



Product Description

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

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.

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

Resources

- www.nutrition.gov
- www.foodsafety.gov

Nutrition Facts

Serving size: 1 teaspoon (4.5g) vegetable oil

Amount Per Serving

Calories 40 **Calories from Fat** 40

-% Daily Value*

Total Fat 4.5g	7%
Saturated Fat 0.5g	3%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

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

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

USDA Foods

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.

Recipe adapted from 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.

Recipe adapted from SNAP-ED Connection Recipe Finder