



FOOD DEMONSTRATION: MICROWAVE STEAMED VEGETABLES

Preparation

1. Make arrangements for the food demonstration and advertise it.
2. Check out the room if possible. If not, find out the size of the room, is electricity available? Will you have a table to demonstrate on? etc.
3. Find out how many participants are expected (not always possible).
4. Think about a theme and decorations, posters, etc. to make area attractive.
5. Check the amount of time available for the demonstration. To decrease time of demonstration, have ingredients measured ahead of time in closed containers. Otherwise demonstrate measuring the items.
6. Review demonstration techniques in the Network Food Demonstration Guide (available on www.EatWellBeWell.org. Click on Partners, Partner Resources, Policies and Procedures, then scroll down to Food Demonstration Guide).
7. Practice the demonstration at least 2 times, before the actual demonstration, for timing.
8. If no microwave oven, demonstrate up until the dish is to be cooked.
9. Show a plate of the completed recipe so the audience can see what it looks like.
10. Cook enough vegetables and rice ahead for samples and have them dished up before the demonstration.
11. Pass out samples as well as copies of the recipe at the end of your demonstration.

Materials Needed

- Sink or bowl of water and soap plus paper towels to model hand washing
- Microwave oven
- Microwave steamer
- Medium bowl and mixing spoon for vegetables and fat-free Italian dressing
- Knife and cutting board
- Measuring cups and spoons
- Small disposable cups and forks, napkins and tray for tasting
- Ice chest with ice or ice packs
- Ingredients for recipe
- A plate of the finished product to show how to garnish
- MyPyramid Poster

Introduction

Introduce yourself, where you are from and what you are going to do. Say, "Today we are going to make the best cooked vegetables ever! They are sweet, crisp and delicious, low cost, high in nutrients and very low in fat. My objective today is to show you how easy and quick it is to eat healthy. First I'm going to wash my hands as good hand washing practice before preparing food. This is important for food safety."



Talking Points

During your food demonstration talk about the vegetable and grain groups on the MyPyramid poster along with nutrition benefits of the food in the recipe such as:

- Ask participants if they know how many fruits and vegetables they should be eating each day. Allow them to respond. Explain the amount they should be eating varies depending on their age, gender and activity level. They need from 2 to 3 cups of fruit, and 3 to 4 cups of vegetables. Refer them to MyPyramid.gov to obtain an individual plan.
- Tell the participants you will be preparing a vegetable casserole which includes brown rice.
- Ask the participants what food groups on the MyPyramid poster they would find the food you are preparing in your food demonstration (the vegetable and grain groups).
- A serving from this recipe will count toward the daily amount of cups needed from the vegetable groups.
- Vegetables are a low cost way to provide nutrients that your family needs every day.
- The nutrients include: vitamins A and C, potassium, calcium, protein, folate, iron and fiber.
- Steaming is a quick way to prepare a meal.
- Vegetables cooked for the proper time in the microwave retain their shape, color and sweetness because they are lightly steamed.
- Rice being part of the Grain food group is relatively low cost and can be used to stretch meals.
- Brown rice is a good source of B vitamins, minerals, protein and fiber – and the leftovers can be used in many ways. State that you followed the package directions for cooking the rice.
- The fat free Italian dressing in this recipe provides a lot of flavor without many calories.
- Grains should be stored at room temperature in tightly closed containers.
- While demonstrating, talk about the cutting techniques, keeping cutting boards and knives clean and properly storing cooked vegetables; or to store fresh vegetables in the refrigerator to extend their shelf life.
- Ask for questions and pass out samples along with a copy of the recipe.



RECIPE

Italian Vegetable Casserole Recipe

Ingredients

- 1 zucchini, sliced
- 1 yellow squash, sliced
- ½ red bell pepper, copped
- 2 tomatoes, chopped
- ¼ cup fat-free Italian dressing
- 2 cups brown rice, cooked
- ¼ cup parmesan cheese

Directions

1. Wash hands with warm water and soap.
2. Mix vegetables and dressing together.
3. Place 4 tablespoons of water and mixed vegetables into steamer and cover (use less water for crisper vegetables).
4. Place steamer into the microwave and cook on high 8-10 minutes.
5. If using a stove-top pot steamer basket, place one cup water in the bottom of pot, insert steamer basket, add the mixed vegetables. When steam begins, cover and cook on medium to low heat for about 8-10 minutes, stirring every 2 to 3 minutes, or until tender, but still firm (cooking time may vary depending on method of steaming). Check level of water periodically for stove top steaming.
6. Sprinkle parmesan cheese over the top of cooked vegetables.
7. Serve vegetables over rice.

Servings

Makes 4 servings – 1 cup of vegetables and 1/2 cup of rice each
Recipe provided by KidsHealth

Nutrition Information

Nutrition analysis per serving: calories 181, carbohydrate, 30 gm; protein, 6 gm; total fat, 3.8 gm; saturated fat, 1.7 gm; trans fats 0 g; total sugars, 4.8 gm; cholesterol, 10 mg; fiber, 3 gm; calcium, 133 mg; sodium 268 mg; folate, 27 mcg; iron, 1 mg; percent calories from fat, 19%.