What forms of vegetables are available to you?

Put Some Color In It

Lesson In a Box

Activity 1: Activity Sign

¿En qué formas están disponibles las verduras para usted?

Put Some Color In It

Lesson In a Box

Activity 1: Activity Sign

Spanish

KEEP FROZEN

GRADE A FANCY

La Fe

QUALITY SINCE 1968 ®

microwavable

BROCCOLI SPEARS

PIONEER 2870

$2.29

K

Super Select

NET WT 16 OZ (1 lb) 453g

La Fe

QUALITY SINCE 1968 ®

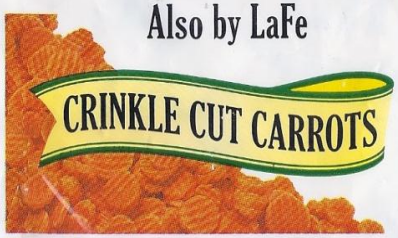
GRADE A FANCY

KEEP FROZEN

microwavable

BROCCOLI SPEARS

Also by LaFe



INGREDIENTS: Broccoli.

DISTRIBUTED BY: LAFE FOODS
MOONACHIE, N.J. 07074

¡El sabor de mi tierra!™

VISIT US AT: WWW.LAFE.COM
FOR INFORMATION CALL 1-866-BUY-LAFE

PROOF OF PURCHASE

LAFE BROCCOLI SPEARS 16 OZ

0 23545 10396 8

Nutrition Facts

Serving Size 4 Spears (84g)
Servings Per Container about 5

Amount Per Serving	
Calories 30	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 20mg	**1%**
Total Carbohydrate 4g	**1%**
Dietary Fiber 2g	**8%**
Sugars 2g	
Protein 1g	
Vitamin A 2% • Vitamin C 50%	
Calcium 2% • Iron 2%	

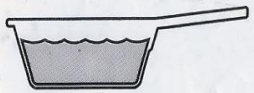
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

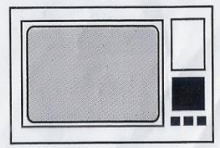
calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

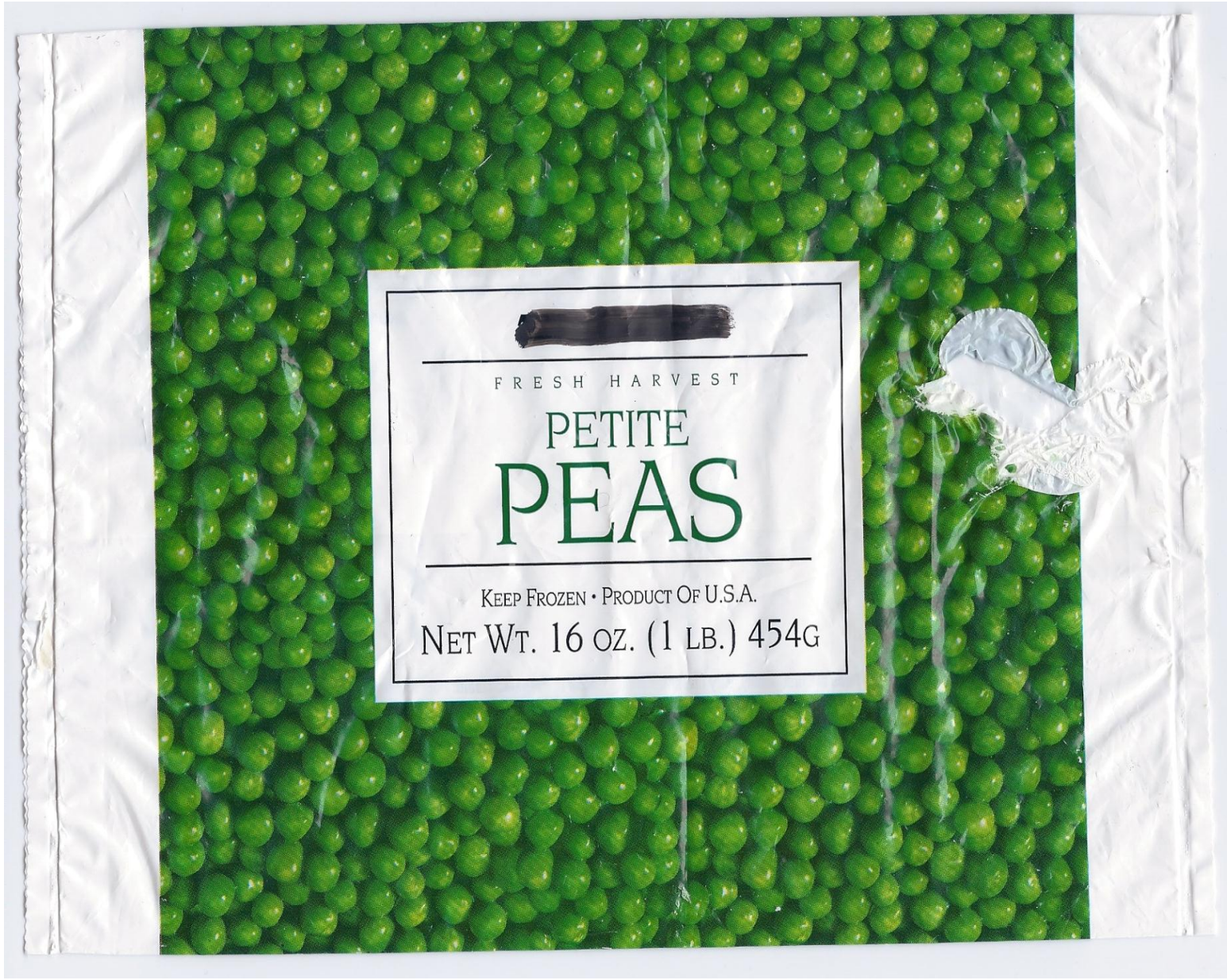
COOKING INSTRUCTIONS

Stove-top
Place desired amount of Broccoli Spears in saucepan with 1/2 cup water. Cover. Bring quickly to a boil. Reduce heat, stir, cook gently 9 to 10 minutes or just until tender. Drain. Season to taste.



Microwave (1100 watt)*
Place desired amount of Broccoli Spears in microwave-safe container. Cover. Cook on HIGH 8 to10 minutes or until tender and heated through, stirring halfway through cooking. Drain. Season to taste.




[redacted]
FRESH HARVEST
PETITE
PEAS
KEEP FROZEN • PRODUCT OF U.S.A.
NET WT. 16 OZ. (1 LB.) 454G

Petite Peas, A Low Sodium Food

Nutrition Facts

Serving Size 2/3 cup (85g)
Servings Per Container: about 5
Calories 70
Calories from Fat 5

Amount/Serving	%Daily Value*	Amount/Serving	%Daily Value*
Total Fat 0.5g	1%	**Total Carbohydrate** 12g	4%
Saturated Fat 0g	0%	Dietary Fiber 4g	16%
Trans Fat 0g		Sugars 6g	
Cholesterol 0mg	0%	**Protein** 5g	
Sodium 10mg	0%		

Vitamin A 6% • Vitamin C 15% • Calcium 0% • Iron 4%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Petite Peas
Dist. & Sold Exclusively By Trader Joe's, Monrovia, CA 91016

SKU#012268

9J1463N USA

Trader Joe's Fresh Harvest Petite Peas are first quality, very fine small June peas from the current crop in the Pacific Northwest. The unique combination of climate and soil in this region produces very fine quality peas with firm texture and sweet flavor.

Trader Joe's Fresh Harvest Petite Peas are harvested at the height of freshness and immediately washed, blanched and individually quick frozen to maintain their unique qualities. They should be kept frozen until you are ready to use them.

How to Prepare: Steam: Pour into a vegetable steamer and steam for about 5 minutes, or until done. **Stovetop:** Pour into a pan and cover with cold water. Bring to a boil and cook, uncovered, for about 3 minutes. Remove from heat and cover for 2 minutes, then serve.

Microwave: Place in a glass container with a cover. Add two tablespoons of water. Cook 4 to 6 minutes on full power, stirring after 2 to 3 minutes (It is recommended that you cook only 8 ounces of peas at one time, since larger portions may not cook evenly.)


VIP
Quality Plus
PEPPER STRIPS
GREEN, RED & YELLOW
SWEET BELL PEPPERS
NET WT
14 OZ (397g)
KEEP FROZEN
PEPPER STRIPS
PEPPER STRIPS
GREEN, RED & YELLOW SWEET BELL PEPPERS
VIP
Quality Plus


VIP
Quality Plus
GREEN, RED & YELLOW
SWEET BELL PEPPERS
Quality Plus
VIP "Quality Plus" Specialty Vegetables are carefully selected from the best growing areas at home and abroad. They are picked at the absolute peak of perfection and individually quick frozen to deliver premium taste to you.
VIP
fresher than fresh
FOR QUESTIONS RELATED TO THIS PRODUCT PLEASE RETURN ENTIRE EMPTY BAG TO: VIP SALES CO., INC. 6116 SOUTH MEMORIAL DR. TULSA, OKLAHOMA 74133
VISIT US ONLINE
www.vipfoods.com
0 70077 01073 8
Nutrition Facts
Serving Size: Approx. 1 cup (85g)
Servings Per Container Approx. 4
Amount Per Serving
Calories 28 Calories from Fat 0
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 4mg 0%
Total Carbohydrate 4g 1.3%
Dietary Fiber 2g 8%
Sugars 4g
Protein 2g
Vitamin A 1% • Vitamin C 20%
Calcium 0% • Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500
Total Fat Less than 65g 80g
Sat Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4
INGREDIENTS: GREEN, RED AND YELLOW SWEET BELL PEPPERS.
FOR INTERNATIONAL SALE
VIP TIRAS DE PIMIENTO CONGELADAS
397 GRAMOS
INGREDIENTES: TIRAS DE PIMIENTO ROJO, VERDE Y AMARILLO
DISTRIBUIDO POR: VIP SALES CO., INC.
TULSA, OKLA. 74133 U.S.A.
حلقات فلفل فيب المجمد ٣٩٧ غرام
المحتويات : حلقات فلفل أحمر، أصفر،
成分：赤、黄、グリーンピーマンの輪切り
流通業者：VIP SALES CO., INC.
TULSA, OKLA. 74133 U.S.A.
DISTRIBUTED BY VIP SALES COMPANY, INC.
6116 SOUTH MEMORIAL DR.
TULSA, OKLAHOMA 74133 ©2001
PRODUCT OF U.S.A
1210
Peppered
1¼ lb ground beef
1½ tsp salt
1 tsp paprika
½ tsp pepper
1 egg yolk
6 Tbsp cola bevera
¾ Tbsp flour
1 sliced onion
2 cups VIP Peppe
Butter
Combine ground
pepper, egg yolk
mix well. Chill fo
onion and peppe
butter in skillet
aside. Shape be
patties; cook in
browned. Top
South-
1½ Tbsp veg
3 large chick
(or try w
1½ cups VI
1 thinly slic
½ tsp of yo
(chili p
4 large flou
Sauté chic
pepper str
sauté for a
Briefly wa
fajita mix
salsa, gu


Harvest Hodgepodge
An Eight Vegetable Blend
Serving Suggestion
MICROWAVEABLE
NET WT. 16OZ
(1LB) 454g
TRADER


TRADER JOE'S®
Harvest Hodgepodge
Quick and Easy Cooking Instructions for Stove Top:
Place vegetables in lightly oiled skillet or wok. Cook on High for approximately 4 to 5 minutes or until crisp and tender. Season or serve with stir fry sauce.
Easy Microwave Cooking Instructions:
Place vegetables in microwave safe dish. Add three tablespoons of water. Cover and microwave on High for 3 to 4 minutes. Stir and cook an additional 3 minutes, or until desired tenderness is reached. Season to taste and serve.
Nutrition Facts
Serving Size 3/4 cup (87g)
Servings Per Container About 5
Amount Per Serving
Calories 30
Calories from Fat 0
%Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 20mg 1%
Total Carbohydrate 5g 2%
Dietary Fiber 2g 8%
Sugars 3g
Protein 2g
Vitamin A 20% • Vitamin C 15%
Calcium 0% • Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500
Total Fat Less than 65g 80g
Saturated Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4
INGREDIENTS:
Broccoli Florets, Julienne Carrots, Cut Baby Corn, Water Chestnuts, Mushrooms, Sugar Snap Peas, Red Peppers, Onions.
Dist. & Sold Exclusively By:
Trader Joe's, Needham Heights, MA 02494
SKU #027586
0027 5866
PRODUCT OF USA
MEXICO THAILAND
TFJP5386v2
JOE'S® Harvest Hodgepodge