

MarylandWIC

Farmers' Market

COOKBOOK

Spruce up
your meals with

COLOR

for well-balanced
eating

What's Cooking?

22 New recipes for a
rainbow of meal ideas!

Color Me Healthy!

Special kids section on page 15

2018

PREGNANT & SMOKING?



**The Maryland Tobacco Quitline
is here to help. Call today!**

- Call Quit Coaches 24/7
- Get extra help online and by text message
- Earn gift cards* for calling while pregnant and after your baby is born

*While supplies last



Maryland's SmokingStopsHere.com

1-800  **QUIT NOW**

A tobacco-free life is just a phone call away

1-800-784-8669

**ALL SERVICES ARE
PRIVATE AND FREE**





Eat a Rainbow

A well-balanced diet can be achieved by eating different types of healthy foods, separated by group or type, and even color. Each color set naturally has vitamins and nutrients that can help fight some cancers, prevent heart disease and add to your overall health. When visiting local Farmers' Markets, make a rainbow on your plate by picking foods from each of the color groups listed below:

Red

Beets
Cherries
Raspberries
Red Apples
Red Grapes
Strawberries
Tomatoes
Watermelon

Orange & Yellow

Cantaloupe
Carrots
Corn
Lemons
Mangos
Oranges
Peaches
Pineapples
Sweet Potatoes
Sweet Peppers
Squash

Green

Avocados
Asparagus
Broccoli
Celery
Cucumbers
Green Apples
Green Beans
Green Grapes
Kiwi
Leafy Greens:
Kale, Spinach,
& Lettuce
Limes
Peas
Zucchini

Blue & Purple

Blueberries
Eggplant
Figs
Plums
Purple Cabbage
Purple Grapes

Brown & White

Bananas
Cauliflower
Dates
Garlic
Ginger
Mushrooms
Onions
Pears
White Peaches

Choose to make a rainbow with colorful foods for health and wellness!

See you at the Market!

— Your friends at WIC

Use your **Farmers' Market Nutrition Program (FMNP) checks** and **eWIC card** at the farmers' market.
page 3

What's In Season
page 4

Eat a Rainbow with these colorful recipes!
page 7

Eat by Color
Red • page 11
Orange & Yellow • page 20
Green • page 23
Blue & Purple • page 27

Color Me Healthy
A special section with fun recipes and activities for kids.
page 15

Tips for storing fresh fruits & vegetables
page 26

Maryland WIC

1-800-242-4942 www.mdwic.org



Visit the Farmers' Market



Shop for fresh fruits and vegetables grown by local farmers.

.....
Visit the market manager to learn how to make the most of your market dollars.

.....
Ask about shopping with SNAP/EBT, eWIC, FMNP and Senior FMNP checks.

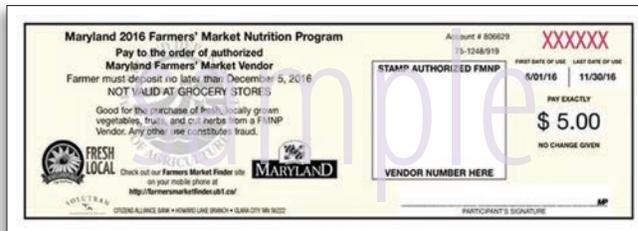
Visit www.eatsmart.umd.edu for tasty fruit and vegetable recipes and to locate the farmers' market near you!



You can use your **Farmers' Market Nutrition Program (FMNP) checks** at the Farmers' Market where you see this sign.

It's easy, just follow these 3 simple steps!

- 1** Pick out the fruits and vegetables that you want to buy.
- 2** Tell the farmer you are paying with your **FMNP check**.
- 3** Sign your check and give it to the farmer.



Be sure to use your **FMNP checks** at the Farmers' Market anytime from **June 1 to November 30.**



You can use your **Maryland eWIC card** to redeem fresh fruits and vegetables at the Farmers' Market wherever you see the **Maryland eWIC Accepted Here** sign.

What's in Season?

A month-by-month guide for buying fresh fruits and vegetables

April



Asparagus
Cucumbers
Lettuces
Mushrooms
Tomatoes

May



Asparagus
Broccoli
Cauliflower
Cucumbers
Green Beans
Green Peas
Greens
Lettuces
Mushrooms
Onions
Radishes
Strawberries
Tomatoes
Turnips

June



Apricots
Asparagus
Blueberries
Broccoli
Cabbage
Cauliflower
Cherries
Corn
Cucumbers
Green Beans
Green Peas
Lettuces
Mushrooms
Onions
Potatoes
Radishes
Raspberries
Strawberries
Summer Squash
Tomatoes
Turnips

July



Apricots
Beets
Black Berries
Black-eyed Peas
Blueberries
Carrots
Cherries
Corn
Cucumbers
Eggplant
Green Beans
Green Peas
Greens
Lettuces
Lima Beans
Melons
Mushrooms
Nectarines
Okra
Onions
Peaches
Peppers
Plums
Potatoes
Raspberries
Summer Squash
Tomatoes

August



Apples
Beets
Blackberries
Black-eyed Peas
Blueberries
Carrots
Corn
Cucumbers
Eggplant
Grapes
Green Beans
Greens
Lettuces
Lima Beans
Melons
Mushrooms
Nectarines
Okra
Onions
Peaches
Pears
Peppers
Plums
Potatoes
Raspberries
Summer Squash
Tomatoes
Winter Squash

September



Apples
Beets
Blackberries
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Corn
Cucumbers
Eggplant
Grapes
Green Beans
Greens
Lettuces
Lima Beans
Mushrooms
Melons
Okra
Onions
Peaches
Pears
Peppers
Plums
Potatoes
Pumpkins
Raspberries
Summer Squash
Sweet Potatoes
Tomatoes
Turnips
Winter Squash

October



Apples
Broccoli
Brussel Sprouts
Cabbage
Cauliflower
Cucumbers
Greens
Lettuces
Mushrooms
Onions
Pumpkins
Radishes
Sweet Potatoes
Tomatoes
Turnips
Winter Squash

November



Apples
Broccoli
Brussel Sprouts
Cauliflower
Cucumbers
Greens
Lettuces
Mushrooms
Onions
Pumpkins
Radishes
Sweet Potatoes
Tomatoes
Turnips
Winter Squash

How many fruits and vegetables should you try to eat each day? *

	Child (2-3 years)	Child (4-5 years)	Women
Fruits	1 cup	1 - 1 1/2 cups	2 cups
Vegetables	1 cup	1 1/2 cups	2 1/2 cups

* Offer these amounts to your children and let them decide how much to eat.

SOURCE: choosemyplate.gov

How much is a half (1/2) cup portion?

Fruits	1/2 cup serving	
Apple	1/2 of a large apple (3 1/2" diameter)	
Cantaloupe	1 wedge (1/8 of a medium melon)	
Green Grapes	16 seedless grapes	
Peach	1 small (2" diameter)	
Strawberry	4 whole large berries	
Watermelon	6 melon balls	
Vegetables	1/2 cup serving	
Broccoli	1 1/2 spears (5" long)	
Celery	1 large stalk	
Corn	1 small ear (6" long)	
Lettuce & Greens	1 cup, shredded raw	
Sweet Potato	1/2 large baked (2 1/2" diameter)	
Tomatoes	1 small raw (2 1/4" diameter)	



MARYLAND
Department of Health

The Health of Your Mouth is Important During Pregnancy

The health of your teeth and gums can affect your overall health and the health of your baby.

It is important and safe to get dental care during pregnancy.

Make an appointment to see your dentist as soon as you know you are pregnant!

In Maryland, dental care during pregnancy is covered by Medicaid.

For more information or to find a dentist visit: OralHealth4BetterHealth.com



Farmers' Market Pasta Salad

Makes 8 servings

Ingredients

- 2 cups of cherry or grape tomatoes, cut in half
- 2 small zucchini, sliced in thin rounds or cut into small pieces
- 1 bell pepper, cut into bite-size pieces
- 1 cup fresh corn kernels, or 1 cup broccoli florets (or a combination)
- ½ cup green onions (scallions), thinly sliced
- 1 8-12 ounce package of whole wheat pasta
- ⅓ cup torn fresh basil and/or parsley
- grated parmesan cheese (optional)

Vinaigrette Dressing*

Optional: 2 cups shredded or diced cooked chicken or salmon (cooled) or canned tuna or salmon

Directions

1. Cook pasta in large pot according to package directions. During the last minute of boiling, add the corn or broccoli, bell pepper, and zucchini. Drain and put the vegetables and the pasta in ice-cold water for 10 seconds to stop the cooking and keep the vegetables slightly crisp.
2. Add the tomatoes and green onions to the pasta mixture and toss with the dressing. Add chicken or fish, if using.
3. Season with salt and pepper to taste and top with basil and/or parsley and optional parmesan cheese.

* Use the dressing recipe from the **Purple Power Salad** on page 28, leaving out the honey or sugar, **OR** use any prepared vinaigrette dressing.

Rainbow Roll-Ups with Peanut Sauce

Makes 2 large wraps (2-4 servings)

Ingredients

Roll-Ups:

- 1 carrot, peeled and cut into short, thin strips
- 1 medium cucumber, peeled and cut into short, thin strips
- ½ cup shredded red cabbage, radicchio, or red leaf lettuce
- ½ cup cooked brown rice (optional)
- ½ cup fresh cilantro or parsley (optional)
- 2 large collard leaves
- ½ cup **Hummus** (see page 20 for recipe)

Peanut Sauce:

- ¾ cup peanut butter
- ¼ cup low sodium soy sauce
- ¼ cup rice, white wine, or apple cider vinegar
- ¼ cup water
- 1 tablespoon honey or sugar
- 1 clove garlic, minced

Directions

1. To make Peanut Sauce, warm the water, whisk it with the peanut butter and honey or sugar until combined well, mix in the other ingredients, **or** mix in a blender. Set aside.
2. Wash and dry the collard leaves, and then use a knife to shave down the stems to make them easier to fold. Use them raw or, to make them softer, either run them under hot water or steam them gently.
3. Spread ¼ cup of hummus near the middle of each leaf, fill each leaf with the remaining veggies, and rice, if using, splitting them between the two wraps. Wrap the leaves as you would a burrito. Cut each roll-up in half and serve with peanut dipping sauce.



Grab and Go Egg Burritos

Makes 8-10 servings

Ingredients

- 1 tablespoon olive (or vegetable) oil
- ½ cup finely chopped onion
- 1 bell pepper, chopped
- 1 cup broccoli, finely chopped
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- 2 teaspoons butter or oil
- 8 large eggs
- ½ cup salsa (optional)
- ½ cup shredded cheese (optional)
- 8-10 large whole wheat tortillas

Directions

1. Heat 1 tablespoon oil in a large pan over medium-high heat. Add onion, bell pepper, broccoli, salt and pepper. Cook, stirring often, until softened. Transfer to bowl.
2. Whisk eggs. Melt butter (or oil) in a large pan, add eggs and cook, stirring, until set. Stir into the vegetables and add the shredded cheese and/or salsa.
3. Warm tortillas in microwave to soften. Place ½ cup of the mixture below the center of each tortilla.
4. Fold the bottom of the tortillas up, then fold in sides. Continue wrapping from the bottom to make burritos.

Freeze for later:

Allow to cool. Wrap each burrito in foil. Place in a zip-top bag up to 2 months. Defrost burrito in the refrigerator overnight. Remove from foil. Microwave on high for 1 minute or until heated through to eat.





Vegetarian Sloppy Joe Baked Potatoes

Makes 6 servings

Ingredients

- 1 cup dried lentils
- 6 russet potatoes
- 1 green bell pepper, diced
- 2 tablespoons olive (or vegetable) oil
- ½ cup onion, diced
- ½ cup carrot, diced
- 1 (15 ounce) can of tomato sauce
- 1 tablespoon low sodium soy sauce
- 1 tablespoon brown sugar
- 1 teaspoon garlic powder
- ½ teaspoon chili powder

Optional: Top with shredded cheese, sour cream, or plain yogurt.

Directions

1. Cook lentils according to package directions.
2. While lentils are cooking, scrub potatoes clean, pierce with a fork and microwave on high for 10 minutes, flipping once, until tender or bake them ahead of time in a 400 degree oven for 1 hour until soft.
3. Heat oil in a pan over medium-high heat. Add the onion, carrot, and bell pepper, and cook, stirring, until tender (about 6 minutes). Add the tomato sauce with the remaining ingredients and cook on medium-low heat for about 15 minutes.
4. When lentils are cooked, gently mix them into the tomato mixture and cook for about 5 minutes on low heat.
5. Cut a slit into each baked potato, squeeze potato to make an opening, and top with the tomato/lentil mixture.



**I SAVED SOMEONE
FROM AN **OVERDOSE**
IN MINUTES.
YOU CAN, TOO.
NALOXONE WORKS.**



NALOXONEMD.ORG





Open-Faced Tomato Sandwiches with Cucumber Spread

Makes 6 servings

Ingredients

- 6 slices whole wheat bread, toasted
- 3 large fresh tomatoes cut into thick slices
- 2 tablespoons olive oil
- chives, thinly sliced (optional)

Spread:

- 1 (8oz.) package of cream cheese, softened
- 2 cucumbers, seeds removed, diced (about 2 cups)
- ½ cup red onion, finely chopped (or scallion/green onion)
- 2 teaspoons fresh dill, chopped
- 1 teaspoon fresh (or bottled) lemon juice
- 1 teaspoon white wine vinegar
- ½ - ¾ teaspoon kosher salt or regular salt
- ½ teaspoon black pepper

Directions

1. Stir together cream cheese, cucumbers, onion, dill, lemon juice, vinegar, salt and pepper in a medium bowl until well combined.
2. Spread about ¼ cup of cucumber mixture onto each slice of toasted bread. Top each with tomato slices, and drizzle with 1 teaspoon of olive oil.
3. Sprinkle tomatoes with chives (if using), salt and pepper to taste.
4. Serve immediately.

Tip: A serrated knife is best for cutting through tomatoes without damaging the flesh and losing juice.



Red Berry Freeze

Makes 4 servings (½ cup each)

Ingredients

- 1 cup fresh strawberries or raspberries
- 2 bananas
- ½ cup plain yogurt
- ¼ cup milk
- 1 teaspoon sugar

Directions

1. Put all ingredients into a blender and blend until smooth.
2. Divide mixture among 4 small bowls.
3. Freeze for about 2 hours. Eat like you would ice cream!
4. Refrigerate or freeze leftovers within 2 hours.

Notes:

If you don't have a blender, mash the fruit by hand with a fork or potato masher, then mix with other ingredients.

If you have a powerful blender or a food processor, you can freeze some or all of the fruit first, then blend with the rest of the ingredients and eat immediately.

Quick Cheddar Baked Apples

Makes 4 servings

Ingredients

- 4 large baking apples, such as Empire, Cortland, Winesap, or Granny Smith
- 1 tablespoon packed brown sugar
- ¼ teaspoon ground ginger or cinnamon
- 3 - 4 ounces cheddar cheese, shredded (about 1 cup)
- 2 tablespoons pecans or walnuts, chopped (optional)
- 2 tablespoons dried cranberries (optional)

Directions

1. Cut apples in half lengthwise, remove core and seeds. Place on a baking sheet or oven safe baking dish.
2. Preheat toaster oven (or oven) to 375 degrees.
3. Sprinkle apples with sugar and ginger or cinnamon and bake for about 30 minutes or until tender.
4. Sprinkle with cheese and bake for another 2 to 3 minutes or until melted.
5. Top with optional pecans, walnuts, or dried cranberries.

To prepare in microwave: Place apples in a microwave safe dish and microwave on medium-high power for 5 to 7 minutes or until almost tender. Sprinkle with cheddar cheese and microwave another 30 to 60 seconds or until cheese is melted.



Pickled Beets and Red Pickled Eggs

Makes 6 servings

Ingredients:

- 6 large eggs
- 2 cups water
- ½ cup distilled white vinegar
- 1 teaspoon sugar
- 2 large beets, peeled, and cut into wedges

Step 1:

Make hard-boiled eggs.



Place eggs in a pot and cover with cold water, about 1 inch. Bring to boil over medium-high heat, then cover, remove from heat, and set aside for 8 to 10 minutes. Drain, cool in ice water and peel.

Turn your eggs into
Red Deviled Eggs

See recipe on page 15.

Step 2:

Make pickled beets and use the pickling brine to marinate eggs.



1.

Combine water, vinegar, beet wedges and sugar in a large saucepan and simmer, covered, for 20 to 30 minutes or until beets are fork-tender.



2.

Cool the beet mixture completely. Strain the beets from the brine and refrigerate them for use in salads, sandwiches, or eat them by themselves.



3.

Place the peeled eggs in a large jar with a lid and add the pickling brine. Swish around to make sure all sides of the eggs are covered in the liquid and refrigerate for 1 to 2 hours to give eggs a nice red coating. Remove eggs from the brine, slice in half to see a pretty red stripe.

NOTE: The longer you leave them in the pickling brine, the more vinegar flavor and color they'll have. If left more than 6 hours, the yolk may become colored also. They will keep about a week in the refrigerator and can be eaten as is, or used to make pretty red deviled eggs.

Parents of children ages 3-5



Text4HealthyTots

is a nutrition and physical activity text message program for parents with children ages 3-5. You will receive 1-2 messages each week with tips on:

- Healthy meals and recipes
- Cooking and eating together
- Picky eaters
- Activities for the whole family

Sample text messages:

Children like to choose their own foods to eat. Offer 2-3 healthy foods to eat at mealtime. Give your child control by letting them put food on their own plate.

Your child loves being active with you. Take them outside for a walk around the neighborhood. Have your child look for different shapes and colors when you walk.

Kids are more likely to try new foods when they get to pick them out. Visit the farmers market this weekend and let them choose a new fruit or veggie to try.



Sign Up Now!

Visit: www.text4healthytots.com
or Text **COOK** to **30644**
(or Text **COCINAR** for Spanish)

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UNIVERSITY OF
MARYLAND
EXTENSION



Let's make **Red Deviled Eggs**

Start by making pickled beets and reserving the red pickling brine. Marinate hard-boiled eggs in the brine to dye them red. See recipe on page 13.



Step 1.

Gather these ingredients:

- 6 large, red-colored hard-boiled eggs
- 3 tablespoons lowfat mayonnaise
- 1 teaspoon dijon or brown mustard
- salt and pepper to taste

Optional: paprika and/or chopped fresh herbs for garnish



Step 4.

Add mayonnaise, mustard, and a pinch of salt and pepper. Mix well until forms a smooth paste.



Step 5.

Use a small spoon to put some filling into each egg white half until it mounds a little over the top.



Step 2.

Slice eggs in half lengthwise and carefully remove the yolks to a small bowl. Place empty egg white halves on a plate.



Step 3.

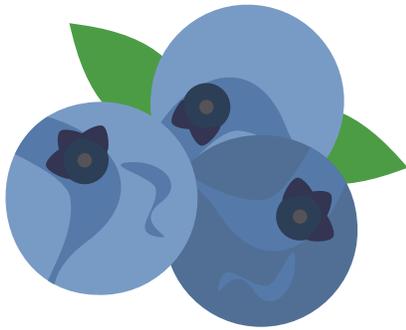
Mash yolks with a fork until completely crumbled.



Step 6.

As a finishing touch, sprinkle a pinch of paprika and/or fresh chopped herbs over the top of each egg before serving. (optional)

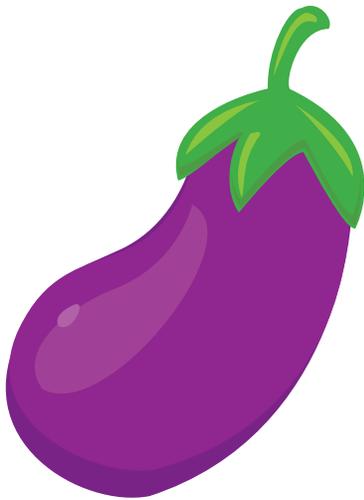
Draw a line to match each
fruit and vegetable with its color.



red



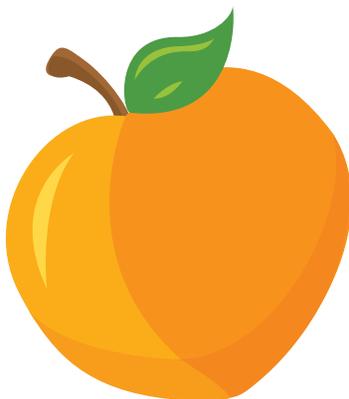
orange



yellow



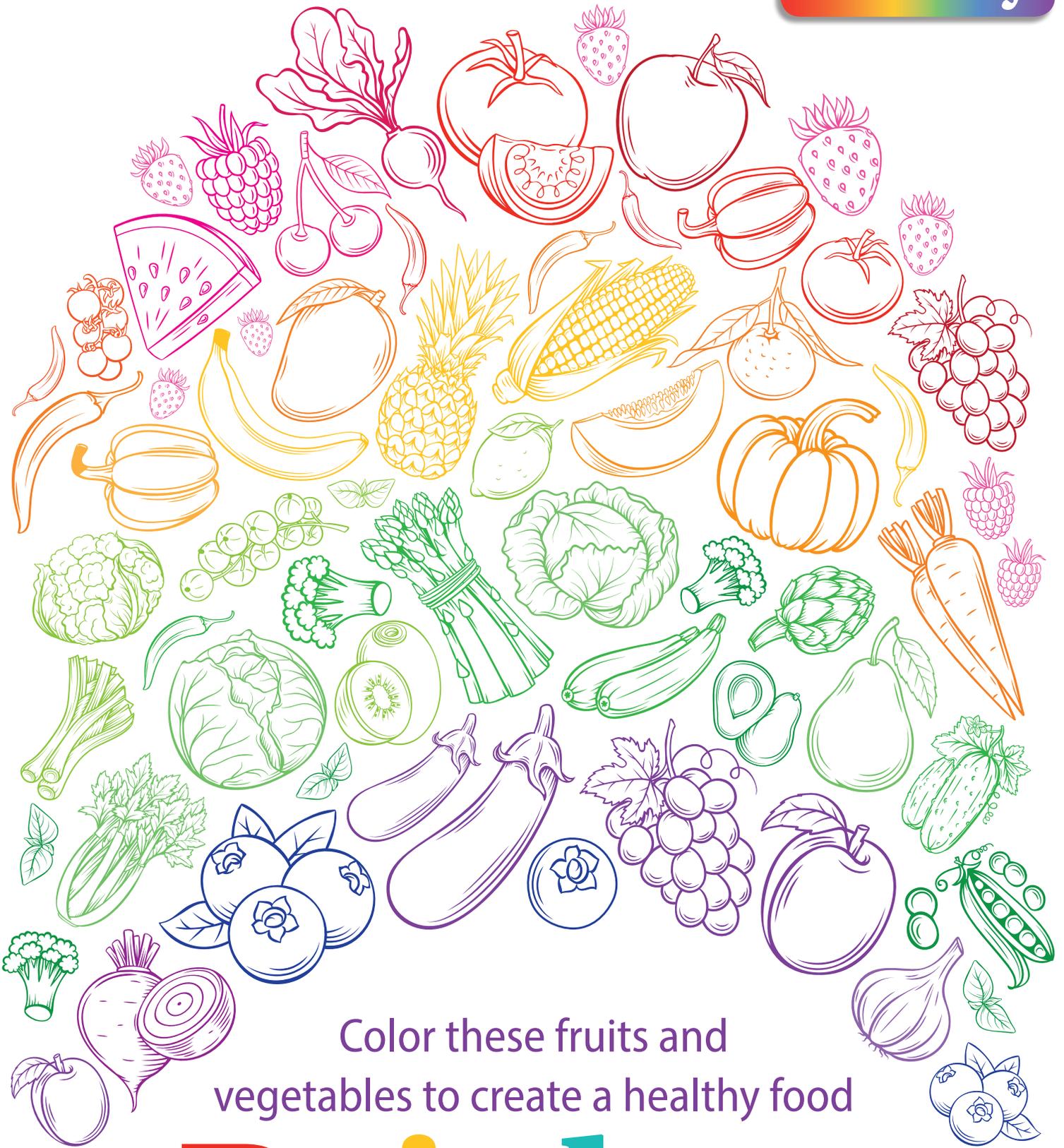
green



blue



purple



Color these fruits and
vegetables to create a healthy food

Rainbow

Let's make a **Rainbow Fruit Pizza**

Arrange fruits in a rainbow of colors to create a simple and delicious snack that is fun to make and eat.

Ingredients:

for 1 pizza, but you can make as many as you like!

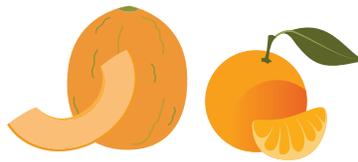
- 1 medium tortilla, whole wheat
- 2 tablespoons plain Greek yogurt or soft cream cheese
- ½ teaspoon orange juice or honey (optional)
- ½ -1 cup cut-up fresh fruits
- a pinch of ground cinnamon (optional)

Here's how you do it.

Step 1. Choose 3 to 5 of your favorite fruits from the color groups below.



red



orange



yellow



green



blue



purple

Step 2. Wash and dry fruit. Remove hard skins and seeds.
Cut large fruits into bite-size pieces.

Step 3. Preheat oven or toaster oven to 350 degrees.

Step 4. Bake tortilla for 10 minutes or until crisp.

Step 5. Mix cream cheese or yogurt with optional juice or honey and cinnamon.



Step 6. Put tortilla on a plate and spread yogurt or cream cheese mixture on tortilla.

Step 7. Top with fruit to make a rainbow or colorful design.

Enjoy!



Hummus

Makes 2 cups

Ingredients

- 1 can (15 ounces) garbanzo beans, drained and rinsed
(see Notes below)
- 2 tablespoons lemon juice (fresh or bottled)
- 2 teaspoons vegetable oil
- ½ cup plain yogurt
- 1 clove garlic, or ¼ teaspoon garlic powder
- ¼ teaspoon black pepper
- ½ teaspoon ground cumin

Directions

With blender:

1. Place all ingredients in a blender or food processor.
2. Blend to desired consistency (more time for smooth dip, less for a chunky dip).

Or by hand:

1. Spread garbanzo beans on a large plate. Mash well with a fork until they are as smooth as you like.
2. Mix with other ingredients in a small bowl.

Other:

- If hummus seems too thick, add 2 teaspoons of water.
- Refrigerate leftovers within 2 hours.

Notes

- If cooking from dry beans: one 15 ounce can is about 1½ to 1¾ cups of drained cooked beans.
- Change the flavor by adding chili powder, chopped cilantro or parsley, or hot sauce.
- Try blending in ½ cup soft, cooked carrots for a tasty flavor variation.
- Serve with fresh vegetables or baked tortilla chips.

See recipe for **Homemade Corn Tortilla Chips** on page 22.



Easy Mashed Butternut Squash

Makes 4 servings

Ingredients

- 1 butternut squash (1-1½ pound)
- 2 tablespoons olive (or vegetable) oil, or 1 tablespoon oil, plus 1 tablespoon butter
- 2 - 4 tablespoons milk (optional)
- salt and pepper to taste

Flavor Variations

Sweet: Add 1 tablespoon honey, maple syrup or brown sugar, 1 teaspoon cinnamon, ¼ to ½ teaspoon nutmeg.

Savory: Add chopped chives, garlic, and/or any other spices you like. (Try tumeric or curry powder for a spicy flavor.)

Directions

1. Preheat oven (or large toaster oven) to 400 degrees.
2. Cut the squash in half lengthwise, scoop out the seeds, and brush with 1 tablespoon of oil.
3. Place the two halves cut side down on a foil-lined, greased baking sheet.
4. Roast for about 45 minutes or until tender when poked with a fork.
5. Add remaining 1 tablespoon of oil or butter, salt and pepper to taste, optional milk, and savory or sweet seasonings, as desired. Stir, and adjust seasonings as needed.

Homemade Corn Tortilla Chips

Makes 12 servings

Ingredients

- 8 6-inch corn tortillas
- non-stick cooking spray

Directions

1. Preheat oven to 375 degrees.
2. Cut each tortilla into 6 triangles.
3. Coat baking sheet with nonstick cooking spray.
4. Place tortilla slices on baking sheet. Lightly spray the chips with non-stick cooking spray to prevent burning.
5. Bake until golden brown and crispy, about 8 to 10 minutes.



Recipe and photo: FoodHero.org



Broiled/Grilled Peaches with Yogurt

Makes 8 servings

Ingredients

- 4 peaches (or nectarines), halved and pitted
- ½ cup plain Greek yogurt*
- 1-2 teaspoons of honey or brown sugar
- ⅛ teaspoon cinnamon or ground ginger (optional)

Directions

1. Preheat broiler and place peaches on a foil-lined baking sheet, cut side up.
2. Broil 8 minutes on top rack or until tops are browned and bubbling.
5. While peaches are cooking, mix yogurt, honey and optional pinch of ginger or cinnamon and set aside.
6. Remove from oven and cool slightly.
7. Top peaches with yogurt mixture and serve.

If grilling:

1. Place peaches on a preheated grill, cut side down and grill 4 to 5 minutes.
2. Follow steps 6 and 7 above.

* To make Greek yogurt from regular yogurt: Place yogurt in a small strainer, lined with a coffee filter, cheesecloth, or sturdy paper towel. Place the strainer on a bowl with enough space to hold the dripping liquid under it. Cover with plastic wrap and leave it in the refrigerator for 3 to 4 hours or until thickened like Greek yogurt.



Warm Chicken and Asparagus Salad

Makes 4 servings

Ingredients

Dressing:

- 3 tablespoons water
- 2 tablespoons white wine vinegar*
- 1 tablespoon olive oil
- 1 teaspoon dijon or brown mustard
- ¼ teaspoon coarsely ground pepper
- ⅛ teaspoon salt
- ⅓ cup thinly sliced green onions

Salad:

- 2 cups asparagus, diagonally sliced (2-inch)
- 2 teaspoons dijon mustard
- 1 pound chicken breasts, skinned and boned
- ⅛ teaspoon pepper
- 1 teaspoon olive oil
- 6 cups seasonal fresh greens
- cooking spray
- pinch of salt

* You can substitute red wine vinegar, apple cider vinegar, balsamic, or rice vinegar.

Directions

1. Combine dressing in a bowl. Stir well, set aside.
2. Steam asparagus for 3 minutes or until crisp-tender, set aside. (If you don't have a steamer, fill a skillet with ½ cup of water, add the asparagus, and cover with a lid. Boil over medium-high heat for about 5 minutes, or until the asparagus turns bright green and tender. Drain the water.)
3. Brush 2 teaspoons mustard over both sides of chicken; sprinkle chicken with a pinch of salt and ⅛ teaspoon pepper. Cut chicken across the grain into thin slices.
4. Heat 1 teaspoon oil in a large nonstick skillet coated with cooking spray over medium-high heat and add chicken. Cook for 6 minutes or until chicken is done.
5. Add the dressing to the skillet and cook 1 minute, stirring constantly.
6. Divide salad greens on 4 plates, or place salad in a large bowl, or plate and top with asparagus.
7. Divide chicken mixture evenly among salads.

Note: If in need of a quicker preparation, substitute rotisserie chicken or leftover cooked chicken, cut into strips, then reheated thoroughly in the skillet. Prepared lowfat vinaigrette dressing can also be used.

Spinach Pesto

Makes 4 - 6 servings

Ingredients

- ¼ cup walnuts, almond, or pine nuts
- 2 garlic cloves
- 5 cups fresh spinach
- 2 cups fresh parsley or basil
- ¼ cup grated parmesan or asiago cheese
- ¼ - ½ teaspoon salt
- ⅓ cup olive oil
- zest of 1 lemon
- juice of ½ lemon

Directions

1. In a food processor or blender first chop up nuts and garlic, pulsing several times (or chop finely with a knife).
2. Add in the spinach, parsley, cheese, lemon zest, lemon juice, and salt. Blend until smooth stopping to scrape down the sides of the bowl, if necessary.
3. Slowly drizzle in ⅓ cup of olive oil while blending. You may adjust the amount of oil depending on how thick you want the sauce.



Note: Store leftover pesto in a jar or tightly covered container for 3-4 days in the refrigerator or in the freezer for up to 2 months. If it turns brown, throw it away.



Kale Chips

Makes 6 servings

Ingredients

- 1 bunch or 1-8 ounce bag fresh kale
- 1½ tablespoons olive oil (or other vegetable oil)

Directions

1. Preheat oven to 300 degrees.
2. Wash and dry kale. With a knife or kitchen scissors, carefully remove the leaves from the thick stems. Tear into bite-size pieces.
3. Place kale pieces on cookie sheet.
4. Drizzle olive oil over kale and then sprinkle with seasonings of choice.*
5. Bake 20 to 25 minutes or until kale is crisp and edges are brown but not burned.

* **Seasoning suggestions:** salt, pepper, onion powder, garlic powder, chili powder, cumin, turmeric, or parmesan cheese.

Recipe credit: FSNE

Minestrone Verde

Makes 5-6 servings

Ingredients

- ¼ cup pesto sauce*
- 1½ teaspoons olive oil
- 1 large or 2 small leeks, thinly sliced
- 1 large or 2 small zucchinis, sliced into half-moons
- 6 cups unsalted chicken broth/stock
- 6 ounces whole wheat pasta or refrigerated tortellini
- 3 cups fresh baby spinach (chop into smaller pieces, if desired)
- 1 cup fresh or frozen (thawed) green peas
- 1 teaspoon fresh lemon juice (or bottled)
- ⅛ teaspoon salt or adjust to taste
- ¼ teaspoon black pepper

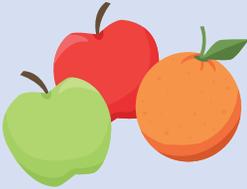
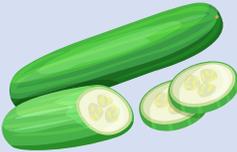
* Use **Spinach Pesto** from recipe on page 24, or any prepared pesto sauce.

Directions

1. Heat oil in a pot on medium heat. Add leeks and cook stirring, until softened, about 6 minutes.
2. Stir in zucchini and cook, stirring, until tender, about 4 minutes.
3. Add chicken stock, and increase heat to medium-high. Bring to a boil, and then reduce heat to low and simmer for about 8 minutes.
4. Meanwhile, cook the tortellini or pasta according to package directions (but without adding oil or salt.) Drain and set aside.
5. Add tortellini or pasta, spinach and peas to soup. Cook until spinach wilts, about 1 minute.
6. Stir in lemon juice and season with salt and pepper.
7. Put in individual bowls and top each with about 2 teaspoons of pesto.



Tips for storing and using fresh fruits and vegetables for the best nutrition and flavor

in a cool dark place / pantry			on the counter top	
 <p>onions & garlic good for 7+ days</p>	 <p>potatoes good for 7+ days</p>	 <p>winter squash good for 7+ days</p>	 <p>bananas good for 2 - 5 days</p>	 <p>tomatoes good for 7 - 10 days</p>
ripen on counter top / then store in the refrigerator				
 <p>avocados good for 3 - 4 days</p>	 <p>mangoes good for 1 - 2 days</p>	 <p>melons good for 5 - 7 days</p>	 <p>nectarines & peaches good for 1 - 2 days</p>	 <p>pears & plums good for 1 - 2 days</p>
in the refrigerator				
 <p>apples & oranges good for 7+ days</p>	 <p>asparagus good for 5 - 7 days</p>	 <p>blueberries good for 7+ days</p>	 <p>broccoli & cauliflower good for 5 - 6 days</p>	 <p>carrots good for 7+ days</p>
 <p>celery good for 7+ days</p>	 <p>corn good for 1 - 2 days</p>	 <p>cucumbers good for 7+ days</p>	 <p>grapes good for 5 - 7 days</p>	 <p>greens & kale good for 7+ days</p>
 <p>lettuce & spinach good for 5 - 6 days</p>	 <p>mushrooms good for 2 - 6 days</p>	 <p>bell peppers good for 5 - 6 days</p>	 <p>strawberries good for 3 - 5 days</p>	 <p>summer squash & eggplants good for 1 - 2 days</p>



Fabulous Fruit Muffins

Makes 9 servings

Ingredients

- 1¼ cups whole wheat flour
- ¼ cup sugar
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 1 cup plain lowfat yogurt
- 2 tablespoons margarine, melted
- 1 egg, slightly beaten
- ½ teaspoon vanilla extract (optional)
- 1 cup berries, washed
- cooking oil spray

Directions

1. Heat oven to 400 degrees. Spray muffin tin with cooking oil spray.
2. In a large bowl, combine the flour, sugar, baking powder, and baking soda. Stir well until all ingredients are blended.
3. In another bowl, combine yogurt, margarine, egg, and vanilla, if used.
4. Pour this mixture into the dry ingredients and stir just until mixed.
5. Mix in berries and spoon batter evenly into 9 muffin cups.
6. Bake 20 to 25 minutes or until golden brown.

Recipe credit: FSNE

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Stir-Fried Eggplant with Tofu

Makes 4 servings

Ingredients

- 3 tablespoons vegetable oil
- 1 package (14-16 oz.) firm tofu, drained, cut into 1½- by 2-inch chunks
- 2 garlic cloves, minced
- 1 pound eggplant, cut into 1- by 3-inch strips
- 1 red or green bell pepper, cut into 1-inch pieces
- ⅓ cup reduced-sodium soy sauce
- 1 tablespoon sugar
- 2 tablespoons oyster or hoisin sauce
- ¼ cup fresh basil leaves
- 2 cups cooked brown rice

Directions

1. Heat oil in a large nonstick pan over high heat, add tofu, and cook, turning tofu occasionally, until slightly browned, about 5 minutes. Use a slotted spoon to transfer tofu to a plate.
2. Add garlic, eggplant, and bell pepper to the pan and cook about 8 to 10 minutes, until softened.
3. Add soy sauce, sugar, and oyster or hoisin sauce and cook until heated through, another 2 minutes.
4. Return tofu to pan and gently stir to coat.
5. Remove from heat and stir in basil leaves. Serve over rice.



Purple Power Salad

Makes 4 servings

Ingredients

Vinaigrette Dressing:*

- ⅓ cup (or 6 tablespoons) vegetable oil
- 3 tablespoons red or white wine vinegar, balsamic, or apple cider vinegar
- 1 - 2 teaspoons honey or maple syrup
- 2 teaspoons mustard (dijon or brown mustard is best)
- ⅛ teaspoon salt
- pepper to taste

Salad:

- 4 cups purple or red leaf lettuce (radicchio, red leaf, red oak leaf, red romaine, lollo rosso)
- 1 cup sliced plums, blackberries and/or red grapes
- 1 small red onion, thinly sliced (optional)

Optional additions: feta cheese or other flavorful, crumbled or shredded cheese, and/or nuts.

***Note:** You can substitute pre-made lowfat dressing if preferred.

Directions

1. Combine all of the dressing ingredients in a small jar or container with a tight-fitting lid, cover and shake well or whisk in a small bowl.
2. Place the lettuce(s) in a colander, rinse, drain, and pat dry.
3. In a large mixing bowl, combine the lettuce, fruit, and onion, if using. Toss them gently.
4. Top with optional cheese and/or nuts and drizzle the dressing over the salad.

Pork Chops with Red Cabbage and Pears

Makes 6 servings

Ingredients

- ¼ cup cider vinegar
- 2 tablespoons packed brown sugar
- ½ teaspoons dried sage, crushed, divided
- 6 small pork loin chops, cut ½-inch thick
- ½ teaspoon dried thyme, crushed
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper
- 2 teaspoons vegetable oil
- 6 cups red cabbage, coarsely shredded
- 1 cup red onion, sliced
- 2 medium pears, cored and sliced
- fresh sage and/or thyme (optional)

Directions

1. In a small bowl, combine cider vinegar, brown sugar, and ¼ teaspoon sage. Reserve 1 tablespoon of the mixture; set both mixtures aside.
2. Trim fat from pork chops. Sprinkle pork with the dried thyme, ¼ teaspoon sage, salt and pepper.
3. In a very large skillet, heat oil over medium high heat, and add pork chops. Cook 6 to 8 minutes or until pork is slightly pink and center juices run clear, turning pork chops once halfway through cooking. Brush with 1 tablespoon of the vinegar mixture for last 1 minute of cooking time. Remove pork from skillet.
4. Add red cabbage and onion to skillet. Cook and stir over medium-high heat for 3 to 4 minutes. Stir in the remaining vinegar mixture. Bring to boil; reduce heat and add pears. Top with pork chops; cover and heat just until pears are slightly softened. If desired, sprinkle chops with fresh sage/thyme.





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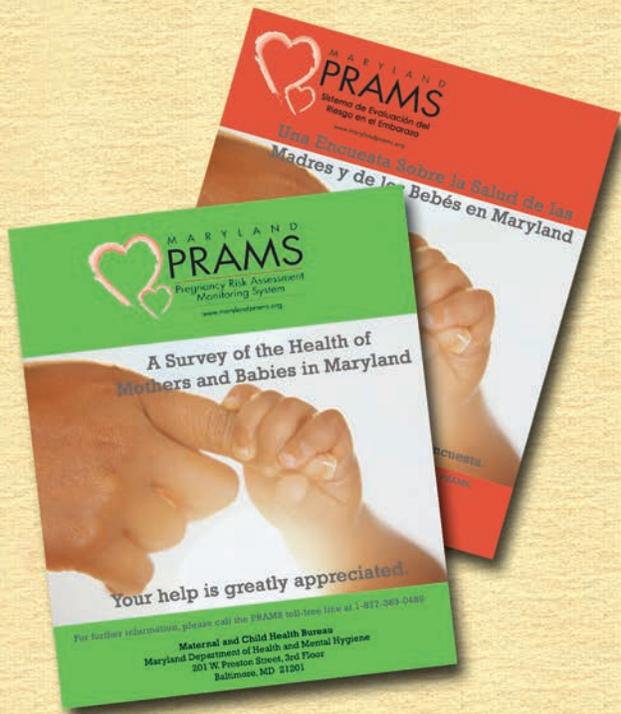
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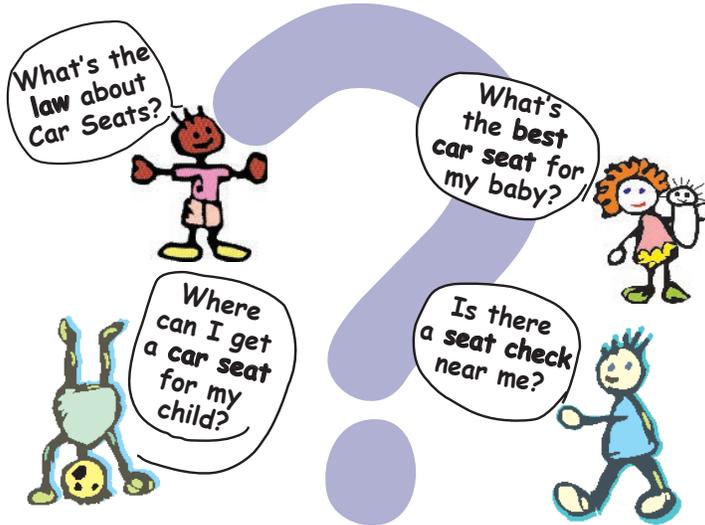


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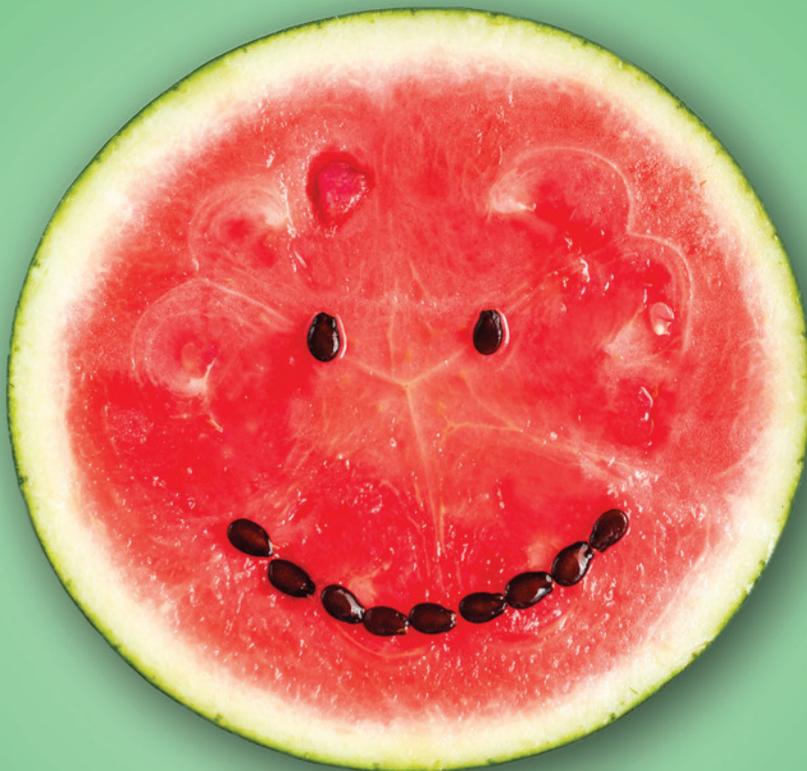
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