



## OIL, VEGETABLE

Date: October 2012      Code: 100440

### PRODUCT DESCRIPTION

- Vegetable oil is refined canola, corn, cottonseed, olive, safflower, soybean, sesame, sunflower, or any combination of these oils.

### PACK/YIELD

- Vegetable oil is packed in about 48-fluid ounce containers, which is about 288 servings (1 teaspoon each).

### STORAGE

- Store unopened vegetable oil in a cool, clean, dry place.
- After opening, store vegetable oil tightly in its original container in a cool, dry place.
- Oil can be stored in the refrigerator; the oil may thicken, but if you let it stand at room temperature it will return to a liquid.
- Look at the “Best if used by” or “Best by” date on the container.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### USES AND TIPS

- Use vegetable oil to coat a skillet or pan when cooking vegetables or meats.
- For a quick salad dressing, mix 1 part vegetable oil to 2 parts vinegar, add garlic powder, salt, and black pepper.
- Combine vegetable oil, mustard, salt, black pepper, and your favorite spice and use as a marinade for meat, poultry, fish, or vegetables.
- Vegetable oil can be used in a variety of baked items such as brownies, cookies, muffins, and breads.

### NUTRITION INFORMATION

- 1 teaspoon vegetable oil counts as 1 teaspoon of oils in MyPlate.gov. For a 2,000-calorie diet, the daily recommendation is about 6 teaspoons.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.choosemyplate.gov](http://www.choosemyplate.gov)
- [www.fns.usda.gov/fdd/](http://www.fns.usda.gov/fdd/)

### NUTRITION FACTS

Serving size: 1 teaspoon (4.5g) vegetable oil

#### Amount Per Serving

**Calories** 40      **Calories from Fat** 40

#### % Daily Value\*

<b>Total Fat</b> 4.5g			<b>7%</b>
Saturated Fat 0.5g			<b>3%</b>
<i>Trans</i> Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 0mg			<b>0%</b>
<b>Total Carbohydrate</b> 0g			<b>0%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 0g			
<b>Protein</b> 0g			
Vitamin A 0%		Vitamin C 0%	
Calcium 0%		Iron 0%	

\*Percent Daily Values are based on a 2,000 calorie diet.

## ASIAN SALAD DRESSING

MAKES ABOUT 5 SERVINGS

### Ingredients

- 2 tablespoons vegetable oil
- 3 tablespoons red vinegar
- 2 tablespoons water
- 2 teaspoons lite sodium soy sauce
- 2 tablespoons brown sugar (or regular sugar)
- 2 tablespoons lemon juice
- ½ teaspoon garlic powder

### Directions

1. Put all the ingredients in a jar or bottle with a lid.
2. Close lid tightly and shake well.
3. Chill in the refrigerator for at least 1 hour before serving. Serve on salad or cut-up fresh vegetables.
4. Refrigerate any leftover dressing.

<b>Calories</b>	70	<b>Cholesterol</b>	0 mg	<b>Sugar</b>	4 g	<b>Vitamin C</b>	2 mg
<b>Calories from Fat</b>	50	<b>Sodium</b>	100 mg	<b>Protein</b>	0 g	<b>Calcium</b>	5 mg
<b>Total Fat</b>	6 g	<b>Total Carbohydrate</b>	4 g	<b>Vitamin A</b>	0 RAE	<b>Iron</b>	0 mg
<b>Saturated Fat</b>	1 g	<b>Dietary Fiber</b>	0 g				

*Recipe provided by SNAP-ED Connection Recipe Finder*

## BLACK BEANS

MAKES ABOUT 4 SERVINGS

### Ingredients:

- 3 cups cooked black beans
- 2 tablespoons vegetable oil
- ½ medium onion, chopped
- 2 garlic cloves, chopped
- ½ teaspoon ground cumin (if you like)
- ½ teaspoon salt
- ¼ teaspoon fresh or dried oregano

### Directions

1. Pour 2 cups beans into a bowl. Use a potato masher or fork to mash the beans until they are no longer whole. Set the mashed beans to the side.
2. In a medium-size saucepan, heat the oil over medium high heat. Add the onions and cook for 1 to 2 minutes. Stir in the garlic and cook for 30 seconds more. If using cumin, add that too.
3. Stir in the mashed black beans and the remaining black beans. When the beans begin to boil, reduce the heat to low, stir in the salt and oregano and cook for 10 minutes, uncovered.

<b>Calories</b>	350	<b>Cholesterol</b>	0 mg	<b>Sugar</b>	1 g	<b>Vitamin C</b>	1 mg
<b>Calories from Fat</b>	70	<b>Sodium</b>	290 mg	<b>Protein</b>	19 g	<b>Calcium</b>	68 mg
<b>Total Fat</b>	8 g	<b>Total Carbohydrate</b>	54 g	<b>Vitamin A</b>	1 RAE	<b>Iron</b>	5 mg
<b>Saturated Fat</b>	1 g	<b>Dietary Fiber</b>	18 g				

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