



# HEALTHY FOOD FOR A HEALTHIER YOU

IN-SEASON TIPS AND  
RECIPES TO EAT HEALTHY



Kalamazoo**VALLEY**<sup>™</sup>



Van Eerden Foodservice is a proud distributing partner of the USDA boxes and honored to support the Michigan communities we serve. We hope you enjoy this valuable resource created by Bronson & KalamazooValley.

# WELCOME TO HEALTHY FOOD FOR A HEALTHIER YOU.

In the following pages, you'll find tips for storing, preparing and eating a variety of fresh fruits and vegetables. Eating plenty of fruits and vegetables is one of the healthiest and cheapest ways to improve your health. We believe healthy food is medicine!

Due to Covid-19, many community members, including families, children, pregnant women and older adults are receiving boxes of fresh produce at no charge or very low cost. You may have received a box of produce from your Area Office on Aging, a local food pantry, the school district, or another community organization that is looking out for YOU and YOUR health.

We hope this booklet and these recipes will give you ideas about how to use the delicious healthy fruits and vegetables you receive and purchase. Most of the recipes included in this booklet are written to serve two people but can easily be doubled or tripled.

Cooking and preparing food should be fun and enjoyable. We hope you experiment with the recipes and tips in this booklet, and make them your own using other foods, spices, and seasonings you have at home.

Feel free to copy and share this booklet with...

- your family and friends
- any community members or organizations you work with
- any individuals you serve

This resource was created through a partnership between Bronson Community Health, Equity and Inclusion Department and Kalamazoo Valley Community College's Community Culinary and Nutrition Department. Working together, our goal is to inspire healthier communities. If you have questions about this resource please contact, Chris Flood, Bronson Health Education Supervisor at [floodc@bronsonhg.org](mailto:floodc@bronsonhg.org).

You can download this resource as a PDF (color or grayscale) at the Bronson Wellness Center Web site, under the Nutrition tab, at [www.bronsonwellnesscenter.com](http://www.bronsonwellnesscenter.com).

## Bronson Providers Are Here For You

Don't put off the care you need because of COVID-19. We are safely scheduling office and video visits for routine care as well as specialty care, including procedures and surgeries. Call your provider or the Bronson Care Advisors at (269) 341-7788 for an appointment. Learn more at [bronsonhealth.com/needcarenow](http://bronsonhealth.com/needcarenow).



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# ENJOY MORE APPLES



## **WHY EAT APPLES?**

Eat the peel! It has fiber, antioxidants, and lots of flavor. Apples also contain a type of fiber called pectin, which can improve gut and immune system health.

## **STORAGE, SKILLS AND SAFETY**

- Apples can be hard to chew! Sauté apples with cinnamon and oil for a soft and sweet snack.
- Make cutting easier. Cut off one side of an apple to make a flat side. Place the flat side on a cutting board to prevent it from rolling around. Then, chop or slice.
- To keep apples fresher longer, wrap them in damp paper towel and store in the crisper drawer of the refrigerator.

## **WAYS TO ENJOY MORE APPLES**

*You can eat apples raw or cooked. Try these ideas:*

1. Slice apples and dip in peanut butter or yogurt.
2. Add apples to a green salad.
3. Stir chopped apples into muffin, pancake or quick bread batter.
4. Add diced apples to chicken, tuna or potato salad.
5. Make homemade applesauce or apple butter.
6. Add sliced apples and cranberry sauce to a turkey sandwich.





# RECIPE **GOLDEN** **APPLE OATMEAL**

SOURCE, WASHINGTON APPLE COMMISSION. SNAP-ED  
SERVING SIZE – ½ THE RECIPE | SERVES 2

## **INGREDIENTS**

- 1 small apple, diced (about ½ cup)
- ⅓ cup apple juice
- ⅓ cup water
- ⅛ teaspoon cinnamon
- ⅛ teaspoon nutmeg
- ⅛ teaspoon salt (optional)
- ⅓ cup quick cooking oats

## **DIRECTIONS**

1. In small pot, combine apple, apple juice, water, cinnamon, nutmeg, and salt (if desired).
2. Heat to boiling. Stir in oats and cook 1 minute.
3. Cover and let stand two minutes before serving. Serve hot.
4. Refrigerate leftovers in a small airtight container within 2 hours. Eat leftovers within 3 days.

*Nutrition Facts: Per Serving 80 calories, 1g fat, 0g sat fat,  
17g carbohydrates, 2g protein, 153mg sodium, 3g fiber*

# ENJOY MORE CABBAGE



## **WHY EAT CABBAGE?**

Cabbage is high in Vitamin C and is a good source of fiber. It is also fat-free, very low in sodium and low in calories.

## **STORAGE, SKILLS AND SAFETY**

- Buy cabbage that is heavy for its size, with tightly compacted leaves.
- Wrap cut cabbage in plastic wrap or place in a plastic bag. It will stay fresh about two weeks.
- Cooked cabbage should be eaten within three days.

## **WAYS TO ENJOY MORE CABBAGE**

*You can eat cabbage raw or cooked. Try these ideas:*

1. Make coleslaw: Combine  $\frac{1}{4}$  cup mayonnaise, 1 tablespoon sugar, 2 teaspoons lemon juice or cider vinegar,  $\frac{1}{8}$  teaspoon salt, and  $\frac{1}{4}$  teaspoon pepper. Mix well. Stir dressing into a mix of 2 cups shredded cabbage and  $\frac{1}{2}$  cup shredded carrots.
2. Add chopped cabbage to a stir-fry.
3. Add shredded cabbage to canned or homemade soup.



# RECIPE SAUTÉED CABBAGE AND APPLES

SOURCE: ADAPTED, PRODUCE FOR BETTER HEALTH  
SERVING SIZE – ½ CUP | SERVES 4

## INGREDIENTS

- 1½ teaspoons butter, margarine or oil
- 2 cups cabbage, finely shredded
- 1 apple, chopped or grated
- ⅛ teaspoon salt
- ⅛ teaspoon pepper
- Pinch of sugar
- 2 tablespoons water
- 1 tablespoon lemon juice or vinegar

## DIRECTIONS

1. Heat butter, margarine or oil in skillet.
2. Add cabbage and apples and sprinkle with salt, pepper, and a pinch of sugar.
3. Add water, and vinegar or lemon juice.
4. Cover pan with tight-fitting lid to hold in steam.
5. Cook over low heat until cabbage is tender (about 6-10 minutes). Stir occasionally to prevent sticking. Serve warm.
6. Refrigerate leftovers in a small airtight container within 2 hours. Eat leftovers within 3 days.

*Nutrition Facts: Per Serving 97calories, 3.5g fat, .5g sat fat,  
16g carbohydrates, 1g protein, 154mg sodium, 4g fiber*

# ENJOY MORE CARROTS



## **WHY EAT CARROTS?**

Carrots contain beta carotene, which plays an important role in eye health and immunity. They are also a great source of fiber, which makes them a filling snack!

## **STORAGE, SKILLS AND SAFETY**

- Peeling carrots can be tricky. Skip that step and eat the peel. Just scrub them first, then enjoy!
- Raw carrots can be hard to chop and chew. To soften carrots, boil or microwave them in water before preparing your meal.
- To keep carrots fresh longer, wrap them in a paper towel and then place them in a plastic bag in the refrigerator.

## **WAYS TO ENJOY MORE CARROTS**

*You can eat carrots raw or cooked. Try these ideas:*

1. Chop carrots up and add them to a stir-fry.
2. Cut carrots into sticks and enjoy with peanut butter or hummus for extra protein.
3. Grate carrots and add them to pancakes, muffins or quick breads.
4. Sauté carrots with onion and add them to your next pasta dish.
5. Add cooked carrots to canned soup for extra nutrients and flavor!





## RECIPE

# GLAZED CARROTS

SOURCE: ADAPTED, PENNSYLVANIA NUTRITION EDUCATION PROGRAM  
PENNSYLVANIA NUTRITION EDUCATION NETWORK WEBSITE RECIPES. SNAP ED.  
SERVING SIZE –  $\frac{1}{3}$  THE RECIPE | SERVES 3

### INGREDIENTS

- 3-5 carrots
- 1 tablespoon margarine or butter
- $\frac{1}{2}$  cup water
- $\frac{1}{8}$  teaspoon salt
- $\frac{1}{8}$  teaspoon pepper
- 1 teaspoon sugar

### DIRECTIONS

1. Peel the carrots. Cut in half lengthwise, and then cut into 1-inch pieces.
2. Melt the margarine or butter in a saucepan on low heat.
3. Add the carrots. Stir to coat them with the margarine.
4. Add the water, salt and pepper.
5. Cover and simmer for about 15 minutes until tender.
6. Drain the water and add the sugar. Cover the pan.
7. Shake the pan back and forth on the burner for 1 minute.
8. Cook 1 minute more, until the carrots are glazed but not brown.
9. Refrigerate leftovers in an airtight container within 2 hours. Eat leftovers within 3 days.

**Nutrition Facts:** Per Serving 102 calories, 4g fat,  
16g carbohydrates, 2g protein, 118mg sodium, 4g fiber.

# ENJOY MORE CORN



## **WHY EAT CORN?**

Corn provides vitamins and minerals including potassium, magnesium, and B vitamins. One large ear of corn provides about 10% of your daily vitamin C needs!

## **STORAGE, SKILLS AND SAFETY**

- Corn on the cob can be hard to bite into. If you prefer, use a sharp knife to cut the kernels off the cob.
- When removing corn from the cob, hold the knife at the top of its handle for better control.
- Fresh corn only lasts a few days. Freeze corn to enjoy it all year long. To freeze: Remove the husk and silk. Immerse whole ears of corn in boiling water and boil five minutes. Remove from boiling water and place in ice water for 1-2 minutes. Drain, let dry, and place whole ears or corn cut from the cob, in a zip top bag. Freeze for up to six months.

## **WAYS TO ENJOY MORE CORN**

*You can enjoy corn hot or cold. Try these ideas:*

1. Add corn to any green salad for sweetness and crunch.
2. Mix corn in salsa or guacamole! Try a combination of corn, pineapple, and peach to make a sweet summer salsa.
3. Flavor corn with lime juice, chili powder, cayenne pepper, or chives for a new taste.





# RECIPE

## MICROWAVE POTATO CORN CHOWDER

SOURCE: ADAPTED, CHOOSE MYPLATE. MONTANA STATE  
UNIVERSITY EXTENSION SERVICE. MONTANA EXTENSION NUTRITION  
EDUCATION PROGRAM WEBSITE RECIPES. SNAP ED.  
SERVING SIZE – ½ CUP | SERVES 4

### INGREDIENTS

- ¼ cup margarine or butter
- ¼ cup flour
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- 2 cups low-fat milk
- 2 small potatoes, peeled and diced
- 2 cups fresh corn, cut from the cob
- Toppings: shredded cheese, onion, crumbled bacon (optional)

### DIRECTIONS

1. Melt margarine or butter in glass bowl on HIGH for 30-50 seconds.
2. Stir in flour, salt and pepper until smooth.
3. Whisk milk into flour-margarine mixture.
4. Cook on HIGH for 6-8 minutes, until thickened, stirring well each minute. Set sauce aside.
5. In a separate microwave safe bowl, cook diced potatoes in 1 cup water. When potatoes are done, add them and cooking water to the sauce.
6. Stir in two cups of fresh corn, or one 16 oz. can of corn, drained. Simmer over medium heat, 2-3 minutes, or until hot.
7. If desired, top with shredded cheese, onion, or crumbled bacon.
8. Refrigerate leftovers in a small airtight container within 2 hours. Eat leftovers within 3 days.

*Nutrition Facts: Per Serving 327 calories, 14g fat, 3g sat fat,  
42g carbohydrates 11g protein, 250mg sodium, 4g fiber*

# ENJOY MORE CUCUMBERS



## **WHY EAT CUCUMBERS?**

Cucumbers are a low-calorie vegetable that contains vitamin C, potassium, and fiber. Cucumbers are 96% water, which makes them the perfect refreshing snack. They also have vitamin K1 which can promote bone health as we age.

## **STORAGE, SKILLS AND SAFETY**

- Store cucumbers in a cool, dry place such as the vegetable drawer in your refrigerator. Cucumbers don't like to get too cold. Wrap whole cucumbers in a clean kitchen towel before storing.
- Cucumbers can roll off your counter. To avoid this, slice your cucumber in half and place the flat side on your cutting board while you are chopping.
- Switch things up! Try cutting your cucumber into sticks and enjoy them with your favorite dip.

## **WAYS TO ENJOY MORE CUCUMBERS**

*Try these ideas:*

1. Mix together chopped cucumbers, tomatoes, peppers, and feta cheese for a Greek salad!
2. Dip sliced cucumbers in hummus or plain Greek yogurt for a healthy snack.
3. Swap out bread or chips for cucumbers sliced when enjoying dip.
4. Season cucumbers with dill, basil, rosemary, lemon, or pepper.
5. Give wraps or sandwiches extra crunch by adding cucumber.
6. Spread hummus or low-fat cream cheese on whole grain crackers. Stack cucumber slices on top.



## RECIPE

# TUNA BOATS

SOURCE: ADAPTED, SAN FRANCISCO HUMAN SERVICES AGENCY.  
EATFRESH. SHARE OUR STRENGTH'S COOKING MATTERS. SNAP ED.  
SERVING SIZE – ½ CUCUMBER, EACH | SERVES 4

### INGREDIENTS

- 2 large cucumbers
- 1 lemon
- 2 green onions
- 1 (6 oz.) can low-sodium tuna, in water
- 1 (15.5 oz.) can white beans
- 1 tablespoon oil
- 1 tablespoon Dijon or country mustard
- ½ teaspoon salt
- ¼ teaspoon pepper

### DIRECTIONS

1. Rinse cucumbers. Cut lengthwise. Scoop out the seeds with a spoon.
2. Rinse lemon. Zest using the small holes of a box grater. Cut in half. In a small bowl, squeeze out the juice. Discard seeds.
3. Rinse and chop green onions.
4. Drain tuna. In a colander, drain and rinse beans.
5. In a medium bowl, mash beans lightly with a fork.
6. Add green onions, tuna, oil, mustard, salt, pepper, lemon zest, and 2 tablespoons of the lemon juice to beans. Mix with a fork.
7. Fill each cucumber half, with ½ tuna mixture. Serve.
8. Refrigerate leftovers in an airtight container within 2 hours. Eat leftovers within 3 days.

**Nutrition Facts:** Per Serving 206 calories, 4g fat, <1g sat fat, 23g carbohydrates, 19g protein, 410mg sodium, 7g fiber.



# ENJOY MORE LETTUCE



## **WHY EAT LETTUCE?**

Lettuce is fat-free, low-calorie and low-sodium. Lettuce is mostly water so eating lettuce helps you stay hydrated. Depending on the kind and color, lettuce contains different nutrients. The more colorful lettuce and other salad greens are, the better they are for you.

## **STORAGE, SKILLS AND SAFETY**

- Choose crisp lettuce. Avoid dried out or brown edges. If the outside leaves are wilted, peel them off and look at the leaves inside. They may be fine to eat.
- Refrigerate lettuce in a plastic bag, or covered with plastic wrap, in the vegetable drawer. Lettuce will last for 7-14 days.
- Wash lettuce before using. Pat dry or place on paper towel, or a clean kitchen towel to dry.
- To make lettuce stay fresh longer, tear it with your hands instead of cutting it with a knife.

## **WAYS TO ENJOY MORE LETTUCE**

*Try these ideas:*

1. Add chopped lettuce to wraps and sandwiches.
2. Make lettuce wraps. Use large lettuce leaves instead of bread. Fill with tuna salad or egg salad. Roll and eat!
3. Make taco salad: Brown ground beef or turkey with onions. Add taco seasoning to taste. Serve over chopped lettuce. Add tomatoes, onions, cheese, salsa, and low-fat sour cream or plain Greek yogurt. Crumble a few tortilla chips on top.
4. Serve potato salad over a bed of chopped lettuce.



# RECIPE RAINBOW SALAD WITH GARLIC AND HERB DRESSING

SERVING SIZE – ABOUT 1 CUP | SERVES 2

## INGREDIENTS

- ¼-½ head lettuce
- 1 cup chopped veggies (i.e. cucumber, peppers, lettuce, carrots, tomatoes zucchini, etc.)

## DRESSING

- 6 tablespoons oil
- 2 tablespoons apple cider or wine vinegar
- 1 teaspoon mustard
- 1 clove minced garlic or ¼ teaspoon garlic powder
- ½ teaspoon Italian seasoning
- ¼ teaspoon salt
- ¼ teaspoon pepper

## DIRECTIONS

1. Make the dressing: In an 8 ounce jar with a lid, combine oil, vinegar, mustard, garlic and spices. Put on the lid and shake well.
2. Wash lettuce. Chop or tear into bite-size pieces.
3. Toss lettuce and chopped veggies together.
4. Drizzle dressing on top and toss again. Serve immediately. Extra dressing will keep up to a week in the refrigerator.

**Make it a meal!** Add canned tuna, hard-boiled eggs, turkey lunchmeat, leftover meat, or canned beans such as garbanzo beans or kidney beans.

*Nutrition Facts: Per Serving 152 calories, 14g fat, 1g sat fat, 6g carbohydrates, 2g protein, 116mg sodium, 2g fiber*

# ENJOY MORE ONIONS



## **WHY EAT ONIONS?**

Onions are fat free, cholesterol free, and offer powerful antioxidants. Onions also help feed good bacteria that help keep your gut healthy.

## **STORAGE, SKILLS AND SAFETY**

- Choose onions that are firm and dry.
- Store onions in a cool, dark place.
- Refrigerate cut onions in a tightly sealed container and use within 3 days.

## **WAYS TO ENJOY MORE ONIONS**

*You can eat onion raw or cooked. Try these ideas:*

1. Top salads or sandwiches with thinly sliced onions!
2. Sauté with peppers and add to scrambled eggs.
3. Dice onions into small pieces, and add to sauces, dips, and dressings.





# RECIPE

## FRENCH ONION SOUP

ADAPTED, SAN FRANCISCO FOOD BANK A-Z,  
SAN FRANCISCO MARIN FOOD BANK, EAT FRESH.  
SERVING SIZE – 1 CUP | SERVES 4

### INGREDIENTS

- ¼ cup butter or margarine
- 1 teaspoon white sugar
- 3 onions, thinly sliced
- 1 tablespoon flour
- 2½ cups water
- ½ cup red wine
- 2 (10.5 oz.) cans beef broth
- 1 French baguette (optional)
- 4 slices Swiss cheese

### DIRECTIONS

1. Melt butter or margarine in pan, stir in sugar. Cook onions over medium heat for 10 minutes, until golden brown.
2. Stir in flour until well blended with the onions. Add water, wine, and beef broth. Heat to boiling. Ladle soup into four oven or microwave safe bowls.
3. Cut four 1-inch thick slices of bread from the loaf, toast bread slices at 325°F until browned.
4. Place one toasted bread slice in each bowl of soup, then top with one slice of cheese.
5. Place oven-safe soup bowls on a baking sheet for easier handling. Bake at 425°F for 10 minutes, or just until cheese is melted. Note: if you do not have oven-safe bowls, you can use microwave-safe bowls and melt the cheese in the microwave.
6. Refrigerate leftovers in a small airtight container within 2 hours. Eat leftovers within 3 days.

**Nutrition Facts:** Per Serving 300 calories, 14.5g fat, 9g sat fat,  
27.3g carbohydrates, 12.8g protein, 291mg sodium, 3.4g fiber

# ENJOY MORE ORANGES



## **WHY EAT ORANGES?**

Oranges are full of fiber, which can help keep you full throughout the day. Oranges also contain Vitamin C, thiamin and folate. These vitamins can help fight infections and convert food into energy for the body and brain.

## **STORAGE, SKILLS AND SAFETY**

- Oranges can last up to two weeks in the refrigerator. Wash oranges when you are ready to eat them to prevent mold and spoilage.
- If peeling oranges is difficult, use a knife to cut through the peel to get started!
- Try putting damp paper towels under your cutting board to prevent your cutting board from sliding while you slice oranges.

## **WAYS TO ENJOY MORE ORANGES**

*There are many ways you can eat oranges. Try these ideas:*

1. Add oranges to yogurt or oatmeal for fiber and flavor.
2. Top grilled chicken or fish with a chopped orange salsa.
3. Add orange slices to ice water to help you stay hydrated.
4. Add orange slices to a green summer salad!
5. Create a sweet and savory side dish by baking Brussel sprouts with orange sections and bacon.



# RECIPE ORANGE BANANA FROSTY

ADAPTED, RECIPE COLLECTION, P. 5, STAFF FROM THE UNIVERSITY OF  
NEBRASKA-LINCOLN COOPERATIVE EXTENSION,  
UNIVERSITY OF NEBRASKA. SNAP-ED.  
SERVING SIZE – ½ CUP | SERVES 2

## INGREDIENTS

- 1 frozen banana
- ½ cup plain or flavored low-fat yogurt
- ½ cup orange juice

## DIRECTIONS

1. Put all ingredients in a blender and mix well.
2. Add more liquid if you want the drink thinner, add ice if you want the drink frostier.
3. Pour leftover smoothie into an ice cube tray, and freeze for a treat later. Pop frozen cubes into your next smoothie creation.

*Nutrition Facts: Per Serving 120 calories, 1g fat, 0g sat fat,  
25g carbohydrates, 4g protein, 45mg sodium, 2g fiber*

# ENJOY MORE PEARS



## **WHY EAT PEARS?**

Pears contain potassium, which helps control high blood pressure. They are also a rich source of folate, vitamin C, and fiber to keep you healthy.

## **STORAGE, SKILLS AND SAFETY**

- If you find pears hard to chew or cut, let them ripen for a few days. They will be juicy, delicious, and easier to eat!
- To ripen pears faster, place them near ripe apples or bananas. If you want to keep your pears as long as possible, store them in the refrigerator. They will last several weeks this way.

## **WAYS TO ENJOY MORE PEARS**

*You can eat pears raw or cooked. Try these ideas:*

1. Add sliced pears to sandwiches for a tasty crunch.
2. Cut pears into sticks and serve with peanut butter, yogurt, or chocolate sauce.
3. Try sautéing pears with oil or butter and cinnamon for a sweet treat!
4. Top peanut butter toast with sliced pears and cinnamon.
5. Enjoy sliced pears with cheese and crackers for a sweet and savory snack.





# RECIPE

## ROASTED PEAR CRUMBLE WITH HONEY YOGURT

ADAPTED, SNAP-ED. PEAR BUREAU NORTHWEST.

USA PEARS. SNAP-ED

SERVING SIZE – ½ PEAR | SERVES 4

### INGREDIENTS

- ¼ cup old-fashion oats
- ¼ cup coarsely chopped almonds
- 2 tablespoons flour
- ½ teaspoon cinnamon
- Pinch of salt
- 3 tablespoons honey (divided)
- 2 tablespoons plus 1 teaspoon olive or cooking oil (divided)
- 2 firm but ripe pears, halved and cored
- ⅔ cup plain yogurt

### DIRECTIONS

1. Position a rack in the middle of the oven and preheat to 375°F.
2. In a medium bowl, combine the oats, almonds, flour, cinnamon, and a pinch of salt. Drizzle in 2 tablespoons of both the honey and oil. Stir to combine until everything looks wet and clumpy.
3. Arrange the pears with cut sides up in a square baking dish.
4. Drizzle the pears with the remaining 1 teaspoon of oil, and rub them lightly to coat all sides.
5. Divide the crumble mixture, loosely placing it on each pear.
6. Bake the pears until tender, when pierced with a fork and the topping is brown and crisp, 30 to 35 minutes.
7. In a small bowl, stir the remaining 1 tablespoon honey into the yogurt. Spoon the yogurt into four bowls, and place the warm pears on top.
8. Refrigerate leftovers within 2 hours. Eat leftovers within 3 days.

**Nutrition Facts:** Per Serving 253 calories, 36g carbohydrates,  
141 mg sodium, 12g fat 4g protein, 4g fiber

# ENJOY MORE PEPPERS



## **WHY EAT PEPPERS?**

Peppers are full of vitamin C! Just ½ cup of bell peppers contains 100% of your vitamin C needs for the day. Vitamin C helps keep hair and skin healthy. Bell peppers are also a great source of fiber, potassium, and vitamin B6!

## **STORAGE, SKILLS AND SAFETY**

- Bell peppers last 1 to 2 weeks in the refrigerator. You can also freeze them. To freeze, first remove the stems and seeds then chop. Lay the chopped peppers on a baking tray so the pieces are not touching then freeze. When frozen, put them in a freezer-safe bag and save for later.
- To avoid making a mess, chop around the stems and seed instead of through the bell pepper.

## **WAYS TO ENJOY MORE PEPPERS**

*You can eat peppers raw or cooked. Try these ideas:*

1. Cook with onions and add to a pasta dish for extra flavor and nutrients.
2. Slice into strips and enjoy with dip instead of crackers or chips.
3. Add bell peppers to your next wrap or sandwich for a sweet crunch.
4. Dice bell peppers and add them to chicken, tuna, or potato salads.
5. Sautéed peppers make the perfect addition to burritos and taco bowls.





# RECIPE

## STUFFED BELL PEPPERS

ADAPTED, ONIE PROJECT, OKLAHOMA NUTRITION  
INFORMATION AND EDUCATION. SNAP-ED  
SERVING SIZE – 1 PEPPER | SERVES 4

### INGREDIENTS

- 4 bell peppers (red, orange, yellow, or green)
- 1 pound ground beef, 90% lean
- $\frac{3}{4}$  cup quick cooking brown rice
- $\frac{1}{2}$  can diced tomatoes, low-sodium
- 3 tablespoon lemon juice
- $\frac{1}{4}$  teaspoon cinnamon
- $\frac{1}{4}$  teaspoon allspice
- $\frac{1}{4}$  teaspoon ground black pepper

### DIRECTIONS

1. Cut a hole in the tops of the bell peppers. Remove the seeds and the core, and then set aside.
2. Cook ground beef, until temperature reaches 160°F.
3. In a large bowl, combine rice, diced tomatoes, lemon juice, cinnamon, allspice, and pepper, and stir until completely mixed. Mix in the cooked meat.
4. Fill the bell peppers with meat mixture.
5. Place the stuffed bell peppers in large stockpot on stove, with the tops facing up. Add 1-inch water to bottom of pot and cover.
6. Place heat on medium, keeping covered for 30-40 minutes until rice is tender. Serve hot.
7. Refrigerate leftovers within 2 hours. Eat leftovers within 3 days. Be sure to reheat peppers until they reach 165°F.

*Nutrition Facts: Per Serving 302 calories, 12g fat,  
20g carbohydrates, 28g protein, 63mg sodium, 4g fiber*

# ENJOY MORE POTATOES



## **WHY EAT POTATOES?**

Potatoes are tasty, versatile, and loaded with potassium! One potato gives you 21% of your daily need for potassium. Potassium is good for your muscles and heart.

## **STORAGE, SKILLS AND SAFETY**

- Store potatoes in a cool, dry place.
- Wash potatoes thoroughly with water, and cut out “eyes” before cooking.
- Store leftover cooked potatoes in the refrigerator within two hours of serving.
- Use leftover potatoes within 3 days.

## **WAYS TO ENJOY MORE POTATOES**

*There are many different ways you can eat potatoes. Try these ideas:*

1. Poke holes in the potatoes and microwave until tender (about 8 minutes), top with plain Greek yogurt, cheese, salsa, and diced peppers!
2. Cut into thin slices, toss with a little oil and salt. Roast in the oven at 400°F for 25 minutes, turning once, until they are golden brown on both sides.
3. Bake potatoes at 350°F for 30-40 minutes, let cool and then peel. Grate peeled potatoes and cook in a skillet with diced veggies for hash browns.



# RECIPE

## ONE PAN POTATOES AND CHICKEN

ADAPTED, UNIVERSITY OF KENTUCKY, COOPERATIVE  
EXTENSION SERVICE, FOOD AND NUTRITION CALENDAR 2005,  
KENTUCKY FAMILIES ON THE MOVE. SNAP-ED  
SERVING SIZE – ½ RECIPE | SERVES 2

### INGREDIENTS

- 2 potatoes, medium, cut into cubes, microwaved 6-10 minutes until tender
- ½ pound boneless, skinless chicken breast, cut into cubes
- 1 tablespoon oil
- ¼ cup salsa
- 1 cup frozen corn or canned corn, drained

### DIRECTIONS

1. Cook potatoes as directed.
2. In a large skillet, brown chicken in oil on high for 5-7 minutes.
3. Add potatoes to the skillet and cook until potatoes are golden brown.
4. Add salsa and corn.
5. Cook until chicken is fully cooked and temperature reaches 165°F.

*Nutrition Facts: Per Serving 285 calories, 7g fat, 1g sat fat,  
35g carbohydrates, 21g protein, 316mg sodium, 4g fiber*

# ENJOY MORE RADISHES



## **WHY EAT RADISHES?**

Radishes are a good source of Vitamin C. They are also fat-free, very low in sodium and low in calories.

## **STORAGE, SKILLS AND SAFETY**

- Radishes should be smooth and brightly colored without dark spots. Attached tops should be green and fresh looking.
- Remove radish tops before storing. Store in a plastic and use within 7-10 days. If radishes feel slimy, throw them away.
- To eat, cut off the remaining green tops and the tip if it has a stringy end.

## **WAYS TO ENJOY MORE RADISHES**

*There are many different ways you can eat radishes. Try these ideas:*

1. Add to salads and coleslaw for a peppery bite.
2. Dice and use as a topping for fish or chicken tacos.
3. Eat plain as a snack or dip them in hummus or your favorite veggie dip.
4. Roast them; it makes them sweet! Follow the recipe below.



# RECIPE **SWEET OVEN-ROASTED RADISHES**

SERVING SIZE – ½ CUP | SERVES 2-4

## **INGREDIENTS**

- 1 bunch radishes, greens and tips removed
- 2-3 teaspoons olive oil or cooking oil
- Salt and pepper

## **DIRECTIONS**

1. Wash radishes. Pat dry and place on a baking sheet.
2. Drizzle with oil (any kind) and sprinkle with salt and pepper.
3. Roast at 400°F until radishes are tender when poked with a fork.
4. Serve as a sides dish or pile them on buttered toast. Drizzle with honey.

*Nutrition Facts: Per Serving 54 calories, 4.5g fat, .5g sat fat, 3g carbohydrates, .5g protein, 325mg sodium, 1.5g fiber*



# ENJOY MORE SWEET POTATOES



## **WHY EAT SWEET POTATOES?**

Sweet potatoes are very nutritious! They are high in fiber, vitamin A, vitamin C, and potassium. They also contain iron and magnesium. Sweet potatoes are fat free and low sodium.

## **STORAGE, SKILLS AND SAFETY**

- Choose firm, small- to medium-sized potatoes. Avoid cracks and soft or dark spots. Store sweet potatoes in a cool dry place, away from onions. Use within 2-3 weeks.
- Before using, scrub clean with a vegetable brush. Remove any “eyes” or dark spots.
- Sweet potatoes can be hard to cut, especially the big ones. If they are too hard, place potatoes in the microwave and cook on high for 1-2 minutes before slicing.

## **WAYS TO ENJOY MORE SWEET POTATOES**

*Try these ideas:*

1. Substitute sweet potatoes for white potatoes in potato salad.
2. Add cooked sweet potato slices to sandwiches and wraps.
3. Spritz cooked sweet potato with lemon or orange juice. Drizzle with maple syrup.
4. Make sweet potato hash. Sauté cubed sweet potatoes with leftover bits and pieces of veggies such as onions, peppers or asparagus. Serve cooked eggs on top.
5. Make mashed potatoes with half sweet potatoes and half white potatoes.
6. Add leftover cooked sweet potatoes to a smoothie. Add a dash of cinnamon and nutmeg.





# RECIPE SWEET POTATO FRIES

SOURCE: ADAPTED, USDA MYPLATE  
SERVING SIZE – ABOUT 1 CUP | SERVES 2

## INGREDIENTS

- 2 sweet potatoes
- Cold water
- 2-3 teaspoons olive oil or cooking oil
- 2 teaspoons cornstarch
- ¼ teaspoon garlic powder
- ¼ teaspoon chili powder
- ¼ teaspoon pepper
- Salt

## DIRECTIONS

1. Scrub sweet potatoes. Peel if desired.
2. Cut off about ½ inch from both ends of potatoes. Carefully slice off one side (lengthwise). Once you have a flat side, place the flat side on the cutting board and cut the remaining sides until you have a rectangle. Slice into sticks.
3. Soak the sticks/fries in cold water for at least an hour (and up to 1 day). Pat dry.
4. Transfer fries to a bowl or zip-top bag and toss with oil to coat. Add cornstarch and spices and toss again.
5. Place fries on baking sheet lined with parchment. Spread them out evenly.
6. Bake at 425°F until crispy. Flip once halfway through. Remove from oven and sprinkle with salt. Let rest a few minutes then eat.

*Nutrition Facts: Per Serving 105 calories, 4.5g fat, .5g sat fat, 17g carbohydrates, 1g protein, 165mg sodium, 2g fiber*

# ENJOY MORE TOMATOES



## **WHY EAT TOMATOES?**

Tomatoes contain lycopene, an antioxidant that gives them their bright red color. Antioxidants may have a role in keeping your heart healthy and preventing cancer. They are also filled with C, vitamin A, potassium and fiber.

## **STORAGE, SKILLS AND SAFETY**

- Store whole tomatoes at room temperature, away from sunlight for best flavor. Once cut, tomatoes should be stored in the refrigerator.
- It's easiest to cut tomatoes with a knife that has rough edges. This is called a serrated knife.

## **WAYS TO ENJOY MORE TOMATOES**

*You can eat tomatoes cooked or raw. Try these ideas:*

1. Dice tomatoes with onion and add lime juice to make a homemade salsa.
2. Scramble tomatoes into eggs for a veggie packed breakfast.
3. Sauté tomatoes with canned coconut milk, curry powder, cumin and garlic to make a tasty curry sauce.
4. Top toast with cream cheese and sliced tomatoes for a filling and tasty snack.
5. Season tomatoes with dried parsley basil, garlic and balsamic vinegar.
6. Roast tomatoes in the oven with olive oil and garlic to make a tasty side dish.



# RECIPE

## TOMATO AND GARLIC OMELET

ADAPTED, SOURCE: CALIFORNIA CHAMPIONS FOR CHANGE, BREAKFAST RECIPES CALIFORNIA DEPARTMENT OF PUBLIC HEALTH, NETWORK FOR A HEALTHY CALIFORNIA. SNAP-ED.  
SERVING SIZE – 1 OMELET | SERVES 1

### INGREDIENTS

- ½ slice whole grain bread
- 1 teaspoon olive oil
- 1 garlic clove, finely chopped
- Cooking spray
- ¾ cup egg substitute, or 2-3 whole eggs
- 2 tablespoons mozzarella cheese, part skim, grated
- 1 medium tomato, chopped
- 1 teaspoon dried basil

### DIRECTIONS

1. Preheat oven to 300°F.
2. Cut the bread into cubes; toss with oil and garlic in a small bowl. Spread the cubes in a single layer on a baking sheet and toast in the oven for 15 to 25 minutes, or until golden brown, tossing once or twice. Transfer to a plate to cool.
3. Spray a medium pan with nonstick cooking spray and heat over medium-high heat. Pour in egg substitute or eggs.
4. When the egg begins to set, spread evenly across the bottom of the pan and reduce the heat to low.
5. Once the top layer of egg is almost cooked, sprinkle the cheese and basil on top and scatter the tomatoes and bread over half of the omelet; fold the unfilled omelet half over the filling.
6. Slide the omelet on a plate and serve hot.

*Nutrition Facts: Per Serving 244 calories, 8g fat, 17g carbohydrates, 24g protein, 2g fiber*

# ENJOY MORE ZUCCHINI



## **WHY EAT ZUCCHINI?**

Zucchini is low in calories and high in fiber. One serving of zucchini gives you  $\frac{1}{3}$  of the vitamin C you need in day! Zucchini is also a good source of potassium, which helps control blood pressure.

## **STORAGE, SKILLS AND SAFETY**

- Be careful when you cut zucchini. They can roll! Slice in half then place them on the flat side to finish cutting.
- Store whole zucchini in the crisper drawer of the refrigerator.
- You can freeze zucchini. Freeze in food-safe plastic bags or containers. It will last up to 6 months in the freezer.

## **WAYS TO ENJOY MORE ZUCCHINI**

*You can eat zucchini raw or cooked. Try these ideas:*

1. Add diced zucchini to lettuce, pasta, chicken or tuna salad.
2. Cut raw zucchini into sticks. Dip in hummus or veggie dip.
3. Grate and add to pancakes or muffins.
4. Slice large zucchini into wide strips. Marinate in Italian dressing and cook on the grill.
5. Season with onion powder, garlic, lemon or parmesan cheese.





## RECIPE

# CHEESY BAKED ZUCCHINI STICKS

ADAPTED, MAINE SNAP-Ed  
SERVING SIZE – ½ ZUCCHINI, ABOUT 1 CUP | SERVES 4

### INGREDIENTS

- 2 medium zucchini
- 1 egg
- 1/4 cup water
- 2 tablespoons finely grated parmesan cheese
- ¾ cup bread crumbs
- 2 teaspoons Italian seasoning

### DIRECTIONS

1. Cut zucchini into sticks, about 3 inches long.
2. Microwave zucchini for about 3 minutes. Pat dry with a paper towel.
3. Mix eggs and water together in a small bowl. Mix cheese, breadcrumbs and Italian seasoning together in another small bowl.
4. Dip zucchini sticks first into the egg mixture and then into the breadcrumb mixture.
5. Arrange zucchini in rows on a baking sheet that has been sprayed with cooking spray. Broil zucchini sticks for about 12 to 15 minutes, turning once while cooking.

**Nutrition Facts:** Per Serving 70 calories, 2.5g fat, 1g sat fat, 7g carbohydrate 4g protein, 105mg sodium, 1g fiber, 50mg cholesterol.

