Recipes Fresh From The Farmer’s Market

For more recipes like these, go to: www.whatscooking.fns.usda.gov

PA Nutrition Education Network

Your Nutrition Resource Connection
Table of Contents

Apple Coleslaw ........................................... 3
Baked Apples and Sweet Potatoes .......... 5
Baked Chicken with Vegetables .............. 7
Broccoli Baked Potatoes ...................... 9
Citrus Vegetables ..................................... 11
Roasted Root Vegetables ...................... 13
Spaghetti Squash with Tomatoes, Basil, and Parmesan ......... 15
Spunky Vegetable Pizza .............................. 17
Stuffed Green Peppers ............................. 19
Summer Squash Medley ............................ 21
Sunshine Salad ....................................... 23
Veggie Stir-Fry ....................................... 25
Ingredients
- 2 cups cabbage
- 1 carrot (medium, grated)
- 1/2 green pepper (chopped)
- 1 apple (chopped)
- 5 tablespoons yogurt, low-fat
- 1 tablespoon mayonnaise, low-fat
- 1 teaspoon lemon juice
- 1/4 teaspoon dill weed
- salt and pepper to taste (optional)

Instructions
1. Wash the cabbage. Cut it into fine shreds until you have 2 cups of cabbage.
2. Peel the carrot. Grate it with a grater.
3. Chop half a green pepper into small pieces.
4. Remove the core, and chop the apple.

Continued on Back
Apple Coleslaw Continued

5. Put the cabbage, carrot, green pepper, and apple in a large mixing bowl. Stir together.
6. Put the yogurt, mayonnaise, lemon juice, and dill weed in a small bowl. Stir together to make a dressing. Add optional salt and pepper.
7. Pour the dressing over the salad. Toss to mix.

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes
Ingredients
• 5 sweet potatoes (cooked)
• 4 apples
• 1/2 cup brown sugar
• 1/2 teaspoon salt
• 1/4 cup margarine (or butter)
• 1 teaspoon nutmeg
• 1/4 cup hot water
• 2 tablespoons honey

Instructions
1. Boil 5 sweet potatoes in water until they are almost tender.
2. After the sweet potatoes cool, peel and slice them.
3. Peel the apples. Remove the cores, and slice the apples.
4. Preheat the oven to 400°F.
5. Grease the casserole dish with butter or margarine.
6. Put a layer of sweet potatoes on the bottom of the dish.
7. Add a layer of apple slices.

Continued on Back
8. Add some sugar, salt, and tiny pieces of margarine or butter to the apple layer.
9. Repeat steps 6, 7, and 8 to make more layers of sweet potatoes, apples, and sugar/salt.
10. On the top layer of apples, sprinkle the rest of the brown sugar and margarine or butter pieces.
11. Sprinkle the top layer with nutmeg.
12. Mix the hot water and honey together. Pour the mix over the top layer.
13. Bake entire dish for about 30 minutes or until apples are tender.

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes
Ingredients
- 4 potatoes (sliced)
- 6 carrots (sliced)
- 1 onion (large, quartered)
- 1 chicken (raw—cut into pieces, skin removed)
- 1/2 cup water
- 1 teaspoon thyme
- 1/4 teaspoon pepper

Instructions
1. Preheat oven to 400°F.
2. Place potatoes, carrots and onion in a large roasting pan.
3. Put chicken pieces on top of the vegetables.
4. Mix water, thyme and pepper in a small bowl. Pour over chicken and vegetables.
5. Spoon juices over chicken once or twice during cooking.
6. Bake for one hour or more until browned and tender.

Source: University of Wisconsin, Cooperative Extension Service, Go with Chicken, Eau Claire County, 2002
Broccoli Baked Potatoes

**Ingredients**
- 6 potatoes, medium
- 3 broccoli stalks
- 1/4 cup 1% milk
- 1 cup cheddar cheese, low-fat, shredded
- salt and pepper (to taste, optional)

**Instructions**
1. Preheat oven to 350°F.
2. Scrub potatoes. Prick the skin with a fork in several places.
3. Baked for 30-60 minutes until soft.
4. Peel broccoli stems. Steam broccoli just until tender, and chop it into small pieces.
5. Once cooled, slice the potatoes in half. Scoop the insides into a bowl with the broccoli. Add milk, 3/4 cup cheese, salt and pepper. Mash together until the mixture is pale green with dark green flecks.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size 1 potato, 1/6 of recipe</th>
<th>Servings Per Container 6</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>230</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>2g</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>3%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>2g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>5mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>160mg</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>7%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>43g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>7g</td>
</tr>
<tr>
<td>Sugars</td>
<td>4g</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>28%</td>
</tr>
<tr>
<td>Protein</td>
<td>11g</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>22%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>10%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>180%</td>
</tr>
<tr>
<td>Calcium</td>
<td>15%</td>
</tr>
<tr>
<td>Iron</td>
<td>15%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2400mg</td>
<td>2400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

**Yield**
6 Servings

**Cost**
- Per recipe: $6.62
- Per serving: $1.10

Continued on Back
6. Put the potato mixture into the potato skins and sprinkle with remaining 1/4 cup of cheese. Microwave to heat through.

**Notes**
Potatoes can be microwaved instead of baked.
For instructions see “Microwave Baked Potato Recipe.”

*Source: University of Maryland Extension. Eat Smart. Be Fit. Recipes.*
**Citrus Vegetables**

**Ingredients**
- 4 cups mixed vegetables, sliced and steamed (such as zucchini, corn, and tomatoes)
- 2 tablespoons lime juice
- 1/2 tablespoon olive oil
- 1/2 teaspoon oregano, fresh and chopped
- salt and pepper to taste (optional)

**Instructions**
1. Slice vegetables, and steam in a small amount of water.
2. Drain, and place in a bowl to cool.
4. Pour lime juice mixture over cool vegetables, and mix well.
5. Add salt and pepper to taste.

**YIELD**
4 Servings

**COST**
Per recipe: $1.87
Per serving: $0.47

Source: National Cancer Institute (NCI), 5-A-Day Web site
Ingredients
- 4 root vegetables (Choose from a variety of medium-sized potatoes, rutabagas, turnips, parsnips, beets, or sweet potatoes.)
- 2 carrot (chopped)
- 1 onion (medium, chopped)
- 1/4 cup vegetable oil
- 3 tablespoons Parmesan cheese

Instructions
1. Preheat oven to 350°F.
2. Cut vegetables into large chunks.
3. Place in a medium bowl, and pour oil over top. Add Parmesan, and mix well.
4. Spread everything as 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.

YIELD
4 Servings

COST
Per recipe: $1.95
Per serving: $0.49

Nutrition Facts
Serving Size 1/4 of recipe (297g)
Servings Per Container 4

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>260</td>
<td>Calories from Fat</td>
<td>130</td>
</tr>
<tr>
<td>Total Fat</td>
<td>15g</td>
<td>130</td>
<td>23%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>2g</td>
<td>130</td>
<td>10%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>130</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>5mg</td>
<td>130</td>
<td>2%</td>
</tr>
<tr>
<td>Sodium</td>
<td>150mg</td>
<td>130</td>
<td>6%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>30g</td>
<td>130</td>
<td>10%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>6g</td>
<td>130</td>
<td>24%</td>
</tr>
<tr>
<td>Sugars</td>
<td>12g</td>
<td>130</td>
<td>10%</td>
</tr>
<tr>
<td>Protein</td>
<td>5g</td>
<td>130</td>
<td>10%</td>
</tr>
</tbody>
</table>

Vitamin A 190% • Vitamin C 80%
Calcium 15% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Source: Montana State University Extension Service, Montana Extension Nutrition Education Program, Website Recipes
Ingredients
- 1 spaghetti squash (about 1 1/2 pounds)
- 1 tablespoon olive oil
- 1/4 teaspoon dried oregano
- 2 teaspoons dried basil (or 1/2 cup fresh basil, chopped)
- 3 tablespoons Parmesan cheese
- 1 cup cherry tomatoes ( thinly sliced)
- salt and pepper (to taste, optional)

Instructions
1. Cut the spaghetti squash in half, lengthwise with a sharp, large knife.
2. Scoop the seeds out with a spoon.
3. Place the 2 squash halves, cut side down, in a glass baking dish. Add about 1/4 cup water, and cover with plastic wrap. Microwave on high for 12 minutes or until soft when pressed. Let it stand covered for 3 minutes.
4. In a large bowl, whisk oil, basil, oregano and 2 Tablespoons Parmesan. Stir in tomatoes, and season lightly with salt and pepper to taste.
5. Scrape squash out with a fork, add strands to tomato mixture, and toss until combined. Sprinkle with remaining 1 Tablespoon Parmesan cheese.

Spunky Vegetable Pizza

**Ingredients**
- 3/4 cups pizza sauce
- 1 pizza shell (large)
- 1 cup broccoli (chopped)
- 1 cup carrot (shredded)
- 1/2 cup bell pepper (red or green, sliced)
- 5 ounces mozzarella cheese (lowfat, shredded)

**Instructions**
1. Preheat the oven to 450°F.
2. Spoon pizza sauce on pizza shell.
4. Bake for 10 minutes.
5. When baked, cool pizza for 3 minutes before slicing.
6. Cut into 8 wedges.

**Nutrition Facts**
Serving Size 1 slice, 1/8 of recipe (85g)
Servings Per Container 8

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 100</th>
<th>Calories from Fat 40</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>4.5g</td>
<td>7%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>2.5g</td>
<td>13%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>10mg</td>
<td>3%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>210mg</td>
<td>9%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>9g</td>
<td>3%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
<td>4%</td>
</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>6g</td>
<td>12%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Source: California 5 A Day, It’s So Easy Contra Costa Health Services
Stuffed Green Peppers

**Ingredients**
- 4 green peppers (large, washed)
- 1 pound turkey (ground)
- 1 cup rice (uncooked)
- 1/2 cup onion (peeled, chopped)
- 1 1/2 cup tomato sauce (unsalted)
- black pepper (to taste)

**Instructions**
1. Preheat oven to 350°F.
2. Cut around the stem of the green peppers. Remove the seeds and the pulpy part of the peppers.
3. Wash, and then cook green peppers in boiling water for five minutes. Drain well.
4. In saucepan, brown turkey. Add rice, onion, 1/2 cup tomato sauce and black pepper.
5. Stuff each pepper with the mixture, and place in a casserole dish.
6. Pour the remaining tomato sauce over the green peppers.
7. Cover and bake for 30 minutes.

Source: Michigan State University Extension, From Pyramid to the Plate: Healthy Eating by Timing, Combining, and Planning Adopted from: Eating Right is Basic
Summer Squash Medley

Ingredients

- 1 tablespoon olive oil (or canola oil)
- 1 1/2 yellow summer squash, small and sliced (Use 1-2 squash.)
- 1 1/2 zucchini, small and sliced (Use 1-2 zucchini.)
- 1 can diced Italian tomatoes (14.5 ounces)
- 1/4 teaspoon garlic powder
- salt and pepper (to taste, optional)
- 2 tablespoons Parmesan cheese (grated)

Instructions

1. In large skillet, heat oil.
2. To heated oil, add summer squash, zucchini and onion. Cook on medium heat until tender for about 10 minutes, stirring often.
3. Add tomatoes, and simmer for 5 minutes.
4. Season with garlic powder to taste. Add salt and pepper, if desired.
5. Serve warm, topped with Parmesan cheese.

Source: University of Maryland Extension. Food Supplement Nutrition Education Program.
Sunshine Salad

Ingredients
- 5 cups spinach leaves (packed, washed, and dried well)
- 1/2 red onion (sliced thin)
- 1/2 red pepper (sliced)
- 1 cucumber (sliced)
- 2 oranges (peeled and chopped into bite-size pieces)
- 1/3 cup vinaigrette dressing (“lite”, around 15 calories per tablespoon or less)

Instructions
1. Toss all ingredients together in a large bowl.
2. Add dressing, and toss again. Serve immediately.

Source: US Department of Health and Human Services, A Healthier You

YIELD
5 Servings

COST
Per recipe: $2.95
Per serving: $0.59

Nutrition Facts
Serving Size 1/5 of recipe (193g)
Servings Per Container 5

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat 5</th>
<th>% Daily Values*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70</td>
<td>0%</td>
<td>0%</td>
</tr>
</tbody>
</table>

| Total Fat          | 0g       | 0%                  | 0%             |
| Saturated Fat      | 0g       | 0%                  | 0%             |
| Trans Fat          | 0g       | 0%                  | 0%             |
| Cholesterol        | 0mg      | 0%                  | 0%             |
| Sodium             | 180mg    | 8%                  | 8%             |
| Total Carbohydrate | 16g      | 5%                  | 5%             |
| Dietary Fiber      | 3g       | 12%                 | 12%            |
| Sugars             | 9g       |                     |                |
| Protein            | 2g       | 4%                  | 4%             |

| Vitamin A          | 70%      |                     |                |
| Vitamin C          | 100%     |                     |                |

Calcium 6% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Sat Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>Less than</td>
<td>65g</td>
<td>20g</td>
<td>300mg</td>
<td>300g</td>
<td>25g</td>
</tr>
<tr>
<td>2,500</td>
<td>Less than</td>
<td>80g</td>
<td>25g</td>
<td>300mg</td>
<td>375g</td>
<td>30g</td>
</tr>
</tbody>
</table>
Ingredients
- 1 teaspoon margarine (or butter)
- 1/2 onion (chopped)
- 2 ears of corn (cut from cob)
- 10 okra (sliced)
- 3 yellow squash (sliced)
- 1 tomato (diced)

Instructions
1. In a frying pan over medium heat, cook margarine (or butter), onion, corn, squash and okra for 5 minutes until tender.
2. Add diced tomatoes, and continue cooking for 3 minutes.

YIELD
6 Servings

COST
Per recipe: $3.30
Per serving: $0.55

Nutrition Facts
Serving Size 1/2 cup prepared stir-fry, 1/6 of recipe (191g)
Servings Per Container 6

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 70</th>
<th>Calories from Fat 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Values*</td>
<td>2%</td>
<td>0%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1.5g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>20mg</td>
<td>1%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>13g</td>
<td>4%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g</td>
<td>12%</td>
</tr>
<tr>
<td>Sugars</td>
<td>6g</td>
<td>-</td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
<td>6%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Source: University of Kentucky, Cooperative Extension Service, Food and Nutrition Calendar 2004, Fresh Ideas for Fit Families
This material was funded by USDA’s Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider.

This custom cookbook was created based off recipes from the What’s Cooking USDA Mixing Bowl’s recipe database. Recipes included in the database have been reviewed by nutrition professionals at the US Department of Agriculture’s Food and Nutrition Service using specific cost and nutrition criteria. Recipes are consistent with the current Dietary Guidelines for Americans and MyPlate. Nutrition educators in the Supplemental Nutrition Assistance Program (SNAP) or other Food and Nutrition Service (FNS) nutrition assistance programs and their partners are encouraged to use the database to support their nutrition education program goals. For additional recipes and more information about the What’s Cooking USDA Mixing Bowl recipe database, please visit the website at https://whatscooking.fns.usda.gov