

# Apples

## Key Points

- For the best buy, choose firm apples that have smooth, bright skins with no bruises.
- To prepare fresh apples, rinse and remove stems.
- To store fresh apples, put them in a plastic bag and keep in the refrigerator for 3 to 4 weeks.
- Apples contain fiber, which helps to keep you regular.



## Applesauce

### Ingredients:

6 apples  
1 teaspoon cinnamon (optional)

### Directions:

- Core and dice apples.
- Place apples, cinnamon and 1 cup of water into a medium pot.
- Bring apples to a boil over high heat, stirring often.
- Turn heat to medium and simmer the apples for 30 minutes or until the apples are very soft. Stir often.
- Leave lumpy or mash with a fork for a smoother sauce.
- Serve warm or chilled.
- Refrigerate leftovers.

**Makes 6 servings.**

## Apple and Pear Stir-Fry

### Ingredients:

2 teaspoons vegetable oil  
2 apples, chopped  
1 pear, chopped  
2 tablespoons lemon juice  
1/2 teaspoon cinnamon  
1/8 teaspoon ground nutmeg

### Directions:

- Heat oil in a large pot over medium heat.
- Add apples and cook for 3 minutes.
- Add pears and lemon juice. Cook for another 3 minutes.
- Sprinkle cinnamon and nutmeg. Continue to cook for another 3 minutes.
- Serve immediately.
- Refrigerate leftovers.

## Quick Tips

- Squeeze lemon juice over cut apples to keep them from turning brown.
- Carry an apple with you for a quick snack.
- Serve sliced apples with peanut butter or slices of cheese.
- Remember to rinse all fruits and vegetables before using.

# Asparagus

## Key Points

- For the best buy, choose asparagus spears that are crisp and have pointed tops. Avoid wilted or dried out asparagus.
- To prepare asparagus, rinse and snap off ends of stems. Lightly steam for best flavor.
- To keep fresh, store asparagus in a plastic bag in the refrigerator and use within 3-5 days.
- Asparagus contains fiber which helps to keep you regular.



## Spring Vegetable Hash

### Ingredients:

2 teaspoons oil  
1 onion, chopped small  
1 potato, chopped small  
1 carrot, chopped small  
1 bunch asparagus (or 1/2 pound),  
chopped  
1 cup chicken broth  
Salt and pepper to taste  
8 eggs, fried or poached (optional)

### Directions:

1. Heat oil in a large frying pan over medium high heat.
2. Cook onion, potatoes and carrots over medium high heat until lightly browned, about 15 minutes. Stir often.
3. Add asparagus and broth. Cook until asparagus is soft, about 3-5 minutes.
4. Continue to cook until broth has cooked away and bottom of hash is crispy.
5. Serve each portion of hash topped with an egg, if desired. Enjoy!
6. Refrigerate leftovers.

**Makes 8 servings.**

## Asparagus Vinaigrette

### Ingredients:

2 bunches asparagus (or 2 pounds)  
3 tablespoons vinegar  
2 tablespoons minced onion  
1 tablespoon oil  
1 garlic clove, minced  
1/4 teaspoon pepper  
Salt to taste

### Directions:

1. Cook asparagus in a large pot of boiling water until tender, about 3 minutes. Drain and cool.
2. In a large bowl, mix together vinegar, onion, oil, garlic, pepper and salt.
3. Add asparagus and toss.
4. Serve and enjoy!
5. Refrigerate leftovers.

**Makes 6 servings.**

## Quick Tips

- Chop asparagus and toss in a soup, casserole or stir fry.
- Lightly steam asparagus. Serve with low fat dip.
- Broil asparagus and top with shredded cheese.
- Remember to rinse all fruits and vegetables before using.

# Beets

## Key Points

- For the best buy, choose firm, smooth beets which have a rich, dark color.
- To prepare beets, remove greens, leaving 1 inch of stem. Scrub well. Beets may be roasted, boiled or eaten raw.
- To keep fresh, store beets in the refrigerator and use within 2 weeks.
- Beets contain fiber, which helps to keep you regular.



## Gingered Beet and Carrot Slaw

### Ingredients:

4 cups beets  
4 cups carrots  
1/2 cup chopped onion  
1/2 cup chopped poblano pepper  
1 tablespoon minced ginger  
2 tablespoons lime juice  
1 tablespoon vegetable oil  
2 teaspoons mustard  
1/4 cup fresh cilantro, chopped  
Salt and Pepper to taste

### Directions:

1. Grate the beets and carrots.
2. In a large bowl, combine the grated beets, carrots, onion and ginger.
3. In a small bowl, combine the lime juice, oil, mustard and cilantro. Pour onto the slaw.
4. Season with salt and pepper
5. Serve and enjoy!
6. Refrigerate leftovers.

### Makes 6 servings.

Adapted from [yummly.com](http://yummly.com)

## Glazed Beets and Greens

### Ingredients:

1 onion, sliced  
5 beets and greens chopped  
3 tablespoons balsamic vinegar  
3 tablespoons vegetable oil  
Salt and pepper

### Directions:

1. In a large pot over high heat, add onions, beets, vinegar, and oil.
2. Cover vegetables with 1 cup of water and bring to a boil.
3. Reduce heat to low and simmer for 15 minutes or until beets are soft.
4. Add the greens and cook for 5 more minutes. Season with salt and pepper.
5. Serve and enjoy!
6. Refrigerate leftovers.

### Makes 4 servings.

Adapted from *The Modern Vegetarian Kitchen*

## Quick Tips

- Use care when preparing. The red juice can stain. Use salt to remove juice stains from hands.
- Add cooked sliced beets to salads.
- Don't throw out the beet greens! Rinse, chop and cook in soups and stir fry dishes!
- Remember to rinse all fruits and vegetables before using.

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# Pink Party Salad

**Makes:** 6 servings

## Ingredients

**4** potatoes (washed and cut in half)  
**3 cups** beets, cooked (peeled and diced)  
**1 cup** peas, green, fresh or frozen  
**3** eggs, hard boiled  
**1** apple  
**1 teaspoon** lemon juice  
**2 tablespoons** olive oil  
**3 tablespoons** vinegar  
**1 tablespoon** sugar



## Directions

1. Boil the potatoes in 2 cups of water in a deep kettle. Cover and cook over moderate heat for about 20 minutes, until the potatoes are tender.
2. When thoroughly cool, dice potatoes and place in a big bowl.
3. Add diced beets and mix with the potatoes.
4. Set aside 1/4 cup of peas for garnishing and add the rest to the bowl.
5. Save 1 egg to use as a garnish. Chop the rest and add to the bowl.
6. Peel the skin off the apple and remove the core. Cut the apple into small pieces, place in a small bowl and sprinkle with lemon juice. Add apple to the salad.
7. Add the vinegar, olive oil and sugar.
8. Mix thoroughly. Chill and serve.

# Roasted Root Vegetables

Rating: ★★★★☆

Makes: 4 servings

## Ingredients

**4** root vegetables (choose a variety from potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes, etc.) (medium)

**2** carrot (chopped)

**1** onion (medium, chopped)

**1/4 cup** vegetable oil

**3 tablespoons** Parmesan cheese



## Directions

1. Preheat oven to 350 degrees.
2. Cut vegetables into large chunks.
3. Place in a medium bowl and pour oil over top. Add seasonings or Parmesan and mix well.
4. Spread an even layer on a baking sheet.
5. Bake for 1 hour or until tender. Check a few vegetables to see if they are tender.

# Black Beans



## Key Points

- Before preparing dried beans, sort through for tiny pebbles or shriveled beans.
- Dried beans need to be soaked before they are cooked.
- The best way to soak dried beans is to cover them in cold water and bring to a gentle boil, turn off the heat and allow beans to soak in the water for 1-2 hours. \*Do not add salt to the soaking water. Drain water and rinse with fresh water.
- To cook beans, cover with fresh water and simmer for 1-2 hours. Do not let beans dry out, beans should always be covered with water.



## Black Beans and Sweet Potato Stew

### Ingredients:

2 tablespoons vegetable oil  
1 onion, chopped  
2 garlic cloves, minced  
1 green pepper, chopped  
1 1/2 cups peeled and diced sweet potato  
2 tomatoes, chopped  
2 cups cooked black beans  
2 tablespoons chopped fresh parsley (or 2 teaspoons dried parsley) optional  
Salt and pepper to taste

### Directions:

1. Heat oil in a large pot over medium heat. Add onion, garlic and pepper. Cook until soft.
2. Add sweet potato and 2 cups water. Cook until sweet potatoes are soft, about 15 minutes.
3. Stir in tomatoes, black beans, parsley, salt and pepper. Cook for 5 more minutes.
4. Serve hot and enjoy!
5. Refrigerate leftovers.

### Makes 6 servings.

Adapted from <http://fatfreevegan.com>

## Black Bean Spread

### Ingredients:

1 1/2 cups cooked or 1 can (15.5 ounces) black beans, rinsed  
1 onion, chopped  
3/4 teaspoon paprika  
1 tablespoon apple cider vinegar  
1 tablespoon vegetable oil  
1 garlic clove, minced  
2 tablespoons chopped basil (optional)  
Salt and pepper to taste

### Directions:

1. Combine all ingredients in a large bowl. Mash together and mix well.
2. Serve and enjoy!
3. Refrigerate leftovers.

### Makes 10 servings.

Adapted from [www.vegweb.com](http://www.vegweb.com)

## Quick Tips

- One pound dried beans (2 cups) equals 5 to 6 cups cooked beans.
- Beans are an inexpensive source of protein and fiber.
- Dried beans can be kept in an airtight container for a year.
- Remember to rinse all fruits and vegetables before using.



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# Bok Choy



## Key Points

- For best buy, look for bok choy with firm stems with no brown spots.
- To prepare fresh bok choy, cut off the root bottom. Both the white stem and green leaves can be eaten raw or cooked.
- To store fresh, wrap unwashed greens in a damp paper towel and keep in the refrigerator for 3 to 5 days.
- Bok choy contains vitamin A, which is good for healthy eyes and skin.



## Bok Choy and Mushroom Stir-Fry

### Ingredients:

1 pound bok choy  
2 teaspoons vegetable oil  
3 cups sliced mushrooms  
2 garlic cloves, minced  
1 teaspoon sugar  
1/2 cup chicken broth  
1 teaspoon cornstarch or flour  
2 teaspoons soy sauce  
Black pepper to taste

### Directions:

1. Slice the bok choy stems and leaves separately.
2. In a large frying pan, heat oil over medium high heat.
3. Add the bok choy stems, mushrooms, garlic and sugar to the pan. Cook 2 minutes, stir often.
4. Add the bok choy leaves to the pan. Cook 2 minutes.
5. In a small bowl, combine chicken broth and cornstarch.
6. Pour chicken broth mixture and soy sauce into pan.
7. Cook until sauce thickens and bok choy is tender. Stir often.
8. Add black pepper to taste. Enjoy!
9. Refrigerate leftovers.

**Makes 6 servings.**

## Bok Choy Noodle Bowl

### Ingredients:

2 cups orange juice  
2 cups low sodium chicken broth  
2 teaspoons soy sauce  
4 garlic cloves, minced  
1 onion, chopped  
2 carrots, shredded  
2 cups chopped bok choy  
4 cups cooked spaghetti\*

### Directions:

1. In a large pot, bring orange juice, chicken broth, soy sauce, garlic and onions to a simmer over medium heat.
2. Simmer for 5 minutes.
3. Add the carrots to the pot. Simmer for 5 minutes.
4. Add the bok choy and simmer for 5 minutes more.
5. Add the cooked spaghetti to the pot and simmer for 2-3 minutes or until hot. Stir often.
6. Put some of the spaghetti into each bowl and ladle the soup over the spaghetti. Enjoy!
7. Refrigerate leftovers.

\*8 ounces (1/2 of a 1 pound box)  
uncooked spaghetti will make 4 cups cooked.

**Makes 4 servings.**

## Quick Tips

- Bok choy is great cooked in a little vegetable oil with garlic and onions.
- Both the white stems and the green leaves of bok choy can be eaten raw or cooked.
- The white stems of bok choy take longer to cook. Add the stems first and cook until they are soft. When the stems are soft, add the green leaves and cook until they have wilted.
- Remember to rinse all fruits and vegetables before using.

# Braising Greens

## Key Points

- For best buy, look for greens that are moist and crisp, with rich green leaves.
- To prepare fresh greens, rinse leaves well and trim leaves from stem.
- To store fresh greens, wrap unwashed greens in a damp paper towel, place in a plastic bag and keep in the refrigerator for 3 to 5 days.
- Dark greens contain vitamin A, which is good for healthy eyes and skin.



## Collard Greens with Spicy Peanut Sauce

### Ingredients:

1 tablespoon vegetable oil  
1 cup chopped onion  
2 garlic cloves, minced  
1/4 teaspoon crushed red pepper flakes  
6 cups chopped collard greens  
1 cup chopped tomatoes  
2 tablespoons peanut butter  
Black pepper to taste

### Directions:

1. Heat oil in a large pot over medium heat.
2. Add onion, garlic and red pepper flakes. Cook until soft, about 5 minutes. Stir often.
3. Add greens and 1/4 cup water. Cover and cook until greens are soft, about 15 minutes.
4. Add tomato and peanut butter. Stir well.
5. Serve and enjoy!
6. Refrigerate leftovers.

### Makes 6 servings.

Adapted from NYC Green Cart Fresh Food Pack

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## Greens and Garlic

### Ingredients:

8 cups chopped braising greens  
1 teaspoon vegetable oil  
2 garlic cloves, minced  
1/4 teaspoon crushed red pepper flakes (optional)  
salt and pepper to taste

### Directions:

1. In a large pot, bring 1 cup water to a boil over medium heat.
2. Add the braising greens to the pot, cover and cook until the greens wilt, about 4 minutes, stirring often.
3. Uncover the pot and cook until all of the water is gone, about 5 minutes. Remove the pot from the heat.
4. In a large frying pan, heat the oil over medium heat.
5. Add the garlic and crushed red pepper to the oil and cook for 1 minute, stirring often.
6. Add the cooked greens to the frying pan. Cook for 3 minutes, stirring often. Add salt and pepper to taste. Enjoy!
7. Refrigerate leftovers.

### Makes 4 servings.

## Quick Tips

- Braising greens are a mix of dark greens. The mix of greens can include: collards, kale, Swiss chard, mustard greens, turnip greens and beet greens.
- Braising greens can be added to soups a few minutes before serving.
- 1 pound of greens is about 8 cups chopped greens.
- **Kids can help!** Tearing leafy greens is an easy, fun way to enjoy cooking with your child!



# Broccoli



## Key Points

- For the best buy, choose broccoli with dark green florets and stems.
- To prepare broccoli, wash and trim florets from stalks. Enjoy florets raw or cooked.
- To keep fresh, store in the refrigerator, unwashed in a plastic bag for up to 1 week.
- Broccoli contains vitamin C, which is good for fighting colds and healing cuts.



## Broccoli Stir-fry

### Ingredients:

2 teaspoons vegetable oil  
2 garlic cloves, minced  
3 cups broccoli florets  
2 carrots, chopped  
1 bell pepper, cut into strips  
1 onion, chopped  
2 tablespoons lemon juice  
1/2 teaspoon salt (optional)

### Directions:

1. In a large frying pan, add oil and garlic. Cook over high heat for 2 minutes.
2. Add broccoli, carrots, and 1/2 cup of water. Cook for 3 minutes, stir often.
3. Add pepper and onion. Continue to cook for 5 more minutes, and continue to stir often.
4. Remove from heat. Vegetables will be crisp and brightly colored.
5. Toss with lemon juice and salt.
6. Serve and enjoy!
7. Refrigerate leftovers.

**Makes 5 servings.**

## Broccoli Chickpea Dip

### Ingredients:

4 cups chopped broccoli  
2 garlic cloves  
2 cups cooked chickpeas  
1 teaspoon cumin  
1/4 cup lemon juice  
2 tablespoons vegetable oil

### Directions:

1. In a large pot over high heat bring 2 cups of water to a boil.
2. Add broccoli and cook for 5 minutes.
3. Rinse broccoli under cold water until cool.
4. Puree all ingredients in a blender.
5. Serve or chill. Enjoy!
6. Refrigerate leftovers.

**Makes 8 servings.**

*Adapted from [www.nytimes.com](http://www.nytimes.com)*

## Quick Tips

- Eat raw broccoli with a low-fat salad dressing for a healthy, crunchy snack!
- Add broccoli to pasta dishes and on top of pizza.
- Steam broccoli with garlic for a delicious side dish.
- **Kids can help!** Breaking pieces of broccoli off the stalk is an easy, fun way to enjoy cooking with your child!

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# Garden Orchard Salad

**Makes:** 4 servings

## Ingredients

**1 1/2 cups** broccoli florets (coarsely chopped)  
**1/2 cup** carrot (grated)  
**1/2 cup** cauliflower (coarsely chopped)  
**1/2 cup** apple (chopped, cored and diced, not peeled)  
**1/4 cup** green onion (sliced)  
**1/2 cup** yogurt, non-fat vanilla  
**1/4 cup** peanuts, unsalted, dry-roasted (chopped)



## Directions

1. Wash your hands and work area.
2. Mix all ingredients together in serving bowl.
3. Cover and refrigerate for 2 hours or longer to allow flavors to blend. Serve cold.
4. Cover and refrigerate leftovers within 2 hours.

# Brussels Sprouts

## Key Points

- For the best buy, choose Brussels sprouts that are firm and bright green with no yellow or wilted leaves, and no holes.
- To prepare fresh Brussels sprouts, remove stem and discolored leaves. Rinse well.
- To store fresh, keep unwashed Brussels sprouts in a plastic bag in the refrigerator for up to 10 days.
- Brussels sprouts contain vitamin C which is good for fighting colds and healing cuts.



## Quick Tips

- Brussels sprouts can be eaten cooked or raw by shredding them in salads.
- To roast Brussels sprouts, toss them with a small amount of oil, salt and pepper. Place on a cookie sheet and roast at 400°F for 30-40 minutes.
- Cut Brussels sprouts into quarters and add them to casseroles, stews and soups.
- **Kids can help!** Mixing Brussels sprouts in a salad is an easy, fun way to enjoy cooking with your child!

## Brussels Sprouts with Peanut Dressing

### Ingredients:

10 cups sliced Brussels sprouts  
1 tablespoon peanut butter  
1 tablespoon vegetable oil  
1 tablespoon honey  
1 tablespoon vinegar  
1 tablespoon low-sodium soy sauce  
Black pepper, to taste

### Directions:

1. Place Brussels sprouts in a large bowl.
2. In a small bowl, mix peanut butter, oil, honey, vinegar, and soy sauce.
3. Pour dressing over Brussels sprouts.
4. Add black pepper to taste.
5. Serve and enjoy!
6. Refrigerate leftovers.

Makes 5 servings.



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# Butternut Squash

## Key Points

- For the best buy, choose butternut squash that are heavy and have smooth skins.
- To prepare squash, wash and remove seeds. Leave skin on and bake for 30 minutes at 350° F, or cook over stove top until tender.
- To keep fresh, store in a cool, dry place for up to 3 months.
- Squash contains potassium, which is good for a healthy heart.



## Butternut Squash and Apple Cider

### Ingredients:

1 tablespoon vegetable oil  
1 cup chopped onion  
4 cups seeded and cubed butternut squash  
3/4 cup apple cider  
1 tablespoon chopped fresh herbs or 2 teaspoons dried (sage, rosemary, or thyme)  
Salt and pepper to taste

### Directions:

1. Heat oil in a large pot over high heat. Stir in onion and cook until soft.
2. Add butternut squash and apple cider. Cook for about 15 minutes.
3. Stir in herb, salt and pepper to taste. Cook for about 2 minutes.
4. Serve immediately.
5. Refrigerate leftovers.

**Makes 6 servings.**



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## Butternut Squash with Collard Greens

### Ingredients:

2 tablespoons vegetable oil  
1 onion chopped  
1 red bell pepper chopped  
3 cups peeled seeded and cubed butternut squash  
3 cups chopped collard greens  
1/4 teaspoon salt  
Black Pepper to taste

### Directions:

1. Heat the oil in a large pot over medium-high heat. Stir in onion, bell pepper and cook until soft.
2. Add squash and cook covered for 5 minutes.
3. Add 1/2 cup of water, collard greens, salt and pepper. Cook until vegetables are soft, about 8 to 10 minutes.
4. Serve immediately.
5. Refrigerate leftovers.

**Makes 4 servings.**

## Quick Tips

- Serve Squash as a hearty dish.
- Add Squash to a soup or casserole.
- Try stuffed squash with apples and walnuts.
- Remember to rinse all fruits and vegetables before using.



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# Cabbage



## Key Points

- For the best buy, choose cabbage with firm heads and no brown spots.
- To prepare cabbage, remove outer leaves and rinse well.
- To keep fresh, refrigerate unwashed cabbage up to 1 week.
- Cabbage contains vitamin C, which is good for fighting colds and healing cuts.



## Cabbage and Dill Salad

### Ingredients:

2 cups shredded cabbage  
1 cup grated carrots  
1 tablespoon vegetable oil  
2 tablespoons apple cider vinegar  
1 tablespoon minced dill (optional)  
Salt and pepper to taste

### Directions:

1. In a large bowl, add cabbage and carrots. Mix well.
2. In a small bowl, add oil, vinegar, dill, salt and pepper. Mix well.
3. Pour oil and vinegar dressing over cabbage mixture and toss.
4. Serve immediately or refrigerate for about 30 minutes before serving.
5. Refrigerate leftovers.

### Makes 6 servings.

Adapted from [sparkrecipes.com](http://sparkrecipes.com)



## Stewed Cabbage

### Ingredients:

2 teaspoons vegetable oil  
1 onion chopped  
2 garlic cloves, minced  
2 celery stalks, chopped  
3 cups chopped cabbage  
2 cups chopped tomatoes  
Salt and pepper to taste

### Directions:

1. Heat oil in a large frying pan over medium heat.
2. Add onion, garlic and celery. Cook for 5 minutes or until soft.
3. Add cabbage and tomatoes, and cook uncovered for 3 minutes than cover pan and cook for about 20 minutes until cabbage is soft. Stir often.
4. Season with salt and pepper. Serve hot or cold.
5. Refrigerate leftovers.

### Makes 4 servings.

## Quick Tips

- Steamed or boiled cabbage leaves can be filled with cooked meat, beans and rice.
- Chop cabbage and add to a stir fry.
- Add chopped cabbage to soups and stews.
- Remember to rinse all fruits and vegetables before using.

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# Carrots

## Key Points

- For the best buy, choose carrots that are firm, smooth and without cracks.
- To prepare carrots, wash well before eating.
- To keep fresh, refrigerate unwashed carrots for up to 2 weeks. Refrigerate cooked carrots for up to 3 days.
- Carrots contain vitamin A, which is good for healthy eyes and skin.



## Quick Tips

- Eat carrot sticks plain, with low-fat salad dressing or dip.
- Shred carrots into a soup or salad.
- Wash and cook carrot tops to eat as greens!
- Remember to rinse all fruits and vegetables before using.

## Carrot Raisin Salad

### Ingredients:

2 cups shredded carrots  
1/2 cup raisins  
1 tablespoon vegetable oil  
2 tablespoons lemon juice  
1 garlic clove, minced  
1/4 teaspoon cinnamon  
Salt and pepper to taste

### Directions:

1. In a large bowl, add the carrots and raisins.
2. In a small bowl, combine all other ingredients and mix well.
3. Pour the dressing over carrots and raisins. Stir well.
4. Chill, serve and enjoy!
5. Refrigerate leftovers.

### Makes 5 servings.

Adapted from [mykitchenvault.com](http://mykitchenvault.com)

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## Carrot and Zucchini Stir Fry

### Ingredients:

3 tablespoons vegetable oil  
3 zucchini, shredded  
2 carrots, peeled and shredded  
2 garlic cloves, minced  
2 tablespoons fresh herbs or 1 tablespoon dried (parsley or basil)  
Salt and pepper to taste

### Directions:

1. Heat oil in a medium frying pan over medium-high heat.
2. Add zucchini, carrots and garlic. Cook until vegetables are soft, about 7 minutes.
3. Stir in herbs, salt and pepper.
4. Serve and enjoy!
5. Refrigerate leftovers.

### Makes 4 servings.

Adapted from the Greenmarket Recipe Series.

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# Crunchy Carrot Salad

**Makes:** 6 Servings

Color your plate with carrots. This salad can accompany any meal.



## Ingredients

**1 pound** raw fresh carrots (washed and scrubbed or peeled, shredded)

**1/2 cup** raisins

**8 ounces** low-fat vanilla or lemon yogurt

## Directions

1. Mix all ingredients in a large mixing bowl.
2. Cover with plastic wrap and refrigerate for at least an hour.
3. Toss again before serving.

# Cauliflower

## Key Points

- For the best buy, choose cauliflower that is firm and heavy with a white and creamy color.
- To prepare cauliflower, wash and trim florets from stalks.
- To keep fresh, store in the refrigerator, unwashed in a plastic bag for up to 1 week.
- Cauliflower contains vitamin C, which is good for fighting colds and healing cuts.

## Cauliflower Sauté

### Ingredients:

4 cups cauliflower florets  
2 teaspoons vegetable oil  
1 onion, chopped  
2 cloves garlic, minced  
1 package (8 ounces) frozen sugar snap peas (or 1 cup fresh)  
1 red pepper, cut into strips  
1 cup sliced mushrooms  
1/4 teaspoon salt (optional)

### Directions:

1. In a small pot, cook cauliflower in 1 cup boiling water for 8 minutes. Drain and set aside.
2. In a large frying pan, add oil, onion and garlic. Cook over medium high heat for 3 minutes or until onion is tender. Stir often.
3. Add cooked cauliflower, snap peas, red pepper, mushrooms and salt.
4. Cook for 5 minutes on medium heat, stir often.
5. Serve and enjoy!
6. Refrigerate leftovers.

**Makes 6 servings.**

## Cauliflower Mashed Potatoes

### Ingredients:

2 potatoes, cut into chunks  
3 cups cauliflower florets  
1/2 cup shredded reduced-fat cheddar cheese  
2/3 cup low fat milk\*  
Salt and pepper, to taste  
1/2 teaspoon garlic powder (optional)

### Directions:

1. In a large pot, bring 4 cups of water to a boil.
2. Add potatoes and cook for 5 minutes.
3. Add cauliflower and cook for 5 more minutes. Drain.
4. In a large mixing bowl, add potatoes, cauliflower, and grated cheese. Mash with a fork until well blended.
5. Add milk, salt, pepper and garlic powder. Mix well.
6. Serve and enjoy!
7. Refrigerate leftovers.

**Makes 4 servings.**



## Quick Tips

- Eat raw cauliflower with a low-fat salad dressing for a healthy, crunchy snack!
- Add cauliflower to any veggie stir-fry recipe.
- Use cooked cauliflower in soups, stews, or pasta dishes.
- Remember to rinse all fruits and vegetables before using.

\* If using nonfat dried milk (NFDM), mix 2/3 cup water with 1/4 cup NFDM and add to recipe.

# Corn



## Key Points

- For the best buy, look for fresh green husks with no rotten spots.
- To prepare fresh corn, remove husk and silk from corn. Place ears in boiling water for 7 minutes. Drain and allow to cool.
- To store fresh corn, leave husk on and wrap in a plastic bag. Refrigerate for up to 3 days.
- Corn contains fiber, which helps to keep you regular.

## Raw Corn Salad

### Ingredients:

4 ears corn  
1 red onion, chopped  
2 tomatoes, chopped  
2 carrots, grated  
2 tablespoons vegetable oil  
1/4 cup vinegar  
1 cup fresh cilantro, chopped  
Salt and pepper, to taste

### Directions:

1. Remove husks from corn and cut kernels off the cob.
2. Combine corn, onion, tomatoes, and carrots in a large bowl.
3. In a small bowl, combine oil, vinegar, cilantro , salt and pepper. Mix well.
4. Pour dressing on the salad and toss.
5. Serve and enjoy!
6. Refrigerate leftovers.

### Makes 6 servings.

Adapted from *Greenmarket Chef Recipes*.

## Creamy Corn Soup

### Ingredients:

4 cups corn  
1 garlic clove, chopped  
2 tablespoons vegetable oil  
4 scallions, sliced  
Salt and pepper, to taste

### Directions:

1. Puree corn kernels and garlic with 3 cups of water until chunky.
2. Heat the oil in a large pot over medium heat and add the corn mixture.
3. Add 1 more cup of water and stir well. Cook until the soup is heated, about 5 minutes.
4. Remove from heat and add scallions, salt and pepper.
5. Serve and enjoy!
6. Refrigerate leftovers.

### Makes 4 servings.

Adapted from *marthastewart.com*

## Quick Tips

- Corn can be eaten raw! Just cut the kernels off the cob and add to salads.
- Grill or roast ears of corn with their husks on.
- Add to soups and stews.
- Remember to rinse all fruits and vegetables before using.

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# Cucumbers

## Key Points

- For the best buy, choose firm, unspotted cucumbers.
- To prepare cucumbers, rinse and remove ends before eating.
- To store fresh, refrigerate whole cucumbers for up to one week.
- Cucumbers contain fiber which helps to keep you regular.

## Sweet and Spicy Cucumbers

### Ingredients:

3 cucumbers, thinly sliced  
1/2 red onion, chopped  
1/2 cup red wine vinegar  
2 tablespoons sugar  
1/4 teaspoon salt  
1/4 teaspoon red pepper flakes

### Directions:

1. Combine the cucumbers and red onion in a large bowl.
2. In a small bowl, stir together 1/2 cup water, vinegar, sugar, salt and red pepper flakes.
3. Pour dressing on cucumbers and stir.
4. Serve chilled and enjoy!
5. Refrigerate leftovers.

### Makes 6 servings.

Adapted from [ourbestbites.com](http://ourbestbites.com)

## Cucumber Tomato Salad

### Ingredients:

2 cucumbers, sliced  
2 tomatoes, chopped  
1 onion, sliced  
1/2 teaspoon chopped garlic  
1/2 teaspoon oregano (optional)  
1 tablespoon vegetable oil  
3 tablespoons vinegar  
Salt and pepper to taste

### Directions:

1. Combine all ingredients in a medium bowl.
2. Chill for one hour.
3. Stir and serve. Enjoy!
4. Refrigerate leftovers.

### Makes 6 servings.

## Quick Tips

- Add chopped cucumbers to salads.
- Slice cucumber in half and scoop out seeds. Fill with low fat cottage cheese, tuna or egg salad.
- Add cucumber slices to your sandwiches for extra crunch!
- Remember to rinse all fruits and vegetables before using.



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# Eggplant

## Key Points

- For the best buy, choose an eggplant with smooth skin and no soft spots.
- To prepare eggplant, rinse, cut off the tops and peel, if desired.
- To keep fresh, store eggplants in the refrigerator for up to 4 days.
- Eggplants contain fiber, which helps to keep you regular.

## Eggplant with Basil

### Ingredients:

1 tablespoon vegetable oil  
1/2 jalapeno, seeded and diced  
2 garlic cloves, diced  
8 cups diced eggplant  
2 tablespoons low-sodium soy sauce  
1 teaspoon honey or sugar  
1 cup chopped basil  
Salt and pepper, to taste

### Directions:

1. Heat oil in a large pan over medium heat. Add jalapeno and garlic and cook for 2 minutes. Stir often.
2. Add eggplant and stir. Add 1 cup water, cover pan, and cook until eggplant is soft, about 6-7 minutes. Add extra water if needed.
3. Add soy sauce and honey and stir. Turn off heat.
4. Add basil and stir. Add salt and pepper to taste.
5. Serve hot and enjoy!
6. Refrigerate leftovers.

### Makes 8 servings.

Adapted from [thaitable.com](http://thaitable.com)

## Tomato and Eggplant Stew

### Ingredients:

1 tablespoon vegetable oil  
1 cup chopped onion  
1 cup chopped bell pepper  
2 garlic cloves, diced  
8 cups chopped eggplant  
3 cups chopped fresh tomatoes  
1 tablespoon fresh or 2 teaspoons dried thyme  
Salt and pepper, to taste

### Directions:

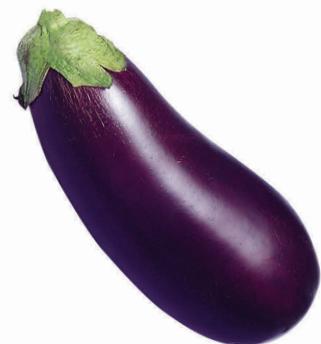
1. Heat oil in a large pot over medium heat. Add onion and bell pepper and cook until soft.
2. Add garlic and cook 1 minute. Add eggplant and cook 5 minutes more.
3. Add tomatoes and thyme, stir and bring to a boil. Reduce heat to low and cook until sauce thickens and eggplant is fully cooked, about 15 minutes. Add salt and pepper to taste. Stir often.
4. Serve hot or warm and enjoy!
5. Refrigerate leftovers.

### Makes 8 servings.

Adapted from [nytimes.com](http://nytimes.com)



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## Quick Tips

- Use diced eggplant as an ingredient in cooked vegetable side dishes or entrees.
- Fry, sauté, bake or grill sliced eggplant.
- Eggplant is great on the grill! Top eggplant with oil, salt and pepper and place on hot grill.
- Remember to rinse all fruits and vegetables before using.

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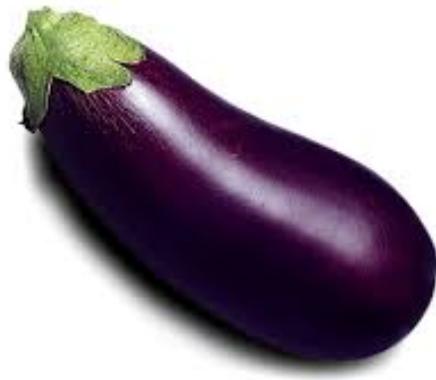
# Eggplant and Pepper Dip

Rating: ★★★★★

Makes: 8 servings

## Ingredients

1 eggplant (large)  
2 red pepper  
1 onion (small)  
**1/4 teaspoon** garlic powder  
**2 tablespoons** vegetable oil  
**1 teaspoon** oregano  
**1 teaspoon** basil  
**1/4 teaspoon** salt



## Directions

1. Use a vegetable peeler to remove the peel from the eggplant.

2. Chop the eggplant into 1 inch cubes.

3. Chop the red peppers.

4. Peel and chop the onion.

5. Put all the ingredients in a large bowl. Stir together.

6. Spread the ingredients on a baking tray.

7. Bake at 400 degrees for 45 minutes. While the dip is baking, stir it a few times.

8. When the eggplant is lightly browned and soft, take the dip out of the oven.

9. Let the dip cool for at least 10 minutes

10. Put the dip in the blender. Blend until smooth.

11. Serve the dip cold or at room temperature.

Notes: Try this low-fat dip with cut vegetables, toast or as a spread on sandwiches.

# Fruit Kabob

**Prep time:** 15 minutes

**Makes:** 8 Servings

Try this creative and easy way to enjoy your favorite fruit. Make and serve these fun fruit skewers as a dessert or snack.



## Ingredients

**1 1/2 cups** ripe banana slices (about 16 slices)  
**1 1/2 cups** watermelon cubes (about 16 cubes)  
**1 cup** clementine sections (about 16 sections)

## Directions

1. Thread the fruit onto the skewers, alternating and arranging it however you like.
2. Serve right away.



## MyPlate Food Groups

Fruits                    1 cup

# Fruit Kabobs with Yogurt Dip

Rating: ★★★★☆

Makes: 8 servings

## Ingredients

**1 cup** watermelon (chunks)  
**1 cup** pineapple (chunks)  
**1 cup** grapes, green or red  
seedless  
**1 cup** strawberries (stems  
removed)  
**2** kiwi (peeled and cut in quarters)  
**8** bamboo skewers (6 inches long)  
**1 cup** yogurt, light strawberry

## Directions

1. Place fruit chunks on bamboo skewers. Place fruit kabobs on platter.
2. Place light strawberry yogurt in bowl. Serve kabobs with yogurt on the side.

# Garbanzo Beans



## Key Points

- Before preparing dried beans, sort through for tiny pebbles or shriveled beans.
- Dried beans need to be soaked before they are cooked.
- The best way to soak dried beans is to cover them in cold water and bring to a gentle boil, turn off the heat and allow beans to soak in the water for 1-2 hours. *Do not add salt to the soaking water.* Drain water and rinse with fresh water.
- To cook beans, cover with fresh water and simmer for 1–2 hours. Do not let beans dry out, beans should always be covered with water.



## Garbanzo Bean Stir-Fry

### Ingredients:

1 tablespoon vegetable oil  
1 onion chopped  
3 garlic cloves minced  
2 cups cooked chickpeas  
4 cups chopped kale leaves  
1 tablespoon chopped fresh oregano, or (1 teaspoon dried oregano)  
2 teaspoons parsley (optional)  
2 tablespoons lemon juice  
Salt and pepper to taste

### Directions:

1. In a large frying pan, heat the oil over medium heat.
2. Add onions, garlic and cook until soft.
3. Add chickpeas and cook for about 5 minutes.
4. Add kale, oregano, parsley, and cook for 6 more minutes.
5. Remove from heat and add lemon juice. Mix well.
6. Season with salt and pepper.
7. Serve immediately.
8. Refrigerate leftovers.

### Makes 4 servings.

Adapted from [101cookbooks.com](http://101cookbooks.com)

## Garbanzo Bean Salad

### Ingredients:

2 cups cooked chickpeas  
1/2 cup chopped red onion  
1 cucumber diced  
1/3 cup chopped bell pepper  
2 tomatoes chopped  
1 tablespoon vegetable oil  
1/3 cup vinegar  
1 tablespoon chopped fresh oregano (or 1 teaspoon dried oregano) optional  
Salt and pepper to taste

### Directions:

1. In a large bowl combine chickpeas, onion, cucumber, bell pepper, and tomatoes.
2. In a small bowl, combine oil, vinegar, oregano, salt and pepper.
3. Add oil and vinegar dressing to chickpea mixture. Mix well.
4. Serve immediately or chill before serving.
5. Refrigerate leftovers.

### Makes 5 servings.

Adapted from [allrecipes.com](http://allrecipes.com)

## Quick Tips

- Another name for Garbanzo beans is chickpeas.
- One pound dried beans (2 cups) equals 5 to 6 cups cooked beans.
- Beans are an inexpensive source of protein and fiber.
- Dried beans can be kept in an airtight container for a year.
- Remember to rinse all fruits and vegetables before using.



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# Green Beans

## Key Points

- For the best buy choose firm, crisp fresh green beans.
- To prepare fresh green beans, rinse and remove ends before eating.
- To store fresh green beans, put in a loosely closed plastic bag and store in the refrigerator for 3 to 5 days.
- Green beans contain vitamin A, which is good for healthy eyes and skin.



## Green Bean Stir-Fry with Corn

### Ingredients:

2 tablespoons vegetable oil  
2 garlic cloves, minced  
1 jalapeno, seeded and minced  
4 cups chopped green beans  
1 cup corn  
2 tablespoons chopped scallions  
1 cup chopped cilantro  
2 tablespoons low sodium soy sauce  
1 teaspoon honey

### Directions:

1. Heat oil in a large pan over medium-high heat.
2. Add garlic and jalapeno and cook 1 minute. Stir constantly.
3. Add green beans, corn, and scallions. Mix well. Cook until green beans are soft, about 4-5 minutes. Stir often.
4. Reduce heat to medium, add cilantro, soy sauce, and honey. Stir well. Cook 1 more minute.
5. Serve and enjoy!
6. Refrigerate leftovers.

### Makes 6 servings.

Adapted from Bon Apetit.

## Green Bean and Cherry Tomato Salad

### Ingredients:

4 cups chopped green beans  
4 cups cherry tomatoes, halved  
1/4 cup sliced fresh basil  
3 tablespoons vegetable oil  
2 tablespoons apple cider vinegar  
3 tablespoons minced shallots  
1/8 teaspoon crushed red pepper flakes (optional)

### Directions:

1. Bring 2 cups of water to boil in a large pot over high heat.
2. Add green beans and cook 4 minutes.
3. Rinse green beans under cold water until cool.
4. Combine cooled green beans, tomatoes, and basil in a large bowl.
5. In a small bowl, make dressing: combine oil, vinegar, shallots, and red pepper flakes. Mix well.
6. Add dressing to vegetables and mix well.
7. Serve and enjoy!
8. Refrigerate leftovers.

### Makes 8 servings.

Adapted from  
[www.smittenkitchen.com](http://www.smittenkitchen.com)



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# Green Beans



## Key Points

- For the best buy choose firm, crisp fresh green beans.
- To prepare fresh green beans, rinse and remove ends before eating.
- To store fresh green beans, put in a loosely closed plastic bag and store in the refrigerator for 3 to 5 days.
- Green beans contain vitamin A, which is good for healthy eyes and skin.



## Green Beans with Potatoes

### Ingredients:

4 potatoes, cut into chunks  
1 onion, sliced  
1 cup chicken broth  
1/4 teaspoon garlic powder  
Dash of black pepper  
1 3/4 cups cooked green beans  
1 tablespoon vegetable oil  
2 tablespoons lemon juice  
(or yellow mustard)

### Directions:

1. In a medium pot, add potatoes, onion, chicken broth, garlic powder and pepper.
2. Bring to a boil. Reduce heat, cover and simmer for 15 minutes or until potatoes are tender.
3. Add green beans, stir gently.
4. Heat on low for 5 minutes, or until green beans are heated through.
5. Remove from heat. Drizzle vegetable oil and lemon juice (or mustard) on top, and serve with a slotted spoon.
6. Refrigerate leftovers.

**Makes 6 servings.**

## Three Bean Salad

### Ingredients:

1 3/4 cups cooked green beans  
1 3/4 cups cooked kidney beans  
1 3/4 cups cooked chick peas  
(also called garbanzo beans)  
1 onion, chopped  
3 tablespoons red or white vinegar  
3 tablespoons vegetable oil  
3 tablespoons sugar  
1 garlic clove, minced (optional)

### Directions:

1. Make the salad: Put the beans and onion in a large bowl.
2. Make the dressing: In a small bowl, combine vinegar, oil, sugar and garlic. Mix well.
3. Pour the dressing over the salad and toss together.
4. Cover and refrigerate.
5. Serve cold and enjoy!
6. Refrigerate leftovers.

**Makes 8 servings.**

## Quick Tips

- Add green beans to a soup, stew or stir-fry.
- Chop fresh green beans and add them to a tossed salad for some crunch.
- Cook in a frying pan with garlic and a small amount of olive oil for a tasty side dish.
- Remember to rinse all fruits and vegetables before using.

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# Kale Chips

Winter greens (such as kale, Swiss chard, collard greens and mustard greens) contain Vitamin A, which is good for healthy eyes and skin.

## Ingredients:

- 1 lb bunch kale (or chard, spinach or collard greens)
- 1 ½ tablespoons olive oil

## Directions:

1. Preheat oven to 300°F
2. Line a cookie sheet with parchment paper (optional)
3. Wash and dry greens
4. Remove stems. Tear leaves into bite-sized pieces.
5. Place leaves in a medium-sized bowl, drizzle olive oil over kale.
6. Sprinkle with salt or other seasoning (optional).
7. Massage olive oil into leaves.
8. Arrange leaves in a single layer on cookie sheet.
9. Bake for 10 minutes, or until leaves are crisp but not burned.



**Notes:** season with salt, pepper, onion powder, garlic powder, chili powder, cumin, turmeric, or Parmesan cheese.

## Quick Tips for Winter Greens:

- Add fresh kale, collard greens, mustard greens or Swiss chart to soups and stews.
- Cook winter greens with oil and garlic for a quick side dish
- Greens can be seasoned with vinegar, ginger, lemon juice or hot pepper flakes!
- Remember to rinse all fruits and vegetables before using.



Adapted from: USDA What's Cooking? and "Just Say Yes to Fruits and Vegetables"

# Kale Apple Salad

Winter greens (such as kale, Swiss chard, collard greens and mustard greens) contain Vitamin A, which is good for healthy eyes and skin.

## Ingredients:

3 tablespoons lemon juice  
2 tablespoons olive oil, vegetable oil or canola oil  
 $\frac{1}{4}$  teaspoon salt  
1 bunch kale, stems removed, leaves sliced thin  
1 apple  
 $\frac{1}{4}$  cup sliced almonds (optional)  
 $\frac{1}{4}$  cup grated Parmesan  
Pepper

## Directions:

1. Whisk together lemon juice, oil and  $\frac{1}{4}$  teaspoon salt in a large bowl.
2. Add the kale, toss to coat and let stand 10 minutes.
3. While kale stands, cut apple into thin matchsticks.
4. Add apple, almonds (optional) and cheese to the kale.
5. Season with salt and pepper and toss well.



## Quick Tips for Winter Greens:

- Add fresh kale, collard greens, mustard greens or Swiss chart to soups and stews.
- Cook winter greens with oil and garlic for a quick side dish
- Greens can be seasoned with vinegar, ginger, lemon juice or hot pepper flakes!
- Remember to rinse all fruits and vegetables before using.





# Lettuce

## Key Points

- For the best buy, choose lettuce that is firm, green and smells sweet.
- To prepare lettuce, remove the center core and outer wilted leaves. Rinse well and dry with a clean towel.
- To store fresh, wrap lettuce in damp paper towels and refrigerate for up to 3 days.
- Lettuce contains vitamin A, which is good for healthy eyes and skin.



## Lettuce and Chickpea Salad

### Ingredients:

6 cups shredded lettuce  
2 cups cooked chickpeas  
2 tomatoes, chopped  
1 cucumber, chopped  
1/2 cup chopped onion  
1 tablespoon vegetable oil  
1/4 cup apple cider vinegar  
1 tablespoon fresh parsley or 1 teaspoon dried parsley (optional)  
Salt and pepper, to taste

### Directions:

1. Place lettuce in a large bowl.
2. Add chickpeas, tomatoes, cucumber, and onions to lettuce. Toss lightly.
3. In a small bowl, mix oil, vinegar, parsley, salt and pepper.
4. Pour dressing over lettuce salad and toss.
5. Serve immediately.
6. Refrigerate leftovers.

### Makes 4 servings.

Adapted from [www.vegweb.com](http://www.vegweb.com)

## Stir-fried Lettuce

### Ingredients:

2 teaspoons vegetable oil  
4 garlic cloves, minced  
1 tablespoon low-sodium soy sauce  
1 teaspoon honey or sugar  
2 heads lettuce, chopped  
1/4 teaspoon crushed red pepper flakes (optional)  
Salt and pepper, to taste

### Directions:

1. Heat oil in a large pot over medium heat.
2. Add garlic, cook for 2 minutes. Stir often.
3. Add soy sauce and honey and stir.
4. Add lettuce and cook until lettuce is soft, about 2-3 minutes.
5. Add red pepper flakes. Add salt and pepper to taste.
6. Serve hot and enjoy!
7. Refrigerate leftovers.

### Makes 4 servings.

## Quick Tips

- Shred lettuce and add to a soup or stir fry.
- Squeeze lemon juice and a bit of oil over lettuce for a quick salad.
- Use lettuce leaves to wrap up your favorite sandwich fillings!
- Remember to rinse all fruits and vegetables before using.

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# Lettuce

## Key Points

- For the best buy, choose lettuce that is firm, green and smells sweet.
- To prepare lettuce, remove the center core and outer wilted leaves. Rinse well and dry with a clean towel.
- To store fresh, wrap lettuce in damp paper towels and refrigerate for up to 3 days.
- Lettuce contains vitamin A, which is good for healthy eyes and skin.



## Taco Salad

### Ingredients:

6 cups torn lettuce leaves  
2 cups cooked kidney beans  
3 tomatoes, chopped  
1/3 cup low fat sour cream  
2 teaspoons low sodium taco seasoning  
1/2 cup crushed baked tortilla chips  
1/4 cup shredded low fat cheese

### Directions:

- Place lettuce in a large bowl.
- In a medium bowl, mix together the beans, tomatoes, sour cream and taco seasoning.
- Top lettuce with bean mixture.
- Toss lightly.
- Top salad with crushed tortilla chips and cheese.
- Serve and enjoy!
- Refrigerate leftovers.

**Makes 5 servings.**

## Easy Dinner Salad

### Ingredients:

1 head lettuce, cut into 6 wedges  
1 1/4 cups cherry tomatoes  
3 tablespoons low fat mayonnaise  
2 tablespoons ketchup  
1 tablespoon minced onion  
1 tablespoon sweet pickle relish  
Black pepper to taste

### Directions:

- Place lettuce wedges on small plates.
- To make the dressing: In a small bowl, combine the mayonnaise, ketchup, onion and relish.
- Pour 1 tablespoon of the dressing over each lettuce wedge. Sprinkle with tomatoes and black pepper.
- Serve and enjoy!
- Refrigerate leftovers.

**Makes 6 servings.**

## Quick Tips

- Shred lettuce and add to a soup or stir fry.
- Squeeze lemon juice and a bit of oil over lettuce for a quick salad.
- Use lettuce leaves to wrap up your favorite sandwich fillings!
- Remember to rinse all fruits and vegetables before using.



# Melons

## Key Points

- For the best buy, choose melons that have a good scent and are heavy for their size with no bruises.
- To prepare melons, rinse the rinds and cut them in half or in wedges and remove the seeds.
- To store fresh, leave whole melons at room temperature out of direct sunlight for up to 1 week. Refrigerate cut melons for up to 5 days.
- Melons contain vitamin A, which is good for healthy eyes and skin.



## Cantaloupe, Tomato, and Basil Salad

### Ingredients:

10 tomatoes, chopped (save the liquid)  
1 ripe cantaloupe, chopped  
1/2 cup fresh basil leaves, chopped  
1 tablespoon vegetable oil  
Salt and pepper to taste

### Directions:

- In a large bowl, mix the tomato, cantaloupe and basil.
- Toss with the tomato liquid, olive oil, salt and pepper.
- Serve cold and enjoy!
- Refrigerate leftovers.

### Makes 8 servings.

Adapted from [goodhousekeeping.com](#)

## Nectarine Glazed Honeydew

### Ingredients:

1 cup nectarines, finely chopped  
1 tablespoon brown sugar  
1 teaspoon grated ginger  
1/4 teaspoon ground allspice  
2-3 tablespoons chopped mint  
1 medium honeydew, cubed

### Directions:

- In a medium pot, combine the nectarines, brown sugar, ginger, allspice and mint.
- Bring to a boil. Cook 3-5 minutes or until sauce begins to thicken.
- Pour over honeydew.
- Serve and enjoy!
- Refrigerate leftovers.

### Makes 6 servings.

Adapted from [tasteofhome.com](#)

## Quick Tips

- Serve melon balls or cubes with cottage cheese.
- Add melon cubes or melon balls to fruit salads.
- Serve melon halves with chicken or seafood salads.
- Remember to rinse all fruits and vegetables before using.

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# Mushrooms



## Key Points

- For the best buy, choose mushrooms that look smooth and dry. They should not smell moldy!
- To prepare fresh mushrooms, rinse under running water. Pat dry with a paper towel if desired. Trim off rough ends of stems.
- To store fresh mushrooms, place them in a paper bag and refrigerate for up to 5 days.
- Mushrooms contain potassium, which is good for a healthy heart.



## Mushrooms and Beans

### Ingredients:

2 tablespoons vegetable oil  
1 onion, chopped  
1 garlic clove, minced  
3 cups whole fresh mushrooms (10 ounce package), cut in half  
1/2 teaspoon basil (optional)  
1/2 teaspoon oregano (optional)  
2 cups cooked cannellini or great northern beans  
1 cup tomato sauce  
2 tablespoons grated Parmesan cheese

### Directions:

1. In a large frying pan, heat oil over medium heat.
2. Add onions and garlic, cook 2 minutes, stirring often.
3. Add mushrooms, basil, and oregano. Cook 6 minutes, stirring often.
4. Stir in beans and tomato sauce, heat through. Stir in Parmesan.
5. Serve as a side dish, or over pasta or rice if desired.
6. Refrigerate leftovers.

**Makes 6 servings.**

## Confetti Rice

### Ingredients:

2 teaspoons vegetable oil  
12 mushrooms, sliced  
2 garlic cloves, minced  
2 carrots, peeled and sliced  
Black pepper, to taste  
1 cup chicken broth  
1 cup uncooked rice  
1/2 cup peas

### Directions:

1. In a large frying pan, heat oil over medium heat.
2. Add mushrooms and garlic. Cook for 3 minutes, stirring often.
3. Stir in carrots, black pepper, chicken broth, 1 cup water, and rice.
4. Cover, reduce heat to low, and simmer for 20 minutes, until rice is cooked.
5. Stir in peas. Cover and let sit for 5 minutes.
6. Refrigerate leftovers.

**Makes 4 servings.**

## Quick Tips

- Try a mushroom omelet for breakfast.
- Add mushrooms to a soup, stew or stir-fry.
- Cook garlic and mushrooms. Add lemon juice to taste. Serve as a side dish or on meats.
- Remember to rinse all fruits and vegetables before using.

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# Onions

## Key Points

- For the best buy, choose onions without soft spots or sprouts.
- To prepare onions, remove the papery skin and first layer before using.
- To keep fresh, store onions away from potatoes in a cool, dry place for up to 2 weeks.
- Onions contain potassium, which is good for a healthy heart.



## Onion Casserole

### Ingredients:

1 tablespoon oil  
3 onions, chopped  
1 bell pepper, chopped  
3 eggs  
3/4 cup low fat milk  
1 cup shredded low fat cheese,  
such as cheddar or Swiss  
Salt and pepper to taste

### Directions:

1. Preheat oven to 325°F.
2. Grease a medium baking dish.
3. In a medium frying pan, heat oil over medium heat.
4. Add onions and peppers. Cook for about 10 minutes or until soft. Stir often.
5. In a medium bowl, mix eggs and milk.
6. Place onion mixture in the baking dish. Top with shredded cheese.
7. Pour egg mixture into the baking dish, over the onion mixture and cheese.
8. Bake for 25 minutes or until firm. Serve warm and enjoy!
9. Refrigerate leftovers.

**Makes 6 servings.**

## Onion Rings

### Ingredients:

1 cup bread crumbs  
1 teaspoon garlic powder  
1 teaspoon oregano  
3 tablespoons grated Parmesan cheese  
1 egg  
3 onions, sliced and separated into rings

### Directions:

1. Preheat oven to 400°F. Spray a large baking sheet with non stick cooking spray.
2. In a medium bowl, combine bread crumbs, garlic powder, oregano and Parmesan cheese.
3. In a separate bowl, mix egg with 1 tablespoon cold water.
4. Dip onion rings into egg mixture and then into bread crumb mixture.
5. Place onion rings on baking sheet. Bake for 15 minutes or until golden brown. Serve immediately and enjoy!
6. Refrigerate leftovers.

**Makes 4 servings.**

## Quick Tips

- Add sliced onions to salads and sandwiches.
- Chop onions and add to a soup, stew or stir fry.
- Pierce onions with a fork and roast in the oven at 450°F for 5-6 minutes. Top with salt and pepper.
- Remember to rinse all fruits and vegetables before using.

# Cucumber and Red Onion Salad

**Makes:** 4 Servings

This quick salad recipe uses fresh cucumbers. Cucumbers are best eaten raw or barely cooked.



## Ingredients

**2** cucumbers  
**3 tablespoons** white vinegar  
**1 tablespoon** sugar  
**1/4 teaspoon** salt  
**1/4 teaspoon** black pepper  
**1** red onion (peeled, sliced and broken into rings)  
**1 teaspoon** dry dill (if you like)

## Directions

1. Rinse and scrub the cucumbers. Remove some of the peel in lengthwise strips using a vegetable peeler or fork and leaving a little skin between each strip.
2. Thinly slice the cucumber into circles.
3. Place the vinegar, sugar, salt, and pepper in a bowl and mix until the sugar is dissolved.
4. Add the cucumber and onion; if using dill, add that too, and toss well. 5. Can be served at room temperature or chilled.

# Easy Summer Salad

**Makes:** 6 Servings

Fresh red onion is used in this recipe. This Easy Summer Salad is great as a side dish for many meals.



## Ingredients

**1** large cucumber (peeled and cut into small cubes)  
**1** red onion (peeled and cut into small cubes)  
**2** tomatoes (cut into small cubes)  
**1** clove garlic  
**4 tablespoons** lemon juice  
**1 tablespoon** vegetable oil  
**1/4 teaspoon** salt  
black pepper to taste

## Directions

1. Add cucumbers, onions, tomatoes, and garlic in a large bowl.
2. Stir in lemon juice, salt, and pepper until well mixed.
3. Serve at room temperature or chill in the refrigerator for at least 1 hour before serving.

## Notes

Tip: Great as a side dish for many meals

# Parsnips



Parsnips contain Fiber, Potassium and Vitamin C, which are good for a healthy heart and immune system. Store unwashed parsnips in the vegetable-crisper drawer of the refrigerator for up to two weeks.

## Roasted Parsnips

### Ingredients:

1lb parsnips, cut into 3-inch sticks (similar to French fries)  
2 tablespoons vegetable oil  
Salt and ground pepper

### Directions:

1. Preheat oven to 400°F
2. Toss parsnip sticks with oil. Arrange in a single layer on a rimmed baking sheet.
3. Season with salt and pepper
4. Roast parsnips, turning occasionally, until tender and deep golden brown in spots (about 35 minutes)

**Notes:** for a spicy honey glaze: heat 1 tablespoon unsalted butter or vegetable oil, 1 and ½ teaspoons apple cider vinegar, 1 and ½ teaspoons honey, and ¼ teaspoon red pepper flakes. Drizzle spicy honey-butter over roasted parsnips and serve.

## Mashed Parsnips

### Ingredients:

2 pounds parsnips, peeled  
2 teaspoons fine sea salt  
3 tablespoons milk  
2 tablespoons unsalted butter  
Pinch ground nutmeg

### Directions:

1. Cut parsnips into 1-inch pieces, place in a large saucepan and cover with cold water.
2. Add half the salt, bring to a boil, lower heat and simmer until very tender, about 12 minutes.
3. Drain parsnips well. Mash or puree with milk, butter, nutmeg and remaining teaspoon salt (to taste), until smooth. Reheat if necessary before serving.

## Quick Tips for Parsnips:

- Small to medium-sized parsnips are sweeter and more tender than larger parsnips
- Scrub parsnips before cooking. You do not need to peel them.
- Add chopped parsnips to soups, stews or roasts. Cook until tender (about 30 minutes).
- Make parsnips instead of potatoes:
  - Serve mashed or pureed parsnips (cook them like you would a potato).
  - Shred parsnips and make parsnip hash browns.
  - Stir-fry chopped or shredded parsnips in a pan with vegetable oil, salt, pepper and herbs.

# Peas

## Key Points

- For the best buy, choose fresh peas with crisp pods.
- To prepare peas, remove from the pods before cooking.
- To store fresh, refrigerate whole peapods for up to 2 days in a plastic bag in the refrigerator.
- Peas contain fiber, which helps to keep you regular.



## Peas and Pasta

### Ingredients:

3 cups uncooked pasta  
2 cups peas  
2 tablespoons oil  
1/4 cup grated Parmesan cheese  
Salt and pepper to taste

### Directions:

1. In a large pot, bring 12 cups of water to a boil.
2. Add pasta and cook for 8 minutes.
3. Add peas to pot and cook for 2 more minutes.
4. Drain peas and pasta and place in large bowl.
5. Toss cooked pasta and peas with oil.
6. Sprinkle with cheese and serve hot.
7. Refrigerate leftovers.

**Makes 4 servings.**

## Sweet Pea Salad

### Ingredients:

4 cups peas, cooked and chilled  
3 stalks celery, chopped  
1/2 onion, chopped  
1/2 cup low fat sour cream  
Salt and pepper to taste

### Directions:

1. In a large bowl, mix together peas, celery and onion.
2. Stir in the sour cream.
3. Chill.
4. Serve and enjoy!
5. Refrigerate leftovers.

**Makes 6 servings.**

## Quick Tips

- Add a cup of peas to a pot of soup.
- Add cooked peas to macaroni and cheese or tuna casserole.
- Add peas to tossed salads.
- Remember to rinse all fruits and vegetables before using.



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# Peppers

## Key Points

- For the best buy, choose shiny, firm peppers.
- To prepare peppers, rinse and remove the stem, core and seeds before using.
- To store fresh, refrigerate peppers for up to 5 days.
- Peppers contain vitamin C, which is good for fighting colds and healing cuts.



## Red Pepper and White Bean Salad

### Ingredients:

3 cups chopped arugula or spinach leaves  
1 cup chopped red bell peppers  
1/3 cup sliced red onion  
1 1/2 cups cooked or 1 can (16 ounces) white beans, rinsed and drained  
1 1/2 tablespoons balsamic vinegar (or other vinegar)  
1 tablespoon vegetable oil  
1 garlic clove, minced  
Salt and pepper, to taste

### Directions:

1. Combine arugula (or spinach), red peppers, red onion, and white beans in a large bowl.
2. In a small bowl, mix vinegar, oil, garlic, salt and pepper.
3. Pour dressing over salad and mix well.
4. Serve and enjoy!
5. Refrigerate leftovers.

### Makes 6 servings.

Adapted from [www.cookinglight.com](http://www.cookinglight.com)

## Pepper and Tomato Stew

### Ingredients:

2 tablespoons vegetable oil  
1 cup chopped onion  
3 garlic cloves, sliced  
5 cups chopped tomatoes  
5 cups chopped red and yellow bell peppers  
2 teaspoons paprika  
1/4 teaspoon red pepper flakes (optional)

### Directions:

1. Heat oil in a large pot over medium heat.
2. Add onion and garlic and cook until soft, about 5 minutes. Stir often.
3. Add tomatoes, peppers, paprika, and red pepper flakes. Stir. Cook until peppers are soft, about 20 minutes.
4. Serve hot and enjoy!
5. Refrigerate leftovers.

### Makes 6 servings.

Adapted from Vegetarian Cooking for Everyone, Deborah Madison

## Quick Tips

- Cut peppers into strips and eat plain or with dip.
- To roast peppers, scorch the sides in a dry frying pan over medium heat. Place in an airtight container for 5 minutes. Remove seeds and chop.
- Add chopped peppers to pasta sauce or rice dishes.
- **Kids can help!** Rinsing peppers before using is a fun, easy way to enjoy cooking with your child!

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# Potatoes



## Key Points

- For the best buy, choose potatoes that are firm and without green spots.
- To prepare potatoes, rinse well and scrub skins to remove dirt.
- To keep fresh, store potatoes away from onions in a cool, dry place for up to 2 weeks.
- Potatoes contain potassium, which is good for a healthy heart.

## Smashed Potatoes with Kale

### Ingredients:

1 tablespoon vegetable oil  
6 cups diced potatoes  
6 cups diced kale  
3 tablespoons chopped scallions  
1/4 teaspoon crushed red pepper flakes  
Salt and pepper to taste

### Directions:

1. Heat oil in a large frying pan over medium heat.
2. Add potatoes and cook for 5 minutes.
3. Add kale and cook for 5 more minutes.
4. Add 1 cup of water, cover, and cook 5 more minutes.
5. Mash potatoes and kale until smooth.
6. Add scallions, red pepper flakes, and salt and pepper to taste.
7. Serve hot and enjoy!
8. Refrigerate leftovers.

**Makes 8 servings.**

## Stir-Fry Garlic Potatoes

### Ingredients:

2 tablespoons vegetable oil  
3 cups potatoes, chopped  
5 garlic cloves, minced  
2 jalapenos, seeds removed, diced  
1 tablespoon lemon juice  
3 tablespoon chopped green onions  
2 tablespoon chopped parsley  
Salt and pepper to taste

### Directions:

1. Heat oil in a large frying pan over medium heat. Add potatoes in a single layer.
2. Cook for 10 minutes, or until browned. Turn often.
3. Add garlic and jalapenos, cover and reduce heat to low.
4. Cook for 15 minutes, or until potatoes are soft. Stir often.
5. In a large bowl, combine potatoes with the lemon juice, green onion, parsley, salt and pepper.
6. Serve hot and enjoy!
7. Refrigerate leftovers.

**Makes 5 servings.**

*Adapted from: [www.about.com](http://www.about.com)*



## Quick Tips

- Add potatoes to soups and stews.
- Choose potatoes that are smooth, with few flaws in the skins.
- Be sure to eat the skin of the potato to get more fiber and potassium!
- To keep cut potatoes from turning brown, cover them with cold water. They will stay fresh for up to 2 hours!



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## HERB POTATO SALAD SNAP-ED CONNECTION

<http://snap.nal.usda.gov/>

Servings: 4

Prep Time: 20 Min.

Cook Time: 15 min

### Ingredients

1/4 tablespoon salt  
1 pound potatoes  
1/2 cup radishes (sliced, optional)  
1/2 teaspoon basil (dried)  
1/4 teaspoon thyme (dried)  
1/4 teaspoon onion powder  
3 tablespoons yogurt, plain nonfat  
1 tablespoon mayonnaise, reduced calorie  
1 1/2 teaspoon prepared mustard  
1/2 teaspoon garlic (chopped)

### Instructions

1. Scrub potatoes and cut into cubes.
2. Place in medium saucepan and cover with water. Bring to a boil.
3. Cover, reduce heat and simmer 12 minutes or until potatoes are done. Drain.
4. Mix dressing ingredients.
5. Combine hot potatoes, dressing, radishes, basil, thyme, and onion powder. Serve hot or cold.

### Nutrition Information Per Serving:

Calories	110
Total Fat	1.5g
Cholesterol	0 mg
Sat. Fat	0g
Sodium	200 mg
Carbs	22g
Sugar	2g
Fiber	2g
Protein	3g



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## HERB POTATO SALAD SNAP-ED CONNECTION

<http://snap.nal.usda.gov/>

Servings: 4

Prep Time: 20 Min.

Cook Time: 15 min

### Ingredients

1/4 tablespoon salt  
1 pound potatoes  
1/2 cup radishes (sliced, optional)  
1/2 teaspoon basil (dried)  
1/4 teaspoon thyme (dried)  
1/4 teaspoon onion powder  
3 tablespoons yogurt, plain nonfat  
1 tablespoon mayonnaise, reduced calorie  
1 1/2 teaspoon prepared mustard  
1/2 teaspoon garlic (chopped)

### Instructions

1. Scrub potatoes and cut into cubes.
2. Place in medium saucepan and cover with water. Bring to a boil.
3. Cover, reduce heat and simmer 12 minutes or until potatoes are done. Drain.
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## HERB POTATO SALAD SNAP-ED CONNECTION

<http://snap.nal.usda.gov/>

Servings: 4

Prep Time: 20 Min.

Cook Time: 15 min

### Ingredients

1/4 tablespoon salt  
1 pound potatoes  
1/2 cup radishes (sliced, optional)  
1/2 teaspoon basil (dried)  
1/4 teaspoon thyme (dried)  
1/4 teaspoon onion powder  
3 tablespoons yogurt, plain nonfat  
1 tablespoon mayonnaise, reduced calorie  
1 1/2 teaspoon prepared mustard  
1/2 teaspoon garlic (chopped)

### Instructions

1. Scrub potatoes and cut into cubes.
2. Place in medium saucepan and cover with water. Bring to a boil.
3. Cover, reduce heat and simmer 12 minutes or until potatoes are done. Drain.
4. Mix dressing ingredients.
5. Combine hot potatoes, dressing, radishes, basil, thyme, and onion powder. Serve hot or cold.

### Nutrition Information Per Serving:

Calories	110
Total Fat	1.5g
Cholesterol	0 mg
Sat. Fat	0g
Sodium	200 mg
Carbs	22g
Sugar	2g
Fiber	2g
Protein	3g



# Potato and Egg Salad

**Makes:** 8 Servings

Fresh red potatoes and hard boiled eggs are the main ingredients in this recipe. This simple potato salad recipe goes well with sandwiches or lean grilled meats and poultry.



## Ingredients

**8** red potatoes, cleaned and cut into bite-sized cubes

(Ingredients)

**5** hard cooked eggs, cooled and chopped (Ingredients)

**1/2 cup** onion (red or white), chopped (Ingredients)

**1/2 cup** celery, chopped (Ingredients)

**3/4 cup** mayonnaise (Dressing)

**1 1/2 tablespoons** mustard (spicy or yellow) (Dressing)

black pepper to taste (Dressing)

## Directions

1. Place cubed potatoes in a large saucepan; cover with water.
2. Bring to a boil; cover and cook until tender but still firm, about 8 to 10 minutes.
3. Drain and bring potatoes to room temperature (can place in the refrigerator for about 10 minutes).
4. Combine potatoes, egg, onion, and celery in a large bowl.
5. Stir in mayonnaise, mustard, and black pepper a little at a time until you have the taste that you like.

# Potato Salad

**Rating:** ★★★★

**Makes:** 6 servings

## Ingredients

**1 pound** potatoes (4 medium potatoes)  
**1 cup** onion (diced)  
**1/2 cup** celery (chopped)  
**1/2 cup** mayonnaise, low-fat  
**1/4 cup** sweet pickle relish



## Directions

1. Scrub the potatoes, and peel them.
2. Cut the potatoes into 1-inch cubes.
3. Put the potatoes into a saucepan. Cover with water.
4. Bring the potatoes to a boil on medium heat.
5. Let the potatoes simmer for 15 minutes until they're soft.
6. Drain the hot water, and let the potatoes cool.
7. While the potatoes are cooling, peel and chop some onions until you have 1 cup of chopped onions.
8. Chop the celery until you have  $\frac{1}{2}$  cup of chopped celery.
9. Put the chopped onion and celery in a medium mixing bowl.
10. Add the mayonnaise and pickle relish. Stir together.
11. Add the cooled potatoes. Stir again.
12. Cover the bowl. Put in the fridge for at least 2 hours before serving.

# Pumpkin

## Key Points

- For the best buy, choose pumpkins with bright orange skins without spots.
- To prepare a fresh pumpkin, rinse and remove skin, cut into small pieces and remove seeds. Boil small pieces for 10-20 minutes.
- To keep fresh, store in a cool dry place for up to 1 month.
- Pumpkin contains vitamin A, which is good for healthy eyes and skin.



## Curried Pumpkin and Potato

## Pumpkin Sage Soup

### Ingredients:

1 tablespoon vegetable oil  
1 onion, sliced  
1 garlic clove, chopped  
2 1/2 teaspoons curry powder  
1 sugar pumpkin, seeds removed and chopped  
2 red potatoes, chopped  
3/4 cups raisins  
Fresh cilantro, to taste

### Directions:

- Heat oil in a medium pot over medium heat.
- Add the onion and cook for 5 minutes. Add garlic and cook 1 minute more.
- Add curry, pumpkin, potatoes, salt, and pepper. Cook for 5 minutes, stirring often.
- Add 1 1/2 cups water and raisins, cover, and cook until the pumpkin and potatoes are soft, 5 to 10 minutes.
- Add cilantro, serve and enjoy!
- Refrigerate leftovers.

### Makes 6 servings.

Adapted from [countryliving.com](http://countryliving.com)

### Ingredients:

1 tablespoon vegetable oil  
2 cups chopped onion  
2 tablespoons chopped parsley  
2 tablespoons chopped sage  
4 cups diced pumpkin or calabaza squash  
3 cloves garlic  
Salt and pepper, to taste

### Directions:

- Heat oil in a large pot over medium heat.
- Add onion, parsley, and sage and cook, until onion is soft, about 6-8 minutes. Stir often.
- Add pumpkin and garlic and cook 2 minutes.
- Add 3 cups water, cover, and cook until pumpkin is tender, about 12-15 minutes.
- Puree in a blender, adding extra water as necessary. Add salt, pepper, and sage to taste.
- Return to pot to reheat or enjoy room temperature!
- Refrigerate leftovers.

### Makes 6 servings.

Adapted from Bon Appetit.

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# Pumpkins

## Key Points

- For the best buy, choose pumpkins with bright orange skins without spots.
- To prepare a fresh pumpkin, rinse and remove skin, cut into small pieces and remove seeds. Boil small pieces for 10-20 minutes.
- To keep fresh, store in a cool dry place for up to 1 month.
- Pumpkin contains vitamin A, which is good for healthy eyes and skin.



## Pumpkin Bread

### Ingredients:

1 cup canned pumpkin  
1/2 cup sugar  
1/4 cup vegetable oil  
1/2 cup applesauce  
2 eggs  
1 1/2 cups flour  
1 teaspoon baking powder  
1 teaspoon baking soda  
1 teaspoon cinnamon  
1/4 teaspoon salt  
1/2 cup raisins

### Directions:

1. Preheat oven to 350°F.
2. In a large bowl, stir together pumpkin, sugar, oil, applesauce and eggs.
3. In a separate bowl, combine remaining ingredients, except raisins.
4. Add flour mixture to large bowl. Stir until moist. Stir in raisins.
5. Pour batter into a greased loaf pan.
6. Bake for 1 hour and 10 minutes.

**Makes 8 servings.**

## Creamy Pumpkin Soup

### Ingredients:

1 can (14.5 ounces) low-sodium chicken broth  
1 chopped onion  
1 chopped garlic clove  
2 teaspoons brown sugar, packed  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1 can (15 ounces) pumpkin  
1 1/2 cups low-fat milk\*  
1/8 teaspoon cinnamon (optional)

### Directions:

1. In a large pot, heat 1/4 cup chicken broth over medium heat.
2. Add onions, garlic and brown sugar. Cook until soft, stirring often.
3. Add the rest of the broth, 1/2 cup water, salt and pepper. Turn up heat to high and bring to a boil, stirring often.
4. Turn down heat to low, and cook for 15 minutes, stirring often.
5. Stir in pumpkin, milk and cinnamon. Cook for 5 more minutes.
6. Serve and enjoy!
7. Refrigerate leftovers.

\*If using nonfat dried milk (NFDM), mix 1 1/2 cups water with 1/2 cup NFDM and add to recipe.

**Makes 4 servings.**

## Quick Tips

- Chop cooked pumpkin, lightly butter and serve hot.
- Add canned pumpkin to pancake batter.
- Scoop seeds from pumpkin. Salt lightly and bake at 350° F for 15 minutes.
- Remember to rinse all fruits and vegetables before using.

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Just Say Yes to Fruits and Vegetables

# Pumpkin Pudding

Rating: ★★★★★

Makes: 6 servings

## Ingredients

**1 can** pumpkin (15 oz, or 2 cups cooked mashed squash such as Hubbard)  
**2 teaspoons** pumpkin pie spice (or 1 teaspoon cinnamon, 1/2 teaspoon ginger, 1/4 teaspoon nutmeg and 1/4 teaspoon cloves)  
**1/8 teaspoon** salt  
**1 1/2 cups** milk (low-fat)  
**1 package** vanilla pudding (instant, 3.5 oz)



## Directions

1. Remember to start by washing your hands. In a large bowl mix pumpkin, salt and pumpkin spice together.
2. Slowly stir in milk and mix well. Add instant pudding mix and stir for 2 minutes until it thickens. Refrigerate until serving time.



# Radishes

## Key Points

- For the best buy, choose firm radishes with smooth skins and no bruises. If the greens are attached, they should not be wilted.
- Radishes and radish greens can be eaten raw or cooked.
- To keep fresh, store unwashed radishes in the refrigerator for up to 2 weeks. Store radish greens wrapped in a damp paper towel for 2-3 days.
- Radishes contain vitamin C, which is good for fighting colds and healing cuts.



## Quick Tips

- Radishes can be boiled, baked, steamed or roasted.
- Place radishes in a bowl with vinegar for 30 minutes and enjoy a delicious pickle!
- One bunch of radishes will yield about 2 1/2 cups of sliced radishes.
- **Kids can help!** Separating radish greens from the roots is an easy, fun way to enjoy cooking with your child!

### Radish Stir-Fry with Sugar Snap Peas

#### Ingredients:

1 tablespoon vegetable oil  
1/2 cup diced shallots  
3 cups chopped sugar snap peas  
2 cups sliced radishes  
1/4 cup orange juice  
2 tablespoons chopped fresh dill  
Black pepper, to taste

#### Directions:

1. Heat oil in a large pan over medium heat.
2. Add shallots and cook until soft, about 3 minutes.
3. Add snap peas and cook 3 minutes, add radishes and cook 3 minutes more. Stir.
4. Add orange juice and dill. Add black pepper to taste.
5. Mix well. Serve and enjoy!
6. Refrigerate leftovers.

#### Makes 8 servings.

Adapted from  
[www.smittenkitchen.com](http://www.smittenkitchen.com)

### Celery and Radish Salad

#### Ingredients:

5 cups diced celery  
2 1/2 cups sliced radishes  
1/4 cup chopped parsley  
1 tablespoon chopped chives  
1 tablespoon vegetable oil  
2 tablespoons cider vinegar  
Black pepper, to taste

#### Directions:

1. Combine all ingredients in a large bowl and mix well.
2. Season with pepper.
3. Serve immediately and enjoy!
4. Refrigerate leftovers.

#### Makes 8 servings.

Adapted from [www.nytimes.com](http://www.nytimes.com)



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# Rutabaga

## Key Points

- For the best buy, choose rutabagas that are smooth with an even yellow color and are heavy for their size. Avoid rutabaga that are soft, shriveled or cracked.
- To prepare rutabaga, rinse well and peel. Rutabaga can be eaten raw or cooked.
- To keep fresh, store in the refrigerator in a plastic bag for up to 1 month.
- Rutabaga contains vitamin A , which is good for healthy eyes and skin.



## Rutabaga Salad

### Ingredients:

6 cups cubed rutabaga  
1/3 cup low fat mayonnaise  
1 teaspoon mustard  
1/4 cup chopped onion  
1/2 cup chopped celery  
2 hard boiled eggs, chopped  
Salt and pepper to taste

### Directions:

- Place the rutabaga in a large pot and cover with water. Cook over high heat for 30 minutes or until tender.
- Drain the rutabaga and set aside to cool.
- In a large bowl, combine the mayonnaise, mustard, onion and celery.
- Add the cooled rutabaga and the hard boiled eggs to the bowl. Toss gently to combine. Add salt and pepper to taste.
- Cover and refrigerate for at least 15 minutes. Enjoy!
- Refrigerate leftovers.

**Makes 4 servings.**

## Rutabaga and Carrot Mash

### Ingredients:

6 cups cubed rutabaga  
5 carrots, sliced  
3 tablespoons soft tub margarine  
1/2 teaspoon salt  
Black pepper to taste

### Directions:

- Place the rutabagas and carrots in a large pot filled with water.
- Cook over high heat until the vegetables are soft, about 40 minutes. Turn off the heat and drain.
- In the pot, mash the vegetables until smooth with only a few small lumps.
- Add the margarine and beat with a spoon until smooth.
- Add salt and pepper to taste. Enjoy!
- Refrigerate leftovers.

**Makes 8 servings.**

## Quick Tips

- Rutabagas are also known as swedes, yellow turnips or wax turnips.
- Add rutabaga to soups and stews or mash with potatoes.
- 1 small rutabaga, (about 1 1/2 pounds) equals 3 cups raw cubed rutabaga.
- Remember to rinse all fruits and vegetables before using.

# Spaghetti Squash

## Key Points

- For the best buy, choose squash that are heavy and have smooth skins.
- To prepare squash, rinse and cut squash in half. Boil the squash for 20-30 minutes or until soft. Let cool for 10-20 minutes. Remove seeds and pull a fork through the squash to separate it into long strands.
- To keep fresh, store in a cool, dry place for up to 3 months.
- Squash contains potassium, which is good for a healthy heart.



## Spaghetti Squash with Garlic

### Ingredients:

2 spaghetti squash, about 2 pounds each, cooked  
2 tablespoons soft tub margarine  
2 garlic cloves, minced  
2 tablespoons grated Parmesan cheese  
Salt and black pepper to taste

### Directions:

1. Remove seeds from squash. Pull a fork through the squash to separate it into long strands. Place squash strands into a large bowl. Cover and keep warm.
2. In a large frying pan, melt the tub margarine over low heat.
3. Add the garlic to the frying pan. Cook 2 minutes, stirring often.
4. Add the squash to the frying pan. Cook, stirring often, until the squash is hot. Add the Parmesan cheese
5. Add salt and black pepper to taste. Enjoy!
6. Refrigerate leftovers.

Makes 4 servings.

## Spaghetti Squash Primavera

### Ingredients:

1 spaghetti squash, about 2 pounds, cooked  
2 cups broccoli florets  
3 carrots, sliced  
1 zucchini, sliced  
1/2 cup sliced onion  
3 garlic cloves, minced  
3 cups tomato puree or crushed tomatoes  
1 teaspoon dried oregano (optional)

### Directions:

1. Remove seeds from squash. Pull a fork through the squash to separate it into long strands. Place squash strands into a large bowl. Cover and keep warm.
2. In a large frying pan or pot, heat 1 cup water over medium heat.
3. Add the broccoli, carrots, zucchini, onion and garlic.
4. Cover and cook 5 minutes or until the vegetables are soft.
5. Uncover and cook until most of the liquid is gone, about 5 minutes.
6. Add pureed tomatoes and oregano. Cook over low heat for 15 minutes. Stir often.
7. Serve over the spaghetti squash. Enjoy!
8. Refrigerate leftovers.

Makes 6 servings.

## Quick Tips

- Serve spaghetti squash as a hearty side dish.
- Top spaghetti squash with your favorite pasta sauce.
- Spaghetti squash is a common type of winter squash.
- Remember to rinse all fruits and vegetables before using.



# Spinach

## Key Points

- For the best buy, choose spinach with crisp, dark green leaves.
- To prepare spinach, rinse leaves well to remove all the dirt.
- To store fresh, refrigerate for up to 3 days.
- Spinach contains vitamin A, which is good for healthy eyes and skin.



## Spinach Orange Salad

### Ingredients:

4 cups fresh spinach, stems removed and torn  
2 cups orange sections  
1 onion, sliced thin  
1 tablespoon vegetable oil  
1 tablespoon vinegar  
3 tablespoons orange juice  
Salt and pepper to taste

### Directions:

1. In a large bowl, combine spinach, orange sections and onion slices. Toss gently.
2. In a small bowl, combine oil, vinegar and orange juice to make dressing. Mix well.
3. Pour dressing on top of spinach mixture. Add salt and pepper to taste
4. Toss well and serve.
5. Refrigerate leftovers.

**Makes 4 servings.**

## Spinach and Beans

### Ingredients:

2 tablespoons vegetable oil  
1 onion, chopped  
2 garlic cloves, minced  
3 1/2 cups cooked great northern beans  
6 cups fresh spinach, stems removed  
1 tablespoon vinegar  
Salt and pepper to taste

### Directions:

1. In a large frying pan, heat oil over medium heat.
2. Add onion, cook 2 minutes, stirring often.
3. Add garlic, cook 1 minute.
4. Add beans and cook until hot, about 3 minutes.
5. Add spinach and vinegar (add spinach in small batches), stirring often until spinach is wilted, about 3 minutes.
6. Season with salt and pepper and serve.

**Makes 6 servings.**

## Quick Tips

- Add spinach to homemade or canned soups.
- Cook spinach and add to rice and pasta dishes.
- Use spinach in tossed salads.
- Remember to rinse all fruits and vegetables before using.

# Summer Squash

## Key Points

- For the best buy, choose summer squash (yellow or green) that is firm and without soft spots.
- To prepare summer squash, scrub and rinse skins. Cut off ends before using.
- To store fresh, refrigerate in an open plastic bag for up to 3 days.
- Summer squash contains potassium, which is good for a healthy heart.



## Summer Squash & White Bean Salad

### Ingredients:

4 cups diced summer squash  
1 cup chopped red onion  
1 19-ounce can cannellini beans, drained and rinsed  
2 tablespoons vegetable oil  
1/4 cup apple cider vinegar  
1/2 tablespoon chopped rosemary  
Salt and pepper to taste

### Directions:

1. In a large bowl, combine summer squash, onion, and beans.
2. In a small bowl, mix oil, vinegar, rosemary, salt, and pepper.
3. Pour oil mixture over bean-squash mixture and toss.
4. Chill, serve and enjoy!
5. Refrigerate leftovers.

### Makes 10 servings.

Adapted from [newhope360.com](http://newhope360.com)

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## Skillet Summer Squash

### Ingredients:

2 teaspoons vegetable oil  
2 garlic cloves, minced  
3 green or yellow summer squash, sliced thick  
1 cup corn  
1 3/4 cups chopped tomatoes  
Black pepper to taste (optional)

### Directions:

1. In a large frying pan, heat oil over medium heat.
2. Add garlic, summer squash and corn. Cook for 2 minutes.
3. Add tomatoes and black pepper.
4. Cover pan and simmer for 5 minutes or until squash is soft.
5. Serve hot and enjoy!
6. Refrigerate leftovers.

### Makes 8 servings.

## Quick Tips

- Grate summer squash into an omelet.
- Slice and eat fresh in salads or as part of a cold vegetable platter.
- Steam chopped summer squash in a small amount of water for 5 minutes. Season with pepper.
- Remember to rinse all fruits and vegetables before using.

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# Sweet Potatoes

## Key Points

- For the best buy, choose sweet potatoes that are tapered at both ends.
- To prepare sweet potatoes, scrub and remove eyes and dark spots.
- To keep fresh, store in a cool, dry place for 1-2 weeks.
- Sweet potatoes contain vitamin A, which is good for healthy eyes and skin.

## Sweet Potato & Apple Stir-Fry

### Ingredients:

2 tablespoons vegetable oil  
4 cups chopped sweet potatoes  
1 teaspoon fresh ginger (optional)  
2 cups chopped apples  
1 teaspoon cinnamon

### Directions:

1. Heat oil in a large pot over medium heat.
2. Add sweet potatoes, cover and cook for 5 minutes.
3. Add 1/2 cup water and ginger, if using. Cover and cook for 5 minutes, stirring often.
4. Add apples and cinnamon. Cook for 10 more minutes until sweet potatoes are soft.
5. Serve immediately and enjoy as a dessert or sweet side dish!
6. Refrigerate leftovers.

### Makes 5 servings.

Adapted from [sparkrecipes.com](http://sparkrecipes.com)



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## Quick Tips

- For a baked sweet potato, scrub and wrap in foil. Bake at 375° F for 1 hour.
- Boil sweet potatoes and mash. Add orange juice and a pinch of brown sugar for a sweet mash.
- Sweet potatoes can be used in place of regular potatoes.
- Remember to rinse all fruits and vegetables before using.

## Sweet Potato and Red Bean Chili

### Ingredients:

2 teaspoons vegetable oil  
1 onion, diced  
3 cups diced sweet potatoes  
2 garlic cloves, minced  
2 cups chopped tomatoes  
1 1/2 tablespoons chipotle chili powder  
2 teaspoons ground cumin (optional)  
1 1/2 cups cooked or 1 15-ounce can red beans, rinsed  
2 tablespoons chopped cilantro (optional)

### Directions:

1. Heat oil in a large pot over medium heat.
2. Add onions and sweet potatoes. Cook for 4 minutes.
3. Stir in the garlic, tomatoes, chili powder, cumin and 1 1/2 cups water. Cook for 10 minutes.
4. Add beans. Cook until the beans are heated, about 5 minutes.
5. Add cilantro, salt and pepper.
6. Serve and enjoy!
7. Refrigerate leftovers.

### Makes 6 servings.

Adapted from [eatingwell.com](http://eatingwell.com)

# Sweet Potatoes

## Key Points

- For the best buy, choose sweet potatoes that are tapered at both ends.
- To prepare sweet potatoes, scrub and remove eyes and dark spots.
- To keep fresh, store in a cool, dry place for 1-2 weeks.
- Sweet potatoes contain vitamin A, which is good for healthy eyes and skin.



## Sweet Potato & Apple Bake

### Ingredients:

2 cans (15 ounces each) sweet potatoes, drained  
2 apples, cored and chopped  
2 tablespoons (orange or apple) juice  
1/4 cup brown sugar  
1 tablespoon soft tub margarine

### Directions:

1. Preheat oven to 375°F.
2. Slice sweet potatoes.
3. Place sweet potatoes and apple chunks in baking dish and add the fruit juice.
4. Sprinkle brown sugar on top of apples and potatoes.
5. Top with margarine.
6. Bake for 30 minutes.
7. Serve hot as a side dish or a dessert. Refrigerate leftovers.

**Makes 7 servings.**

## Sweet Potato Fries

### Ingredients:

3 sweet potatoes  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1 tablespoon vegetable oil

### Directions:

1. Preheat oven to 400°F.
2. Cut each potato in half lengthwise, and then cut each half into wedges.
3. In a small bowl, combine salt and pepper.
4. In a large bowl, combine the cut potatoes, salt and pepper mixture and oil. Toss until potatoes are evenly coated.
5. Arrange potatoes in a single layer on a baking sheet.
6. Bake until edges are crisp and potatoes are cooked through, about 30 minutes.
7. Refrigerate leftovers.

**Makes 4 servings.**

## Quick Tips

- For a baked sweet potato, scrub and wrap in foil. Bake at 375° F for 1 hour .
- Boil sweet potatoes and mash. Add butter and milk for mashed sweet potatoes.
- Sweet potatoes can be used in place of regular potatoes.
- Remember to rinse all fruits and vegetables before using.



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# Tomatoes



## Key Points

- For the best buy, choose firm tomatoes with smooth skins. Green tomatoes will ripen at room temperature.
- To prepare fresh tomatoes, rinse and slice or chop. Eat fresh or cooked.
- To store fresh, keep tomatoes at room temperature (out of direct sun) for 2-3 days, then store in refrigerator up to a week.
- Tomatoes contain vitamin A, which is good for healthy eyes and skin.



## Easy Tomato Sauce

### Ingredients:

1 1/2 teaspoon vegetable oil  
1 onion, chopped  
2 1/2 cups chopped tomatoes  
1 tablespoon garlic powder (or 2 cloves garlic, chopped)  
1/2 teaspoon oregano (optional)  
1/2 teaspoon salt  
1/4 teaspoon pepper

### Directions:

1. In a large frying pan, heat oil over medium heat. Add onion and cook until soft. Stir often.
2. Add tomatoes, garlic, oregano, salt and pepper.
3. Simmer for 15-20 minutes or until thickened.
4. Serve over pasta, rice or cooked vegetables. Enjoy!
5. Refrigerate leftovers.

**Makes 5 servings.**

## Tomato Salsa

### Ingredients:

3 tomatoes, chopped  
2 onions, chopped  
2 garlic cloves, minced  
3/4 teaspoon salt  
1 tablespoon vinegar  
1 1/2 teaspoon vegetable oil  
1 cup chopped cilantro (optional)

### Directions:

1. Combine all ingredients in a large bowl.
2. Cover and chill.
3. Serve with raw vegetables, tortilla chips or over rice. Enjoy!
4. Refrigerate leftovers.

**Makes 6 servings.**

## Quick Tips

- One medium tomato chopped is about 1/2 cup.
- Add chopped tomatoes to scrambled eggs.
- Tuck sliced tomatoes into sandwiches.
- Remember to rinse all fruits and vegetables before using.



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# Tomatoes

## Key Points

- For the best buy, choose firm tomatoes with smooth skins. Green tomatoes will ripen at room temperature.
- To prepare fresh tomatoes, rinse and slice or chop. Eat fresh or cooked.
- To store fresh, keep tomatoes at room temperature (out of direct sun) for 2-3 days, then store in refrigerator up to a week.
- Tomatoes contain vitamin A, which is good for healthy eyes and skin.



## Easy Tomato Sauce

### Ingredients:

1 1/2 teaspoons vegetable oil  
1 onion, chopped  
2 1/2 cups chopped tomatoes  
2 cloves garlic, chopped  
1/2 teaspoon oregano (optional)  
1/2 teaspoon salt  
1/4 teaspoon pepper

### Directions:

1. In a large frying pan, heat oil over medium heat. Add onion and cook until soft. Stir often.
2. Add tomatoes, garlic, oregano, salt and pepper.
3. Simmer for 15-20 minutes or until thickened.
4. Serve over pasta, rice or cooked vegetables. Enjoy!
5. Refrigerate leftovers.

**Makes 5 servings.**

## Chilean Tomato Salad

### Ingredients:

2 cups thinly sliced onions  
1/2 teaspoon salt  
8 cups sliced tomatoes  
1/4 cup basil, torn  
1 tablespoon oil

### Directions:

1. Place onions in a small bowl and sprinkle with salt. Set aside 20-30 minutes.
2. Rinse onions under water to remove salt. Drain well.
3. In a large bowl, combine tomatoes, drained onions, and basil. Add oil and mix well.
4. Enjoy or refrigerate and serve cold!
5. Refrigerate leftovers.

**Makes 8 servings.**

## Quick Tips

- One medium tomato is about 1 cup chopped.
- Add chopped tomatoes to scrambled eggs.
- Tuck sliced tomatoes into sandwiches.
- **Kids can help!** Mashing pieces of tomatoes to make a quick sauce or salsa is an easy, fun way to include your child in the kitchen!



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# Turnips

## Key Points

- For the best buy, choose firm heavy turnips with smooth skins and no bruises. If the leaves are attached, they should not be wilted.
- To prepare turnips, remove green tops. Scrub well. Turnips can be eaten raw or cooked.
- To keep fresh, store unwashed turnips in the refrigerator for up to 2 weeks. Store turnip greens wrapped in a damp paper towel for 2-3 days.
- Turnips contain vitamin C, which is good for fighting colds and healing cuts.



## Cheesy Turnips

### Ingredients:

1 cup chicken broth  
3 cups cubed turnips  
1/4 cup chopped onion  
2 garlic cloves, minced  
2 tablespoons low fat sour cream  
Salt and pepper to taste  
1/2 cup low fat shredded cheddar cheese

### Directions:

- In a medium pot, place the chicken broth, turnips, onion and garlic.
- Bring to a boil over medium high heat. Cook until the turnips are tender, about 10 minutes.
- Reduce the heat to medium and cook until most of the liquid is gone, about 10-15 minutes more.
- Stir in the sour cream. Add salt and pepper to taste. Top with the cheese. Enjoy!
- Refrigerate leftovers.

**Makes 4 servings.**

## Carrots and Turnips

### Ingredients:

1 tablespoon soft tub margarine  
2 cups cubed turnips  
3 carrots, sliced  
1 teaspoon brown sugar  
Salt and pepper to taste

### Directions:

- In a large frying pan, melt the margarine over medium heat.
- Add the turnips and carrots to the pan. Stir and arrange in a single layer. Cook 4 minutes.
- Stir and arrange in a single layer again. Cook for 4 minutes without stirring.
- Add 2/3 cup water, the sugar and salt and pepper. Stir. Cover the pan.
- Cook until the vegetables are tender, about 10 minutes.
- Uncover the pan and cook for 1-2 minutes, stirring often until the liquid almost gone. Enjoy!
- Refrigerate leftovers.

**Makes 4 servings.**

## Quick Tips

- Turnips can be boiled, baked or steamed or roasted.
- Chop turnips and add to soups and stews. Or mash turnips and add to mashed potatoes.
- A pound of turnips is 4-6 small turnips. A pound of turnips makes about 4 cups raw chopped turnips.
- Remember to rinse all fruits and vegetables before using.

# Harvest Vegetable Salad

**Makes:** 4 servings

## Ingredients

**2 cups** romaine lettuce (washed)

**1 cup** cilantro leaves (washed)

**1 cup** parsnips (peeled)

**1 cup** carrot (peeled)

**1 cup** turnips (peeled)

Dressing:

**1/4 cup** lime juice

**1/2 teaspoon** lime zest (grated)

**1 teaspoon** sugar

**1/4 teaspoon** chili powder

**1 tablespoon** olive oil



## Directions

1. Combine romaine lettuce and cilantro, and divide onto four plates.
2. Place parsnips, carrots and turnips into 1 quart of boiling water. Return water to a simmer, cook vegetables for 2 minutes. Strain into a colander.
3. Mix ingredients for the dressing right before use.
4. Place hot vegetables on top of greens and top with homemade dressing.

# Underground "Candy"

**Prep time:** 15 minutes

**Cook time:** 30 minutes

**Makes:** 6 Servings

## Ingredients

**1/3 cup** Raw carrot, diced

**1/2 cup** Raw parsnip, diced

**1 1/4 cups** Raw sweet potato, diced

**1/2 cup** Raw turnip, diced

**1/2 cup** Raw rutabaga, diced

**5 teaspoons** olive or vegetable oil

**1/2 teaspoon** salt

**1/2 teaspoon** pepper



## Directions

1. Preheat oven to 400 degrees F.
2. Cut vegetables into 1/2 inch pieces.
3. Toss with olive or vegetable oil and season with salt and pepper.
4. Spread in a single layer on a sheet pan and bake for 20-30 minutes until soft and golden brown in spots.
5. May be served hot or cold (tastes sweeter when it is roasted and then refrigerated)

## Notes

Serving Size: 1/2 cup

# Watermelon

## Key Points

- For the best buy, choose melons that have a good scent and are heavy for their size with no bruises.
- To prepare melons, rinse the rinds and cut them in half or in wedges and remove the seeds.
- To store fresh, leave whole melons at room temperature out of direct sunlight for up to 1 week. Refrigerate cut melons for up to 5 days.
- Melons contain vitamin A, which is good for healthy eyes and skin.



## Spicy Watermelon Relish

### Ingredients:

3 cups cubed watermelon  
2 cucumbers, thinly sliced  
1/2 chopped onion  
1 carrot, thinly sliced  
1/4 cup apple cider vinegar  
1 teaspoon red pepper flakes  
2 tablespoons chopped mint  
1 tablespoon chopped cilantro (optional)  
Salt and Pepper to taste

### Directions:

- Combine all ingredients in a large bowl and toss gently.
- Chill, serve and enjoy!
- Refrigerate leftovers.

## Makes 6 servings.

Adapted from [www.wchstv.com](http://www.wchstv.com)

## Watermelon Black Bean Salsa

### Ingredients:

2 cups chopped watermelon, seeds removed  
1 cup cooked black beans  
1/2 cup chopped onion  
1 tablespoon chopped green chilies  
1 garlic clove, minced  
2 tablespoons lime juice  
1 tablespoon vegetable oil  
1 tablespoon chopped cilantro (optional)

### Directions:

- Combine all the ingredients in a large bowl and toss gently.
- Chill, serve and enjoy!
- Refrigerate leftovers.

**Makes 4 servings.**



*Just Say Yes* to Fruits and Vegetables

## Quick Tips

- Add melon cubes or melon balls to fruit salads.
- Choose watermelons that are heavy for their size and have a pale yellow spot on their skin (where it was sitting on the ground).
- Remember to rinse all fruits and vegetables before using.

For more information about Stellar Farmers Markets, visit [www.nyc.gov/health/farmersmarkets](http://www.nyc.gov/health/farmersmarkets)  
Visit our website at [www.jsyfruitveggies.org](http://www.jsyfruitveggies.org) for more great recipes!

# Winter Greens

## Key Points

- For best buy, look for greens that are moist and crisp, with rich green leaves.
- To prepare fresh greens, wash leaves well and trim leaves from stem.
- To store fresh greens, wrap unwashed greens in a damp paper towel, place in a plastic bag and keep in the refrigerator for 3 to 5 days.
- Winter greens contain vitamin A, which is good for healthy eyes and skin.



## Leafy Greens Salad with Apple Dressing

### Ingredients:

2 apples  
12 cups sliced leafy greens (kale, mustard greens, spinach)  
2 tablespoons apple cider vinegar  
1 teaspoon lemon juice  
2 tablespoons vegetable oil  
black pepper to taste

### Directions:

1. Chop 1 apple and add to a large bowl. Add greens.
2. To make dressing: shred 1 apple on the smallest holes of a box grater into a small bowl. Add vinegar, lemon juice, and oil.
3. Add dressing to greens, mix well with hands. Add pepper to taste.
4. Serve and enjoy!
5. Refrigerate leftovers.

**Makes 6 servings.**

*Adapted from Bon Apetit*



For more information about Stellar Farmers Markets, visit [www.nyc.gov/health/farmersmarkets](http://www.nyc.gov/health/farmersmarkets)

## Black-eyed Peas and Collard Greens

### Ingredients:

2 tablespoons vegetable oil  
1 cup chopped onion  
3 garlic cloves, minced  
8 cups chopped collard greens  
1/4 cup chopped tomato  
1/4 cup chopped dill  
1 1/2 cups cooked black-eyed peas  
black pepper to taste

### Directions:

1. Heat oil in a large pot over medium heat.
2. Add onion and garlic and cook until soft, about 5 minutes. Stir frequently.
3. Add greens, tomato, dill, and 2 cups water. Cook until greens are soft, 20-25 minutes.
4. Add black-eyed peas. Add black pepper to taste. Stir.
5. Serve immediately and enjoy!
6. Refrigerate leftovers.

**Makes 4 servings.**

*Adapted from [www.nytimes.com](http://www.nytimes.com)*

## Quick Tips

- Add kale, collard greens, mustard greens or Swiss chard to soups and stews.
- Cook winter greens with oil and garlic for a quick side dish.
- Greens can be seasoned with vinegar, ginger, lemon juice or hot pepper flakes!
- **Kids can help!** Tearing leafy greens is an easy, fun way to enjoy cooking with your child!

Just Say Yes to Fruits and Vegetables

This material was funded by USDA's Supplemental Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: 1-800-342-3009 or go to: [myBenefits.ny.gov](http://myBenefits.ny.gov). USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD).

# Winter Squash

## Key Points

- For the best buy, choose winter squash (such as butternut or acorn) that are heavy and have smooth skins.
- To prepare squash, wash and remove seeds. Leave skin on and bake for 30 minutes at 350° F, or until tender.
- To keep fresh, store in a cool, dry place for up to 3 months.
- Squash contains potassium, which is good for a healthy heart.



## Spaghetti Squash with Tomato Sauce

### Ingredients:

1 spaghetti squash, about 2 pounds  
1 teaspoon vegetable oil  
1 onion, chopped  
2 garlic cloves, minced  
1 can (14.5 ounces) diced tomatoes  
1 teaspoon Italian seasoning (optional)  
1/4 cup grated Parmesan cheese

### Directions:

1. Cut squash in half and scoop out seeds.
2. Place in baking dish, cut side down. Bake at 350° F for 30 minutes, or until tender.
3. In medium sauce pan, heat oil, onion and garlic on medium-high heat. Cook for 5 minutes or until onions are soft.
4. Add canned tomatoes and seasoning. Bring to a boil.
5. Reduce heat to low and cook for 5 minutes. Stir often.
6. When the squash is done, remove from the oven. Use a fork to scrape spaghetti-like strings into a large bowl.
7. Add sauce and serve with Parmesan cheese. Enjoy!
8. Refrigerate leftovers.

**Makes 4 servings.**

## Baked Winter Squash

### Ingredients:

1 butternut squash  
2 tablespoons canola oil or vegetable oil  
2 tablespoons brown sugar or maple syrup  
1/4 teaspoon cinnamon or nutmeg (optional)  
Salt and black pepper to taste

### Directions:

1. Cut squash in half and remove seeds.
2. Place in baking dish, cut side down. Bake at 325° F for 1 hour or until tender.
3. Remove from oven. Scoop out the squash and place in bowl.
4. Add remaining ingredients.
5. Mash together until smooth.
6. Serve hot. Enjoy!

**Makes 4 servings.**

## Quick Tips

- Serve squash as a hearty side dish.
- Add squash to a soup or casserole.
- Try stuffed squash with apples and walnuts.
- Remember to rinse all fruits and vegetables before using.



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