

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.



Ingredients

- ☐ 8 oz (about 2 cups) uncooked whole wheat pasta
- ☐ 2 tablespoons olive oil
- ☐ 1 pound of asparagus, cut into 1 inch pieces
- ☐ 1/2-1 teaspoon garlic powder
- ☐ 2 cups cherry tomatoes, cut in half
- ☐ 1 cup shelled peas (fresh or frozen)
- ☐ 1/2 cup low sodium chicken broth
- ☐ 1/2 cup grated parmesan cheese
- ☐ Black pepper to taste

Directions

1. Cook pasta according to package directions.
2. While the pasta noodles are cooking, heat oil in a skillet.
3. Add asparagus and garlic powder to the skillet and cook for about 3 minutes.
4. Add tomatoes and peas to the asparagus and cook for 2 more minutes.
5. Pour chicken broth into the pan and bring to a simmer.
6. Stir in cooked pasta, parmesan cheese and black pepper.

If desired, can be served with pasta sauce. Other vegetables, such as green beans or carrots, can be used in place of asparagus.

Recipe from: Utah State University Cooperative Extension, MyPlate Kitchen

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/pasta-primavera>



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.

Avocado, Corn and Cucumber Salsa

Makes 6 Servings

Ingredients

- ☐ 1 (15 ounce) can corn, drained and rinsed
- ☐ 1 cup cucumber, diced
- ☐ 1/4 cup onions, diced
- ☐ 2 tablespoons lemon, lime or orange juice
- ☐ 1/4 teaspoon salt
- ☐ 1/4 teaspoon black pepper (optional)
- ☐ 1 avocado, diced

Directions

1. Add corn, cucumber, onions, juice, salt and black pepper to a large mixing bowl. Stir to mix.
2. Add avocado. Carefully mix avocado into salsa.
3. Allow to marinate for 30 minutes before serving.

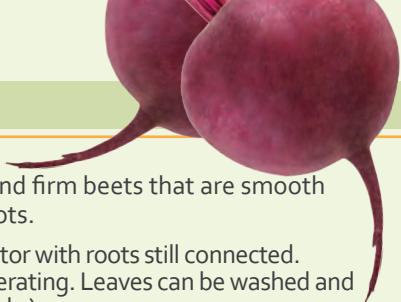
Use Avocado, Corn and Cucumber Salsa as a topping for fish tacos or serve as a side dish with grilled chicken breast.



Recipe from:



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.

Ingredients

Dressing:

- ☐ 2 tablespoons apple cider vinegar
- ☐ 1 tablespoon Dijon mustard
- ☐ 1/2 teaspoon sugar
- ☐ 1/4 cup olive oil

Salad:

- ☐ 2 3/4 cups roasted beets, diced
- ☐ 1 (14.5 ounce) can white beans (cannellini), rinsed and drained
- ☐ 4 cups salad greens
- ☐ Optional toppings: Cheese (shredded cheddar, blue cheese or feta) or chopped nuts (walnuts or almonds)

Directions

1. Make dressing: Combine cider vinegar, Dijon mustard and sugar in bowl. Slowly add oil. Season with salt and pepper.
2. Combine beans and beets with salad dressing.
3. Place beet mixture on top of salad greens. Sprinkle with nuts and cheese.



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.

Stuffed Peppers with Turkey and Vegetables

Makes 6 Servings

Ingredients

- ☐ 1 cup cooked rice (white or brown)
- ☐ 3 bell peppers, cut in half
- ☐ 1/2 pound ground turkey or beef
- ☐ 1 teaspoon Italian spice mix (or dry basil and oregano)
- ☐ 1 teaspoon garlic powder
- ☐ 1/4 teaspoon each salt and pepper
- ☐ 1/2 cup onion, chopped
- ☐ 1 cup mushrooms, sliced
- ☐ 1 cup zucchini, chopped (about 1 small zucchini)
- ☐ 1 (14.5 ounce) can diced tomatoes with liquid

Directions

1. Cook the rice according to package directions. Preheat oven to 350 degrees.
2. Cut the peppers in half from top to bottom. Remove the stem and seeds.
3. In a large pan over medium heat (300 degrees in an electric skillet), cook the turkey until no longer pink. Add spices during last few minutes.
4. Add onion, mushrooms and zucchini to the pan. Add a small amount of oil, if needed. Cook until tender.
5. Mix in the tomatoes and rice. Remove from heat.
6. Fill the pepper halves with the skillet mixture.
7. Cover the baking dish with foil. Bake at 350 degrees for 40-50 minutes or until peppers are tender when poked with a fork.



Recipe from: Food Hero

<https://foodhero.org/recipes/stuffed-peppers-turkey-vegetables>

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.

Ingredients

- ☐ 2 teaspoons oil
- ☐ 8 ounces low-fat polish kielbasa sausage, cut into small pieces
- ☐ 1 large onion, chopped
- ☐ 1/4 teaspoon garlic powder
- ☐ 1 red bell pepper, chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 cup uncooked brown rice
- ☐ 1 (15 ounce) can black beans, drained and rinsed
- ☐ 2 cups water

Directions

1. Heat oil over medium-high heat (350 degrees in an electric skillet); sauté sausage and onion until onion is clear.
2. Add remaining ingredients.
3. Bring to boil over high heat, reduce heat to low, cover, and simmer for 30 minutes.



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.



Ingredients

- ☐ 4 cups broccoli, chopped
- ☐ 1 small onion, chopped
- ☐ 4 cups low sodium chicken or vegetable broth
- ☐ 1 cup low-fat milk
- ☐ 1 cup mashed potatoes, instant (prepared in water)
- ☐ Salt and pepper (to taste, optional)
- ☐ 1/4 cup cheddar cheese, shredded (or American)

Directions

1. Combine broccoli, onion and broth in large sauce pan. Bring to a boil.
2. Reduce heat. Cover and simmer about 10 minutes or until vegetables are tender.
3. Add milk to soup. Slowly stir in potatoes.
4. Cook, stirring constantly, until bubbly and thickened.
5. Season with salt and pepper; stir in a little more milk or water if soup is too thick.
6. Sprinkle about 1 tablespoon cheese over each serving.

Recipe adapted from: Arizona Nutrition Network,
Don't Play With Your Food: Fall and Winter Cookbook, MyPlate Kitchen
<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/broccoli-potato-soup>



Broccoli



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- 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.



Grape and Broccoli Salad

Makes 4 Servings

Ingredients

- ☐ 1/4 cup Greek yogurt
- ☐ 3 tablespoons mayonnaise
- ☐ 1 tablespoon apple cider vinegar
- ☐ 2 teaspoons honey
- ☐ 1/4 teaspoon each salt and pepper
- ☐ 1 small head broccoli, cut into 1/2-inch pieces
- ☐ 1 1/2 cups seedless grapes, cut end to end
- ☐ 1/2 small red onion, chopped
- ☐ 1/4 cup toasted pecans, chopped

Directions

1. In a large bowl, mix yogurt, mayonnaise, vinegar, honey, salt and pepper.
2. Add cut broccoli, grapes, red onions and pecans and toss to coat. Keep refrigerated in a closed container until ready to serve.



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.

Ingredients

- ☐ 1 cup Greek yogurt
- ☐ 1 teaspoon dill weed
- ☐ 1 teaspoon lemon juice
- ☐ 1 teaspoon salt
- ☐ 1 pound (2 cups) Brussels sprouts (trimmed and halved end to end)
- ☐ 2 teaspoons margarine or butter
- ☐ 1/4 cup water

Directions

1. In a small bowl, mix yogurt, dill weed, lemon juice and salt. Set aside.
2. In a large pan over medium-high heat, sauté sprouts (cut side down) in margarine or butter until they begin to brown.
3. Stir. Add water. Cover. Steam until the water is gone and sprouts are tender crisp, 3-5 minutes.
4. Mix sprouts with lemon dill sauce. Serve warm.



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- 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.

Ingredients

- ☐ 1 pound bone-in chicken legs or thighs
- ☐ 2 cups Brussels sprouts, cut in half
- ☐ 2 medium sweet potatoes, peeled and chopped into small cubes
- ☐ 1 tablespoon olive oil
- ☐ 3 tablespoons balsamic vinegar
- ☐ 1 teaspoon brown sugar
- ☐ Salt and pepper
- ☐ 1/4 teaspoon garlic powder
- ☐ 1/4 cup dried cranberries

Directions

1. Preheat oven to 400 degrees.
2. Make the balsamic dressing: In a small bowl, mix oil, vinegar, salt and brown sugar. Set aside.
3. Place cut Brussels sprouts and cut sweet potatoes in a greased 9x13 baking dish. Pour the dressing over the vegetables and stir until coated.
4. Season the chicken with garlic powder, salt and pepper. Place the chicken on top of the vegetables in the baking dish.
5. Roast for 25 minutes. Set the chicken aside and stir the vegetables. Place the chicken back on top and bake for 15 more minutes, or until the vegetables are tender and the chicken reaches an internal temperature of 165 degrees.
6. Take pan from the oven and top with dried cranberries.



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.

Black Bean and Butternut Squash Quesadillas

Makes 4 Servings

Ingredients

- ☐ Non-stick cooking spray
- ☐ 1 small butternut squash, cooked and mashed
- ☐ 1 cup black beans, canned
- ☐ 1 small onion, chopped
- ☐ 1 clove garlic, chopped
- ☐ 1 1/2 teaspoons ground cumin
- ☐ 1 1/2 teaspoons paprika
- ☐ 1/2 large chili pepper
- ☐ 2 tablespoons sour cream, low-fat or reduced fat plain yogurt
- ☐ 8 whole wheat tortillas
- ☐ 1/4 cup cheddar cheese, reduced-fat
- ☐ 1/2 cup baby spinach

Directions

1. Sauté onion and garlic (using nonstick cooking spray) in a medium size pan until soft.
2. Add mashed butternut squash, black beans, spices and jalapeno.
3. Heat until just warm.
4. Spread squash mixture over tortilla, then top with baby spinach, cheese and onion.
5. Top with second tortilla.
6. Heat a pan on high heat and spray with nonstick cooking spray.
7. Brown quesadilla about 1 minute on each side, until the inside is warm, and the cheese is melted.

Recipe adapted from: Bronson Wellness Center, MyPlate Kitchen
<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/black-bean-and-sweet-potato-quesadillas>



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.

BBQ Butternut Squash Chili

Makes 4-6 Servings

Ingredients

- ☐ 1 (15 ounce) can of beef or 1 pound ground meat
- ☐ 1 (28 ounce) can diced or whole tomatoes
- ☐ 2 (15 ounce) cans of beans (such as kidney, black, pinto, Great Northern, etc.)
- ☐ 1 small onion, chopped
- ☐ 2 cups butternut squash, cubed
- ☐ 2 teaspoons salt
- ☐ 2 teaspoons black pepper
- ☐ 2 tablespoons chili powder
- ☐ 1/4 cup BBQ sauce (optional)

Directions

1. Drain juices from canned beef and beans and add into a large pot. If using ground meat, cook, drain grease and then add beans into a large pot. Add canned tomatoes with juices into the same pot.
2. Chop onion in small pieces. Peel squash and cut in half from end to end. Remove seeds. Cut into 1/2-inch pieces. Add onions and squash to large pot. Season ingredients with salt, black pepper and chili powder. If adding BBQ sauce, add now.
3. Turn the heat to medium and bring the mix to simmer (bubble). Stir every few minutes to prevent burning. After 15 minutes turn heat to low. Cook until squash is tender (soft), then serve.



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.

Quick Pork Tacos with Cabbage Slaw

Makes 4 Servings

Ingredients

- ☐ 8 (6-inch) corn or flour tortillas (2 per person)

Pork:

- ☐ 1 pound pork shoulder, fat cut off, sliced thin
- ☐ 1 packet taco seasoning (keep 1 tablespoon for slaw)
- ☐ 1 orange, juiced (about ½ cup)
- ☐ 1/2 red onion, sliced thin
- ☐ 1 tablespoon cooking oil

- ☐ Pepper, to taste

Cabbage Slaw:

- ☐ 1/2 small red cabbage, shredded (about 3-4 cups)
- ☐ 1/2 red onion, sliced thin
- ☐ 1 tablespoon taco seasoning
- ☐ 1/4 cup chopped fresh cilantro
- ☐ 2 tablespoons oil
- ☐ 3/4 teaspoon salt
- ☐ 1/2 teaspoon sugar
- ☐ Juice of 2 limes (about 1/4 cup)

Directions

1. In a large bowl, mix pork pieces, taco seasoning (setting 1 tablespoon aside) and pepper. Let sit at room temperature for about 20 minutes.
2. Next, make the cabbage slaw. Whisk lime juice, salt, sugar, oil and 1 tablespoon taco seasoning. Add the cilantro, cabbage, red onion and stir. Store in the fridge until ready to serve.
3. After the pork is done sitting, heat oil in a pan over medium-high heat. Once the oil is hot, add the onion and cook about 2 minutes, then add the pork. Stir as pork cooks for about 2 to 3 minutes.
4. Turn off the heat, add orange juice and stir.
5. Serve on tortillas with toppings of choice.



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- 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.

Ingredients

- ☐ 1 tablespoon olive oil
- ☐ 1/2-pound potatoes, skin on, cut into 1/4-inch pieces
- ☐ 4 cloves garlic, chopped or 1/2 teaspoon garlic powder
- ☐ 1/2 large yellow onion, thinly sliced
- ☐ 6 cups broth
- ☐ 1 1/2 cups canned tomatoes, crushed or diced
- ☐ 1 1/2 cups white beans, canned, drained and rinsed
- ☐ 1/2 medium cabbage, cored and sliced into 1/4-inch ribbons
- ☐ 1/2 cup parmesan cheese

Directions

1. Warm the olive oil in a large pot over medium-high heat. Stir in the potatoes. Cover and cook until a bit soft and starting to brown, about 5 minutes.
2. Stir in the garlic and onion and cook for 1-2 minutes.
3. Add the broth, canned tomatoes and beans, and bring the pot to a simmer.
4. Stir in the cabbage and cook for 2-3 more minutes, until the cabbage softens.
5. Add cheese and season with pepper to taste.

Recipe adapted from: <https://hungerandhealth.feedingamerica.org/recipe/rustic-cabbage-soup/>



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Ingredients

- ☐ 1 pound lean ground beef
- ☐ 1 tablespoon olive oil
- ☐ 1 clove garlic, chopped
- ☐ 1 onion, chopped
- ☐ 1 green pepper, chopped
- ☐ 1 small head of green cabbage, cut into strips
- ☐ 1 (8 ounce) can tomato sauce
- ☐ 2 tablespoons tomato paste
- ☐ 1 (28 ounce) can diced tomatoes, not drained
- ☐ 1 teaspoon smoked paprika
- ☐ 1 tablespoon Worcestershire sauce
- ☐ 1/2 cup low sodium beef broth
- ☐ Salt and pepper, to taste

Directions

1. Heat a large pot over medium heat. Add the ground beef and season with salt and pepper. Cook until browned, about 5 minutes. Remove the beef from the pot to a plate and set to the side.
2. Add olive oil and garlic to the pot and cook for 30 seconds. Then, add onion and peppers. Cook over medium heat until the onions are clear, about 5 minutes.
3. Add the cabbage, tomato sauce, tomato paste, and canned diced tomatoes to the pot and stir.
4. Stir in paprika, Worcestershire sauce and broth. Add the cooked beef back into the pot.
5. Turn the heat to high and bring to a boil. After it starts to boil, turn the heat to low to simmer (bubble) and cover with a lid. Allow to simmer over low heat for about 30 minutes, or until cabbage is very soft. Serve over rice or with cornbread.



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.



Carrot Raisin Salad

Makes 6 (1/2 cup) Servings

Ingredients

- ☐ 2 cups shredded carrots (about 4 carrots)
- ☐ 1/2 cup raisins
- ☐ 2 tablespoons low-fat mayonnaise or salad dressing
- ☐ 2 tablespoons plain yogurt or orange juice

Directions

1. Combine carrots and raisins in a serving bowl.
2. Mix low-fat mayonnaise or salad dressing with yogurt or orange juice.
3. Pour mixture over carrots and raisins and chill until serving time.



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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Cauliflower Mac and Cheese

Makes 7 Servings

Ingredients

- ☐ 1 pound whole wheat pasta shells
- ☐ 8 cups water
- ☐ 2 cups cauliflower, chopped
- ☐ 1 1/2 cups milk, non-fat
- ☐ 1 teaspoon garlic powder
- ☐ 1/4 cup flour
- ☐ 1/4 cup vegetable oil
- ☐ 1 cup cheese, low-fat

Directions

1. Fill a pot with 6 cups of water and bring to a boil. Once the water is boiling, add pasta and cook for 8 minutes.
2. Drain pasta and fill the same pot with 2 cups of water; bring to a boil.
3. Place the chopped cauliflower in the boiling water and cook until the florets are soft (about 4 minutes). Drain cauliflower.
4. Place the cooked cauliflower, 1/2 cup milk and garlic powder in a blender, and blend until smooth.
5. In a separate pot, heat oil. Add the flour and whisk until the mixture is smooth. Add 1 cup of milk and cook until it bubbles and thickens. Add the cheese and cauliflower and mix.
6. Once the mixture is complete, remove from heat. Add the pasta back into the sauce and serve.

Recipe adapted from: Michigan State University Extension-Midland County.
With Veggies, More Matters! MyPlate Kitchen
myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cauliflower-shells-cheese



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.



Garden Fresh Pasta Salad

Makes 14 Servings

Ingredients

- ☐ 1 (16 ounce) box whole wheat pasta, uncooked
- ☐ 2 cups broccoli
- ☐ 1 red onion, chopped
- ☐ 1 red pepper, chopped
- ☐ 2 cups cherry tomatoes, cut in half
- ☐ 1 cup dressing (Italian, sundried tomato or balsamic vinaigrette)
- ☐ 1/2 cup Parmesan cheese, grated

Directions

1. Cook pasta in large pot as directed on box. Add broccoli to the boiling water for the last 3 minutes. Drain.
2. Rinse pasta mixture with cold water; drain well. Place in large bowl. Add all the rest of the ingredients except cheese; mix lightly.
3. Refrigerate 1 hour. Stir gently before serving; top with cheese.



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.

Ingredients

- ☐ 1 (15 ounce) can chickpeas, drained and rinsed, or 1 1/2 cups of drained cooked dried beans
- ☐ 1/4 cup mayonnaise
- ☐ 1/2 tablespoon lemon juice
- ☐ 1/2 tablespoon salt
- ☐ 1/2 tablespoon black pepper
- ☐ 1 teaspoon dried oregano
- ☐ 1 teaspoon dried dill
- ☐ 1/2 bunch kale, stems removed and roughly chopped
- ☐ 1 tablespoon olive oil

Directions

1. In a large mixing bowl, smash chickpeas with fork. Combine smashed chickpeas, mayonnaise, lemon juice, salt, pepper, oregano and dill.
2. In another mixing bowl, add chopped kale, olive oil and one pinch of salt. Toss all together and put on a plate.
3. Top kale with chickpea salad and serve.



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.



Turkey and Chickpea Stew

Makes 4-6 Servings

Ingredients

- ☐ 1 tablespoon oil
- ☐ 1 clove garlic, chopped
- ☐ 1/2 tablespoon lemon juice
- ☐ 1 pound ground turkey
- ☐ 1 (14.5 to 16 ounce) can crushed tomatoes
- ☐ 1 (15 ounce) can chickpeas, drained and rinsed, or 1 1/2 cups of drained cooked dried beans
- ☐ 1 (14.5 ounce) can diced white potatoes
- ☐ 4 bay leaves
- ☐ 1/2 tablespoon dried oregano
- ☐ 1/2 tablespoon dried thyme
- ☐ Water
- ☐ Salt and pepper
- ☐ 3 cups cooked rice (optional), for serving

Directions

1. Heat oil in large pot or saucepan over medium heat. Add garlic, stirring until it begins to brown, about 2-3 minutes. Add ground turkey and cook until browned and crumbled, breaking up with a wooden spoon.
2. Add tomatoes, chickpeas, potatoes, bay leaves, oregano, thyme and a pinch of salt and pepper. Fill empty tomato can with water and pour into pot. Bring ingredients to boil and lower heat to medium-low.
3. Simmer (lightly bubbling) for one hour. Taste and adjust spices, if needed. To serve, remove bay leaves and spoon over rice in bowls.

Recipe from: Feeding Pennsylvania and PA Eats



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.

Chickpeas and Spinach Sauté

Makes 4 Servings

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1 yellow onion, chopped
- ☐ 1 clove garlic, minced
- ☐ 1 celery stalk, chopped
- ☐ 1 carrot, chopped
- ☐ 1 (14.5 ounce) can low-sodium diced tomatoes (including liquid)
- ☐ 1 (16 ounce) can low-sodium chickpeas, drained and rinsed
- ☐ 1/4 cup water
- ☐ 1 package (10 ounces) frozen spinach (or fresh spinach)
- ☐ 1 teaspoon fresh lemon juice (or red wine vinegar)
- ☐ 1/4 teaspoon crushed red pepper flakes

Directions

1. Put a pan on the stove on medium-high heat. When the pan is hot, add oil.
2. Add onion, garlic, celery and carrot. Cook about 15 minutes until the mixture is soft and the onions are lightly browned.
3. Raise the heat to high and add the tomatoes, beans and water. Cook for 5 minutes. Lower the heat to low and top the mixture with the spinach (don't worry about stirring). Cover and cook until the spinach has thawed and heated throughout, about 10 minutes. Stir well.
4. Add the lemon juice and red pepper flakes and stir thoroughly.
5. Serve with cooked quinoa or brown rice.

Recipe from: MyPlate Kitchen

<https://www.myplate.gov/recipes/myplate-cnpp/chickpeas-and-spinach-saute>



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.



Pork Roast with Mashed Chickpeas and Lemon Vinaigrette

Makes 8 Servings

Ingredients

For vinaigrette:

- ☐ 1/4 cup oil
- ☐ 1/2 lemon, juiced (about 1 tablespoon of lemon juice)
- ☐ 1/2 teaspoon salt
- ☐ 1 teaspoon dried parsley

For pork and chickpeas:

- ☐ 1 (4-pound) pork loin roast
- ☐ 1 tablespoon mustard
- ☐ 6 cloves garlic, chopped
- ☐ 1 tablespoon each dried thyme and dried rosemary (or 2 tablespoons Italian seasoning)
- ☐ 1/2 teaspoon salt
- ☐ 1 teaspoon pepper
- ☐ 2 (15-ounce) cans chickpeas, rinsed and drained, or 3 cups cooked chickpeas
- ☐ 3/4 cup low-sodium chicken broth or water

Directions

For vinaigrette:

1. In a small bowl, using a fork, mix oil, lemon juice, salt and parsley. Once mixed, set aside.

For pork and chickpeas:

1. Preheat oven to 350 F. Line a rimmed baking sheet with aluminum foil. Brush roast with mustard until coated.
2. In a small bowl, mix garlic, thyme, rosemary, salt and pepper. Rub herb mixture evenly over roast.
3. Place roast on the baking sheet. Cook pork roast until light golden-brown, or until meat thermometer reads 145 F, about 1 hour-1 hour 15 minutes. Remove from oven and allow to rest for 20 minutes before slicing.
4. While the pork is cooking, in a pot over medium heat, add chickpeas and broth. Bring to a simmer (bubble) and cook for about 5 minutes. Using a fork or potato masher, mash chickpeas until smooth.
5. Serve sliced pork with mashed chickpeas and top with vinaigrette.

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.



Baked Salmon Chickpea Patties

Makes 8 Servings

Ingredients

- ☐ 1 cup canned chickpeas, drained and rinsed
- ☐ 1 egg
- ☐ 1 (5 ounce) can salmon, drained
- ☐ 1/4 cup breadcrumbs
- ☐ 1/2 cup plain Greek yogurt
- ☐ 1 teaspoon white vinegar
- ☐ 1 teaspoon dijon mustard
- ☐ 1/2 teaspoon garlic powder
- ☐ 1/2 teaspoon dried dill
- ☐ 1/2 teaspoon paprika
- ☐ Salt and pepper, to taste

Directions

1. Preheat the oven to 400 degrees. Lightly grease a baking sheet and set aside.
2. Place the chickpeas in a zip-top bag. Using a heavy pan, mash chickpeas in the bag. Once the chickpeas are smooth and only have small lumps, set aside.
3. In a medium mixing bowl, lightly beat 1 egg. Add mashed chickpeas. If the canned salmon has bones, remove them. Add the salmon and the rest of the ingredients.
4. Stir with a fork, breaking up the salmon.
5. With a 1/3 measuring cup, measure out 8 patties, shaping with your hands, to about 1/2 inch thick.
6. Place on a baking sheet for 10 minutes. Flip the patties and cook for 10 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.



Ingredients

- ☐ 1 teaspoon oil
- ☐ 1 cup onion, chopped
- ☐ 3 garlic cloves, chopped
- ☐ 6 cups collard greens, chopped
- ☐ 1 (15 ounce) can white beans, drained and rinsed
- ☐ 1 cup low-sodium chicken broth
- ☐ 1 tablespoon lemon juice or apple cider vinegar
- ☐ 1/2 teaspoon black pepper or red pepper flakes
- ☐ 1/2 cup parmesan cheese (optional)

Directions

1. Heat oil in a large pot over medium heat.
2. Add onion and garlic. Cook for 3 minutes.
3. Add half of the greens. Cook for 2 minutes.
4. Add the rest of the greens, white beans and chicken broth. Cover pot with a lid. Cook for 15 minutes.
5. Before serving, add lemon juice or apple cider vinegar. Top with pepper and parmesan cheese, if using.



Recipe from:

Greater Pittsburgh

**community
food bank**



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.



Ingredients

- ☐ 1 (15 ounce) can black eyed peas, drained and rinsed
- ☐ 1 (15 ounce) can black beans, drained and rinsed
- ☐ 1 (15 ounce) can corn or 1 1/2 cups fresh or frozen corn
- ☐ 1 (15 ounce) can crushed tomatoes or 1 cup diced fresh tomatoes
- ☐ 1 jalapeno, diced
- ☐ 1/2 cup onion, diced
- ☐ 2 tablespoons oil
- ☐ 2 tablespoons lime juice
- ☐ 1 teaspoon cumin
- ☐ Salt and pepper

Directions

1. Mix beans, corn, tomatoes, jalapeno and onion in a large bowl.
2. Add lime juice, oil and cumin. Toss gently to mix. Add small amount of salt and pepper to taste.
3. Serve by itself, with raw vegetables and/or corn chips.
4. Avocado, cucumbers and bell pepper can all be added to this recipe. Add more oil, lime juice and spices as well.



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.

Mediterranean Tuna Salad

Makes 4-6 Servings (5 cups)

Ingredients

- ☐ 3 (5 ounce) cans tuna in water, drained
- ☐ 1 cup carrot, diced or grated (about 2 medium carrots)
- ☐ 2 cups cucumber, diced
- ☐ 1 1/2 cups peas, canned or frozen (thaw before using)
- ☐ 3/4 cup low-fat Italian salad dressing

Directions

1. Place drained tuna in a medium bowl. Use a fork to break apart chunks of tuna.
2. Add carrot, cucumber, peas and salad dressing. Mix well.
3. Serve immediately or make ahead. Cover and refrigerate until ready to serve.
4. This can be served over greens or in a wrap.



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.

Penne with Eggplant

Makes 4-6 Servings

Ingredients

- ☐ 8 ounces whole wheat penne or ziti (half of a 16-ounce package)
- ☐ 1 1/2 teaspoons canola or olive oil
- ☐ 3 cups cubed eggplant (about 1 small)
- ☐ 1/2 cup finely chopped onion
- ☐ 2 garlic cloves, chopped or 1 teaspoon garlic powder
- ☐ 1/8 teaspoon salt
- ☐ 1/8 teaspoon crushed red pepper
- ☐ 1 1/2 cups pasta sauce
- ☐ 3 tablespoons finely chopped fresh basil or 1 tablespoon dried basil (optional)
- ☐ 1/2 cup + 1/4 cup shredded part-skim mozzarella cheese; keep divided

Directions

1. Cook pasta according to package directions, leaving out salt and oil. Drain well.
2. Heat oil in a large skillet over medium-high heat. Add cubed eggplant and onion. Cook for 8 minutes or until onion is browned.
3. Stir in garlic and cook for 3 minutes.
4. Add salt, crushed red pepper and pasta sauce (and basil, if using). Bring to a simmer. Reduce heat and cook for 5 minutes. Remove from heat.
5. Toss eggplant mixture with pasta. Sprinkle with 1/2 cup cheese and toss gently.
6. Top evenly with remaining 1/4 cup cheese. Serve immediately.



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.

Marinated Stuffed Eggplant

Makes 4-6 Servings

Ingredients

- ☐ 1 small eggplant (sliced end to end with skin on into 1/4-inch slices)
- ☐ 1/4 teaspoon salt
- ☐ 1/4 cup olive oil, divided
- ☐ 1 ounce crumbled feta cheese
- ☐ 2 tablespoons fresh basil or 1/2-1 tablespoon dry basil
- ☐ 2 tablespoons fresh parsley or 1/2-1 tablespoon dry parsley
- ☐ 1 clove chopped garlic or 1/2 teaspoon garlic powder
- ☐ 1/2 cup red wine vinegar

Directions

1. Cut eggplant end to end to make long thin slices. Lightly salt eggplant slices on each side and let sit for 20 minutes. Pat the slices dry on both sides with paper towels.
2. In a large pan, heat 1/4 cup olive oil over medium-high heat. When it's hot, turn heat to medium and add eggplant slices a few at a time. Cook until soft on one side, about 1 to 2 minutes. Flip and cook for 1 to 2 more minutes. Slices should be golden brown on both sides. Remove to a plate to cool. Turn off the pan and let the rest of the oil to cool for 10 to 15 minutes.
3. While the oil is cooling, mix feta cheese, basil and parsley in a small bowl. Break up any large clumps of cheese.
4. Add feta mix on top of each slice of eggplant and roll up into a tube. Use toothpick to keep them rolled up and place in a small deep dish. Do this for all the eggplant slices.
5. In a bowl, add any remaining cooled olive oil from the pan, garlic, red wine vinegar. Using a fork, whisk to combine. Pour over eggplant rolls. Cover with plastic wrap and refrigerate for at least 1 hour.



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.

Asian Inspired Sesame Peanut Eggplant

Makes 4 Servings

Ingredients

- ☐ 2 tablespoons sesame oil
- ☐ 2 tablespoons creamy peanut butter
- ☐ 2 tablespoons soy sauce
- ☐ 1 tablespoon lime juice
- ☐ 3 tablespoons maple syrup or honey
- ☐ Pinch of red pepper flakes
- ☐ 2 cups eggplant (stems removed, sliced end to end into planks, then cut into 1-inch pieces, skin on)
- ☐ 2 cups hot cooked rice
- ☐ 1 teaspoon sesame seeds (optional)

Directions

1. In a medium bowl with a fork, whisk together 1 tablespoon each of the sesame oil, soy sauce and maple syrup. Add eggplant pieces and toss to coat.
2. Heat a large pan over medium heat. When hot, add the eggplant pieces and any remaining sauce to the skillet. Cook for 3 to 4 minutes, turning eggplant until brown on all sides, about 1 to 1 ½ minutes per side.
3. When eggplant is ready, place on top of the rice in the serving bowl. Return the hot pan to the stove.
4. In a medium bowl with a fork, whisk 1 tablespoon each of sesame oil, soy sauce and maple syrup with the peanut butter, lime juice and red pepper flakes. Add the peanut butter sauce to the hot pan and cook for 2 to 3 minutes, stirring gently.
5. Drizzle hot peanut butter sauce over the eggplant and rice. Sprinkle with sesame seeds.



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.

Ingredients

- ☐ 1/4 cup olive oil
- ☐ 1 small eggplant (stem removed, peeled and sliced end to end into 1/2-inch planks, then cut into 1/2-inch pieces)
- ☐ 1 small onion, diced
- ☐ 1 small green pepper, diced
- ☐ 1/2 teaspoon salt
- ☐ 1 clove garlic, chopped small
- ☐ 1 (15 ounce) can diced tomatoes with juice
- ☐ 2 tablespoons sliced black olives (optional)
- ☐ 3 tablespoons chopped fresh basil or 1 tablespoon dried basil

Directions

1. In a medium pot over medium-high heat, add olive oil, eggplant, onion and green pepper. Cook for 6 to 8 minutes, stirring often.
2. Stir in salt and garlic and cook one more minute.
3. Add canned tomatoes with juice and bring to a simmer (bubble). Reduce heat to medium-low, cover, and cook for 5 to 6 minutes. Stir and cover for 5 to 6 more minutes.
4. Turn off heat. Remove the lid, stir in black olives and basil. Allow to sit for 5 minutes before serving.



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.



Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1/2 cup diced onion (1/2 medium onion)
- ☐ 2 fennel bulbs, chopped (can use 2 stalks celery)
- ☐ 2 carrots, sliced in 2 inch sticks
- ☐ 1 (15 ounce) can diced tomatoes, with juice
- ☐ 1 medium potato, diced
- ☐ 1 zucchini (sliced 1/4 inch thick)
- ☐ 2 tablespoons parsley, chopped
- ☐ 1 cup broth
- ☐ 1/2 teaspoon salt
- ☐ 1/4 teaspoon pepper

Directions

1. In a deep pot, heat 1 tablespoon of oil.
2. Add onions and fennel and sauté until they are soft.
3. Add the rest of the vegetables and 1 cup broth (or water and vegetable broth cubes).
4. Season with salt and pepper.
5. Cover and simmer slowly for 30 minutes or until carrots and potatoes are tender.
6. If soup gets too dry or thick, add more broth.



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.

Ingredients

- ☐ Cooking spray
- ☐ 1 pound frozen pollock, or other white fish, such as haddock or cod (partially thawed)
- ☐ 1/2 cup flour
- ☐ 2 egg whites, beaten
- ☐ 3/4 cup whole wheat bread crumbs
- ☐ 2 tablespoons grated parmesan cheese
- ☐ 1/8 teaspoon ground black pepper

Directions

1. Place rack in center and heat oven to 450 degrees. Spray baking sheet with cooking spray.
2. Cut pollock into strips 1-inch wide (easiest when fish is partially, rather than fully, thawed) and place on baking sheet.
3. Mix breading ingredients (bread crumbs, parmesan cheese and pepper) in a shallow dish; place flour and egg whites in separate dishes.
4. Dip fish sticks in flour, then in egg whites, then breading mix, coating evenly.
5. Return coated fish sticks to baking sheet, spacing evenly. Cook fish until it is 145 degrees, about 10-12 minutes, and golden brown, turning as needed.



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.

Ingredients

For the salad:

- ☐ 2 cups shredded chicken or 20 ounces canned white meat chicken, drained
- ☐ 1 (31 ounce) can low-sodium green beans, drained and rinsed
- ☐ 3 stalks celery, chopped
- ☐ 3 tablespoons chopped almonds (or any nut)

For the dressing:

- ☐ 1 tablespoon Dijon mustard or spicy brown mustard
- ☐ 2 tablespoons olive oil or canola oil
- ☐ 2 tablespoons lemon juice or vinegar
- ☐ 1/4 teaspoon dried thyme
- ☐ 1/4 teaspoon ground pepper

Directions

1. Add salad ingredients into a large bowl and mix together.
2. For the dressing, add mustard, olive oil, lemon juice, thyme and pepper to a small bowl. Use a fork or whisk to combine.
3. Add dressing to salad, tossing to combine.



Green Beans



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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.

Ham Steak with Maple Apples

Makes 4 Servings

Ingredients

- ☐ 3 apples, cored and sliced thin
- ☐ 1/4 cup raisins
- ☐ 3 tablespoons maple syrup
- ☐ 1/8 teaspoon cinnamon (or nutmeg)
- ☐ 1 tablespoon oil
- ☐ 2 (8-ounce) ham steaks
- ☐ 2 cloves garlic, minced
- ☐ 1 (14.5-ounce) can cut green beans, drained

Directions

1. In a small pot over medium heat, add apples, raisins, syrup and cinnamon, and mix. Cook, stirring often until apples are tender, about 8 to 10 minutes. Set aside.
2. In a large pan over medium-high heat, heat 2 teaspoons of oil. Cook ham steaks (you may have to do this one at a time) 4 to 5 minutes. Flip ham steak and cook 4 more minutes until heated through. Move to a plate and let rest.
3. In the same pan you cooked the ham in, on medium heat, add 1 teaspoon of oil. Add garlic and cook about 30 seconds. Stir in green beans and cook, until hot, about 1 to 2 minutes.
4. Top ham steaks with apple mixture and serve with green beans.



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.



Potato, Black Bean and Kale Skillet

Makes 4 Servings

Ingredients

- ☐ 4 red potatoes
- ☐ 2 1/2 cups kale, chopped
- ☐ 1-2 jalapeno peppers, chopped small
- ☐ 2 tablespoons olive oil
- ☐ 1 clove garlic or 1/2 teaspoon garlic powder
- ☐ 1/4 cup onion, chopped
- ☐ 1/4 teaspoon salt
- ☐ 1 (15 ounce) can black beans, drained and rinsed
- ☐ 1/2 cup nonfat plain Greek yogurt

Directions

1. Dice potatoes into 1/4" pieces.
2. Chop kale and jalapenos.
3. Heat oil in large pan over medium heat. Add garlic, jalapeno and onion; cook 2-3 minutes until just starting to brown.
4. Add diced potatoes, salt and pepper to pan. Cover with lid and cook 4-5 minutes. Stir and cook 4-5 more minutes.
5. Add chopped kale and black beans. Cook about 3-5 more minutes, stirring gently.
6. Serve with Greek yogurt.



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.

Ingredients

- ☐ 1 3/4 cups winter squash (butternut, hubbard, pumpkin, etc.), cooked and pureed
- ☐ 1 1/2 cups brown sugar
- ☐ 2 eggs
- ☐ 1/2 cup vegetable oil
- ☐ 1 1/2 cups flour
- ☐ 1 1/4 cups whole wheat flour
- ☐ 1 tablespoon baking powder
- ☐ 2 teaspoons cinnamon
- ☐ 1 teaspoon nutmeg
- ☐ 1/4 teaspoon ground ginger
- ☐ 1 cup raisins
- ☐ 1 cup walnuts, chopped

Directions

1. Preheat oven to 400 degrees.
2. Mix pureed squash, brown sugar, eggs and oil thoroughly.
3. Blend dry ingredients and add to pumpkin mixture.
4. Add raisins and nuts.
5. Drop by teaspoonfuls on greased cookie sheet.
6. Bake 10-12 minutes until golden brown.



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.

Ingredients

- ☐ 8 cups kale (or other greens)
- ☐ 2 teaspoons vegetable oil
- ☐ 2 large carrots, peeled and cut in thin strips or coarsely shredded
- ☐ 1 clove garlic, chopped or 1/4 teaspoon garlic powder
- ☐ 1/4 teaspoon salt
- ☐ 1/4 teaspoon pepper
- ☐ 1 teaspoon ground coriander (optional)
- ☐ 1 pinch cayenne pepper (optional)
- ☐ 1 tablespoon vinegar
- ☐ 1 1/2 teaspoons low-sodium soy sauce

Directions

1. Wash kale and separate leaves from stems if needed. Slice stems crosswise, if using. Chop or slice leaves into thin strips.
2. Heat oil in large pan over medium-high heat (350 degrees in an electric skillet).
3. Add carrots and stems, if separated; cook for 2 minutes. Add garlic and cook for 1 minute.
4. Add kale, salt, pepper, coriander and cayenne, if desired. Stir often.
5. When greens have turned bright green and begun to wilt, remove from heat. Sprinkle vinegar and soy sauce over the top. Toss gently and serve.
6. Cooked brown rice or cooked quinoa go well with this recipe.

Recipe from: Food Hero

<https://foodhero.org/recipes/greens-carrots>



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.

Kale Chips

Makes 4 Servings

Ingredients

- ☐ 1 bunch of kale
- ☐ 1 tablespoon olive oil
- ☐ 1/2 teaspoon salt

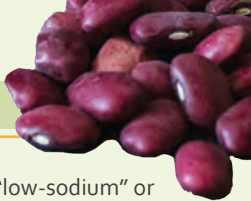
Directions

1. Preheat the oven to 250 degrees and spray two rimmed baking sheets with non-stick spray. Set aside.
2. Wash kale and allow to fully dry before you start. Pat dry with paper towels to speed up drying time.
3. Once kale is dry, cut the greens free of the tough stem in the middle. Cut into "chip size" bites, about the same size.
4. Add the kale to a medium sized bowl and drizzle with oil. Massage the oil into the kale with your hands. Then sprinkle with salt and give a quick toss.
5. Split the kale evenly between the two baking sheets, make a single layer on each pan.
6. Bake for 15 minutes, then flip the chips with a spatula or kitchen tongs, and bake for 5-8 more minutes, or until the edges are slightly golden. Watch closely to avoid burning.
7. Once out of the oven, allow chips to cool for 3 minutes to reach peak crispiness. Enjoy right away.

Note: Add other spices you like when you add the salt in this recipe to enjoy it a bunch of different ways!



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.



Ingredients

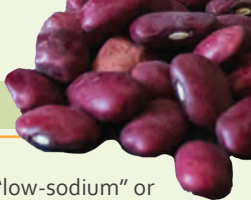
- ☐ 1/3 cup olive or vegetable oil
- ☐ 6 tablespoons all-purpose flour
- ☐ 1 bunch greens, such as kale, rinsed and chopped with stems
- ☐ 1 (14 ounce) canned diced tomatoes, (keep tomato liquid)
- ☐ 1 teaspoon dried oregano or thyme
- ☐ 2 onions, peeled and cut into quarters
- ☐ 2 carrots, peeled and cut into coin slices
- ☐ 5 garlic cloves, peeled and chopped
- ☐ 3 cups cooked kidney beans or 2 (15 ounce) cans chickpea or black beans
- ☐ Salt and pepper

Directions

1. In a pot, heat oil over medium high heat. Whisk in flour, reduce heat to low, and cook, stirring the whole time with a wooden spoon. Stir until flour mixture is a dark reddish brown, about 10-15 minutes (this gives the gumbo its rich taste).
2. Stir in greens, canned tomatoes with liquid, dried oregano or thyme, onions and carrots. Cook for 5 minutes.
3. Add chopped garlic and 2 quarts (8 cups) water or liquid from the dried beans, if dried beans were cooked from scratch (if you don't have enough liquid, add water to make 8 cups).
4. Continue stirring until liquid comes to a boil, then lower the heat and simmer for 20 minutes. Add beans and cook 15 minutes more.
5. Season with salt and pepper to taste.



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.



Hearty Turkey Vegetable Soup

Makes 8 Servings

Ingredients

- ☐ 1 tablespoon olive oil
- ☐ 1 onion, chopped
- ☐ 1 pound lean ground turkey or beef
- ☐ 1 carrot, peeled and chopped
- ☐ 1 green pepper, chopped
- ☐ 1 (32 ounce) box low sodium beef broth
- ☐ 1 (26 ounce) jar tomato sauce
- ☐ 1 (15 ounce) can kidney beans, drained and rinsed
- ☐ 1 (15 ounce) can cannellini beans, drained and rinsed
- ☐ 1 (14.5 ounce) can diced tomatoes, not drained
- ☐ 2 teaspoons dried oregano
- ☐ 2 teaspoons dried parsley
- ☐ 1 teaspoon garlic powder
- ☐ Salt and pepper, to taste
- ☐ 1 cup uncooked pasta

Directions

1. In a large pot, add olive oil, onion and ground meat. Cook over medium heat until the meat is no longer pink.
2. Add the carrot and pepper. Cook for 5 minutes.
3. Stir in the rest of the ingredients except the pasta. Bring to a boil, then turn the heat to medium low and allow soup to simmer (bubble). Simmer for 30 minutes.
4. Stir in the uncooked pasta and return to a simmer. Cook for 12 to 15 more minutes, or until the pasta is cooked.

Recipe from: Feeding Pennsylvania and PA Eats



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.

Ingredients

- ☐ 2 cups leeks, chopped
- ☐ 1 tablespoon oil
- ☐ 2 cups mushrooms, sliced
- ☐ 1 cup dry orzo (rice shaped pasta) or rice
- ☐ 2 cups chicken or vegetable broth
- ☐ 1 1/2 cups tomato, chopped
- ☐ 3 tablespoons cream cheese
- ☐ 1 teaspoon garlic powder
- ☐ 1/4 teaspoon each salt and pepper

Directions

1. Sauté leeks in oil in a medium skillet over medium heat, stirring occasionally, until the leeks are soft (about 5 minutes).
2. Add mushrooms and cook until soft (about 5 minutes).
3. Stir in the orzo and toast lightly, stirring frequently, for about 3 minutes.
4. Add broth and bring to a boil. Reduce heat to simmer, stirring occasionally, until the orzo is almost tender, about 8 minutes.
5. Add the tomatoes and simmer until orzo is tender (about 2 minutes).
6. Remove from heat and stir in cream cheese, garlic powder, salt and pepper. Serve warm.



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.

Ingredients

- ☐ 1/2 pound lean ground beef
- ☐ 1 1/2 cups onion, chopped
- ☐ 1 clove garlic
- ☐ 2 cups lentils, cooked
- ☐ 2 (14.5 ounce) cans diced tomatoes
- ☐ 1 tablespoon chili powder
- ☐ 1/2 teaspoon cumin, ground

Directions

1. In a large saucepan, brown beef over medium-high heat, breaking it into bite size pieces. Drain fat.
2. Add onion and garlic and cook until softened.
3. Add lentils, tomatoes, chili powder and cumin. Cook for about 1 hour until flavors are blended.
4. Serve hot, topped with your favorite chili toppings.



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).

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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.

Sweet Potato, Lentil and Brussels Sprout Salad

Makes 4-6 Servings

Ingredients

- ☐ 1 pound Brussels sprouts
- ☐ 3 small sweet potatoes, peeled and cubed
- ☐ 16 ounces dried green or black lentils
- ☐ Salt and black pepper
- ☐ 2 tablespoons oil
- ☐ 1 lemon, halved and seeds removed
- ☐ 1 tablespoon balsamic vinegar

Directions

1. Preheat oven to 400 degrees. Trim Brussels sprouts and slice in half. Peel sweet potatoes and cut into 1-inch cubes.
2. In a mixing bowl, toss Brussels sprouts and sweet potatoes in oil, a pinch of salt and black pepper and juice from half a lemon. Place vegetable mix onto a baking sheet. Roast for 25-35 minutes, until vegetables turn golden brown and are tender. Remove from oven and allow to cook on baking sheet for 10 minutes.
3. While the veggies are roasting, make the lentils. To cook them, combine 1 cup of dried lentils with 3 cups of water or broth in a pot. Bring to a boil, then reduce the heat to low and put a lid on the pot so it is partly covered.
4. Simmer gently until the lentils are soft but not mushy. This should take about 30-40 minutes. Check to make sure there is enough liquid from time to time; add water if needed.
5. Mix vegetables and lentils in a large mixing bowl. Add lemon juice, balsamic vinegar, salt and pepper to taste. Transfer salad to 4-6 plates and serve warm or at room temperature.



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.

Summer Salad with Lite Italian Dressing

Makes 8 Servings

Ingredients

For the Dressing:

- ☐ 1/2 teaspoon garlic powder (or 1 fresh clove, chopped)
- ☐ 1 teaspoon Italian herb mix
- ☐ 1 tablespoon Parmesan cheese
- ☐ 1/4 teaspoon pepper
- ☐ 1/2 teaspoon salt
- ☐ 1/2 cup vinegar (white or white wine)
- ☐ 1/4 cup vegetable oil
- ☐ 1/2 cup water

For the Salad:

- ☐ Salad greens, mixed
- ☐ 1 cup cucumber, diced
- ☐ 1 cup carrots, sliced
- ☐ 1 bell pepper, diced
- ☐ 1/4 cup shredded cheese

Directions

1. Add all dressing ingredients in a pint-sized jar with lid.
2. Shake well to mix.
3. Mix salad vegetables all together.
4. Drizzle dressing over salad and store extra in the refrigerator.
Sprinkle salad with cheese.



Lettuce

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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.

Wilted Salad with Warm Bacon Dressing

Makes 3 Servings

Ingredients

- ☐ 6 cups salad greens (iceberg, romaine, spinach); use ones that are slightly old or wilted
- ☐ 4 slices bacon
- ☐ 2 tablespoons white or apple cider vinegar
- ☐ 1 tablespoon sugar
- ☐ Salt and pepper, to taste
- ☐ 3 eggs
- ☐ 1/2 small red onion, sliced small
- ☐ 1 ripe pear, cored and cubed

Directions

1. To hard-boil eggs: Place eggs in the bottom of a saucepan and add enough cold water to cover the eggs by about an inch. Bring the water to a full boil, then place a lid on the pot. Turn off the heat and allow it to set on the burner for 10 minutes. After the eggs are cooked, move them to a bowl with ice water or allow cold water to run over them. Peel and cut into quarters once they're cool. Refrigerate until you're ready to assemble the salad.
2. Cook bacon in a pan over medium-low heat until crisp. Once crispy, move bacon to a paper towel, leave the bacon grease in the pan (about 2 tablespoons, a thin layer on the bottom of the pan). If there are more than 2 tablespoons, remove extra bacon grease.
3. Add vinegar, sugar and salt to the pan and bring to a boil, stirring often. Take off the heat.
4. Add the chopped greens to a large salad bowl. Sprinkle onion slices, egg quarters, pear and chopped bacon evenly over the greens. Pour the bacon dressing over the salad and serve immediately.



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.



Ingredients

- ☐ 3 cups fresh green beans, cut into 1-inch pieces
- ☐ 2 carrots, cut into thick strips
- ☐ 3 tablespoons olive oil
- ☐ 1 large onion, sliced
- ☐ 1-pound fresh mushrooms, sliced
- ☐ 1 teaspoon lemon pepper seasoning
- ☐ 1/2 tablespoon garlic powder
- ☐ 1/4 cup sliced or slivered almonds

Directions

1. Place green beans and carrots in 1 inch of boiling water. Cover, and cook until tender but still firm. Drain.
2. Add oil to heated skillet. Sauté onions and mushrooms until almost tender.
3. Reduce heat, cover, and simmer 3 minutes. Stir in green beans, carrots, lemon pepper and garlic powder. Cover, and cook for 5 minutes over medium heat.



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.

Lighter Tuna Casserole

Makes 8 Servings

Ingredients

- | | |
|---|--|
| <input type="checkbox"/> 8 ounces uncooked egg noodles | <input type="checkbox"/> 1/4 cup flour |
| <input type="checkbox"/> 2 tablespoons butter | <input type="checkbox"/> 1/2 teaspoon garlic powder |
| <input type="checkbox"/> 1 onion, diced | <input type="checkbox"/> 1 can peas and carrots, drained |
| <input type="checkbox"/> 8 ounces (1 package) mushrooms, sliced | <input type="checkbox"/> 2 (5 ounce) cans tuna, drained |
| <input type="checkbox"/> 1 cup chicken broth | <input type="checkbox"/> 1/2 cup shredded cheese |
| <input type="checkbox"/> 1 cup milk | <input type="checkbox"/> 1/4 cup breadcrumbs |
| | <input type="checkbox"/> Salt and pepper |

Directions

1. Preheat the oven to 375° and grease a 9x13 inch baking dish.
2. Cook noodles in water to al dente (not cooked the whole way). Drain and set aside.
3. Melt 1 tablespoon of butter in a deep pan. Add the onions and cook on medium heat until see through, about 3 to 5 minutes. Stir in the flour and salt. Cook flour, stirring for 2 to 3 minutes.
4. Slowly add in the chicken broth and stir until smooth. Then, slowly add in the milk. Keep stirring until the liquid starts to bubble.
5. Once boiling, add the mushrooms, peas and carrots and turn heat to a simmer (small bubbles). Add salt and pepper. Stir at times while the liquid thickens, about 5 to 8 minutes.
6. Remove the pan from heat. Add the tuna and cheese. Stir until cheese melts. Then stir in the noodles. Pour the creamy noodle mixture into the baking dish.
7. In a small dish, melt 1 tablespoon butter and mix with the breadcrumbs. Sprinkle over the top of the casserole.
8. Bake the casserole about 25 minutes, or until bubbling. Then, place under the broiler for 1 to 2 minutes to brown the top, keeping a close eye to prevent burning.

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.

Chinese Ramen Cabbage Salad

Makes 8 (1 cup) Servings

Ingredients

- ☐ 5 cups shredded cabbage
- ☐ 2 cups chopped broccoli (or broccoli florets)
- ☐ 1 cup shredded carrot
- ☐ 1/2 cup chopped green onions
- ☐ 1 package chicken flavored ramen noodles crushed.
Reserve seasoning packet for dressing.
- ☐ 3 tablespoons apple cider vinegar
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons oil

Directions

1. In a large bowl, combine cabbage, broccoli, carrot, green onions and uncooked ramen noodles.
2. For the dressing, combine ramen seasoning packet, vinegar, sugar and oil in a small bowl. Stir well.
3. Pour dressing over salad. Toss to coat. Refrigerate until served.



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.



Ingredients

- ☐ 1/4 cup plus 2 tablespoons olive oil
- ☐ 1 loaf bread (such as an Italian roll), cut into quarters
- ☐ 3/4 teaspoon salt, divided
- ☐ 1 onion, peeled and chopped
- ☐ 2 garlic cloves, peeled and chopped
- ☐ 1 bunch kale or greens, rinsed and chopped
- ☐ 1 (14 ounce) canned diced tomatoes or 1 (14 ounce) can spaghetti sauce
- ☐ 2 cups cooked navy beans or 2 (15 ounce) cans chickpeas or black beans, drained and rinsed

Directions

1. Preheat oven to 400 degrees. Place bread on baking sheet. Drizzle bread with 1/4 cup olive oil and 1/4 teaspoon salt.
2. Heat medium pot over medium-high heat for 2-3 minutes. Add remaining oil and onion and stir occasionally with a wooden spoon for 5 minutes until onions begin to soften.
3. Add garlic and stir for 1 more minute. Add chopped greens and 1/2 teaspoon salt, and stir until greens have wilted, about 3-4 minutes.
4. Place bread in oven to lightly toast, about 3-5 minutes. Add canned tomatoes or sauce and beans to the pot, and cook until warmed through, about 5 minutes.
5. Check bread; if lightly toasted, remove from oven.
6. With a fork, smash 1/3 of the beans in pot. Top toast with beans and greens mixture.



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.
- 

Ingredients

- ☐ 3 cups old fashioned oats
- ☐ 1/3 cup brown sugar
- ☐ 1 1/2 teaspoons baking powder
- ☐ 1 1/2 teaspoons cinnamon
- ☐ 2 eggs, lightly beaten
- ☐ 2 1/2 cups low-fat milk
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons vegetable oil (or 2 tablespoons unsweetened applesauce)
- ☐ 2 cups fresh or frozen berries

Directions

1. Preheat oven to 350 degrees. Spray 2 1/2 quart baking dish with non-stick spray.
2. Mix all dry ingredients (oats, brown sugar, baking powder and cinnamon).
3. Put half of the dry ingredients into the baking dish. Sprinkle with half of the berries. Add the rest of the dry ingredients.
4. Mix eggs, milk, vanilla and oil and pour over the dry mix in baking dish. Add the rest of the berries on top. Gently move baking dish back and forth to get wet ingredients down into the oat mixture.
5. Bake uncovered for about 45 minutes. Most of the liquid should be gone.



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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Baked Apple Parfaits

Makes 6 Servings

Ingredients

- ☐ 3 apples
- ☐ 1/4 cup rolled oats
- ☐ 2 tablespoons lightly packed brown sugar
- ☐ 1/2 teaspoon cinnamon
- ☐ 1/4 teaspoon salt
- ☐ 2 tablespoons butter, melted
- ☐ 1 1/2 cups vanilla yogurt

Directions

1. Preheat the oven to 350 degrees. Spray a baking sheet with non-stick spray.
2. Cut apples in half and remove the core using a small (paring) knife. Add apples to baking sheet, skin side down. Set aside.
3. To make granola: In a bowl, mix oats, brown sugar, cinnamon, salt and butter with a fork. Using a spoon, add the mixture to each apple. Bake for 30-35 minutes.
4. Once apples are baked through, allow to cool for 5 minutes. Serve with a large scoop of vanilla yogurt and an extra sprinkle of cinnamon (optional).



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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Orange Cranberry Muffins

Makes 12 Servings

Ingredients

- | | |
|---|--|
| <input type="checkbox"/> 2 cups all-purpose flour | <input type="checkbox"/> 1 large egg |
| <input type="checkbox"/> 1 teaspoon baking powder | <input type="checkbox"/> 1 1/2 cups cranberries,
fresh or frozen (about - 1 |
| <input type="checkbox"/> 1/2 teaspoon baking soda | cup dried cranberries) |
| <input type="checkbox"/> 1/4 teaspoon salt | <input type="checkbox"/> 1/2 cup old fashioned
rolled oats |
| <input type="checkbox"/> 3/4 cup orange juice | |
| <input type="checkbox"/> 3/4 cup sugar | |
| <input type="checkbox"/> 1/2 cup vegetable oil | |

Directions

1. Preheat oven to 400 F and grease a 12-cup muffin tin with non-stick cooking spray.
2. In a large bowl, mix flour, baking powder, baking soda and salt. In a second bowl, mix orange juice, sugar, vegetable oil and egg. Add wet ingredients to dry and stir until just mixed. Fold in cranberries.
3. Fill each muffin cup with batter about three-quarter (3/4) full. Top evenly with oats.
4. Place muffin tin in the oven and bake until a toothpick inserted comes out clean, about 15 to 25 minutes.
5. Take muffins out of the tin and allow to cool for 10 minutes before serving.



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.
- 

Ingredients

- ☐ 1 cup rolled oats
- ☐ 1 1/2 cups milk
- ☐ Pinch of salt
- ☐ 1/2 cup canned pumpkin
- ☐ 1/2 teaspoon cinnamon
- ☐ 1/8 teaspoon pumpkin pie spice
- ☐ 1/4 cup chopped walnuts
- ☐ Optional toppings: applesauce, chopped apples, dried cranberries, Greek yogurt

Directions

1. Combine oats, salt, and milk in a large microwave-safe bowl. (Choose a bowl large enough to prevent the oats from cooking up over the sides). Microwave for 2 minutes or until cooked.
2. Stir in pumpkin and spices (skip pumpkin pie spice if you do not have it). If needed, microwave for 4 more minutes, or until hot.
3. Add chopped walnuts and any other toppings, such as chopped apples, dried cranberries, applesauce or Greek yogurt.



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.

Ingredients

- ☐ 1 can (1 3/4 cup) pinto beans, drained and rinsed
- ☐ 3 cups water
- ☐ 8 ounces ham, cut into cubes
- ☐ 1 cup onion, diced
- ☐ 2 cloves garlic, minced
- ☐ 1 small bay leaf
- ☐ 1 (14.5 ounce) can diced tomatoes
- ☐ 2 cups green pepper, chopped
- ☐ 1 teaspoon chili powder
- ☐ 2 tablespoons brown sugar
- ☐ 2 teaspoons dry mustard
- ☐ 1/4 teaspoon oregano or cumin

Directions

1. Combine beans, water, ham, onion, garlic and bay leaf in a large pot.
2. Cover and simmer about 15 minutes.
3. Add remaining ingredients, cover and simmer for at least 30 more minutes. The longer the mixture simmers, the better the flavor. Enough liquid should be left on beans to resemble a medium-thick gravy.



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.
- 

Red Potato and Cabbage (Colcannon)

Makes 6 (1 cup) Servings

Ingredients

- ☐ 1-pound red potatoes (about 3-4 cups chopped)
- ☐ 1 tablespoon margarine or butter
- ☐ 1/2 cup onion, chopped
- ☐ 6 cups green cabbage, thinly sliced (about 1/2 head)
- ☐ 1 cup nonfat or 1% milk
- ☐ 1 teaspoon salt
- ☐ 1/4 teaspoon pepper

Directions

1. Scrub potatoes, but do not peel. Cut into quarters. Cook in boiling water or steam until tender, about 15-20 minutes.
2. While potatoes cook, heat butter or margarine in a large skillet over medium-high heat. Add onion and cook until it becomes clear, about 3-5 minutes.
3. Add cabbage and cook, stirring occasionally, until cabbage begins to brown, about 4-6 minutes.
4. Reduce heat to low. Add milk, salt and pepper. Cover and cook until cabbage is tender, about 6-8 minutes.
5. Drain potatoes. Add cabbage mixture to potatoes. Mash with a potato masher or large fork to reach desired texture. Serve warm.



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.

Perfect Pumpkin Pancakes

Makes 12 Servings

Ingredients

- ☐ 2 cups flour
- ☐ 6 teaspoons brown sugar
- ☐ 1 tablespoon baking powder
- ☐ 1 1/4 teaspoons pumpkin pie spice (or cinnamon)
- ☐ 1 teaspoon salt
- ☐ 1 egg
- ☐ 1/2 cup pumpkin (canned)
- ☐ 1 3/4 cups milk, low-fat
- ☐ 2 tablespoons vegetable oil

Directions

1. Combine flour, brown sugar, baking powder, pumpkin pie spice and salt in a large mixing bowl.
2. In a medium bowl, combine egg, canned pumpkin, milk and vegetable oil, mixing well.
3. Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. (For thinner batter, add more milk).
4. Lightly coat a griddle or skillet with cooking spray and heat on medium.
5. Using a 1/4 cup measure, pour batter onto hot griddle. Cook until bubbles begin to burst, then flip pancakes and cook until golden brown, 1 1/2 to 2 1/2 minutes. Repeat with remaining batter. Makes about 12, 3 1/2-inch pancakes.

Recipe from: Kansas Family Nutrition Program, MyPlate Kitchen
<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/perfect-pumpkin-pancakes>



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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Warm Radicchio Tuna Salad

Makes 2-4 Servings

Ingredients

- ☐ 1 tablespoon olive oil
- ☐ 2 cups radicchio, chopped
- ☐ 1 (14.5 ounce) can white beans (cannellini), drained and rinsed
- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 teaspoon onion powder
- ☐ Black pepper
- ☐ 1 can tuna, drained
- ☐ 1/4 cup shredded cheese
- ☐ 4 cups spinach, fresh

Directions

1. Heat a pan over medium heat. Add olive oil and chopped radicchio. Cook for about 2 minutes.
2. Add in white beans, vinegar, onion powder and pepper. Stir and cook for 2 minutes.
3. Stir in tuna and turn off heat. Allow to sit for 1 minute.
4. Serve on top of spinach. Sprinkle with shredded cheese. Add more vinegar if desired.



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.

Cuban Salad

Makes 4 Servings

Ingredients

For the Dressing:

- ☐ 3 tablespoons oil
- ☐ 1/4 cup lime juice (1 large or 2 small limes)
- ☐ 1 teaspoon garlic or 1/4 teaspoon garlic powder
- ☐ 1/4 teaspoon salt and pepper

For the Salad:

- ☐ 1 head Romaine lettuce, washed and torn into pieces
- ☐ 2 large tomatoes, diced
- ☐ 1 red onion, diced
- ☐ 6 radishes, sliced thin

Directions

To make the Dressing:

1. Put the oil, lime juice, garlic, salt and pepper in the small bowl and mix well. Lemon juice can be used instead of lime juice.

To make the Salad:

1. Put the lettuce, tomatoes, onion and radishes in the mixing bowl and toss to combine. White onion can be used instead of red onion.
2. Pour the dressing over the lettuce mixture and toss. Serve right away.



Rhubarb

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

Storage - Store in the refrigerator. Throw out leaves as they are poisonous (stays 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.

Cinnamon-Topped Rhubarb Muffins

Makes 12 Servings

Ingredients

- ☐ 1/2 cup brown sugar, firmly packed
- ☐ 1/4 cup butter
- ☐ 1 cup (8 ounces) reduced-fat sour cream
- ☐ 2 eggs
- ☐ 1 1/2 cups all-purpose flour
- ☐ 3/4 teaspoon baking soda
- ☐ 1/2 teaspoon cinnamon
- ☐ 1 1/2 cups chopped rhubarb
- ☐ 1 tablespoon sugar
- ☐ 1/2 teaspoon cinnamon

Directions

1. Preheat oven to 375 degrees.
2. In large bowl, combine brown sugar and butter. Beat at medium speed until well-mixed (1-2 minutes).
3. Add sour cream and eggs; continue beating, scraping bowl often until well-mixed (1-2 minutes).
4. In medium bowl, stir together flour, baking soda and 1/2 teaspoon cinnamon.
5. By hand, stir flour mixture into sour cream mixture until just moistened. Fold in rhubarb. Spoon into greased muffin pans.
6. In small bowl, stir together a tablespoon of sugar and 1/2 teaspoon of cinnamon. Sprinkle onto each muffin.
7. Bake for 20-25 minutes or until lightly browned.
Cool 10 minutes. Remove from pan.



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.



Mashed Rutabagas

Makes 4 Servings

Ingredients

- ☐ 4 cups rutabaga, peeled and chopped
- ☐ 2 cups potatoes, peeled and chopped
- ☐ 4 cups water
- ☐ 1/2 cup low-fat milk
- ☐ 2 teaspoons oil
- ☐ 1/2 teaspoon garlic powder
- ☐ 1/4 teaspoon black pepper
- ☐ 1/8 teaspoon salt

Directions

1. Add chopped vegetables and water to a large pot with a lid. Bring to a boil over medium-high heat.
2. When the water boils, reduce heat to medium-low and cover with lid. Simmer for 20-25 minutes.
3. Drain boiled vegetables.
4. Add drained vegetables back to the pot.
5. Add milk, oil, garlic powder, pepper and salt to a microwave-safe container. Stir to mix. Microwave for 1 minute.
6. Add warm milk to the boiled vegetables. Mash with a fork or potato masher.



Recipe from:



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.
- 

Roasted Sugar Snap Peas

Makes 3 Servings

Ingredients

- ☐ 1-pound sugar snap peas
- ☐ 1 teaspoon olive or vegetable oil
- ☐ 1 tablespoon soy sauce
- ☐ 1/4 teaspoon
- ☐ Black pepper

Directions

1. Place the sugar snap peas in a large bowl. Sprinkle with oil, soy sauce, salt and black pepper. Toss to coat.
2. Place the peas on a metal baking sheet.
3. Bake in a 400-degree oven for 8-10 minutes. Turn a few times while roasting.



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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Creamy Lemon and Tuna Spaghetti

Makes 6 Servings

Ingredients

- ☐ 1 pound dry spaghetti
- ☐ 2 teaspoons oil
- ☐ 2 cloves garlic, chopped small
- ☐ 3 (5-ounce) cans chunk white tuna, drained
- ☐ 1 cup frozen peas
- ☐ 1 cup heavy cream or half & half
- ☐ 1/2 cup grated parmesan cheese
- ☐ 1/2 lemon, juiced (about 1 tablespoon of lemon juice)
- ☐ 1/2 teaspoon each salt and pepper

Directions

1. In a large pot of salted boiling water, cook spaghetti according to package; drain.
2. In a large pan over medium-high heat, heat oil. Add garlic and cook about 30 seconds. Stir in tuna, peas, cream, parmesan and cooked spaghetti.
3. Cook, stirring often until heated through, about 2 to 3 minutes. Take the pan off the heat and stir in lemon juice. Season with salt and pepper. Serve and enjoy.



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.
- 

Baked Mac and Cheese with Tomatoes, Peas and Chicken

Makes 4 Servings

Ingredients

- ☐ 1 box macaroni-and-cheese
- ☐ 1/2 cup milk
- ☐ 1/2 cup shredded cheese (Italian or cheddar)
- ☐ 1 tablespoon flour
- ☐ 1 (12.5 ounce) can chicken, drained and shredded with a fork
- ☐ 1 (14.5 ounce) can diced tomatoes, drained and rinsed
- ☐ 1/2 cup frozen peas, thawed and drained
- ☐ 1/2 teaspoon garlic powder
- ☐ Pepper
- ☐ 1/4 cup bread crumbs or crushed crackers

Directions

1. Preheat oven to 375 degrees.
2. Make macaroni-and-cheese as directed on the package.
3. Place the made macaroni-and-cheese on the stove on low heat. Add milk, cheese and flour and stir until cheese melts.
4. Stir in chicken, tomatoes, peas and spices.
5. Pour into a greased 8×8" baking pan. Top with bread crumbs or crushed crackers.
6. Bake for 20 minutes. To brown the bread crumbs, broil for 3 minutes or until the top is golden-brown.

Recipe from: Feeding Pennsylvania and PA Eats



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.

Cheesy Baked Spaghetti Squash

Makes 4 Servings

Ingredients

- ☐ 1 spaghetti squash
- ☐ 1 teaspoon oil
- ☐ 1 cup onion, chopped
- ☐ 1 cup bell pepper, chopped
- ☐ 1 tablespoon Italian herbs
- ☐ 2 teaspoons garlic powder (optional)
- ☐ 1 (15 ounce) can white beans, drained and rinsed
- ☐ 1 (15 ounce) can low-sodium tomato sauce
- ☐ 1/2 cup low-fat shredded mozzarella cheese

Directions

1. Preheat oven to 400 degrees.
2. Use a knife to poke squash all over. Microwave on a microwave-safe plate for 5 minutes. Allow squash to cool and cut in half. Scoop out seeds.
3. Place squash halves cut-side down on the plate. Microwave for 10 minutes.
4. Heat oil in a skillet over medium heat. Add onion, pepper and seasoning. Cook for 5 minutes. Add beans and sauce. Stir to mix.
5. Remove squash from the microwave. Cool slightly. Use a fork to scrape squash out of the skin. Add squash and tomato mixture to baking dish. Stir to mix.
6. Sprinkle with cheese. Bake for 15 minutes.

Recipe from:



Spinach

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

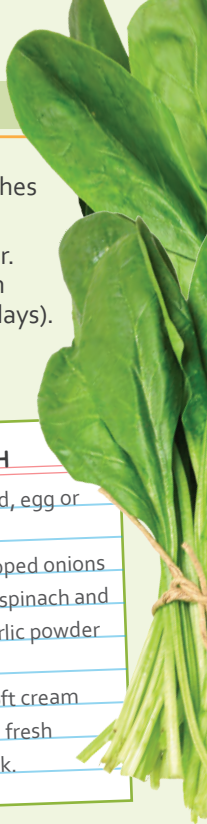
Storage - Store unwashed in the refrigerator. Loosely wrap in damp paper towels and wash before eating or cooking (stays fresh for 3-5 days).

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.

Recipe from: Feeding Pennsylvania and PA Eats



Ingredients

- ☐ 2 cups cooked chickpeas or 1 (15 ounce) can chickpeas, drained and rinsed
- ☐ 1 tablespoon olive oil
- ☐ 1 (7-9 ounce) package of seasoned rice
- ☐ 1 (12 ounce) package of frozen spinach
- ☐ Salt and pepper
- ☐ Grated Parmesan cheese (optional)

Directions

1. Preheat oven to 400 degrees. Drain and rinse chickpeas. Dry chickpeas between 2 paper towels and remove skins.
2. Place chickpeas on a baking sheet, drizzle with tablespoon olive oil. Add salt and pepper. Stir chickpeas until coated with oil.
3. Roast chickpeas for 20 to 25 minutes, or until chickpeas are golden and crunchy.
4. While the chickpeas roast, make the rice as directed on the package. Add the frozen spinach and stir.
5. Cook over low to medium heat until there is no liquid. Stir from time to time.
6. To serve, top the rice with roasted chickpeas. Add Parmesan cheese (optional).



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.



Spinach Salad with Apples and Raisins

Makes 4-6 Servings

Ingredients

Salad

- ☐ 1 bag baby spinach, about 2 cups (10 ounces, washed)
- ☐ 2 apples, chopped
- ☐ 1 cup raisins or dried cranberries
- ☐ 1/2 cup walnuts
- ☐ 1/4 cup cheese

Dressing

- ☐ 1/4 cup canola oil
- ☐ 1/4 cup apple cider vinegar
- ☐ 1 tablespoon sugar
- ☐ Garlic powder (pinch)

Directions

1. Combine spinach, apples, raisins, walnuts and cheese.
2. Mix all dressing ingredients and pour over salad just prior to serving.
3. Add chicken or eggs to salad to make a full meal.



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.



Ham and Spinach Strata

Makes 8 Servings

Ingredients

- | | |
|---|--|
| <input type="checkbox"/> 8 slices of bread (wheat), cubed | <input type="checkbox"/> 1 bell pepper, chopped |
| <input type="checkbox"/> 1 (8 ounce) ham steak, cut into 1-inch cubes | <input type="checkbox"/> 1 tablespoon oil |
| <input type="checkbox"/> 6 large eggs | <input type="checkbox"/> 1/2 teaspoon garlic powder |
| <input type="checkbox"/> 2 cups milk | <input type="checkbox"/> 1 cup shredded cheddar cheese |
| <input type="checkbox"/> 1 onion, chopped | <input type="checkbox"/> 1 (13.5 ounce) can spinach |
| | <input type="checkbox"/> Pepper, to taste |

Directions

1. Grease a 9x13 inch baking pan and spread bread cubes onto the greased pan. Set aside.
2. Drain spinach and pat dry with paper towels. Set aside.
3. In a large pan on the stove, heat oil over medium heat. Add chopped bell pepper and onion, and cook for 3 to 5 minutes, stirring at times.
4. Stir in ham and spinach and keep cooking for 1 to 3 more minutes. Remove the pan from the heat.
5. In a medium mixing bowl, whisk eggs, milk, 1/2 cup cheese and garlic powder. Add pepper, to taste. Pour egg-milk mixture over the bread.
6. Next, add the ham and vegetable mixture on top of the bread and egg mixture. Sprinkle 1/2 cup of cheddar cheese on top.
7. Cover and refrigerate for 4 hours or overnight.
8. Preheat the oven to 350°, remove strata from the fridge, and take off the cover.
9. Bake for 45 to 50 minutes, or until a knife inserted in the middle comes out clean. Remove from the oven and allow to cool for 5 to 10 minutes before serving.

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.



Spinach Orange Salad with 2-Minute Dressing

Makes 2 Servings

Ingredients

Dressing:

- ☐ 1 large orange (about 3/4-1 cup juice)
- ☐ 1 clove garlic, cut small (or 1/4 teaspoon garlic powder)
- ☐ 1 tablespoon apple cider vinegar
- ☐ 3 tablespoons olive oil
- ☐ 1 teaspoon honey
- ☐ Salt and pepper, to taste

Salad:

- ☐ 10-12 ounces fresh spinach leaves, washed
- ☐ 2 oranges, peeled and sliced into rounds
- ☐ 1/4 cup walnuts, chopped

Directions

1. Dressing: Zest the orange into a large salad bowl.* Cut the orange in half and squeeze over the bowl to get all the juice. Add the garlic, olive oil, vinegar, honey, salt and pepper to the bowl. Mix and set aside.
2. Place spinach on plates, top with orange slices and walnuts. Pour dressing over the salad.

***Note:** If you don't have a zester at home, try using the fine side of a cheese grater.

Recipe from: Feeding Pennsylvania and PA Eats



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.

Ingredients

- ☐ 2 tablespoons vegetable oil
- ☐ 2 yellow onions, chopped
- ☐ 2 zucchinis, cubed
- ☐ 2 sweet potatoes, cubed
- ☐ 3 cloves garlic, peeled and minced
- ☐ 2 teaspoons ground cumin
- ☐ 2 tablespoons chili powder
- ☐ 2 teaspoons dried oregano
- ☐ 3 (16 ounce) cans low-sodium dark red kidney beans, drained and rinsed
- ☐ 2 (14.5 ounce) cans low-sodium diced tomatoes
- ☐ 2 cups frozen corn

Directions

1. Put the pot over medium heat and when it is hot, add the oil. Add the onions, zucchini, sweet potatoes, garlic and spices and cook, stirring from time to time, about 20 minutes.
2. Add the kidney beans and tomatoes. Stir and cook, covered, until the squash is tender, about 30 minutes.
3. Add the corn and cook until warmed throughout.

Recipe adapted from: MyPlate Kitchen

<https://www.myplate.gov/recipes/myplate-cnpp/vegetable-chili>



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.

Recipe from: Feeding Pennsylvania and PA Eats

Ingredients

- ☐ 2 tablespoons olive oil, divided
- ☐ 2 medium sweet potatoes, peeled and chopped into small cubes
- ☐ 1 medium apple, peeled and chopped
- ☐ 2 ribs celery, chopped
- ☐ 1/4 teaspoon dried sage
- ☐ 1/4 teaspoon dried thyme
- ☐ 1 box of stove top stuffing
- ☐ 1 1/2 cups low-sodium broth or water
- ☐ Pepper, to taste
- ☐ Dried cranberries or chopped walnuts (optional)

Directions

1. Heat 1 tablespoon oil in a skillet. Add sweet potatoes, apple, and celery and cook over low-medium heat until the sweet potatoes have softened, stirring from time to time. This takes about seven minutes.
2. Add sage and thyme to vegetable-apple mixture and stir.
3. Add dried stuffing mix and broth (or water) to the skillet and stir. Turn up the heat to bring the liquid to a simmer (light bubble), then turn off the heat and place lid over skillet. Allow to sit for 5 minutes, or until all the liquid is gone.
4. Add pepper. If using, add dried cranberries and chopped walnuts.
5. Optional: For a crispy top, place the skillet under the broiler for 3-4 minutes, or until the top layer is golden.



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.



Pasta with Greens, Beans and Chicken

Makes 6 Servings

Ingredients

- ☐ 16 ounces pasta, whole wheat
- ☐ 1 tablespoon vegetable oil
- ☐ 1/2 onion, chopped
- ☐ 3 cloves garlic, chopped
- ☐ 2 cups cooked chicken cubes (or 3 chicken sausages, chopped)
- ☐ 6 cups swiss chard, chopped
- ☐ 1 (15.5 ounce) can low sodium cannellini beans, rinsed and drained (can also use great northern or navy beans)
- ☐ 2 cups chicken broth, low-sodium (or vegetable broth)
- ☐ 1 teaspoon Italian seasoning
- ☐ Salt and pepper, to taste
- ☐ 1/2 cup parmesan cheese (optional)

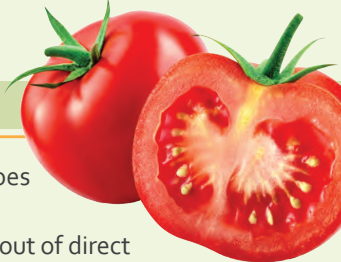
Directions

1. Cook the pasta according to directions on the box.
2. On medium heat, add vegetable oil and onion to a large pan.
3. Cook for 5 minutes; add garlic and cook for 1 minute more.
4. Stir in chopped chicken and cook until heated through.
5. Add swiss chard, beans, chicken or vegetable broth, and spices.
6. Add cooked pasta and stir to combine.
7. Cook for 5 minutes, until pasta is heated through.
8. Add salt and pepper, to taste (optional), and garnish with parmesan cheese before serving (optional).

Recipe adapted from: University of Maryland Extension, MyPlate Kitchen
<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/pasta-greens-beans-and-chicken>



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.



Bruschetta Salad

Makes 5 (1 cup) Servings

Ingredients

- ☐ 3 cups Roma tomatoes, chopped
- ☐ 1/2 cup red onion, chopped
- ☐ 1/4 cup fresh basil, chopped
- ☐ 1/2 teaspoon salt
- ☐ 1/4 teaspoon black pepper
- ☐ 2 tablespoons balsamic or red wine vinegar
- ☐ 1 tablespoon oil
- ☐ 2 cups croutons

Directions

1. Combine the tomatoes, onion, basil, salt, black pepper, vinegar and oil in a bowl.
2. Stir croutons in the salad and serve.



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.



Quinoa Stuffed Tomatoes

Makes 4 Servings



Ingredients

- ☐ 4 medium (2 1/2 inches) tomatoes, rinsed
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons red onions, peeled and chopped
- ☐ 1 cup cooked mixed vegetables—such as peppers, corn, carrots or peas
- ☐ 1 cup quinoa, rinsed
- ☐ 1 cup low-sodium chicken broth
- ☐ 1/2 ripe avocado, peeled and diced
- ☐ 1/4 teaspoon ground black pepper
- ☐ 1 tablespoon fresh parsley, rinsed, dried and chopped (or 1 teaspoon dried)

Directions

1. Preheat oven to 350 degrees. Cut off the tops of the tomatoes and hollow out the insides. (The pulp can be saved for use in tomato soup or sauce or salsa.) Set tomatoes aside.
2. Heat oil in a saucepan over medium-high heat. Add onions, and cook until they begin to soften, about 1–2 minutes. Add cooked vegetables and heat through, another 1–2 minutes.
3. Add quinoa, and cook gently until it smells good, about 2 minutes.
4. Add chicken broth and bring to a boil. Reduce the heat and cover the pan. Cook until the quinoa has absorbed all of the liquid and is fully cooked, about 7–10 minutes.
5. When the quinoa is cooked, remove the lid and gently fluff quinoa with a fork. Gently mix in the avocado, pepper and parsley.
6. Carefully stuff about 3/4 cup of quinoa into each tomato. Place tomatoes on a baking sheet, and bake for about 15–20 minutes, or until tomatoes are hot throughout (tomatoes may be stuffed in advance and baked later). Serve immediately.

Turnips

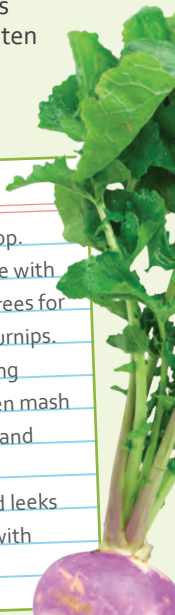
Selection - Choose turnips that feel heavy and have no soft spots. Small to medium turnips are sweetest.

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.



Root Vegetable Hash with Eggs

Makes 2-4 Servings

Ingredients

- ☐ 1/2 cup onion, diced
- ☐ 1 cup potato, diced
- ☐ 1 cup turnip, diced
- ☐ 1 cup carrot, diced
- ☐ 1 tablespoon olive oil
- ☐ 1/4 cup water
- ☐ 1 teaspoon garlic powder
- ☐ 1 tablespoon Italian seasoning
- ☐ Pepper, to taste
- ☐ 4 eggs

Directions

1. Heat a pan over medium heat. Add olive oil and onion. Cook for about 3 minutes.
2. Add in diced potato, turnip and carrots. Season with garlic powder and Italian seasoning. Cook for 5 more minutes, stirring occasionally.
3. Add water and cover pan with a lid.
4. Turn heat to low and cook 8-10 minutes. Take the lid off and cook 5 more minutes.
5. Crack eggs on top of vegetable mixture and cook for about 5-8 more minutes until eggs are cooked.

Recipe from: Feeding Pennsylvania



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.



Squash Au Gratin

Makes 7 Servings

Ingredients

- ☐ 4 cups yellow squash, thinly sliced
- ☐ 1/2 cup onion, sliced
- ☐ 2 tablespoons water or broth
- ☐ 1 tablespoon butter or margarine
- ☐ 1 teaspoon Italian spice mix
- ☐ Salt and pepper
- ☐ 3 tablespoons Parmesan cheese (grated)

Directions

1. Wash and slice vegetables. Place zucchini, onion, water, butter, Italian spice mix, salt and pepper in a frying pan. Cover and cook over medium heat for 1 minute.
2. Remove cover and cook until crisp-tender, about 10 minutes.
3. Turn with large spoon to cook evenly.
4. Sprinkle with cheese; toss lightly.

Recipe adapted from: Michigan State University Cooperative Extension Service,
Eating Right is Basic Nutrition Education Program, MyPlate Kitchen
<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/zucchini-au-gratin>



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.

Ingredients

- ☐ 1 tablespoon oil
- ☐ 1 onion (medium), diced
- ☐ 1 pound ground meat (lean beef or turkey)
- ☐ 1/4 teaspoon black pepper
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon cumin
- ☐ 1 (14.5 ounce) can diced tomatoes with green chilis
(or 1 fresh tomato with 1 jalapeno)
- ☐ 1/2 cup tomato juice, low-sodium
- ☐ 2 zucchini (medium), sliced and cut into bite size pieces

Directions

1. Heat oil in pan. Once hot, add onions. Cook until clear.
2. Add ground meat to pan and cook through. Add spices, canned tomatoes and tomato juice.
3. Cover pan and cook on low for about 10 minutes.
4. Add in zucchini and stir. Cover and cook about 5-7 more minutes.

