

farmer's market



2023

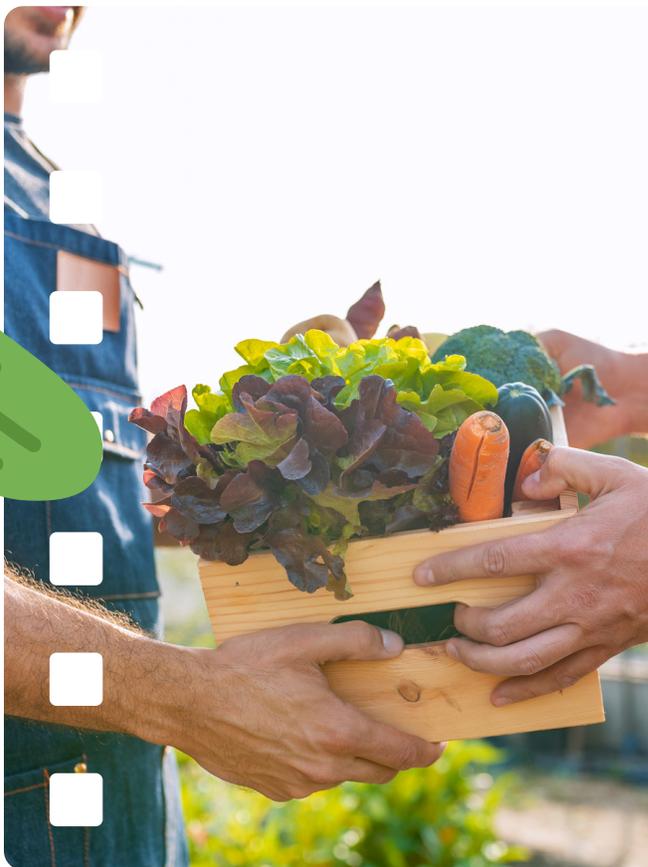




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Asparagus	Cauliflower	Green Onions	Radishes	Summer Squash
Beets	Cucumbers	Lettuce	Rhubarb	Tomatoes
Broccoli	Eggplant	Peas	Spaghetti Squash	Turnips
Cabbage	Green Beans	Pea Pods	Strawberries	Zucchini

**Guide provided by the Partnership for a Healthy Community
Healthy Eating/Active Living (HEAL) Team**

Our goal is to foster & promote healthy eating and active living to reduce chronic disease and food insecurity in the tri-county area.



WIC Farmers Market Vouchers

WIC Farmers Voucher
2023 Season:
July 1st - October 31st.

Farmer Market Vouchers
may be redeemed with any
farmer displaying the sign.



**Pick up your Farmer Market Vouchers
at your local WIC offices.**

Tri- County WIC Office Information

Peoria County 309-679-6076

Temporary location - 3521 N. California Road

Tazewell County 309.929.0320

21306 Illinois Route 9, Tremont, IL 61568

Woodford County 309-467-3064

1831 S. Main Street, Eureka, IL 61530



Link Up Illinois & SNAP - Double redemption

**WE
ACCEPT
SNAP
BENEFITS**



Use your Illinois LINK card at participating markets and receive double value on LINK card purchases up to \$25.

For example, if you spend \$25 from your LINK card, you will receive an additional \$25 to spend on fresh fruits and vegetables at the market



linkupil.org
1-844-LINKUPIL
1-844-546-5874
@linkupil

Look for the tent at the market with the brightly colored LINK Sign to get your tokens/match dollars.

Tri-County DHS Offices

**DHS Family Community Resource Center
Peoria & Woodford County
Family Community Resource Center
103 N E Jefferson Avenue
Peoria, IL 61602**

**Phone: (309) 671-8100
TTY: (866) 451-5763
Fax: (309) 671-8133**

**DHS Family Community Resource Center
Tazewell County
Family Community Resource Center
200 South 2nd Street, Suite 20
Pekin, IL 61554**

**Phone: (309) 347-4184
TTY: (866) 324-3820
Fax: (309) 347-1041**

You may also visit ABE.Illinois.gov or call the IDHS Help is Here toll-free line at 1-833-2-FIND-HELP.



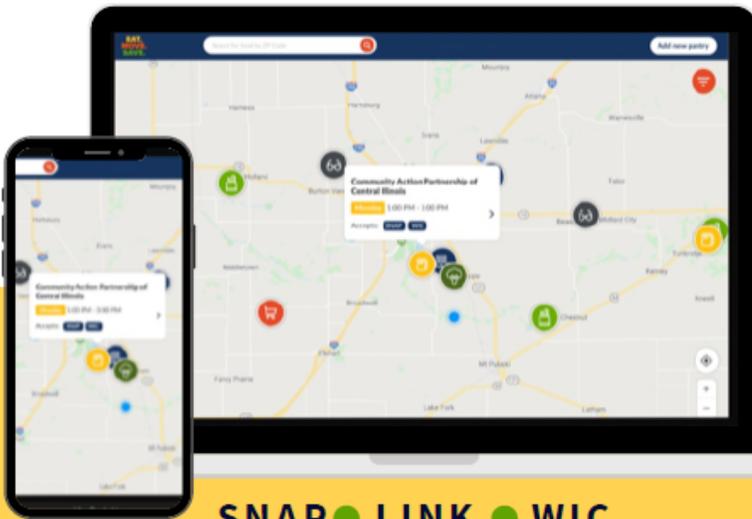
SCAN ME



Scan the QR code to visit the ILFMA Find a Market tool.

Find Food IL

COMMUNITY FOOD MAP



SNAP ● LINK ● WIC

-  School & Summer Meal Sites
-  Food Pantries
-  Grocery Stores
-  Farmers Markets
-  SNAP & WIC Offices
-  Senior Food Resources



SCAN ME

Find food in your community at:
GO.ILLINOIS.EDU/FindFoodIL



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3 Reasons To Love Fruits and Vegetables



1

They are Low in Calories

Fruits and vegetables are key for achieving or maintaining a healthy weight. When you eat at least 5 servings of fruits and vegetables daily, you are providing filling and nutritious foods for your body without overeating in more high calorie food categories.

2

They are High In Fiber

Fiber can offer a lot of health benefits:

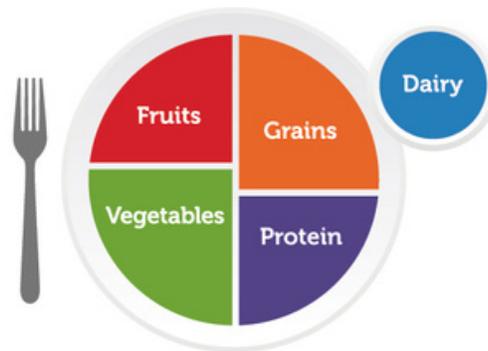
- Prevent or decrease constipation and hemorrhoids
- Lower blood cholesterol and triglycerides
- Helps control blood sugar levels
- Help with weight loss

3

They are High In Vitamins and Minerals

Vitamin C, potassium and magnesium perform important functions in our body:

- Fight infections
- Heal wounds
- Healthy bones, skin, teeth, and hair
- Healthy heart function



Start *simple* with **MyPlate**

Fruits and vegetables should make up a large part of our meals daily, as you can see in the MyPlate image above. Filling at least half of your plate with fruits and vegetables will ensure that you are on your way to reaching your fruit and vegetable goals each day.

In general, 1 cup of fresh fruit or 100% fruit juice, or 1/2 cup of dried fruit can be considered as 1 cup from the Fruit Group.

In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy salad greens can be considered as 1 cup from the Vegetable Group.

Daily Recommendations by Age

The recommended amounts of fruits and vegetables needed each day is different according to age group and sex. Refer to the chart below for more information!

Fruit:

Daily Recommendations*		
Toddlers	12 to 23 months	½ to 1 cup
Children	2-4 yrs	1 to 1½ cups
	5-8 yrs	1 to 2 cups
Girls	9-13 yrs	1½ to 2 cups
	14-18 yrs	1½ to 2 cups
Boys	9-13 yrs	1½ to 2 cups
	14-18 yrs	2 to 2½ cups
Women	19-30 yrs	1½ to 2 cups
	31-59 yrs	1½ to 2 cups
	60+ yrs	1½ to 2 cups
Men	19-30 yrs	2 to 2½ cups
	31-59 yrs	2 to 2½ cups
	60+ yrs	2 cups

Daily Recommendations by Age

The recommended amounts of fruits and vegetables needed each day is different according to age group and sex. Refer to the chart below for more information!

Vegetable:

Daily Recommendation*		
Toddlers	12 to 23 months	$\frac{2}{3}$ to 1 cup
Children	2-4 yrs	1 to 2 cups
	5-8 yrs	1½ to 2½ cups
Girls	9-13 yrs	1½ to 3 cups
	14-18 yrs	2½ to 3 cups
Boys	9-13 yrs	2 to 3½ cups
	14-18 yrs	2½ to 4 cups
Women	19-30 yrs	2½ to 3 cups
	31-59 yrs	2 to 3 cups
	60+ yrs	2 to 3 cups
Men	19-30 yrs	3 to 4 cups
	31-59 yrs	3 to 4 cups
	60+ yrs	2½ to 3½ cups



American Heart Association.
Healthy for Good™

BLUE & PURPLE

blackberries
blueberries
black currants
dates
eggplants
grapes
plums
prunes
purple figs
raisins

RED & PINK

beets
cherries
cranberries
pink grapefruit
pomegranates
radicchio
red radishes
red apples
red grapes
red peppers
red potatoes
rhubarb
strawberries
tomatoes
watermelons

EAT MORE COLOR

The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.

GREEN

artichokes
asparagus
avocados
bok choy
broccoli
Brussels sprouts
celery
collard greens
cucumbers
green beans
green cabbage
green grapes
green onions
green peppers
kale
kiwis
leeks
limes
mustard greens
okra
pears
peas
romaine lettuce
snow peas
spinach
sugar snap peas
watercress
zucchini

WHITE

bananas
cauliflower
garlic
Jerusalem artichokes
mushrooms
onions
potatoes
parsnips
shallots

ORANGE & YELLOW

acorn squash
butternut squash
apricots
cantaloupes
carrots
corn
grapefruit
lemons
mangoes
nectarines
oranges
orange peppers
papayas
peaches
pineapples
pumpkins
summer squash
sweet potatoes
tangerines
yams
yellow apples
yellow peppers
yellow squash

Keep It Clean!



What?

Wash, rinse, and sanitize any surfaces that come in contact with food.

When?

- At the start of the day
- After using a surface
- Between different foods



SCRAPE

Remove or scrape food and debris with a brush or towel.



WASH

Wash the surface with soap and warm water with a clean cloth.



RINSE

Rinse the surface with clean water and a non-soapy cloth.



SANITIZE

Make sanitizing solution following manufacturer instructions (or 1 Tbs bleach + 1 gal water).
Sanitize the surface with a clean cloth.



AIR-DRY

Let surface air-dry.
Do not dry with cloth.

BACKYARD POULTRY & EGG SAFETY

Chickens, ducks, geese, guinea fowl, and turkeys are often raised to have fresh eggs. Owners should be aware that poultry can sometimes carry harmful germs that may make people sick.

Some examples are:

Avian Influenza

Campylobacter

E. coli

Histoplasmosis

Salmonella



How to stay safe

Always wash your hands with soap and running water after touching backyard poultry or anything in the area where they live and roam. Use hand sanitizer if soap and water are not readily available.



Handle eggs safely

- Always wash your hands with soap and water right after handling eggs, chicken, or anything in their environment.
- Keep a clean coop.
- Collect eggs often.
- Throw away cracked eggs. Bacteria on the shell can more easily enter the egg through a cracked shell.
- Don't wash warm, fresh eggs. Cold water can pull bacteria into the egg.
- Refrigerate eggs after collection to maintain freshness and slow bacteria growth.
- Cook eggs until both yolk and white are firm. Egg dishes should reach an internal temperature of 160 degrees F or hotter.

For more information on backyard poultry, visit <https://www.cdc.gov/healthypets/pets/farm-animals/backyard-poultry.html>

Store it Safely!



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UI Health
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Neighborhood Health Partnerships



Store food in the right spot to prevent harmful bacteria from spreading.

**Keep
refrigerator
at 40° or lower!**

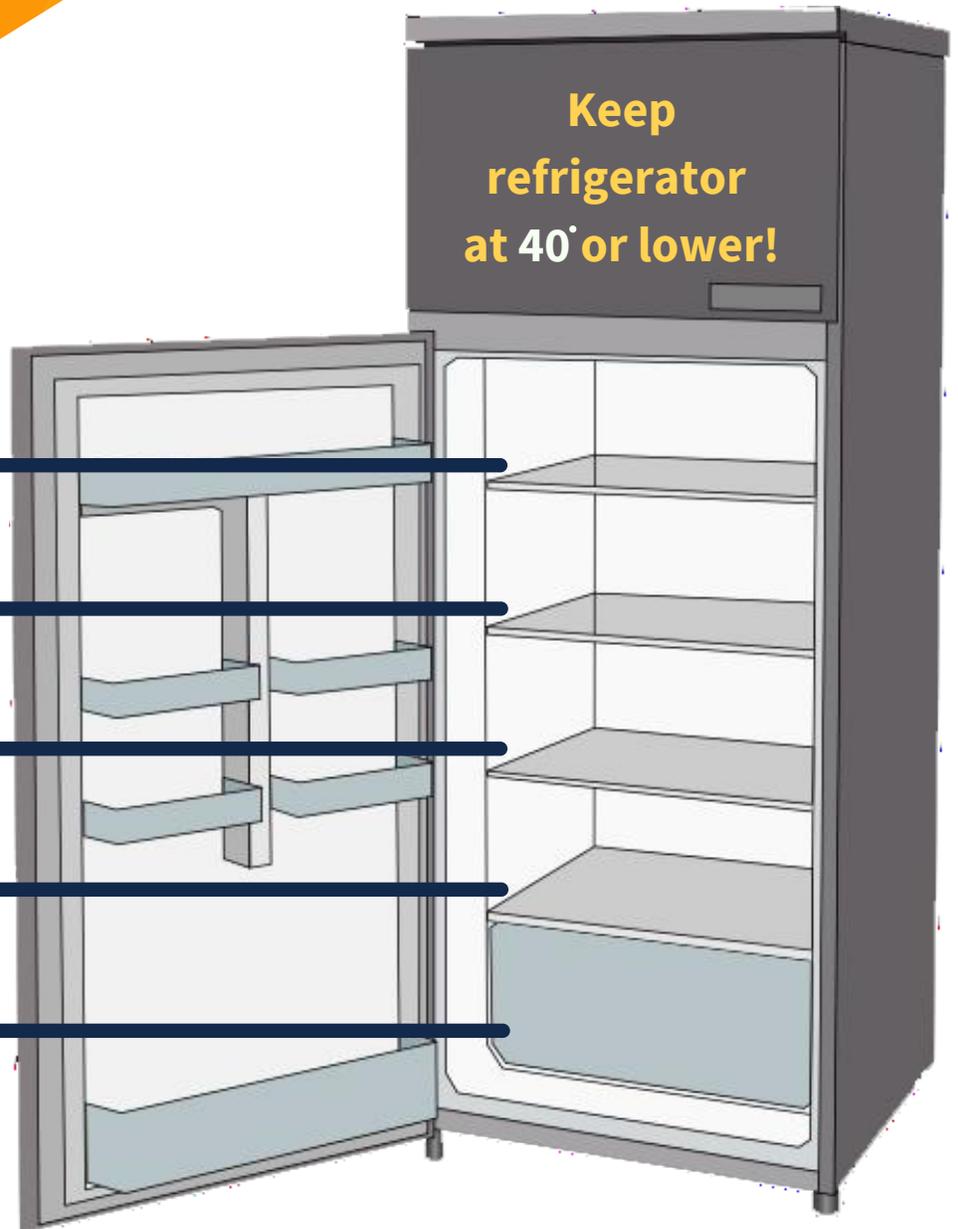
★ **Ready-to-Eat, Dairy**

Fruits, Veggies

Fish, Pork, Beef, Eggs

Ground Meats

Poultry, Stuffed Meats



★ Ready-to-Eat foods have been processed and come in a sealed package. This food can be safely eaten without any further preparation or cooking. Fruits & veggies are also Ready-to-Eat if they have been washed. If they are unwashed be sure to store them below Ready-to-Eat foods.

Resources

1. Jankowski NS. Food Manager Certification Training Coursebook. Version 7.0. Ann Arbor, MI: NSF International; 2016.

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FRUITS

TIPS FOR FREEZING



Store citrus fruits in the freezer for 0-3 months.

Berries and grapes are some of the easiest fruits to freeze and are best frozen whole.

Apples and pears freeze best when they are turned into a sauce or filling first.

Use frozen fruits in smoothies!

Store non-citrus fruits in the freezer for 8-12 months.

Peaches, bananas, and pineapple freeze well, but they are easier to peel, chop or mash before they are frozen.

*Resources 1. USDA Food Safety and Inspection Service. Food Product Dating. <https://www.fsis.usda.gov/wps/portal/food-safety-education/get-answers/food-safety-fact-sheets/food-labeling/food-product-dating/food-product-dating>
2. Food Bank of the Southern Tier. Is this food still good to eat? Helpful information for agencies. <https://www.foodbankst.org/usr/Agency%20Resources/is%20this%20food%20still%20good%20website.pdf>*

VEGGIES

TIPS FOR FREEZING



Blanching: Dip in boiling water, drain. Rinse in cold water. Freeze.

Broccoli, corn, & cauliflower can be blanched and frozen.

Blanch, cook, mash, or bake potatoes before freezing.

Greens like kale, chard, and collard greens need to be blanched then laid on paper towels before freezing.

Onions, green peppers, peas, squash, & carrots can be frozen. Rinse & chop, put in storage containers or freezer bags.

For best quality, freeze vegetables for 9-12 months.

Use frozen veggies in omelets and soups.

Many vegetables can be added to sauces, soups, or casseroles before freezing.

*Resources 1. USDA Food Safety and Inspection Service. Food Product Dating. <https://www.fsis.usda.gov/wps/portal/food-safety-education/get-answers/food-safety-fact-sheets/food-labeling/food-product-dating/food-product-dating>
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FRUITS & VEGGIES



TIPS FOR FREEZING

Extra fruits and veggies about to go bad are great to freeze.

Chop or dice fresh produce before freezing so it will cook faster later on.

Fruits and veggies are the most commonly wasted food. Making them last longer is easy!

Store frozen fruits and veggies in air-tight, heavy duty containers or bags.

Keep your freezer set at 0° Fahrenheit or below.

Freezer-burn does not mean it is unsafe to eat. It could mean the quality of the food is lower.

*Resources 1. USDA Food Safety and Inspection Service. Food Product Dating. <https://www.fsis.usda.gov/wps/portal/food-safety-education/get-answers/food-safety-fact-sheets/food-labeling/food-product-dating/food-product-dating>
2. Food Bank of the Southern Tier. Is this food still good to eat? Helpful information for agencies. <https://www.foodbankst.org/usr/Agency%20Resources/is%20this%20food%20still%20good%20website.pdf>*

STORE PRODUCE

TO MAKE IT LAST & FOR BEST FLAVOR

COUNTER-TOP

Group 1
avocado
banana
cantaloupe
honeydew
tomatoes

Group 2
grapefruit
lemon
lime
mango
pineapple
pomegranate
whole watermelon

garlic
onion
potatoes
sweet potatoes
acorn squash
butternut squash
spaghetti squash

REFRIGERATED

Group 3
apples
apricots
ripe kiwi
ripe nectarines
papaya

Group 4
blueberries
cherries
grapes
raspberries
strawberries
asparagus
broccoli
Brussels sprouts

ripe peaches
pears
ripe plums

Any cut fruits or vegetables

cabbage
carrots
celery
cauliflower
cucumber
eggplant
green beans
green onion

lettuce/greens
mushrooms
peas
peppers
radishes
yellow squash
zucchini squash

Asparagus

USE

Clean. Wash stalks in cool water. Swish tips in water to remove any sand.

Steam or Microwave. Cook for 2-5 minutes in small amount of water until easy to pierce with fork.

Roast. Toss asparagus stalks or pieces with 1-2 tablespoons of oil and spread on baking pan. Roast for 12-15 minutes at 425 degrees. Sprinkle lightly with salt.

SELECT

Choose firm stalks with dark green to purple tips.

Avoids stalks that are limp, flat, white, or split.

Thinner stalks are often more tender.



**EAT.
MOVE.
SAVE.**

STORE

Wrap asparagus in a damp cloth OR stand bundled stalks in a container with 1 inch of water. Store in the refrigerator.

Fresh asparagus is best if used in 2-3 days.

Asparagus, Tomato, and Feta Salad

1 pound asparagus, cut into 1 inch pieces
1 container of grape or cherry tomatoes, halved
4 ounces of Feta Cheese
2-3 tablespoons Light Balsamic Vinaigrette

1. Steam asparagus for 2-4 minutes. Drain.
2. When cool, add asparagus, tomatoes, and cheese in serving bowl.
3. Drizzle 2-3 tablespoons of vinaigrette on salad. Refrigerate until ready to eat.

Serves 4

Nutrition Facts (per serving)

140 calories, 7.7 g fat, 465 mg sodium, 6.7 g total carbohydrate, 2.4 g fiber, 7.5 g protein.

Dilly Asparagus Soup - Serves 4

2 tablespoons butter 1 cup milk
1 medium onion, chopped 1 teaspoon dill weed
4 cups low-sodium chicken or vegetable broth 1/2 teaspoon salt
1/4 teaspoon pepper
1 pound asparagus

1. In a soup pot, melt butter and saute onion.
2. Add broth and bring to a boil.
3. Chop stalks reserving tips. Add chopped pieces to broth. Lower heat and cook for 10 minutes.
4. Add asparagus tips, dill, salt, pepper. Cook 5 more minutes. Add milk before serving.

Nutrition Facts (per serving)

130 calories, 7.2 g fat, 430 mg sodium, 11.2 g total carbohydrate, 3 g fiber, 6.9 g protein

For more recipes & tips, visit:
go.illinois.edu/EatMoveSave

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Beets

Beets and Beet Greens



SELECT.

Look for beets that are smooth and firm. The color should be deep red. Beets can also be yellow or white. Beet greens should look fresh.

Choose similar sized beets to ensure even cooking.



**EAT.
MOVE.
SAVE.**

STORE.

To keep fresh, separate beet greens from beets. Refrigerate unwashed beets in plastic bag for up to 7 days.

Store beet greens in a plastic bag and use within 2 to 3 days.

USE.

Clean. Cut off stems 1 inch from beet. Scrub beets and wash greens in running water. Save greens for cooking or salads. There is no need to peel beets if boiling.

Raw. Grate raw beets for salads.

Cook. Boil, steam, microwave, or roast beets . Boil 1 lb. small- to medium-sized beets for 20-30 minutes. The peels will easily slip off.

Roasted Beets with Simple Spices

3 cup fresh beets (approx. 3-5 beets)
2 Tbsp. olive oil
1/4 tsp. ground black pepper
1/4 tsp. salt

1. Preheat oven to 350 degrees F.
2. Wash and peel beets.
3. Cut beets into large chunks and place into medium sized mixing bowl.
4. Pour oil, pepper, and salt on top of beets. Stir to combine.
5. Place beets on a large baking sheet and bake until tender, about 45-60 minutes.

Serves 6

Nutrition Facts (per serving)

70 calories, 3.5 g fat, 220 mg sodium, 10 g total carbohydrates, 3 g fiber, 2 g protein.

Spinach Salad with Beets

1 cup fresh beets, peeled and sliced
4 cup fresh spinach leaves
1/2 cup Italian salad dressing

1. Peel and slice fresh beets into small strips, about 1-2" long.
2. Add spinach leaves to a medium bowl.
3. Top spinach leaves with beet strips and salad dressing.
4. Toss to evenly distribute dressing over spinach and beets. Serve immediately.

Serves 4

Nutrition Facts (per serving)

100 calories, 6 g fat, 360 mg sodium, 9 g total carbohydrates, 2 g fiber, 2 g protein.

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Broccoli



SELECT

Look for broccoli that is firm, green, and without soft spots or cuts.

Florets should be close together and green-blue color.



**EAT.
MOVE.
SAVE.**

USE

Clean. Remove cut end of stalks that can be woody. Fresh picked broccoli should be soaked in cold water for 5 minutes to remove pests.

Raw. Serve in salads, with dip or hummus.

Cooked. Steam broccoli in a small amount of water for 5-7 minutes. Chopped broccoli can be added to soup, stir-fry, and casseroles.

STORE

Store broccoli in the refrigerator. Best if used within 3-5 days.

Freeze extra broccoli by blanching (steaming) for 3-4 minutes and chilling in cold water. Then pack in freezer bags.

Broccoli Raisin Salad

6 cups broccoli, chopped
1/2 cup raisins
2 tablespoons onions, chopped
1/2 cup light mayonnaise
1 tablespoon sugar
1 tablespoon vinegar
2 tablespoons sunflower seeds

1. Combine broccoli, raisins, and onions in bowl.
2. Mix mayonnaise, sugar, vinegar together.
3. Pour dressing over salad.
4. Sprinkle with sunflower seeds.
5. Refrigerate until ready to serve.

Serves 8

Nutrition Facts (per serving)

119 calories, 5.6 g fat, 128 mg sodium, 17.1 g total carbohydrate, 2.2 g fiber, 2.5 g protein

Zesty Lemon Broccoli

4 cups broccoli, chopped
1 tablespoon butter, melted
1 tablespoon lemon juice
1 teaspoon yellow mustard
1/4 teaspoon salt
1/8 teaspoon pepper

1. Steam broccoli for 3-4 minutes in small amount of water. Drain.
2. Mix butter, lemon juice, mustard, salt, and pepper.
3. Drizzle over broccoli. Serve warm or cold.

Serves 4

Nutrition Facts (per serving)

58 calories, 3.3 g fat, 213 mg sodium, 6.2 g total carbohydrate, 2.5 g fiber, 2.7 g protein

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Cabbage

Green and Red Cabbage

SELECT

Choose cabbage heads that are firm with bright leaves and without cuts or bruises.

Other types of cabbage to try are Savoy, Bok Choy, and Napa.



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UI Health
Office of Community Engagement and
Neighborhood Health Partnerships



**EAT.
MOVE.
SAVE.**

USE

Raw. Remove outside leaves and rinse well. Shred or chop and add to salads. Red cabbage adds color and variety to a salad.

Cook. Saute, steam, or pickle cabbage. Add cabbage to soup, stews, and stir-fry.

Roast. Cut a whole cabbage into wedges and brush lightly with oil. Roast at 425 degrees F for 15 minutes, turn, and roast for 15 more minutes. Sprinkle with Parmesan cheese, salt, and pepper.

STORE

Place unwashed cabbage in a plastic bag in the refrigerator.

Whole cabbage will stay fresh for several weeks in the refrigerator.

Fish Tacos with Crunchy Cabbage Slaw

4 white fish fillets, such as tilapia or flounder (if frozen, thaw according to directions)

1/2 Tbsp. chili powder

1/2 Tbsp. cumin powder

8, 6-inch corn tortillas (or: flour tortillas)

1 cup green cabbage, chopped or shredded

1 small red onion, cut in half and slice thinly

2 Tbsp. lime juice

1 Tbsp. cilantro, minced

1. Heat large skillet or grill pan over medium heat.
2. Pat fish fillets dry with clean towel.
3. Rub chili powder and cumin onto both sides of fillets.
3. Spray nonstick cooking spray onto heated skillet or grill pan. Add fillets.
4. Cook 4-5 minutes and flip fish over. Cook for additional 4-5 minutes. Fish is ready when internal temperature reaches 145 degrees F and flakes with a fork. Cut cooked fish into bite-sized pieces.
5. Spread green cabbage and red onion onto tortillas. Add cooked fish and top with lime juice and cilantro.

Serves 4

Nutrition Facts (per serving)

240 calories, 4 g fat, 100 mg sodium, 26 g total carbohydrate, 1 g fiber, 26 g protein

For more recipes & tips, visit:

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Cauliflower



SELECT

Choose cauliflower heads that are firm.

Florets should be creamy white and tightly packed.

Small cuts and brown spots can be trimmed.



**EAT.
MOVE.
SAVE.**

USE

Clean. Rinse cauliflower under cold, running water. Trim leaves off core.

Raw. Cut florets off the main stem. Cut cauliflower into bite size pieces.

Cook. Steam cauliflower in small amount of water for 5-8 minutes.

Microwave. In a covered, microwave safe dish, spread 2 cups of cauliflower and 2 tablespoons of water. Microwave 2 minutes. Stir and microwave for 1 more minute.

STORE

Place unwashed cauliflower in a plastic bag and refrigerate for 1 to 5 days.

Cauliflower freezes well. Boil florets for 3 minutes and cool in cold water. Drain cooled cauliflower, pack in freezer bag in the freezer.

Garlic Cauliflower

1 cauliflower, separated into florets	1 tsp. paprika
3 gloves garlic, finely chopped	1 Tbsp. vinegar
salt and pepper, to taste	3 tbsp. oil

1. Cook cauliflower in medium sauce pan with water until tender, about 15 minutes.
2. Drain and place in a serving bowl.
3. Heat oil in a small skillet over low to medium heat.
4. Sauté the chopped garlic for 1 minute.
5. Remove from the heat and add paprika and vinegar, stirring to mix well.
6. Pour oil and vinegar mixture over the cauliflower.
7. Add salt and pepper to taste.
8. Serve immediately.

Serves 4

Nutrition Facts (per serving)

150 calories, 11 g fat, 65 mg sodium, 11 g total carbohydrates, 4 g fiber, 4 g protein.

Veggie Tots

1/2 head cauliflower (makes about 2 cups riced cauliflower)	1/4 cup green onions, minced
1/2 cup bread crumbs or crumbled corn flakes	1 egg
1/4 reduced-fat cheddar cheese, shredded	1/4 tsp. garlic powder
	1/2 tsp. salt
	1/8 tsp. black pepper

1. Preheat oven to 400 degrees F.
2. Grate cauliflower or process in a food processor until it is in small pieces, similar to the size of rice.
3. Mix riced cauliflower and remaining ingredients together in a medium sized bowl.
4. Spray a cookie sheet with nonstick cooking spray.
5. Form cauliflower mixture into small logs and place on cookie sheet.
6. Cook for 20 minutes or until heated through and browned slightly on the outside.

Serves 4

Nutrition Facts (per serving)

90 calories, 2 g fat, 160 mg sodium, 7 g total carbohydrates, 1 g fiber, 4 g protein.

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Cucumbers



USE

Clean

Rinse cucumbers well under cold running water. Cut off stem end. If skin is tough, peel with vegetable peeler or knife.

Raw

Slice, dice, cut into sticks, chunk, and grate raw cucumbers. Add them to salads, sandwiches, cold soup, or alone as a snack.

Simple pickles

Mix 1/2 cup vinegar, 2 Tbsp. sugar, 1/2 tsp. salt in a jar. Add 2 sliced cucumbers. Cover jar. Refrigerate 24-48 hours.

SELECT

Choose firm, smooth, and dark green cucumbers. Small ones are great for pickles.

Avoid yellow, soft, very large, or dull-colored cucumbers.

**EAT.
MOVE.
SAVE.**

STORE

Refrigerate unwashed whole cucumbers for 1-5 days. Store in plastic bags in a cool drawer.

Use cut cucumbers within 2 days. Any leftover cut cucumbers can be wrapped in plastic or placed in a sealed bag.



Cucumber Dill Yogurt Dip

1 cucumber
2 cup plain Greek yogurt, low fat
1/4 cup sour cream
1 Tbsp. lemon juice
1 Tbsp. fresh dill, chopped, or 1 tsp. dried dill
1/8 tsp. garlic powder
1/8 tsp. salt and pepper

1. Peel 1 cucumber. Cut length-wise and remove seeds. Grate cucumber and place on a paper towel. Squeeze out excess liquid.

2. Mix grated cucumber, plain yogurt, sour cream, lemon juice, dill, garlic, salt, and pepper together in a bowl.

Refrigerate. Serve with vegetables.

Serves 6.

Nutrition Facts (per serving)

90 calories, 3 g fat, 110 mg sodium, 8 g total carbohydrates, 2 g fiber, 9 g protein.

Fresh Cucumber Orange Salad

2 cucumbers, sliced
2 medium ripe oranges, peeled and chopped
1 Tbsp. lime juice
1/2 tsp. chili powder
1/4 tsp. salt

1. Place sliced cucumbers and chopped oranges into a medium bowl.

2. Add chili powder, lime juice, and salt. Lightly toss.

3. Serve cold. Salad can also be served over lettuce.

Makes 4 cups. Serves 4.

Nutrition Facts (per 1 cup serving)

60 calories, 0 g fat, 160 mg sodium, 14 g total carbohydrates, 2 g fiber, 2 g protein.

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Eggplant



SELECT

Choose a glossy eggplant with a smooth, tight skin and a bright green cap.

Avoid oversized, rough, or spongy-skinned eggplant with cuts, bruises, or browned areas.



**EAT.
MOVE.
SAVE.**

USE

Clean. Rinse eggplant under cold water.

Trim green stem end. Peel if the skin is tough.

Prepare. Fresh eggplant should not be bitter. Taste a piece. If bitter, cut in half or slice and sprinkle with 1 tsp. salt. Place on paper towels and let sit for 30 minutes to draw out bitterness. Brush off salt and pat dry. Eggplant will darken quickly after cut.

Cook. Saute with summer vegetables like onion, garlic, summer squash, or peppers.

STORE

Eggplant is best when it is fresh. Store in a cool place or in a plastic bag in the produce drawer of the refrigerator.

Use eggplant within a week of harvest. Longer storage will result in brown spots and bitter flavor.

Eggplant Pizza Snacks

- 2 medium eggplants (makes 16 slices)
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1 cup traditional or tomato pasta sauce
- 1 cup mozzarella cheese, shredded

1. Preheat oven to 350 degrees F. Spray baking sheet with nonstick cooking spray.
 2. Slice eggplant into 1/2-inch thick circular slices. Place eggplant on a plate or cutting board and sprinkle with salt. Let sit with salt on top for 20-25 minutes. Use a paper towel to remove any excess liquid and salt on the eggplant slices.
 3. Spray both sides of prepared eggplant slices with nonstick cooking spray and sprinkle with pepper.
 4. Place eggplant slices on baking sheet and bake for five minutes.
 5. Remove from oven and flip eggplant slices. Bake for an additional 3 to 5 minutes or until eggplant is tender.
 6. Top each eggplant slice with 1 Tbsp. pasta sauce. Sprinkle each slice with 1 Tbsp. mozzarella cheese. Bake an additional 3 to 4 minutes or until cheese is melted.
- *Optional: Top with fresh or dried basil or oregano before final baking step.

Serves 8

Nutrition Facts (per serving, 2 slices)

90 calories, 3.5 g fat, 290 mg sodium, 11 g total carbohydrate, 3 g fiber, 5 g protein

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Green Beans



SELECT

Choose beans that are the width of a pencil. Look for a bright green color and a velvety feel. When broken, they should snap crisply.

Avoid beans that are limp or have bulging seeds.



**EAT.
MOVE.
SAVE.**

USE

Clean

Wash beans under cold water. Snap or trim ends off each bean.

Cook

Steam or boil beans in small amount of water for 3-7 minutes in a covered pot.

Microwave

Add 2 cups beans and 1/4 cup water to a microwave safe dish. Cover dish and heat 3-5 minutes.

Cold

To add beans to a cold salad, cook for shorter time to retain crispness.

STORE

Place unwashed green beans in plastic bag in the refrigerator. They will stay fresh for 3 to 5 days.

If beans become limp, place them in ice water to firm them up.

Simply Tasty Green Beans

1/2 cup green pepper, chopped
1/2 cup onion, chopped
2 cup green beans, fresh, stems removed
1/4 tsp. pepper
1 clove garlic, minced or 1/2 tsp. garlic powder

1. Spray medium skillet with nonstick cooking spray. Cook green pepper and onion until soft over medium heat.
2. Add green beans, garlic, and pepper.
3. Cook until beans are crisp yet still tender.

Serves 4.

Nutrition Facts (per 1/2 cup serving)

30 calories, 0 g fat, 0 mg sodium, 7 g total carbohydrate, 2 g fiber, 1 g protein.

Green Bean and Potato Salad

2 cup potatoes, diced	2 Tbsp. oil
2 cup fresh green beans, cut into bite-sized pieces	2 Tbsp. lemon juice
2 Tbsp. black olives, pitted	1 Tbsp. mustard
1 medium tomato, cut into slices	1 clove garlic, minced
4 eggs, hard-boiled and cut in half (optional)	

1. Add potatoes and green beans to boiling water for 10 minutes, until tender. Drain and cool in a bowl of ice. Drain water.
2. Make dressing by whisking oil, lemon juice, mustard, and garlic until blended.
3. Divide potatoes and green beans between four plates. Top evenly with olives, tomato, and eggs.
4. Pour dressing evenly over salads.

Serves 4.

Nutrition Facts (per serving)

230 calories, 13 g fat, 140 mg sodium, 20 g total carbohydrate, 4 g fiber, 9 g protein (with egg).

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Green Onions



SELECT

Choose bright, fresh greens that extend from the root.

Avoid wilted or decaying tops or soft roots.

Also called scallions.



EAT.
MOVE.
SAVE.

USE

Green onions are often called scallions. They are immature onions that do not have a bulb. They are mildly pungent.

Rinse onions in cold water and snip off the root and green tips.

Raw. Add to salads, tacos, soup, as a garnish. Great substitute for chives.

Cooked. Add to stir fry and soups.

STORE

Green onions should be stored unwashed and loosely wrapped in a plastic bag. Store them in the refrigerator for up to one week. To keep them longer, snip off half of the green tips. The end closest to the root is hardiest.

Spring Time Rice

- 1 tablespoon oil
- 4 green onions, thinly sliced
- 1 1/2 cup white rice, uncooked
- 1 can (14.5 ounce) chicken broth, reduced sodium

1. In a saucepan, heat oil and add onions. Cook gently stir for about 3 minutes.
2. Add broth, rice, and 1 cup of water. Season with 1/2 teaspoon salt and 1/4 teaspoon pepper.
3. Bring to boil. Reduce heat at simmer. Cover and cook until liquid is absorbed, about 20 minutes.
4. Let stand with lid on for 10 minutes. Fluff rice.

Nutrition Facts (per serving)

156 calories, 2.4 g fat, 239 mg sodium, 28.6 g total carbohydrate, 1 g fiber, 4.1 g protein

Creamy Green Onion Dip

- 1 cup light sour cream
- 8 ounces light cream cheese, softened
- 1 cup green onions, thinly sliced
- 1/2 cup parsley, chopped
- 2 garlic cloves, finely chopped
- salt and pepper, to taste

1. Mash cream cheese and sour cream until smooth. Use a food processor if you have one.
2. Stir in onions, parsley, and garlic. Add salt and pepper to taste. Cover and chill for 2 hours.

Serves 16

Nutrition Facts (per serving)

83 calories, 8 g fat, 52 mg sodium, 1.7 g total carbohydrate, 0.2 g fiber, 1.7 g protein

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Lettuce

SELECT

Choose lettuce that looks bright green and fresh.

Avoid lettuce that is limp or has cuts or bruises.

So many varieties of lettuce - try a new one!



**EAT.
MOVE.
SAVE.**

USE

Clean. Rinse lettuce under running water. Pat dry with clean towel before using.

Salads. The mild flavor of lettuce is the perfect base for salads. Mix different varieties for both taste and texture.

Wraps. Choose large, clean leaves for spreading sandwich filling on and roll up.

Toppings. Add to tacos, pizza, sandwiches.

STORE

Wrap lettuce in damp towel or place in plastic bag. Store in the coolest part of the refrigerator. Cooler temperatures will keep lettuce fresh longer. Best if used within a few days.

Celebrate Spring Salad

Cups and cups of fresh lettuce (as desired)
Fresh spinach, torn
Radishes, sliced
Green onions, sliced
Peas, lightly steamed OR fresh pea pods
Vinaigrette dressing

1. Assemble selected vegetables in large bowl.
2. Vinaigrette: In jar with lid, add 1/4 cup oil, 2 or 3 tablespoons vinegar or juice, 1 teaspoon sugar, and 1/2 teaspoon salt. Cover and shake.

Nutrition Facts (per serving)

82 calories, 7 g fat, 159 mg sodium, 4.3 g total carbohydrate, 1.2 g fiber, 1.1 g protein

Southwest Lettuce Wraps

4 Lettuce leaves, large
1/2 cup corn, canned or fresh
1/2 cup black beans, cooked
1/2 cup green peppers, chopped
1/2 cup salsa, mild or hot

1. Wash lettuce and pat dry.
2. Mix corn, beans, peppers, and salsa.
3. Spoon mixture on the center of large leaves.
4. Fold top and bottom of leaf into center. Roll up lettuce like a burrito.

Serves 4

Nutrition Facts (per serving)

60 calories, 0.4 g fat, 197 mg sodium, 11.8 g total carbohydrate, 2.8 g fiber, 3.5 g protein

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Peas

Garden Peas

SELECT

Choose bright green pea pods or shelled peas.

Avoid pea pods that are wrinkled or shriveling.

Garden peas have plump peas that need to be shelled.



**EAT.
MOVE.
SAVE.**

USE

Cook

Steam peas in small amount of water for 2-4 minutes, until still green. Avoid overcooking.

Salads

Add lightly steamed peas to fresh vegetable salads, rice salads, pasta salads.

Add in

Peas are a great addition to soups, stews, mixed vegetables, fried rice, and stir-fry.

STORE

Keep unwashed shelled peas in a plastic bag in refrigerator for 2-3 days. Peas are best when cooked within 24 hours. The sugar in peas converts to starch within a few hours of picking.

Creamed Fresh Peas

3 cups fresh peas	1/8 teaspoon pepper
1 tablespoon butter	1/2 cup milk
1 tablespoon flour	1 teaspoon sugar
1/3 teaspoon salt	

1. Steam peas for 2-4 minutes.
2. While peas cook, melt butter in a small saucepan, melt the butter. Stir in the flour, salt, and pepper until blended. Gradually add milk and sugar. Bring to a boil and stir for 1-2 minutes or until thickened.
5. Drain peas; stir into the sauce.

Serves 6

Nutrition Facts (per serving)

1/2 cup: 93 calories, 2.6 g fat, 124 mg sodium, 13.2 g total carbohydrate, 3.8 g fiber, 1 g protein

Crunchy Pea Salad

3 cups fresh peas (or frozen)
1 cup celery, chopped
1/4 cup red or green onions, chopped
1/2 cup dry roasted peanuts
1/2 cup Greek yogurt
1/4 cup low-fat Italian salad dressing

1. Steam peas for 2 minutes, drain and cool in cold water.
2. In bowl, add peas, celery, onions, and peanuts.
3. Mix yogurt and Italian salad dressing. Pour over vegetables and chill until ready to eat.

Serves 6

Nutrition Facts (per serving)

3/4 cup: 142 calories, 7 g fat, 93 mg sodium, 13.6 g total carbohydrate, 5.1 g fiber, 4 g protein

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Pea Pods

Sugar Snap and Snow Peas

SELECT

Choose bright green pods that are firm.

Sugar Snap peas are best when the pods first start to fatten but before the seeds grow very large.



**EAT.
MOVE.
SAVE.**

USE

Raw. Snap off stem tip toward the flat side of pod and pull downward to remove string. Great as a snack, on a vegetable platter, or cut into a salad.

Steam. Cook quickly for 2 minutes in a small amount of water.

Stir fry. Sauté alone or with other vegetables. Add pods at the end of stir-frying.

STORE

Store pea pods in a plastic bag in the refrigerator for two weeks. Unlike fresh green peas, the quality does not break down as quickly.

Pea Pod, Broccoli, and Rice Salad

2 cups cooked rice, cooled
2 cups broccoli, chopped
2 cups pea pods, with string removed
1/4 cup green onion, sliced
1/2 cup Italian Salad dressing, light

1. Steam broccoli for 2 minutes and then add snow peas for 2 more minutes.
2. In a large bowl add rice and cooled vegetables, onions, and salad dressing. Cover and chill at least 2 hours.

Serves 6

Nutrition Facts (per serving):

120 calories, 6 g fat, 17 mg sodium, 15 g total carbohydrate, 2 g fiber, 2 g protein

Stir-Fried Snap Peas

3 cups Sugar Snap pea pods
2 garlic cloves, minced
1 tablespoon oil
2 teaspoons lemon juice
salt and pepper

1. Heat oil and add garlic. Stir for 1 minute.
2. Add pea pods. Cook and stir for 2-4 minutes.
3. Remove from heat and sprinkle with lemon juice. Season with salt and pepper. Enjoy!

Serves 4

Nutrition Facts (per serving)

50 calories, 3.5 g fat, 3 mg sodium, 4 g total carbohydrate, 1 g fiber, 1.5 g protein

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Radishes



SELECT

Select radishes that are small and tender for best flavor.

Oversized radishes can be tough, woody, hollow and strong in flavor.



**EAT.
MOVE.
SAVE.**

USE

Raw

Radishes are most often eaten raw. Scrub radishes under cold running water. Cut off the top and root end then slice, dice, shred, or serve whole. Good in salads and sandwiches.

Sauté

Large varieties hold up well during cooking. Radish tops can be sautéed.

Pickle

Slice radishes and let sit 30 minutes in 1/2 cup vinegar, 1/2 cup water, 1 tablespoon salt and sugar.

STORE

Radishes store well in the refrigerator once the tops have been removed. The radish leaves cause moisture and nutrient loss during storage. Store greens separately for 2-3 days.

Refrigerate radishes wrapped in plastic bags for 5 to 7 days.

Radish Confetti Salad

4 large radishes	1 medium carrot
1 celery stalk	salt and pepper
1/4 cup white vinegar	2 tablespoons oil

1. Wash and shred the radishes and carrots.
2. Cut the celery into matchstick-size pieces.
3. Toss the vegetables together in a medium bowl.
4. In a small bowl whisk together olive oil, vinegar, celery seed and salt and pepper.
5. Pour over vegetables and toss.
6. Let stand for 30 minutes.

Serves 4

Nutrition Facts (per serving)

72 calories, 6.8 g, 18 mg sodium, 2.1 g total carbohydrate, 0.6 g fiber, 0.2 g protein

Pickled Radishes and Carrots

1/2 lb. radishes	1 carrot shredded
1 teaspoon salt	1 cup water
1/4 cup white vinegar	1 tablespoon sugar
1 teaspoon red pepper flakes (opt.)	

1. Wash, peel and shred radishes.
2. Put vegetables in a bowl, sprinkle on the salt and mix well.
3. Let stand for 30 minutes. Drain off water and squeeze as dry as possible.
4. In a small bowl combine vinegar, sugar and pepper flakes. Place in a clean quart-size jar and refrigerate overnight or 6-8 hours.

Serves 6

Nutrition Facts (per serving)

21 calories, 0.1 g fat, 427 mg sodium, 4.6 total carbohydrate, 0.9 g fiber, 0.4 g protein

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Rhubarb



USE

Raw. Young tender stems can be eaten raw or diced and added to salads.

Cook. To make sauce, cook chopped stalks in saucepan with 1/2 cup water. Bring to boil and simmer until tender. Add sugar to taste. Avoid using aluminum cookware.

Bake. Rhubarb is known as the "pie plant." It can be added to quick breads, cake, pie, crisps, and cobblers.

SELECT

Choose flat stalks that are straight and firm.

Deep red stalks are sweeter and rich in flavor.

Eat only stalks. Leaves are poisonous.



**EAT.
MOVE.
SAVE.**

STORE

Trim and discard leaves. Wrap stalks in damp towel or store plastic bag. Keep in refrigerator for up to 2 weeks. Stems will soften and shrivel as it ages.

Rhubarb Strawberry Sauce

4 cups rhubarb, chopped
2 cups strawberries, chopped
1/2 cup water
1/2 cup sugar

1. Combine all ingredients in a medium pan.
2. Cook over medium heat and simmer until fruit has softened.
3. Cool and serve as sauce or served over yogurt, cottage cheese, or ice cream.

Serves 6

Nutrition Facts (per serving)

95 calories, 0.3 g fat, 4 mg sodium, 24.1 total carbohydrate, 2.4 g fiber, 1.1 g protein

Rhubarb Drop Biscuits (Scones) - Serves 12

2 3/4 cup flour
1/4 cup sugar
1 teaspoon baking soda
1 tablespoon baking powder

1 1/2 stick butter, cold
1 cup rhubarb, chopped
3/4 cup buttermilk

1. Preheat oven to 375 degrees.
2. Mix dry ingredients in mixing bowl.
3. Add butter and cut butter into mixture with 2 knives until it resembles course meal.
4. Add rhubarb and buttermilk until just mixed.
5. Spoon 12 large spoonfuls on greased baking sheet. Sprinkle sugar over biscuits.
6. Bake for about 25-30 minutes.

Nutrition Facts (per serving)

231 calories, 11.9 g fat, 204 mg sodium, 27.8 g total carbohydrate, 1 g fiber, 3.7 g protein

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Spaghetti Squash



SELECT

Spaghetti squash are pale yellow and oblong. When baked, it will have strands that look like spaghetti.

Look for spaghetti squash with a hard skin and without cracks or soft spots.



**EAT.
MOVE.
SAVE.**

USE

Clean. Rinse squash under cold water.

Bake. Cut spaghetti squash in half. Scoop out seeds with spoon. Place squash in baking dish and add 1/2 inch of water. Brush squash with olive oil. Bake for 30-40 minutes until tender. Cool for 5 minutes and gently scrape the squash with fork.

Microwave. Same as above, except cover dish with plastic wrap and microwave for 5 minutes. Cool. Scrape squash with fork.

STORE

Store spaghetti squash in a cool, dry place for up to three months. Do not store squash in the refrigerator.

Once squash has been cut, wrap in plastic and store in refrigerator for up to 7 days.

Herbed Spaghetti Squash

1 medium spaghetti squash (about 3 pounds)	1/2 tsp. garlic powder
1 Tbsp. olive or canola oil	1/4 tsp. salt
1/2 tsp. dried basil	1/4 tsp. black pepper
1/2 tsp. dried oregano	

1. Preheat oven to 375 degrees F.
2. Wash outside of squash and pat dry with towel. Use a small paring knife to pierce line from top to bottom where you will cut. Then, cut squash in half using Chef knife from top to bottom; be careful!
3. Scoop out seeds and stringy part attached to them with a large spoon and discard. Avoid removing the flesh of the squash.
4. Place squash halves, face-down, in a baking dish. Add a small amount of water to cover the bottom of the dish.
5. Bake squash for 45-60 minutes or until tender.
6. Rake the flesh of the cooked squash with a fork into strands. Add to a medium-sized bowl.
7. Toss cooked squash with olive oil, herbs, and spices. Serve hot.

Note: You can use this recipe instead of pasta with your favorite tomato sauce for a tasty meal!

Serves 6

Nutrition Facts (per serving)

35 calories, 2.5 g fat, 105 mg sodium, 4 g total carbohydrates, 1 g fiber, 0 g protein.

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Strawberries

SELECT

Choose berries that are bright red, firm, and have hulls (caps).

Inspect the box for mold or smashed berries.

Avoid stained or leaking boxes.



**EAT.
MOVE.
SAVE.**

STORE

Place strawberries in the refrigerator, loosely covered with plastic wrap or a paper towel until ready to use. Use berries within 1-2 days, washing and hulling before using.

USE

Sliced. Top cereal, yogurt, or pancakes with sliced strawberries.

Salads. Add berries to fresh salad greens or spinach. Make a refreshing fruit salad with berries, bananas, and other fruit.

Strawberries on a Stick. Thread whole berries on Popsicle sticks. Serve fresh or frozen.

Sassy Strawberry Salsa

1 quart strawberries, chopped
1 jalapeno pepper, finely chopped
1-2 green onions, chopped including green stem
1-2 teaspoons honey or sugar
Juice from 1 lime
1/2 cup cilantro, chopped (if desired)

1. Mix all ingredients in bowl.
2. Chill until ready to serve.
3. Serve with fish, chicken, or chips.

Serves 8

Nutrition Facts (per serving)

30 calories, 0.2 g fat, 2 mg sodium, 6.8 g total carbohydrate, 1.6 g fiber, 0.6 g protein

Berry, Berry Good Smoothie

1 cup strawberries, cleaned and chopped
1 cup low-fat vanilla yogurt
2 tablespoons orange juice concentrate
1/2 teaspoon vanilla extract

1. Put all ingredients in blender.
2. Cover and blend until smooth.
3. Serve at once.

Serves 2

Nutrition Facts (per serving)

120 calories, 1.7 g fat, 87 mg sodium, 16 g total carbohydrate, 1.5 g fiber, 7.6 g protein

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Summer Squash

Crookneck, Patty Pan, Scallop, Straightneck, and Zucchini



SELECT.

Choose slightly firm squash, free of bruises and cuts.

Look for glossy, brightly colored skin that is not hard or tough.

Avoid extra large squash. They tend to be tough.



**EAT.
MOVE.
SAVE.**

USE.

Clean. Rinse squash under cold running water. There is no need to peel squash.

Raw. Cut squash into rounds or sticks and toss in salads or serve with dip.

Cook. Steam squash in small amount of water for 5-8 minutes. Do not overcook.

Other ways to enjoy. Grill, roast, bake, stuff, mash, or add to soups and stews.

STORE.

Summer squash lose their quality quickly when kept in warm or hot temperatures.

Store unwashed in plastic bags in refrigerator for up to 7 days.

Easy Sautéed Summer Vegetables

nonstick cooking spray
2 cups raw vegetables, such as summer squash, zucchini, carrots, or bell peppers, roughly chopped
1/4 tsp. salt
1/4 tsp. black pepper

1. Add nonstick cooking spray to medium-sized skillet.
2. Heat pan over medium heat.
3. Add vegetables and seasonings to skillet. Stir frequently until vegetables are tender, about 5-10 minutes.

Serves 2

Nutrition Facts (per serving)

30 calories, 0 g fat, 270 mg sodium, 7 g total carbohydrates, 2 g fiber, 1 g protein.

Vegetable and Black Bean Soup

2 cup raw vegetables, such as summer squash, zucchini, carrots, or bell peppers, roughly chopped
1 (15 oz.) can chicken or vegetable broth, reduced sodium
1 (15 oz.) can black beans, rinsed and drained
1 tsp. garlic powder
2 tsp. ground oregano

1. Add all ingredients to a medium sauce pan.
2. Cook on medium heat until vegetables are tender, about 30 minutes.

Serves 4

Nutrition Facts (per serving)

120 calories, 0 g fat, 220 mg sodium, 22 g total carbohydrates, 8 g fiber, 7 g protein.

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Tomatoes

USE

Clean

Rinse tomatoes under running water. Cut core out of large tomatoes.

Raw

Add to salads and sandwiches.

Cook

Boil, steam, sauté, bake, roast, or grill. Also great for sauce, soup, or chili.

Peel

Dip tomato in boiling water for 30-60 seconds. Then place in cold water. Peel will easily slide off.

SELECT

Choose smooth and firm tomatoes. Avoid tomatoes with cracks and soft spots.

Many ripe tomatoes are red, but some can be yellow, purple, or green when ready to eat.



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**EAT.
MOVE.
SAVE.**

STORE

Store fresh tomatoes at room temperature for up to 1 week. Unripe tomatoes will continue to ripen at room temperature.

Place tomatoes in refrigerator after peeled or cut.

Tomato Grilled Cheese with Basil

Nonstick cooking spray
1 tsp. butter
2 slices whole grain bread
2 slices part-skim mozzarella cheese
1 ripe tomato, sliced
1/2 tsp. dried basil or 1/2 Tbsp. fresh basil

1. Heat large skillet or grill pan over medium heat on stove. Spray with non-stick cooking spray.
2. Spread 1/2 tsp. of butter to one side of each piece of bread. Add to pan, butter side face down.
3. Place slice of cheese on top of bread. Top with sliced tomato and fresh or dried basil.
4. Cover skillet and heat until cheese is melted and bread is slightly browned on bottom.

Serves 2

Nutrition Facts (per serving)

180 calories, 8 g fat, 290 mg sodium, 20 g total carbohydrates, 1 g fiber, 10 g protein.

Pico de Gallo - Fresh salsa

6 Roma tomatoes, diced (or other ripe tomatoes)
1 medium onion, diced
1 cup fresh cilantro leaves, chopped
1 Tbsp. lime juice
1/4 tsp. salt
1 green chile or jalapeno, finely diced (optional)

1. Mix all ingredients together in a medium bowl and refrigerate. Use within four days.

Makes about 3 cups.

Serves 12

Nutrition Facts (per 1/4 cup serving)

10 calories, 0 g fat, 50 mg sodium, 2 g total carbohydrates, 1 g fiber, 0 g protein.

For more recipes & tips, visit:
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Turnips

Turnips and Turnip Greens

USE

Clean. Cut off tops and root ends. Scrub turnips and wash greens under cold running water. Peel turnips.

Raw. Dice raw turnips and add to salads.

Cook. Boil, steam, microwave, or roast turnips. Boil 1 lb. diced turnips for 10-20 minutes. Chopped turnip greens can be boiled or steamed for 5-10 minutes. Diced turnips can be added to soups and stews.

SELECT

Choose turnips that are firm, smooth, and without cuts. Turnips are white and may have a purple or green crown.

Turnip greens should be dark green and look fresh.



EAT.
MOVE.
SAVE.

STORE

To keep fresh, separate turnip greens from turnips. Refrigerate unwashed turnips in plastic bag for up to 7 days.

Store turnip greens in a plastic bag and use within 2 to 3 days.

Lemon and Rosemary Roasted Turnips

3 garlic cloves, minced
1 Tbsp. olive oil
1/3 cup low-sodium chicken broth
1 tsp. oregano, dried
1 tsp. rosemary, dried
2 Tbsp. lemon juice
3 cup turnips, diced

1. Preheat oven to 400 degrees F.
2. Mix oil, broth, garlic, oregano, rosemary, and lemon juice together in a small bowl. Toss with diced turnips and garlic.
3. On a cookie sheet, or shallow pan, place coated turnips in the oven for 25 minutes. Take out and flip. Bake another 25 minutes and serve.

Serves 6

Nutrition Facts (per serving)

45 calories, 2.5 g fat, 50 mg sodium, 5 g total carbohydrates, 1 g fiber, 1 g protein.

Sautéed Turnip Greens

6 cup turnip greens, chopped
1/2 cup onion, chopped
1 Tbsp. olive oil or canola oil
1/4 tsp. black pepper
1/4 tsp. salt
1/4 tsp. garlic powder

1. Heat a large skillet over low to medium heat.
 2. Add olive oil and onion to skillet. Heat for several minutes.
 3. Add turnip greens and seasonings to skillet. Heat until green and onions are tender, stirring frequently to avoid burning.
- Note: You can use other greens in this recipe such as Swiss chard, kale, or collard greens.

Serves 4

Nutrition Facts (per serving)

50 calories, 3.5 g fat, 135 mg sodium, 4 g total carbohydrates, 1 g fiber, 1 g protein.

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Zucchini

Summer Squash

SELECT

Choose zucchini with a shiny, firm skin with no cuts or bruises.

Use smaller zucchini for eating raw, steaming, or sauteing. Use larger zucchini for baking.



**EAT.
MOVE.
SAVE.**

STORE

Refrigerate unwashed squash in plastic bag. Use within 3-4 days. Zucchini freezes well. To freeze, wash and cut in 1/2-inch slices. Steam for 3 minutes. Cool in ice water and drain. Store cooled zucchini in freezer bags in the freezer.

USE

Clean

Scrub zucchini gently under cold water. Cut off stem and ends.

Cook

Steam plain. Sauté or bake with oil and spices. A great add to savory dishes.

Grill

Brush cut halves with oil. Grill until tender. Season with herbs and spices.

Raw

Slice, dice, or shred and use in salads or with vegetable dip.

Dilled Zucchini

2 Tbsp. butter
4 medium zucchini, cut in half (length-wise), and sliced thin
1 1/2 Tbsp. dried dill
Salt and pepper, to taste

1. Melt the butter in a large skillet over medium heat. Add zucchini and dill.
2. Cook for 5 minutes or just until tender.
3. Add salt and pepper to taste.*
4. Serve hot.

*Added salt will increase amount of sodium in Nutrition Facts

Serves 6

Nutrition Facts (per serving)

80 calories, 6 g fat, 60 mg sodium, 6 g total carbohydrates, 2 g fiber, 2 g protein

Simple Roasted Summer Vegetables

Nonstick cooking spray
1 Tbsp. vegetable oil
2 cup raw vegetables, such as carrots, zucchini, summer squash, or bell peppers, roughly chopped
1/2 tsp. garlic powder
1/8 tsp. black pepper

1. Preheat oven to 400 degrees F.
2. Spray baking sheet with nonstick cooking spray. Add vegetables, seasonings, and vegetable oil to a medium sized bowl. Mix to coat vegetables with oil and seasonings.
4. Spread vegetables out on baking sheet.
5. Bake until tender, about 45 minutes.

Serves 2

Nutrition Facts (per serving)

90 calories, 7 g fat, 30 mg sodium, 7 g total carbohydrates, 2 g fiber, 1 g protein

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**Kit created by
Healthy Eating, Active Living (HEAL) Priority Action Team
Revised 2023**