Recipes Fresh From The Farmer's Market

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Your Nutrition Resource Connection
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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.

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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.

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Baked Apples and Sweet Potatoes Continued

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.
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
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.

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.*
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.

Source: National Cancer Institute (NCI), 5-A-Day Web site
Roasted Root Vegetables

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

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*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
Spaghetti Squash with Tomatoes, Basil, and Parmesan

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**

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

**YIELD**

* 8 Servings

**COST**

* Per recipe: $4.76
  * Per serving: $0.59

**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

Nutrition Facts
Serving Size 1 stuffed pepper, 1/4 of recipe (435g)
Servings Per Container 4

Calories 410
Calories from Fat 80

% Daily Values*
Total Fat 9g 14%
Saturated Fat 2.5g 13%
Trans Fat 0g
Cholesterol 80mg 27%
Sodium 105mg 4%
Total Carbohydrate 52g 17%
Dietary Fiber 4g 16%
Sugars 10g
Protein 27g 54%

Vitamin A 20% • Vitamin C 230%
Calcium 6% • Iron 25%

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

Calories 2,000 2,500
Total Fat Less than 65g 80g
Saturated Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2400mg 2400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g

YIELD
4 Servings

COOK TIME
50 minutes

COST
Per recipe: $6.10
Per serving: $1.53
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
**Veggie Stir-Fry**

**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.

**Nutrition Facts**

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

**YIELD**
6 Servings

**COST**
Per recipe: $3.30
Per serving: $0.55

Source: University of Kentucky, Cooperative Extension Service, Food and Nutrition Calendar 2004, Fresh Ideas for Fit Families
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

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