

Health Bites: Vegetables That Last Longer

Video: [Let's Make Beet Salad](#)

Beet salads are a great example of how a long-lasting vegetable can be turned into something fresh and delicious. Choosing vegetables that keep well not only helps reduce food waste, but cutting and preparing them yourself — rather than buying them pre-washed or pre-cut — can also save you money.

Cabbage

Store in your fridge drawer. To prepare, peel off the outer leaves, cut in half, and shred with a knife or grater. Cabbage makes a great base for salads or slaws and can also be added to sandwiches, burgers, or soups.

Carrots

Buying a bag of whole carrots is usually less expensive than single or pre-peeled carrots. Look for carrots that are firm to the touch. Refrigerate in the fridge drawer in the packaging you purchased them in. Enjoy them raw, boiled, steamed, or roasted.

Celery

Choose stalks that are crisp and bright green. Keep refrigerated in the packaging they came in. Celery can be eaten raw as a snack, added to salads, or chopped into chicken or tuna for sandwiches and wraps. It's also a flavourful addition to soups and stir-fries.

Butternut squash

This hardy vegetable does not need refrigeration until it's peeled or cut. Once peeled, chop and cook by sautéing, boiling, or roasting.

For more recipes and storage tips, visit [Canada.ca](https://www.canada.ca) and search:

“recipes” (filter by vegetables)

“Storing vegetables and fruits”.

