

# Asparagus

**Selection** - Choose crisp odorless stalks with dry tight tips.

**Storage** - Store in the refrigerator with the cut ends wrapped in a wet paper towel (stays fresh about 4 days).

**Nutrition** - Vitamin K in asparagus supports bone health and blood clotting.

## 3 EASY WAYS TO USE ASPARAGUS

- To sauté asparagus, add a small amount (about 1/4 c.) of broth to pan. Once bubbling, add asparagus, garlic and mushrooms (or other veggie). Cover with lid and cook for about 5 minutes.
- Roast asparagus, cherry tomatoes and walnuts by tossing in olive oil and oregano. Then place in oven for about 15 minutes at 400 degrees.
- Add sautéed asparagus to cooked whole wheat pasta with your choice of spices and sauce.



# Avocados

**Selection** - Choose avocados with firm skin that give to gentle pressure. There should be no soft spots.

**Storage** - Store ripe avocados on the counter (stays fresh for 2 days).

**Nutrition** - Fiber in avocados can help reduce the risk of chronic, or long-lasting, diseases such as heart disease, obesity and diabetes.

## 3 EASY WAYS TO USE AVOCADOS

- To make guacamole (dip), cut avocados in half from end to end and remove pit. Use a spoon to scoop the inside out and throw out the skins. Mash in a bowl and mix with diced tomatoes, garlic powder and lime juice.
- To bake avocados, place halved avocados in baking dish. Place cracked egg into hole and bake at 425 degrees for 10-15 minutes until egg is fully cooked.
- Dice avocados and add to salads, tacos or smoothies.

# Black Beans



**Selection** - Choose canned beans labeled “low-sodium” or “no salt added”. Dry beans are low in sodium.

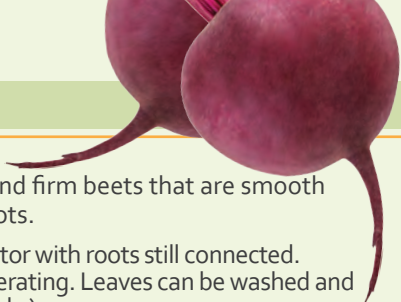
**Storage** - Store dry black beans in a closed dish (stays fresh for 18-24 months).

**Nutrition** - Fiber in black beans can help reduce the risk of chronic, or long-lasting, diseases such as heart disease, obesity and diabetes.

## 3 EASY WAYS TO USE BLACK BEANS

- To use canned black beans, drain and rinse the beans. Add the beans to soups or salads. Black beans can be used in place of ground meat in meals.
- To make a Tex-Mex side dish, add oil to a pan and sauté onions, green peppers and tomatoes. Add beans and corn. Season with chili powder and garlic powder. Cook for about 10-15 minutes.
- To make a bean salad, add black beans and chickpeas with chopped onions, tomatoes, corn and peppers. Add olive oil, lime juice, salt and pepper to taste.

# Beets



**Selection** - Choose crisp and firm beets that are smooth without any cuts or soft spots.

**Storage** - Store in refrigerator with roots still connected. Remove leaves before refrigerating. Leaves can be washed and eaten (stays fresh for 1-2 weeks).

**Nutrition** - Folate, a B vitamin, in beets supports healthy growth/ development especially during pregnancy.

## 3 EASY WAYS TO USE BEETS

- To boil beets, add to boiling water for 45-60 minutes, until soft. Peel off skin under cool water and slice beets. Add to salad or eat as a side dish.
- To roast beets, scrub away dirt and trim the tops and bottoms. Place beets on aluminum foil, add olive oil and pepper, and wrap the beets. Roast at 375 degrees for about 1 hour. When cool enough to handle, the skins will peel right off. Dice beets and place back in the oven if not yet soft.
- To make a salad, add shredded raw beets and carrots in a bowl with oil, vinegar, mustard, salt and pepper to taste. Toss in fresh herbs such as parsley, dill and rosemary for added flavor.



# Bell Pepper



**Selection** - Choose brightly colored peppers that are firm without wrinkled skin.

**Storage** - Store in the refrigerator (stays fresh for 5 days).

**Nutrition** - Vitamin C in sweet peppers supports healing of cuts and wounds.

## 3 EASY WAYS TO USE BELL PEPPER

- To add vegetables at breakfast, dice up peppers and add to scrambled eggs. Try other vegetables such as spinach, cherry tomatoes and onions.

- To make a stir fry, slice peppers into strips with onions. Add other vegetables as you like. Season with garlic and soy sauce. Add in cooked chicken or shrimp. Serve over rice.

- To make fajitas, cut peppers and onions into slices.

Add to a baking sheet along with diced chicken.

Season with a fajita spice mix or chili powder, garlic powder, cumin and oregano. Then place in oven for about 10 minutes at 400 degrees. Stir and cook for 5-10 more minutes. Serve with whole grain wraps.

# Broccoli



**Selection** - Choose heads that are firm and blue-green.

**Storage** - Store in the refrigerator with the stalk down to not bruise heads (stays fresh for about 3-5 days).

**Nutrition** - Potassium, a mineral your body needs, in broccoli supports heart health.

## 3 EASY WAYS TO USE BROCCOLI

- To roast broccoli, cut heads from the stalk. Cut heads in half if large. Toss in olive oil and garlic or garlic powder, then bake at 425 degrees for 25-30 minutes.
- Top baked potatoes with roasted broccoli and a sprinkle of cheese.
- To make broccoli salad, take cut broccoli and add onion, sunflower seeds and dried fruit. Plain Greek yogurt can be used in place of some or all the mayonnaise in the dressing.



# Brussels Sprouts

**Selection** - Choose bright green and firm sprout heads, either on or off the stalk.

**Storage** - Store in the refrigerator. Remove any wilted leaves before storing (will stay fresh up to 1 week).

**Nutrition** - Fiber in Brussels sprouts can help reduce the risk of chronic, or long-lasting, diseases such as heart disease, obesity and diabetes.

## 3 EASY WAYS TO USE BRUSSELS SPROUTS

- To steam Brussels sprouts, trim the ends and cut in half. Place in pan with about 1/2 cup of water. Add a low sodium spice blend and cook for about 5 minutes, or until soft, on high heat.
- To make a salad, thinly slice the Brussels sprouts and mix with dried fruit, red onion and almonds. Toss with olive oil and lemon juice or with olive oil and balsamic vinegar.
- To roast Brussels sprouts, trim the ends and cut in half. Toss in olive oil and bake at 425 degrees for 20-25 minutes. Lightly add parmesan cheese for more flavor.

# Butternut Squash

**Selection** - Choose squash that feel heavy and have no soft spots or cuts.

**Storage** - Store unwashed in a cool, dark place. Make sure to wash before cooking (stays fresh for up to 1 month).

**Nutrition** - Vitamin A in butternut squash supports healthy eyes and healthy skin.



## 3 EASY WAYS TO USE BUTTERNUT SQUASH

- To bake butternut squash, cut in half end to end; remove the seeds and stem. Drizzle inside of squash with olive oil and place cut-side up in baking dish. Bake at 375 degrees for 45-50 minutes or until soft. Scoop out inside and remove skin.
- To make a soup, blend cooked butternut squash with chicken broth or vegetable broth; season with cinnamon, ginger, salt and pepper to taste. Sweet potatoes and carrots can also be blended with butternut squash.
- To roast butternut squash, peel hard outer skin and cut in half end to end. Remove seeds. Chop into bite-size pieces and put on baking sheet. Drizzle with olive oil and spices. Bake at 375 degrees for 35-45 minutes or until soft. Roast with Brussels sprouts and chicken sausage for a meal.

# Cabbage



**Selection** - Choose crisp, tightly packed heads that feel heavy. Cabbage can be green or red.

**Storage** - Store whole heads of cabbage in the refrigerator (stays fresh for up to 2 weeks).

**Nutrition** - Vitamin C in cabbage supports healing of cuts and wounds.

## 3 EASY WAYS TO USE CABBAGE

- To make a cabbage salad, cut cabbage head in half and then in half again. Remove hard inner core and thinly slice or shred. Add shredded carrots, vinegar (apple cider vinegar works well), lemon juice and pepper. To make a creamy dressing for your cabbage salad, add some plain Greek yogurt.
- To sauté cabbage, add about 1/2 cup of broth to a pan. Once bubbling, add thinly sliced cabbage, garlic and spices. Cook until soft.
- To roast cabbage, cut cabbage head in half and then in half again. Remove hard inner core and slice into wedges. Place on baking sheet, drizzle with olive oil, and sprinkle with spices, such as Italian spice mix. Roast until soft at 400 degrees for about 40-45 minutes.

# Carrots

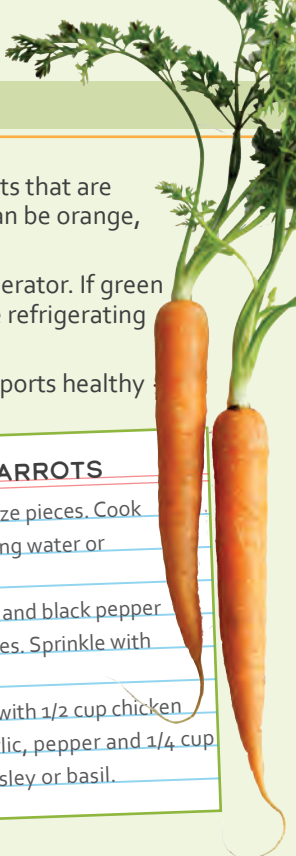
**Selection** - Choose firm, crisp carrots that are smooth and deep in color. Carrots can be orange, red, purple, white or yellow.

**Storage** - Store carrots in the refrigerator. If green tops are still attached, cut off before refrigerating (stays fresh for up to 2 weeks).

**Nutrition** - Vitamin A in carrots supports healthy eyes and healthy skin.

## 3 EASY WAYS TO USE CARROTS

- To steam carrots, slice into small bite-size pieces. Cook in a small amount (about 1/4 cup) of boiling water or broth until soft, about 10-15 minutes.
- To roast carrots, toss in olive oil, honey and black pepper and bake at 400 degrees for 30-35 minutes. Sprinkle with parsley or spices.
- To make a soup, blend cooked carrots with 1/2 cup chicken or vegetable broth, cooked onions, garlic, pepper and 1/4 cup plain yogurt. Top with a sprinkle of parsley or basil.



# Cauliflower




**Selection** - Choose compact heads that are creamy white, free from brown spots, with bright green leaves.

**Storage** - Store in the refrigerator with stalk down to not bruise heads (stays fresh for up to 5 days).

**Nutrition** - Vitamin C in cauliflower supports healing of cuts and wounds.

## 3 EASY WAYS TO USE CAULIFLOWER

- To roast cauliflower, toss in olive oil and add herbs and spices. Place on baking sheet and bake at 400 degrees for 25-30 minutes.
  - To make spicy cauliflower bites, mix hot sauce, 1 tablespoon of melted butter, 1 tablespoon of olive oil, lemon juice and garlic powder. Cut cauliflower into bite-size pieces and toss in sauce. Bake at 425 degrees for about 25-30 minutes.
  - To make mashed cauliflower, use cooked cauliflower (steamed or roasted) and then add low-fat milk and small amounts of butter and garlic. Blend or mash until smooth.
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# Cherry Tomato



**Selection** - Choose firm tomatoes with bright, shiny skins.

**Storage** - Store on the counter out of direct sun. Refrigerate if you cannot use them before they will spoil (stays fresh for up to 1 week after ripe).

**Nutrition** - Vitamin A in tomatoes supports healthy eyes and healthy skin.

## 3 EASY WAYS TO USE CHERRY TOMATOES

- To roast, slice cherry tomatoes in half and toss with green beans or asparagus in oil and oregano. Place on a sheet pan in the oven for about 15 minutes at 400 degrees. Sprinkle with Parmesan or mozzarella cheese.
- To make a salad, slice cherry tomatoes in half and cut cucumbers. Place in a bowl and mix with light Italian dressing. Thinly sliced onions can also be added. Refrigerate and serve cold.
- To make a hot pasta dish, start by cooking pasta. While pasta is cooking, cut cherry tomatoes in half. Add oil, spinach, garlic and cherry tomatoes to another pan and cook until spinach shrinks down. Drain pasta. Add veggies and Italian spice mix to pasta.





# Garbanzo Beans (Chickpeas)

**Selection** - Choose canned beans labeled “low-sodium” or “no salt added”. Dry beans are low in sodium.

**Storage** - Store dry chickpeas in a closed dish (stays fresh for 18-24 months).

**Nutrition** - Fiber in chickpeas can help reduce the risk of chronic, or long-lasting, diseases such as heart disease, obesity and diabetes.



## 3 EASY WAYS TO USE CHICKPEAS

- To use canned chickpeas, drain and rinse the beans. Add beans to soups or salads. Chickpeas can be used in place of chicken or with fish.
- To make hummus, add beans to blender with olive oil, garlic, chili powder and salt. Blend until smooth. Use as a dip for fresh vegetables or as a spread on bread.
- To make roasted chickpeas, add 2 cups of drained beans to a bowl with olive oil. Sprinkle with Italian spice mix and stir. Spread the beans on a baking sheet and bake at 400 degrees for about 20 minutes. Stir beans and bake for about 20 more minutes.



# Collards

**Selection** - Choose leaves that are dark green and have no yellow.

**Storage** - Store in the refrigerator (stays fresh for up to 5 days).

**Nutrition** - Vitamin K in collard greens supports bone health and prevents blood clotting.

## 3 EASY WAYS TO USE COLLARDS

- To sauté collards, remove the hard, green stems, stack leaves and cut into strips. In a large skillet, heat olive oil over medium heat. Add in cut greens and stir until wilted (1-2 minutes). Add in chopped garlic and onion powder. Cook 5-7 more minutes.
- To blanch collard greens, add whole leaves into a pot of boiling water for about 3 minutes. Drain and rinse with cold water. Stuff collard leaves with a mix (such as ground meat/beans and rice), and roll just as you would cabbage. Bake at 350 degrees for 30-40 minutes.
- To make a soup using collards, beans, onion and ham, remove the stalk from the collards, and chop onion and ham. Simmer ingredients in chicken or vegetable broth until vegetables are soft. Season with thyme, salt and pepper to taste.



# Corn



**Selection** - Choose corn with green husks. Choose canned corn labeled "low-sodium" or "no salt added".

**Storage** - Store fresh corn in the refrigerator with husks on (stays fresh for 2 days).

**Nutrition** - Vitamin C in corn supports healing of cuts and wounds.

## 3 EASY WAYS TO USE CORN

- To make a Tex-Mex side dish, add oil to a pan and sauté onions, green peppers and tomatoes. Add beans and corn. Season with chili powder and garlic powder. Cook for about 10-15 minutes.
- To make a corn salsa, mix fresh corn with fresh chili peppers, bell pepper and onion. Add lime juice or apple cider vinegar, chili powder, cumin and garlic powder. Add fresh cilantro if able.
- To remove corn from the cob, first take off the husks. Place corn in boiling water for about 3-5 minutes. With care, put corn in ice water. Once cool enough to touch, place corn on flat end and cut down the side of the cob to remove the kernels. Add cooked corn to soups, enchiladas or salsa.



# Cucumber



**Selection** - Choose cucumbers that feel heavy and firm.

**Storage** - Store cucumbers in the refrigerator (stays fresh for up to 1 week).

**Nutrition** - Vitamin K in cucumbers supports bone health and blood clotting.

## 3 EASY WAYS TO USE CUCUMBER

- To make quick pickles, heat vinegar, water and salt in small pan. Bring to just a boil. Take off the heat. Place cucumber slices or spears in jars and add garlic and dill. Pour liquid over the cucumbers and into the jars. Place in the refrigerator for at least 24 hours.
- To make a cucumber salad, add cucumbers, tomato and cheese into a large bowl. Add oil and vinegar along with basil. Use fresh basil if able. Mix and add salt and pepper to taste.
- To make a cucumber sauce (Tzatziki), chop cucumbers small and mix with plain Greek yogurt, lemon juice, garlic and dill. Use as a dip for vegetables or a sauce on wraps.

# Eggplant

**Selection** - Choose eggplants that feel heavy and are free from cracks or marks.

**Storage** - Store in the refrigerator. Be sure not to set any other produce on top (stays fresh for 5-7 days).

**Nutrition** - Fiber in eggplant can help reduce the risk of chronic, or long-lasting, diseases, such as heart disease, obesity and diabetes.

## 3 EASY WAYS TO USE EGGPLANT

- To make eggplant pizzas, slice the eggplant into rounds and use as the crust. Add any toppings. Roast in the oven for 15 minutes at 400 degrees.
- To bake eggplant, slice eggplant into rounds. Dip eggplant into egg and then seasoned breadcrumbs (regular or panko). Bake at 375 degrees for about 30 minutes.
- To sauté eggplant, heat oil in a pan, add diced eggplant and cook about 10 minutes. Add in diced tomatoes, sliced mushrooms and garlic powder. Cook for 5-8 more minutes. Salt and pepper to taste.

# Fennel Bulbs

**Selection** - Choose firm bulbs with bright green leaves and white skin with no brown spots.

**Storage** - Trim off leaves, 2 inches above bulb (if not already done) and store in the refrigerator (stays fresh up to 5 days).

**Nutrition** - Potassium, a mineral your body needs, in a fennel supports heart health.

## 3 EASY WAYS TO USE FENNEL BULBS

- To roast fennel, cut off the stalks and use just the bulb. Cut the bulb in half end to end and remove the hard inner core. Slice, toss with olive oil and pepper, and place on lined/greased baking sheet. Roast for 20 minutes at 450 degrees.
- To make a side dish, combine roasted fennel with cooked green beans and almond slices. Toss with olive oil, lemon juice, pepper and parmesan cheese.
- Fennel stalks can take the place of celery in soups/stews. They can also be added to meats when roasting.



# Fish

**Selection** - Choose pieces that are similar in size for even cooking time. Common kinds of fish include salmon or white fish such as tilapia, haddock, flounder and cod, but there are many more kinds. Aim to eat 8 ounces of a variety of seafood a week.

**Storage** - Keep frozen fish in freezer. To thaw, place in refrigerator overnight.

**Nutrition** - Potassium, a mineral your body needs, is in most kinds of fish and supports heart health.

## 3 EASY WAYS TO USE FISH

- To bake salmon, place in baking dish, add olive oil and season with garlic powder and pepper. Bake at 425 degrees for about 15 minutes. If it is a thick piece of salmon, it may take longer (cook seafood to 145 degrees).
- To pan cook tilapia, thaw fish if frozen. Pat fish dry and sprinkle with salt and pepper. Add oil to the pan. Lay the fish in the hot pan and cook for about 3 minutes on each side. Fish should flake apart easily.
- To make tacos, bake tilapia (or other white fish) at 425 degrees for about 15 minutes. Season with taco spices or paprika and chili powder. Flake fish and serve on taco shell. Top with salsa, cabbage and cheese.

# Green Beans



**Selection** - Choose beans that are brightly colored and snap easily when bent.

**Storage** - Store in the refrigerator (stays fresh for about 1 week).

**Nutrition** - Fiber in green beans can help reduce the risk of chronic, or long-lasting, diseases, such as heart disease, obesity and diabetes.

## 3 EASY WAYS TO USE GREEN BEANS

- To prepare green beans, wash and then cut the stem ends off. Add to soups, eat raw or chop to add to a salad.
- To roast green beans, toss in olive oil and Italian spices. Roast in a 425 degree oven for 10 minutes. Add cherry tomatoes cut in half; cook for 4-6 more minutes.
- To make a bean salad, add green beans to boiling water for 2 minutes, remove and put into ice water (this is also called blanching). Drain and cut green beans when cool and add to bowl with kidney beans, chickpeas, diced red onion, olive oil and apple cider vinegar. Add any herbs and spices.



# Hot Peppers



**Selection** - Choose smooth, firm hot peppers.

**Storage** - Store in the refrigerator (stays fresh 5-10 days, varies by kind).

**Nutrition** - Vitamin C in hot peppers supports healing of cuts and wounds.

**Important Note** - When using hot peppers, wear gloves if able, and wash hands after cutting.

## 3 EASY WAYS TO USE HOT PEPPERS

- To saute peppers, add a small amount of oil or butter to a pan. Once hot, add in diced peppers, onions and tomatoes. Cook for about 5-7 minutes. Serve with eggs or on top of burgers.
- To make a spicy Pico de Gallo (chunky fresh salsa), dice jalapeno or other hot pepper and mix with diced tomatoes and onion. Season with lime juice, cilantro, salt and pepper.
- To make a sweet and spicy salsa, add diced jalapeno to cut pineapple, bell pepper, tomato and onion. Season with lime juice, salt, pepper and cumin.



# Hubbard Squash



**Selection** - Choose squash with a deep color and smooth, dry skin, free from cracks and spots. Squash can be orange or blue-green.

**Storage** - Store unwashed in a cool, dry place. Make sure to wash before cooking (stays fresh for up to 3 months).

**Nutrition** - Potassium, a mineral your body needs, in hubbard squash supports heart health.

## 3 EASY WAYS TO USE HUBBARD SQUASH

- To bake hubbard squash, cut washed squash in half end to end; remove the seeds and stem. Rub inside of squash with olive oil and place face down on baking sheet with a thin layer of water. Cook at 375 degrees for 45-60 minutes or until soft.
- To make mashed squash, scoop out baked squash and place in a bowl. Mash with fork until smooth. Add 1/2 cup milk and garlic powder.
- To make a soup, blend cooled, cooked hubbard squash with 2 cups chicken broth or water and onion powder. Pour into pan and cook for 10-15 minutes. Serve soup with a small spoonful of sour cream.

# Kale

**Selection** - Choose dark leaves without brown or yellow spots.

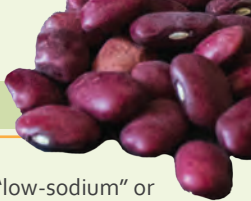
**Storage** - Store in the refrigerator, close to the bottom (stays fresh for 3-5 days).

**Nutrition** - Calcium in kale supports healthy bones and teeth.

## 3 EASY WAYS TO USE KALE

- To sauté kale, remove the hard stems of the kale and chop. In a large pan, heat olive oil and add chopped kale. Add garlic and crushed red pepper flakes. Cook about 10-15 minutes total. Serve as a side dish or combine with beans and rice for a meal.
- To make kale chips, remove kale leaves from stalk and place in bowl. Toss leaves in olive oil. Place on baking sheet and sprinkle with garlic and onion powder. Bake for 5-10 minutes at 325 degrees, stir and bake 10-15 minutes more. Watch closely as leaves can burn easily.
- Kale can be added to soups, eggs or pasta. Add raw chopped kale (with stems removed) for the last 10-15 minutes of cooking.

# Kidney Beans



**Selection** - Choose canned beans labeled "low-sodium" or "no salt added". Dry beans are low in sodium.

**Storage** - Store dry kidney beans in a closed dish (stays fresh for 18-24 months).

**Nutrition** - Fiber in kidney beans can help reduce the risk of chronic, or long-lasting, diseases such as heart disease, obesity and diabetes.

## 3 EASY WAYS TO USE KIDNEY BEANS

- To use canned kidney beans, drain and rinse the beans. Add beans to soup or chili. Kidney beans can be used in place of ground meat in meals.
- To make a side dish, add oil to a pan and sauté celery, onion and green pepper. Add beans and canned diced tomatoes. Season with Italian spices and paprika. To make it spicy, add chili powder or hot sauce. Cook for about 25-30 minutes. Serve with brown rice.
- To make a bean dip, add oil to a pan, and cook onion and garlic. Stir in kidney beans and tomato paste. Season with cumin and black pepper. Smash beans with fork or masher when soft. Serve with vegetables or whole grain crackers.



# Leeks

**Selection** - Choose firm, white and light green leeks with crisp stalks. Avoid leeks with yellow tops.

**Storage** - Store unwashed in the refrigerator. Make sure to wash before cooking (stays fresh for up to 2 weeks).

**Nutrition** - Vitamin A in leeks supports healthy eyes and skin.

## 3 EASY WAYS TO USE LEEKS

- To make a soup, chop leeks, potatoes and carrots. For the leeks, remove the tough dark green leaves; use the white and light green parts. Simmer in chicken or vegetable broth until vegetables are tender. Season with parsley or thyme, salt and pepper to taste.
- To roast leeks, remove outer leaves and cut in half end to end. Drizzle with olive oil and lemon juice. Sprinkle with pepper and thyme. Roast at 450 degrees for 20-25 minutes.
- To sauté leeks, remove the dark leaves and chop. Add to boiling water for 4 minutes then drain. In a pan, heat olive oil and cook garlic about 30 seconds. Add the leeks and cook until tender, about 5-8 minutes. Season with salt and pepper to taste. Sautéed leeks go well with roasted potatoes.

# Lentils

**Selection** - Lentils come in dry form and do not need to be soaked before cooking. Kinds of lentils include brown, green, red/yellow, black and Puy.

**Storage** - Store dry lentils in a closed dish (stays fresh for 12-18 months).

**Nutrition** - Fiber in lentils can help reduce the risk of chronic, or long-lasting, diseases such as heart disease, obesity and diabetes.

## 3 EASY WAYS TO USE LENTILS

- To cook lentils, rinse 1 cup of lentils and add into a pot with 3 cups of water. Season with salt and pepper. Bring to a boil. Reduce heat to low. Cover pot and cook until soft, about 20 minutes.
- To make a side dish, heat oil in a pan and add diced onions, carrots and celery; cook until soft. Add about 1 cup of cooked lentils and cook until warm, about 2-3 minutes. Season with salt and pepper.
- To make a lentil salad, add cooled, cooked lentils to a bowl with diced tomatoes, red onion, feta cheese, cucumbers and parsley. Mix with vinegar, olive oil, lemon juice and honey, salt and pepper to taste.

# Lettuce

**Selection** - Choose crisp, fresh-looking leaves without brown wilted edges.

**Storage** - Store rinsed and dried lettuce in the refrigerator (stays fresh up to 1 week).

**Nutrition** - Vitamin A in lettuce supports healthy eyes and healthy skin.

## 3 EASY WAYS TO USE LETTUCE

- To use lettuce as a low-calorie base, have lettuce in place of wraps or bread. Use lettuce to make a taco salad. Serve burgers or fish cakes over lettuce. Wrap sandwiches in lettuce leaves.
- To enjoy a side salad with dinner, keep vegetables cut up in the refrigerator. Mix together right before serving.
- Add lettuce to sandwiches and wraps.

# Mushrooms



**Selection** - Choose firm, dry mushrooms with no spots or cuts.

**Storage** - Store in refrigerator in container or paper bag (stays fresh for up to one week).

**Nutrition** - Potassium, a mineral your body needs, in mushrooms supports heart health.

## 3 EASY WAYS TO USE MUSHROOMS

- To sauté, slice the mushrooms and onions. Add sliced onions and mushrooms to a pan with oil and cook over medium heat for about 7-9 minutes.
- To make a mushroom and cabbage stir fry, slice mushrooms and cabbage. Heat oil in pan and add garlic and red pepper flakes. Cook for about 30 seconds. Add mushroom and cabbage to pan. Cook for about 4 minutes, until soft. Add low sodium soy sauce and pepper to taste.
- Add sautéed mushrooms to pasta or along with grilled meats.





# Napa Cabbage



**Selection** - Choose cabbage heads that feel heavy and have bright white ribs with crisp leaves that have no brown spots or wilting.

**Storage** - Store in refrigerator (stays fresh for 1-2 weeks).

**Nutrition** - Vitamin K in napa cabbage supports bone health and prevents blood clotting.

## 3 EASY WAYS TO USE NAPA CABBAGE

- To make a salad, thinly slice or grate cabbage and carrots. Toss in vinegar and olive oil and serve cold.
- To stir fry, heat oil in a pan and add diced onions and garlic. Cook about 2 minutes. Add sliced cabbage, carrots and mushrooms. Cook for another 3-5 minutes. Add low sodium soy sauce to taste, mix well and serve.
- Add shredded napa cabbage to soup or mix in raw with your salad greens.

# Navy Beans



**Selection** - Choose canned beans labeled “low-sodium” or “no salt added”. Dry beans are low in sodium.

**Storage** - Store dry navy beans in a closed dish (stays fresh for 18-24 months).

**Nutrition** - Fiber in navy beans can help reduce the risk of chronic, or long-lasting, diseases such as heart disease, obesity and diabetes.

## 3 EASY WAYS TO USE NAVY BEANS

- To use canned navy beans, drain and rinse the beans. Add beans to soups or salads. Add the beans to soup along with chicken or ham and vegetables such as carrots, peas and spinach.
- To make baked beans, add navy beans, a can of tomato sauce, water and apple cider vinegar to a pot. Season with garlic, onion and chili powder. Sprinkle with brown sugar. Allow to cook until beans are soft, and sauce is thick.
- To make a bean salad, add navy beans and black beans with chopped onions and peppers. Stir in light Greek or light Italian dressing.



# Oats




**Selection** - Choose oats that will fit your needed cook time. Types of oats include quick cook, old fashioned and steel cut. Look for plain oats to limit added sugars.

**Storage** - Store oats in a closed dish (stays fresh for 18-24 months).

**Nutrition** - Fiber in oats can help reduce the risk of chronic, or long-lasting, diseases such as heart disease, obesity and diabetes.

## 3 EASY WAYS TO USE OATS

- To make steel cut oats, add 3 cups water with 1 cup low-fat milk in pot and bring to a simmer over medium-high heat. Stir in 1 cup of steel cut oats and turn heat to medium low. Cook for about 20 minutes. Stir oats and cook for 5 more minutes; stir again and cook until liquid is gone.
  - To make overnight (cold) oats, add 1/2 cup quick oats into jar with 1/2 cup of milk, 1/4 cup Greek yogurt and 1/2 cup fruit. Close jar and shake to mix. Store in refrigerator until the next day.
  - To make snack bars, mix old fashioned oats in a bowl with peanut butter, mini chocolate chips (just a few) and a little honey. Nuts or dried fruit can also be added.
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# Pinto Beans



**Selection** - Choose canned beans labeled "low-sodium" or "no salt added". Dry beans are low in sodium.

**Storage** - Store dry pinto beans in a closed dish (stays fresh for 18-24 months).

**Nutrition** - Fiber in pinto beans can help reduce the risk of chronic, or long-lasting, diseases such as heart disease, obesity and diabetes.

## 3 EASY WAYS TO USE PINTO BEANS

- To use canned pinto beans, drain and rinse the beans. Add beans to soup or chili. Pinto beans can be used in place of ground meat in meals.
- To make pinto beans for a side dish, add olive oil to a pan and sauté onions and garlic until soft. Add in beans, broth, and a bay leaf, and cook over medium-high heat. Once boiling, reduce heat to low and cook for 20-25 more minutes, stirring occasionally.
- To make refried beans, blend cooked pinto beans and cooked onions with garlic powder and cumin powder. Add about 1/4 cup water for wanted texture. Once blended, squeeze fresh lime juice and mix. Add salt and pepper to taste.

# Potatoes




**Selection** - Choose clean, firm potatoes that have no soft spots, green areas or cracks.

**Storage** - Store in a cool, dark place (stays fresh for about 3-5 weeks).

**Nutrition** - Potassium, a mineral your body needs, in potatoes supports heart health.

## 3 EASY WAYS TO USE POTATOES

- To bake, wash potato and then dry. Poke a few holes in potato with a fork and bake for about 1 hour, or until soft, at 350 degrees.
  - To roast potatoes, cut into cubes and toss in a bowl with olive oil, herbs and garlic. Bake in oven at 425 degrees for 35-40 minutes or until soft.
  - To make a salad, boil diced potatoes until soft, drain and let cool. Mix vinegar, Dijon mustard, parsley and dill in a bowl to make a dressing. Combine thinly sliced onions and celery with cooled potatoes and toss with dressing.
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# Pumpkin

**Selection** - Choose pumpkins that are firm and feel heavy for their size without cracks or soft spots.

**Storage** - Store in a cool, dark place (stays fresh for up to 2 months).

**Nutrition** - Fiber in pumpkins can help reduce the risk of chronic, or long-lasting, diseases, such as heart disease, obesity and diabetes.



## 3 EASY WAYS TO USE PUMPKIN

- To bake, cut pumpkin in half; remove seeds, strings and stem. Drizzle with olive oil and sprinkle with cinnamon. Bake cut-side up on baking sheet at 350 degrees for 45-50 minutes.
- To make a soup, blend cooked pumpkin with chicken broth; add in garlic, salt and cinnamon to taste. Simmer on low heat for 20 minutes, stirring occasionally.
- To roast the pumpkin seeds, start by washing them and letting them dry for a day. Toss in olive oil and any spices. Try cinnamon for a sweet version or onion/garlic powder for savory. Bake on a baking sheet at 325 degrees for 20-30 minutes.

# Radicchio




**Selection** - Choose radicchios with bright leaves, free from cuts.

**Storage** - Store unwashed in refrigerator. Make sure to wash before eating (stays fresh for 2-3 days).

**Nutrition** - Vitamin K in radicchio supports bone health and prevents blood clotting.

## 3 EASY WAYS TO USE RADICCHIO

- Remove any outer leaves that may be wilted. After washing, use the leaves in place of bread to hold chicken or tuna salad.
  - To bake, cut radicchio into wedges and toss with olive oil, balsamic vinegar and spices. Roast at 450 degrees for 10-12 minutes; flip over and continue cooking for 8 minutes.
  - Add freshly washed radicchio to any salad greens or on top of pizza and tacos.
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# Radish

**Selection** - Choose firm, crisp radishes that are smooth and bright in color.

**Storage** - Store radishes in the refrigerator. If green tops are still on the radish, cut off before storing (stays fresh for about 1 week).

**Nutrition** - Vitamin C in radishes supports healing of cuts and wounds.

## 3 EASY WAYS TO USE RADISHES

- To make a radish salad, cut radishes and cucumbers into thin slices. For the dressing, mix Greek yogurt or light mayo with vinegar, honey, garlic powder and dill or chives. Add to the veggies and stir.
- To roast radishes, quarter (cut into 4 pieces), drizzle with oil and spread onto baking sheet. Season with garlic or garlic powder, pepper and Parmesan cheese. Use fresh herbs such as parsley or rosemary for added flavor. Roast at 350 degrees for 35-45 minutes.
- Add radishes to salads, coleslaw, pork tacos or wraps for extra crunch and flavor.



# Rhubarb



**Selection** - Choose crisp, flat stalks that are not curled or limp.

**Storage** - Store in the refrigerator. Throw out leaves as they are poisonous (stalks fresh for 3-5 days).

**Nutrition** - Calcium in rhubarb supports healthy bones and teeth.

## 3 EASY WAYS TO USE RHUBARB

- To roast rhubarb, throw out the leaves and slice stalks into chunks. Place them on a baking sheet. Drizzle with honey and bake at 350 degrees for 40-45 minutes.
- To sauté, cut rhubarb into 1-inch pieces and add to a pot with 1/4 cup orange juice, vinegar, honey and ginger. Cook on medium heat, until soft. Serve over chicken, pork or turkey.
- To make a sauce, place freshly chopped rhubarb in a pot with a little water (about 2 tablespoons) and sprinkle with cinnamon. Add 1/4 cup honey and cook on low-medium heat until rhubarb has broken down. Add the sauce to oatmeal or yogurt for added sweetness.

# Rutabaga

**Selection** - Choose firm rutabagas that are free of spots and cracks. Note that rutabagas are like potatoes and often can be used to replace potatoes.

**Storage** - Store in the refrigerator (stays fresh for up to 3 weeks).

**Nutrition** - Potassium, a mineral your body needs, in rutabagas supports heart health.

## 3 EASY WAYS TO USE RUTABAGA

- To make rutabaga fries, wash, peel and cut into long spears and toss in olive oil, garlic and cayenne powder. Place on baking sheet and bake at 425 degrees for 30 minutes.
- To roast rutabaga, dice into small cubes and toss in olive oil. Place on sheet and cook in the oven at 425 degrees for about 35-45 minutes.
- To make a salad, thinly slice or grate rutabaga and carrots. Toss in vinegar and olive oil and serve cold.



# Sugar Snap Peas




**Selection** - Choose firm peas that are bright green and free from cuts or spots.

**Storage** - Store in the refrigerator (stays fresh for 2 days).

**Nutrition** - Iron in sugar snap peas supports healthy blood and running of all cells.

## 3 EASY WAYS TO USE SUGAR SNAP PEAS

- To eat peas raw, wash them and then snap the end off to remove the string. Eat as a snack or chop and add to salads for extra crunch.
  - To sauté peas, heat olive oil in a pan over medium-high heat. Add the peas; toss until coated. Cook for about 2 minutes. Add about 1 teaspoon lemon juice and a pinch of pepper. Cook for 3-5 more minutes.
  - To roast peas, toss them in a bowl with oil, Italian spices and chopped onion. Spread onto a baking pan and cook at 400 degrees for about 10 minutes.
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# Spaghetti Squash

**Selection** - Choose squash that are firm, dry, free from soft spots or cracks and that still have the stem attached.

**Storage** - Store unwashed in a cool, dry place. Make sure to wash right before cooking (stays fresh for up to 2 months).

**Nutrition** - Fiber in spaghetti squash can help reduce the risk of chronic, or long-lasting, diseases, such as heart disease, obesity and diabetes.

## 3 EASY WAYS TO USE SPAGHETTI SQUASH

- To roast spaghetti squash, wash and cut end to end. Remove seeds and strings. Poke holes through skin with fork. Drizzle with olive oil and place cut-side down on baking sheet. Roast for 30-45 minutes at 400 degrees. Remove inside with fork; throw away skins. Use like you would pasta!
- To make fritters, combine cooled, cooked spaghetti squash, spinach, 1 egg and garlic powder in a bowl. Mix well. Heat olive oil in pan, add a large scoop to pan and lightly flatten. Cook 3 minutes on each side until browned.
- To make a spaghetti squash bowl, add black beans, cooked chicken, salsa and corn to a roasted spaghetti squash. Mix ingredients, top with 1 tablespoon of sour cream and sprinkle with shredded cheese.

# Spinach

**Selection** - Choose crisp, bright green bunches with leaves free from spots.

**Storage** - Store unwashed in the refrigerator. Loosely wrap in damp paper towels and wash before eating or cooking (stays fresh for 3-5 days).

**Nutrition** - Iron in spinach supports healthy blood and running of all cells.

## 3 EASY WAYS TO USE SPINACH

- Add washed raw spinach leaves to any soup, salad, egg or pizza dish for added fiber.
- To sauté spinach, heat olive oil in a pan, add chopped onions and mushrooms; cook for about 3-5 minutes. Add spinach and cook for 1-2 more minutes. Sprinkle with some garlic powder and lemon juice, stir, then serve.
- To make a spinach dip, add cooked spinach to soft cream cheese, Greek yogurt, garlic and cheese. Pair with fresh veggies or whole grain crackers for a healthy snack.



# Sweet Potatoes

**Selection** - Choose firm sweet potatoes with smooth skin and no cracks or soft spots.

**Storage** - Store in a cool, dark place (stays fresh for 3-5 weeks).

**Nutrition** - Potassium, a mineral your body needs, in sweet potatoes supports heart health.

## 3 EASY WAYS TO USE SWEET POTATOES

- To bake, wash sweet potato and then dry. Poke a few holes in potato with a fork and bake for about 1 hour, or until soft, at 350 degrees. Top with diced tomatoes and black beans or with grilled chicken and cooked spinach.
- To make mashed sweet potatoes, mash cooked sweet potatoes with a fork and add 1/3 cup milk, a drizzle of honey and cinnamon. Add salt and pepper to taste.
- To make pancakes, mix about 1 cup mashed sweet potato with 2 eggs, 1/8 teaspoon salt and a pinch of cinnamon. Add 1/4 cup of batter to hot pan and cook on each side for about 3 minutes. This can be a good way to use leftover sweet potatoes as well.

# Swiss Chard

**Selection** - Choose swiss chard with crisp green leaves and firm stalks.

**Storage** - Store unwashed leaves in the refrigerator. Make sure to wash right before eating (stays fresh for 2-3 days).

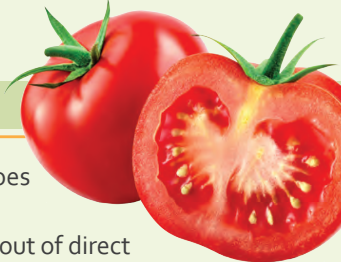
**Nutrition** - Potassium, a mineral your body needs, in swiss chard supports heart health.

## 3 EASY WAYS TO USE SWISS CHARD

- To make a salad, remove leaves from the stalk and wash the leaves. Once cleaned, chop the chard and add into a salad with other veggies.
- To sauté chard, dice up leaves and stalks. Cook stalks, onions and garlic before leaves (about 5 minutes) then add in leaves and cook for 2-4 more minutes.
- Use swiss chard like spinach; add to soups, eggs or pasta. Add the chopped swiss chard in the last 10-15 minutes of cooking.



# Tomatoes



**Selection** - Choose firm tomatoes with bright, shiny skins.

**Storage** - Store on the counter out of direct sunlight. Refrigerate if you cannot use them before they will spoil (stays fresh for up to 1 week after ripe).

**Nutrition** - Vitamin A in tomatoes supports healthy eyes and healthy skin.

## 3 EASY WAYS TO USE TOMATOES

- To bake tomatoes, slice tomato into thick slices. Put shredded cheese and vegetables such as spinach or peppers on top. Bake in a 400 degree oven for 8-10 minutes, until cheese melts.
- To make a salad, thinly slice tomatoes and cucumbers. Place in a bowl and mix with light Italian dressing. Thinly sliced onions can also be added. Refrigerate and serve cold.
- To use large tomatoes, stuff the tomatoes with tuna or chicken salad. Cut a thin slice off the bottom so the tomato won't fall over. Then scoop out the core and fill with salad of choice.





# Turnips

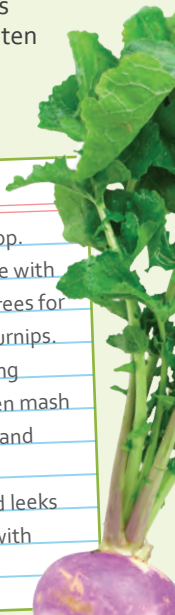
**Selection** - Choose turnips that feel heavy and have no soft spots. Small to medium turnips are sweetest.

**Storage** - Store in the refrigerator. Remove leaves before refrigerating. Leaves can be washed and eaten (stays fresh for up to 1 week).

**Nutrition** - Vitamin C in turnips supports healing of cuts and wounds.

## 3 EASY WAYS TO USE TURNIPS

- To bake turnips, wash and peel larger turnips and chop. Smaller, baby turnips do not need to be peeled. Drizzle with olive oil and place on a baking sheet. Bake at 400 degrees for 35-45 minutes. Less cook time is needed for smaller turnips.
- To boil, add chopped turnips and potatoes into boiling water; cook until soft. Drain turnips and potatoes, then mash with 1/3 cup milk. Season with garlic powder and salt and pepper to taste.
- To make a soup, blend cooked turnips, potatoes and leeks (or onions) with chicken or vegetable broth. Season with garlic, thyme, salt and pepper to taste.



# Yellow Squash

**Selection** - Choose firm yellow squash with shiny skin, free from soft spots, cuts or bruises.

**Storage** - Store unwashed in the refrigerator. Make sure to wash before eating (stays fresh for 4-5 days).

**Nutrition** - Potassium, a mineral your body needs, in yellow squash supports heart health.

## 3 EASY WAYS TO USE YELLOW SQUASH

- To saute yellow squash, heat oil in pan and add in diced squash and zucchini. Cook for 3 minutes. Add garlic and cherry tomatoes (cut in half) and cook 3 more minutes. Season with salt, pepper, red pepper flakes and Parmesan cheese.
- To make squash boats, slice squash in half, end to end, and scoop out the inside seeds. Fill with cooked ground beef or turkey and tomato sauce, sprinkle with cheese, and cook at 400 degrees for 20-25 minutes.
- To make a vegetable quiche (egg pie), pan cook diced yellow squash, zucchini and bell peppers in oil for about 6-7 minutes. Put vegetables into greased pie pan. Whisk eggs, milk, salt and pepper in a bowl. Pour egg mix over vegetables. Sprinkle with cheese. Bake at 350 degrees for about 45 minutes.



# Zucchini

**Selection** - Choose firm zucchini with shiny skin, free from soft spots, cuts or bruises.

**Storage** - Store unwashed in the refrigerator. Make sure to wash before eating (stays fresh for 4-5 days).

**Nutrition** - Potassium, a mineral your body needs, in zucchini supports heart health.

## 3 EASY WAYS TO USE ZUCCHINI

- To sauté zucchini, heat olive oil in pan and add diced onion. Cook about 8-10 minutes. Add sliced zucchini and spices; cook on medium heat until zucchini begins to brown.
- To make zucchini boats, slice zucchini in half, end to end and scoop out the inside seeds. Fill with cooked ground beef or ground turkey and tomato sauce, sprinkle with cheese and cook at 400 degrees for 20-25 minutes.
- Add sliced zucchini to soups or pasta.