Veggies!

Fresh Vegetable

Menu Suggestions for FFVP

*Note: this list includes a wide variety of options, however, may not include all fresh vegetable snack possibilities.*

**Artichokes**

**Asparagus***…any variety (green, purple, white, other)*

**Beets***…should be cooked before serving (red, purple, or yellow)*

**Bok Choy**

**Broccoli**

**Broccolini**

**Broccoflower**

**Brussel Sprouts***…should be cooked before serving*

**Cabbage***…any variety (green or red/purple)*

**Carrots***…any variety (baby, orange, purple, red, white, other)*

**Cauliflower***…any variety (white, orange, purple)*

**Celery**

**Collards***…should be cooked before serving*

**Corn**

**Cucumbers**

**Eggplant***…must be cooked before serving*

**Green beans***…may be served uncooked*

**Jicama***…may be served uncooked or cooked*

This institution is an equal opportunity provider.

**Kohlrabi***…should be cooked before serving*

**Leeks***…must be cooked before serving*

**Lima Beans***…must be cooked before serving*

**Onions***…should be served with another vegetable*

**Parsnips**

**Peppers***…any variety (Bell: green, orange, red, yellow, or other, if not too hot)*

**Potatoes***…any variety (Fingerlings, Red, Russet, Yukon Gold, other)*

**Pumpkin***…technically a “fruit”…menued as a vegetable…must be cooked before serving*

**Radishes**

**Rhubarb***…must be cooked before serving*

**Rutabagas***…should be cooked before serving*

**Salad (Dark, Leafy Greens***)…Endive, Kale, Green/Red Leaf Lettuce, Radicchio, Romaine, Watercress, other*

**Snow Peas***…may be eaten uncooked*

**Spinach***…may be served cooked or uncooked*

**Squash***…any variety (Acorn, Crookneck/Yellow, Chayote, Spaghetti, Summer, Zucchini)*

*Note: the many varieties of “winter squash” should be cooked before serving*

**Sugar Snap Peas***…may be eaten uncooked*

**Sweet Potatoes***…may be eaten uncooked*

**Swiss Chard**

**Tomatoes***…technically a “fruit”...menued as vegetable; cherry, grape, slicing, red, orange, yellow*

**Turnip Greens/Turnips***…both should be cooked before serving*