



Family & Consumer Sciences

Cent\$ible Nutrition Program

Helping Families Eat Better for Less

UNIVERSITY
OF WYOMING
Cooperative Extension Service

Panning Fruits and Vegetables

Panning (cooking shredded or sliced vegetables in a small amount of fat and water on top of the range) is a good way to prepare snap beans, cabbage, carrots, corn, spinach, summer squash, apples and pears. See the cooking guide below for cooking times and the amounts of vegetables, fruits and water needed for 6 servings (1/2 cup each).

Directions:

- Shred or thinly slice vegetables/fruits
- Heat 1-2 teaspoons oil in heavy frying pan over moderate heat
- Add vegetable & sprinkle with 1/4 teaspoon salt (or add fruit with cinnamon and sugar)
- Add water & cover pan to steam
- Cook over low heat until vegetable or fruit is tender; stir occasionally to prevent sticking

Guide for Cooking Panned Fruits and Vegetables 6 Servings (1/2 cup each)

Vegetable/Fruit	Amount in Cups	Amount of Water	Cooking Time (min)
Snap beans (green or wax, slice in 1" peices)	4	2/3 cup	20-25
Cabbage, finely shredded	6	3 tablespoons	6-8
Carrots thinly sliced	4	3 tablespoons	10
Corn, cut	4	1/3 cup	15-18
Spinach, finely shredded	12	3 tablespoons	6-8
Summer squash, thinly sliced	4	3 tablespoons	12-15
Apples*	4	3 tablespoons	6-8
Pears*	4	3 tablespoons	6-8

* add 1/2 teaspoon cinnamon and 1 teaspoon sugar

This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county social services office. Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Glen Whipple, Director, Cooperative Extension Service, University of Wyoming, Laramie, Wyoming 82071. Persons seeking admission, employment, or access to programs of the University of Wyoming shall be considered without regard to race, color, religion, sex, national origin, disability, age, political belief, veteran status, sexual orientation, and marital or familial status. Persons with disabilities who require alternative means for communication or program information (Braille, large print, audiotape, etc.) should contact their local UW CES Office. To file a complaint, write the UW Employment Practices/Affirmative Action Office, University of Wyoming, Dept. Box 3434, 1000 University Ave., Laramie, Wyoming 82071 3434.