loosen the pasta. Garnish with the remaining Parmesan and chopped basil.



## ***Roasted Cherry Tomato Soup***

### ***Ingredients***

*2 Pounds cherry tomatoes*  
*1 Sweet onion, chopped*  
*6 Cloves garlic, peeled*  
*2 Tablespoons olive oil*  
*1 Quart chicken broth*  
*2 Tablespoons fresh herbs of your choice*  
*Heavy cream, optional*  
*Salt and pepper*

### ***Instructions***

***Prepare vegetables:*** Place cherry tomatoes, onion and garlic in two baking pans and drizzle with olive oil. Roast at 400 degrees for about 40 minutes, until browned.

***Combine:*** Add roasted vegetables to a large pot with chicken broth and simmer for about 5 minutes.

*Add herbs in the last minute and mix well.*

***Puree:*** Until smooth with an immersion blender. Add heavy cream if desired.

***Serve:*** Transfer to individual bowls and add additional toppings, to taste.



## ***Cherry Tomato Salsa***

### ***Ingredients***

*½ Small sweet onion*

*3 Cloves garlic*

*3 Cups cherry tomatoes*

*½ Cup cilantro leaves,  
packed*

*1 lime, juiced*

*Salt*

### ***Instructions***

***Chop:*** Place the onion and garlic in a food processor, and pulse until finely chopped.

***Combine:*** Add the cherry tomatoes and cilantro, and pulse until you reach the desired consistency.

***Drain:*** If there is too much liquid, drain some out. Add the lime juice and salt, and stir.

*Serve with tortilla chips*

# Carrot Facts

## NUTRITION FACTS

Serving Size:	2 small/ med carrots, raw
Per serving	
<b>Calories</b>	41
Fat	.2g
<b>Sodium</b>	84g
<b>Total carbs</b>	11.69g
Total sugars	5.54g
<b>Protein</b>	1.13g
%DV	
Vitamin A	<b>114%</b>
Vitamin C	<b>8%</b>
Iron	<b>2%</b>
Potassium	<b>8%</b>
Calcium	<b>3%</b>

\*Percent Daily Values are based on a 2,000 calorie diet. Your values may be higher or lower depending on your calorie needs.

**Carrots are a good source of many vitamins and minerals, including biotin, potassium, and vitamins A, K1, and B6.**

**Soluble fiber found in carrots can lower blood sugar levels, as well as feed the good bacteria in your gut which may lead to improved health and decreased risk of disease.**

**Some soluble fibers can also impair the absorption of cholesterol, lowering blood cholesterol level.**



## ***Carrot Cake Baked Oatmeal***

### ***Ingredients***

*1 ½ Cups grated carrots*  
*2 Tablespoons extra-virgin olive oil*  
*1 Egg*  
*2 Cups milk*  
*½ Cup maple syrup*  
*1 teaspoon vanilla extract*  
*1½ teaspoons cinnamon*  
*1 teaspoon ground ginger*  
*¼ teaspoon ground nutmeg*  
*1 teaspoon baking powder*  
*¾ teaspoon kosher salt*  
*1 Cup raw steel cut oats*  
*½ Cup pecan pieces*

### ***Instructions***

***Preheat:*** The oven to 375° F. Grease a 8×8 or 9×9 baking dish.

***Mix:*** In a bowl add the olive oil, egg, milk, maple syrup and vanilla extract, and whisk together.

***Combine:*** In a small bowl, stir together the cinnamon, ginger, nutmeg, baking powder and kosher salt. Add to the bowl with the wet ingredients and whisk to combine. Mix in the steel cut oats.

***Prepare:*** Pour the mixture into the prepared baking dish, then mix in carrots. Cover the pan loosely with foil.

***Bake:*** for 30 minutes. Remove the foil and sprinkle with pecans. Bake another 30 to 35 minutes until set.



## ***Spring Vegetable Stir Fry***

### ***Ingredients***

*2 Tablespoons olive oil*

*3 Medium carrots, sliced*

*1 Cup shiitake mushrooms,  
thinly sliced*

*1 Clove garlic, minced*

*1 Cup medium asparagus,  
cut into 2-inch pieces*

*1 Cup green beans, cut into  
2-inch pieces*

*¼ teaspoon salt*

*¼ teaspoon ground pepper*

*1 Tablespoon soy sauce*

*½ Tablespoon balsamic  
vinegar*

*1 teaspoon sesame seeds*

### ***Instructions***

***Heat:*** Oil in a large skillet for 2 minutes.

***Cook Vegetables:*** Add carrots and sauté for 2-3 minutes. Add mushrooms and garlic and stir fry for another 2 minutes. Stir in asparagus and green beans.

***Season:*** Add soy sauce and balsamic vinegar. Stir well. Add 1-2 tablespoons of water if desired to make a bit more saucy. Season with salt and pepper.

*Sprinkle sesame seeds on top and serve immediately with steamed rice.*



## ***Carrot Smoothie***

### ***Ingredients***

*1 Cup sliced carrot rounds*  
*1 Large apple, chopped into cubes*  
*1 Banana*  
*½ Cup orange juice*  
*½ Cup frozen pineapple or mango*  
*10 Ice cubes*

### ***Instructions***

***Prepare:*** *Peel the carrots and slice them into rounds. Chop the apple, keeping the peel on. Break the banana into pieces.*

***Combine:*** *Add all ingredients to the blender, and blend until smooth.*

*Eat immediately or store up to 1 day refrigerated in a covered jar.*



## ***Hummus and Veggie Wraps***

### ***Ingredients***

*2 Tablespoons hummus*

*1- 8 Inch whole wheat  
tortilla*

*¼ Cup mixed salad greens*

*2 Tablespoons sweet onion,  
finely chopped*

*2 Tablespoons cucumber,  
thinly sliced*

*2 Tablespoons alfalfa  
sprouts*

*2 Tablespoons shredded  
carrot*

*1 Tablespoon balsamic  
vinaigrette*

### ***Instructions***

***Spread:*** *Hummus over tortilla.*

***Layer:*** *With salad greens, onion,  
cucumber, sprouts and carrot,  
and drizzle with vinaigrette.*

***Roll:*** *Up tightly.*



## **Carrot Fries**

### **Ingredients**

*2 Pounds carrots*

*1 teaspoon garlic powder*

*½ teaspoon onion powder*

*1 teaspoon dried dill*

*1 teaspoon dried parsley*

*1 teaspoon kosher salt*

*2 Tablespoons cornstarch*

*2 Tablespoons olive oil*

### **Instructions**

***Preheat the Oven:*** To 425°F

***Prepare the carrots:*** Slice off the ends, then square off each of the sides to make a rectangular box shape. Cut into 3/8-inch wide slices, then cut the slices into strips. Place the fries in a large bowl.

***Prepare the Seasoning:*** Mix the garlic powder, onion powder, dried dill, dried parsley, salt, and cornstarch in a small bowl. Drizzle the carrots with the olive oil, then add the spices and cornstarch. Mix thoroughly.

***Bake:*** Line two baking sheets with parchment paper. Spread the fries on the paper, placing them as far apart as possible. Bake 12 minutes on one side, then flip the fries and bake 12 to 17 additional minutes until the fries are dry and slightly browned. Cool a few minutes, then serve immediately.



## ***Carrot Brown Rice Pilaf***

### ***Ingredients***

*1 Large onion, finely chopped*  
*2 Medium carrots, shredded*  
*1 Tablespoon butter*  
*1 Cup uncooked brown rice*  
*2 ½ Cups vegetable stock*  
*1 Tablespoon dried parsley flakes*  
*¼ teaspoon salt*  
*⅛ teaspoon pepper*

### ***Instructions***

***Cook the Vegetables:*** *In a large saucepan, saute onion and carrots in butter until tender.*

***Combine:*** *Add rice, cook and stir for 3-4 minutes or until rice is lightly browned. Then stir in the stock, parsley, salt and pepper.*

***Cook:*** *Bring to a boil. Reduce heat, cover and simmer for 40-45 minutes or until rice is tender.*

*Fluff with a fork.*



## ***Asian Cold Noodle Salad***

### ***Ingredients***

*5 Cups dried chow mein noodles*

*½ Cup cucumber, cut into thin 2 inch strips*

*½ Cup carrots, cut into 2 inch strips*

*¼ Cup fresh cilantro, chopped*

*2 Tablespoons peanuts, coarsely chopped*

### ***Dressing:***

*2 Tablespoons peanut butter*

*½ Tablespoons soy sauce*

*2 ½ Tablespoons rice vinegar*

*1 teaspoon sesame oil*

*1 Tablespoon honey*

*2 teaspoons lime juice*

*1 clove garlic, minced*

### ***Instructions***

***Cook the noodles:*** *In a medium pot according to the package directions. Drain and rinse with cold water, and cut into 2 or 3 inch pieces and set aside.*

***Prepare the Sa:*** *In a blender, add peanut butter, soy sauce, rice vinegar, sesame oil, lime juice, honey, garlic and red pepper powder. Blend until smooth.*

***Combine:*** *In a large bowl, combine the remaining ingredients. Add the noodles. Pour in the salad dressing and toss until all ingredients are fully coated.*

*Serve cold.*

# Pepper Facts

## NUTRITION FACTS

Serving Size:	3.5 ounces
Per serving	
<b>Calories</b>	31
Fat	.2g
<b>Sodium</b>	3g
<b>Total carbs</b>	5g
Total sugars	2.4g
<b>Protein</b>	.8g
%DV	
Vitamin C	<b>133%</b>
Vitamin B6	<b>15%</b>
Iron	<b>1%</b>
Magnesium	<b>2%</b>
Calcium	<b>1%</b>

\*Percent Daily Values are based on a 2,000 calorie diet. Your values may be higher or lower depending on your calorie needs.

**Bell peppers are a good source of numerous vitamins and minerals including Vitamins C, B6, K1 E, and A, as well as potassium and folate.**

**The carotenoids Lutein and Zeaxanthin, both found in bell peppers may improve eye health by protecting your retina from oxidative damage.**

**Studies indicate that a diet rich in these carotenoids may reduce the risk of both cataracts and macular degeneration.**



## ***Pepper and Egg Casserole***

### ***Ingredients***

*2 Tablespoons olive oil*  
*2 Large onions, sliced*  
*1 Each: large green, yellow, orange and red pepper, thinly sliced*  
*3 Garlic cloves, minced*  
*2 teaspoons ground cumin*  
*1 teaspoon salt*  
*1 teaspoon ground coriander*  
*1 teaspoon ground mustard*  
*½ teaspoon pepper*  
*¼ teaspoon cayenne pepper*  
*2 Tablespoons flour*  
*4 Large eggs*  
*2 Cups sour cream*  
*½ Cup minced fresh cilantro*  
*2 Cups shredded Monterey Jack cheese*  
*¼ teaspoon paprika*

### ***Instructions***

***Preheat Oven:*** to 350°F

***Cook:*** In a large skillet, heat oil over medium-high heat. Add onions and peppers, cook and stir until tender. Add garlic and seasonings, and cook 2 more minutes. Remove from heat and mix in flour until smooth.

***Transfer:*** To a greased 11x7-in. baking dish

***Mix:*** Whisk eggs, sour cream and cilantro in a large bowl, and pour over pepper mixture. Top with cheese and sprinkle with paprika

***Bake:*** Uncovered, 35-40 minutes or until center is set



## ***Pickled Bell Peppers***

### ***Ingredients***

*2 Each green, sweet red and yellow peppers, julienned*

*1 Large red onion, thinly sliced*

*2 teaspoons mixed pickling spices*

*½ teaspoon celery seed*

*1 Cup sugar*

*1 Cup cider vinegar*

*½ Cup water*

### ***Instructions***

***Combine:*** In a large bowl, combine peppers and onion.

***Prepare the Spices:*** Place pickling spices and celery seed on a double thickness of cheesecloth. Gather the corners of cloth to enclose seasonings and tie tightly with string.

***Boil Vinegar Mixture:*** In a saucepan, combine sugar, vinegar, water and spice bag. Bring to a boil for 1 minute. Transfer spice bag to peppers, pour vinegar mixture over top, and allow to cool.

***Refrigerate:*** Covered, for 24 hours, stirring occasionally.

***Assemble:*** Discard spice bag. Transfer mixture to jars and cover tightly. Refrigerate for up to 1 month.



## ***Beef and Pepper Skillet***

### ***Ingredients***

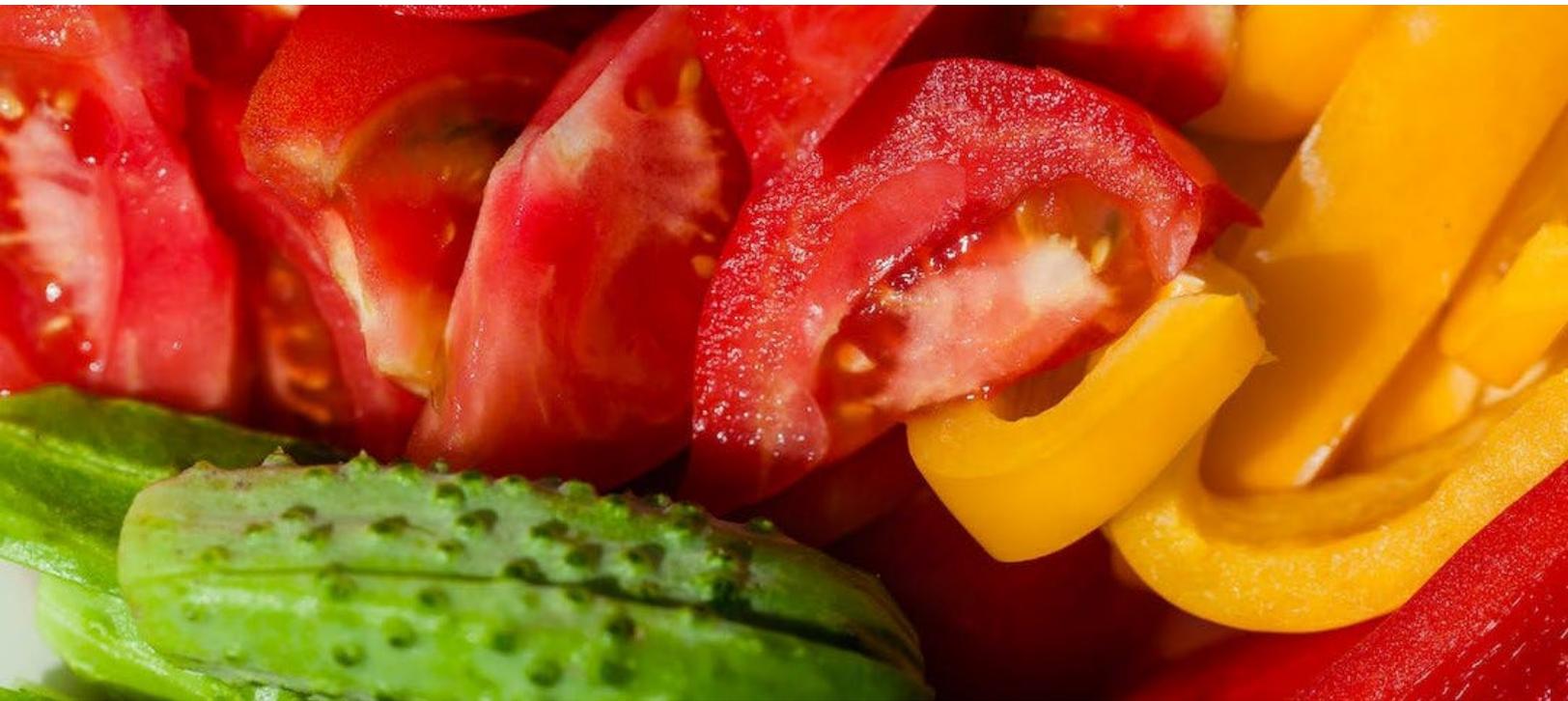
*1 Pound lean ground beef*  
*1 14-½ oz Can diced tomatoes with mild green chiles, undrained*  
*1 14-½ oz Can beef broth*  
*1 Tablespoon chili powder*  
*¼ teaspoon salt*  
*1/8 teaspoon garlic powder*  
*2 Cups instant brown rice*  
*1 Medium sweet red pepper, sliced*  
*1 Medium green pepper, sliced*  
*1 Cup shredded Colby-Jack cheese*

### ***Instructions***

***Cook the Beef:*** *In a large skillet, cook beef over medium heat until no longer pink, breaking into crumbles. Drain.*

***Add:*** *Tomatoes, broth, chili powder, salt and garlic powder, and bring to a boil. Stir in rice and peppers. Reduce heat and simmer, covered, 8-10 minutes.*

*Remove from heat and sprinkle with cheese.*



## ***Pepper Tomato Salad***

### ***Ingredients***

*6 Tomatoes, seeded and chopped*

*1 Each: green, sweet red and yellow peppers, chopped*

*1 Cucumber, seeded and chopped*

*1 Carrot, chopped*

*3 Green onions, thinly sliced*

*1 Jalapeno pepper, seeded and chopped*

*2 Tablespoons each: minced fresh cilantro, parsley, dill and mint*

*¼ Cup lemon juice*

*2 Tablespoons olive oil*

*3 Garlic cloves, minced*

*½ teaspoon salt*

*¼ teaspoon pepper*

### ***Instructions***

***Make the Salad:*** In a large bowl, combine the tomatoes, peppers, cucumber, carrot, green onions, jalapeno and herbs.

***Make the Dressing:*** In a small bowl, whisk together the remaining ingredients.

***Combine:*** Pour dressing over the salad mixture and toss to coat.

*Cover and refrigerate for at least 1 hour before serving.*



## ***Roasted Peppers and Cauliflower***

### ***Ingredients***

*1 Head cauliflower, broken into florets*

*2 Red peppers, cut into strips*

*2 Small onions, cut into wedges*

*2 Tablespoons olive oil*

*½ teaspoon salt*

*½ teaspoon pepper*

*1 Tablespoon grated Parmesan cheese*

*1 Tablespoon minced fresh parsley*

### ***Instructions***

***Preheat oven:*** To 425°F

***Prepare:*** Place the cauliflower, red peppers and onions in a shallow roasting pan. Add the oil, salt and pepper; toss to coat.

***Roast:*** Uncovered, for 20 minutes. Stir; roast 10 minutes longer or until vegetables are tender and lightly browned.

***Serve:*** Transfer to a serving bowl and sprinkle with Parmesan cheese and parsley.



## ***Chopped Garden Salad***

### ***Ingredients***

*6 Medium tomatoes  
2 Medium green peppers  
2 Large cucumbers  
2 Medium red onions  
1- $\frac{1}{4}$  Cups water  
 $\frac{3}{4}$  Cup cider vinegar 4-  
 $\frac{1}{2}$  teaspoons sugar  
1-  $\frac{1}{2}$  teaspoons mustard  
seed  
1-  $\frac{1}{2}$  teaspoons celery salt  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{8}$  teaspoon pepper*

### ***Instructions***

***Prepare vegetables:*** Dice the tomatoes, green peppers, cucumbers and onions, and place in a large bowl.

***Make Dressing:*** In a small saucepan, combine the remaining ingredients. Bring to a boil. Reduce heat and simmer, uncovered, for 1 minute, stirring occasionally. Allow to cool slightly, pour over vegetables and toss to coat.

*Cover and refrigerate.*



## **What Can I Do to Get and Keep My Family Active?**

- Set a positive example by leading an active lifestyle yourself.
- Make physical activity part of your family's daily routine by taking family walks or playing active games together.
- Give children toys that encourage physical activity like balls, kites, hula hoops, and jump ropes.
- Take the stairs instead of the elevator.
- Walk around the block after a meal.
- Make a new house rule: no sitting still during television commercials.
- Take young people to places where they can be active, such as public parks, community baseball fields or basketball courts.
- Be positive about the physical activities in which your child participates and encourage them to be interested in new activities.
- Make physical activity fun! Activities can range from team or individual sports to recreational activities such as walking, running, skating, bicycling, swimming, playground activities or free-time play.
- Limit TV time and keep the TV out of the bedroom.
- Instead of watching television after dinner, encourage your children to find fun activities to do on their own or with friends and family, such as walking, playing chase or riding bikes.
- Find time to spend together doing a fun activity: family park day, swim day or bike day.