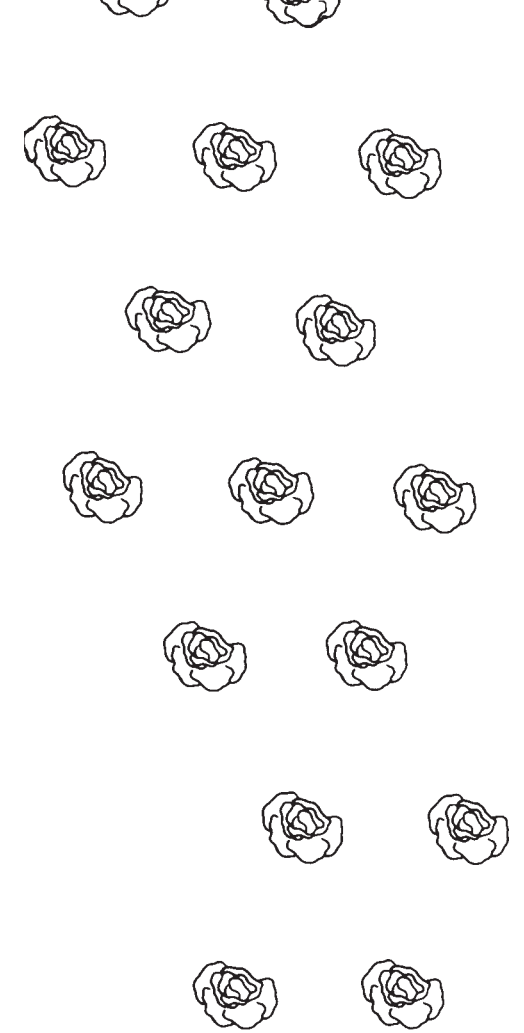


## Cooking With Herbs and Spices

Whatever kind of vegetables you buy, you can add to their flavor by using herbs or spices. Herbs and spices can also help make up for the lack of salt if you are on a low-sodium diet or for the absence of a sauce if you are trying to cut calories.

## For suggestions on seasoning vegetables, use this chart.

Vegetable	Suggested Herbs or Spices
Asparagus	Mustard seed, sesame seed, tarragon
Lima beans	Marjoram, oregano, sage, savory, thyme
Snap beans	Basil, dill, marjoram, mint, mustard seed, oregano, savory, tarragon, thyme
Beets	Allspice, bay leaves, caraway seed, cloves, dill, ginger, mustard seed, savory, thyme, tarragon
Brussels sprouts	Basil, caraway seed, dill, mustard seed, nutmeg, savory, tarragon
Carrots	Allspice, bay leaves, caraway seed, dill, fennel, ginger, mace, marjoram, mint, nutmeg, thyme
Cauliflower	Caraway seed, dill, mace, tarragon
Cucumber	Basil, dill, mint, tarragon
Eggplant	Marjoram, oregano
Onion	Caraway seed, mustard seed, nutmeg, oregano, sage, thyme
Peas	Basil, dill, marjoram, mint, oregano, poppy seed, rosemary, sage, thyme
Potatoes	Basil, bay leaves, caraway seed, celery seed, oregano, poppy seed, thyme
Spinach	Basil, mace, marjoram, nutmeg, oregano
Squash	Allspice, basil, cinnamon, cloves, fennel, ginger, mustard seed, nutmeg, rosemary
Sweet potatoes	Allspice, cardamon, cinnamon, cloves, nutmeg
Tomatoes	Basil, bay leaves, celery seed, oregano, sage, sesame seed, tarragon, thyme
Green salads	Basil, chives, dill, tarragon



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**For more information**, call your county Extension office. Look in your telephone directory under your county's name to find the number.

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# FACTS ABOUT Vegetables



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Vegetables are an important source of vitamins. Dark green and deep yellow vegetables provide vitamin A, and most dark green vegetables, if not overcooked, are good sources of vitamin C. Almost all vegetables are low in fat and none contain cholesterol. In addition to providing vitamins, minerals, and fiber, vegetables are also appetizing.

### Buying Fresh Vegetables

Fresh vegetables are usually highest in quality and lowest in price when they are in season. Avoid buying wilted vegetables—they are lower in nutritional value and their flavor and appearance are below quality.

Fresh vegetables are priced by the pound or unit. They will yield from two to six servings per pound, depending on the amount of trimming waste and the size of the vegetable.

Leftover, cooked vegetables can be added to soups, omelets, and casseroles. If the price is right and you have the storage space, you may want to buy more than you would eat in one meal.

Most fresh vegetables will keep their quality for only a few days. Always sort vegetables before storing and throw away or use at once any that are soft or bruised.

Use the following chart to help you determine how much of a fresh vegetable to buy.

Vegetables such as corn on the cob and tomatoes are usually purchased by the unit rather than by weight.

### Buying Guide for Fresh Vegetables

Food Item and Form	Market Unit	Approximate Amount Per Market Unit
Asparagus	1 lb.	16 to 20 spears
Beans, green	1 lb.	3 cups
Beans, lima, shelled	1 lb.	2 cups
Beets without tops	1 lb.	2 cups
Broccoli	1 lb.	2 cups
Brussels sprouts	1 lb.	4 cups
Cabbage		
Shredded	1 lb.	3½ to 4½ cups
Cooked	1 lb.	2 cups
Carrots		
Without tops	1 lb.	3 cups
Shredded	1 lb.	2½ cups
Cauliflower	1 lb.	1½ cups
Celery	1 lb.	2 bunches
Corn, ears, cooked	1 doz.	2½ cups
Eggplant		
Diced, cooked	1 lb.	2½ cups
Greens, cooked	1 lb.	4 to 6 cups
Lettuce, head		
Leaf	1 lb.	6½ cups
Romaine	1 lb.	6 cups
Endive	1 lb.	4½ cups
Mushrooms, sliced	1 lb.	5 cups
Okra, cooked	1 lb.	2½ cups
Onions	1 lb.	3 large onions
Chopped	1 lb.	2 to 2½ cups
Parsnips	1 lb.	4 medium parsnips
Chopped	1 lb.	2 cups
Peas, green, in pod		
Shelled	1 lb.	1 cup
Cooked	1 lb.	1 cup
Potatoes, white	1 lb.	3 medium potatoes
Cooked, diced, or sliced		2½ cups
Mashed		1½ cups
Pumpkin		
Mashed, cooked	1 lb.	1 cup
Radishes, sliced	6 oz.	1½ cups
Rutabaga, cubed	1 lb.	2½ cups
Cooked	1 lb.	2 cups
Spinach	1 lb.	4 cups
Cooked	1 lb.	1½ cups
Squash, winter		
Cooked, mashed	1 lb.	1 cup
Squash, summer		
Cooked, mashed	1 lb.	1½ cups
Sweet Potatoes	1 lb.	3 medium potatoes
Tomatoes	1 lb.	3 to 4 small tomatoes
Turnips	1 lb.	3 medium turnips

### Buying Frozen Vegetables

Frozen vegetables are similar in color, flavor, and texture to fresh vegetables. Frozen vegetables are usually less expensive than fresh vegetables not in season, and they are more expensive than canned vegetables.

When buying frozen vegetables, select clean, firm packages. The thermometer in the store freezer should register 0 degrees F or below, and the packages should not be stacked higher than the fill line.

Frozen vegetables in bags may be less expensive than those in boxes. They may also be more convenient, especially if you want to use only part of a package at a time.

Many frozen vegetables are also available in a special sauce or flavored butter. These products are usually more expensive than buying plain frozen vegetables and preparing your own sauce or flavored butter. The sauces and butter also add fat and calories to the nutritious vegetables.

### Buying Canned Vegetables

Canned vegetables are a very convenient food item. They do not have to be refrigerated and they only have to be heated before eating. Canned vegetables are usually less expensive than fresh or frozen vegetables. They usually have a soft texture and dull color; however, these disadvantages are not so noticeable when the vegetables are used in soups or casseroles.

The canned vegetable equivalency chart (below) can help you save time and money. Use it to compare products and to find the best buy.

#### Canned Vegetable Equivalents

Ounces		Cups	½-Cup Servings
8 or 8½	=	1	2
12	=	1½	3
16	=	2	4
27 or 29	=	3½	7

Institution-size cans usually contain about 6½ pounds—12 to 13 cups or 24 to 26 servings.

### Buying Dehydrated Vegetables

Dehydrated vegetable products such as instant mashed potatoes and minced dried onions take up less storage space and can be prepared quickly, but you may pay extra for these conveniences. However, the extra cost may not be as much as you would pay for fresh vegetables that spoil before you use them.

### Counting Calories

Vegetables are naturally low in fat and calories. A ½-cup serving of most vegetables contains less than 50 calories. Starchy vegetables such as potatoes, corn, and peas contain 50 to 100 calories per serving.

The way you cook your vegetables can determine how many calories are contained in each serving. For example, here are different ways that a potato can be prepared and served, and the resulting calories per serving:

1 boiled potato = (2½-inch diameter)	90 calories
With 1 teaspoon butter =	124 calories
1 baked potato (4½ inches by 2½ inches) =	145 calories
With 1 tablespoon butter =	245 calories
10 French fries (¾- to 1-inch strips) =	215 calories
1 cup hash browns =	345 calories

Other popular ways of dressing up vegetables, such as adding cheese sauce or sour cream or making a casserole with canned soup, can also add calories.