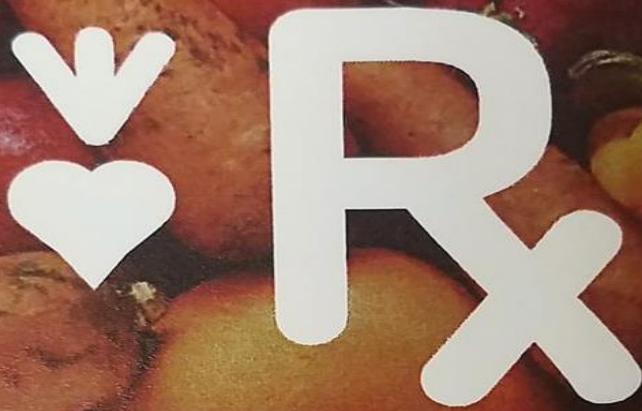




PRODUCE



Easy Recipes &
Health Notes



Welcome to Produce Rx!

Produce Rx is a new initiative from the Clemson Free Clinic. You have been chosen to participate in this unique program as part of your treatment plan through the clinic. You will be provided with fresh produce from local farms. You will receive enough vegetables to have two servings each day for two weeks. Including these vegetables in your diet is an important part of your ongoing treatment! This is your nutrition prescription and should be viewed the same as a medicinal prescription.

Please come to the Clemson Free Clinic between 4:30 p.m. and 6:00 p.m. on the second and fourth Wednesday of each month to pick up your prescription and consult with a Registered Dietitian.

As part of the program, you will receive recipes and cooking tips for some of the produce items. We will be checking in with you to answer any questions that arise.

If you cannot come to pick up your nutrition prescription, please call the clinic ahead of time.

Clemson Free Clinic

1200 Clemson Blvd. Suite 1, Clemson, SC 29631
(864) 654-8277

The Clemson Student Organic Farm: FAQs



The Clemson Student Organic Farm is one of the locations your nutrition prescription comes from!

Who works at the farm?

The farm is managed by work professionals and Clemson students. They utilize green houses, high tunnels, tractors, and a wide array of cultivation equipment to farm their 14 acres.

What produce do they provide for the Produce Rx program?

Lettuce	Peruvian purple potatoes	Watermelon
Green cabbage	Japanese and fairytale eggplant	Sweet Peppers
Beets	Swiss chard	Jalapeno Peppers
Carrots	Onions	Okra
Peas	Garlic	Cauliflower
Spinach	Tomatoes	Broccoli
Sweet potatoes		Persimmons
Yukon gold potatoes		Green onions

What makes the farm organic?

The farm abides by national organic standards set fourth by the United States Department of Agriculture (USDA) National Organic Standard Board. Their certification is renewed annually by the Clemson University Department of Plant Industry (DPI). It has been a certified organic farm since 2005.

How does produce get from the farm to the Clemson Free Clinic?

Volunteers from the community and Clemson University transport the produce from the farm to the Clinic. They also weigh and pack each nutrition prescription.

Storage Tips

You may see this label on your nutrition prescription (bag of produce). Below are some tips for storing your nutrition prescription in the refrigerator.

- Keep these food items in crisper bins (on the lowest shelf, typically made of a see-through plastic or glass). This assists in the retention of moisture.
- If you can, try to keep fruit and vegetables in separate crispers. This helps the vegetables last longer.
- Wait to wash these food items until you plan to use them. Washing and then storing some foods can decrease their shelf-life.



store at
room
temperature



You may see this label on your nutrition prescription (bag of produce), especially for the various kinds of potatoes you may receive. Try to store potatoes in a cool and dark area (such as a pantry).



Plant-Based Diets

“It is the position of the Academy of Nutrition and Dietetics that appropriately planned vegetarian, including vegan, diets are healthful, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases. These diets are appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and for athletes. Plant-based diets are more environmentally sustainable than diets rich in animal products because they use fewer natural resources and are associated with much less environmental damage.” (Academy of Nutrition and Dietetics, 2016).

Vegetarian: May or may not include egg or dairy products.

Vegan: Excludes eggs and dairy products and may exclude honey.



FDA's Guide to Washing Fruits and Vegetables

Below are several tips provided by the Food and Drug Administration (FDA) regarding the proper ways to wash fresh produce.

1. "Wash your hands for 20 seconds with warm water and soap before and after preparing fresh produce.
 2. If damage or bruising occurs before eating or handling, cut away the damaged or bruised areas before preparing or eating.
 3. Rinse produce BEFORE you peel it, so dirt and bacteria aren't transferred from the knife onto the fruit or vegetable.
 4. Gently rub produce while holding under plain running water. There's no need to use soap or a produce wash.
 5. Use a clean vegetable brush to scrub firm produce, such as melons and cucumbers.
 6. Dry produce with a clean cloth or paper towel to further reduce bacteria that may be present. Remove the outermost leaves of a head of lettuce or cabbage."
- (FDA, 2018).

Cooking Techniques



Grilling: Food is cooked on open grates above a direct heat source to yield a smoky flavor with visually appealing char lines.

Broiling: Food is cooked on a solid metal cooking surface - a griddle.

Roasting: A food item, that is typically savory, is cooked uncovered at a high temperature in an oven or on a revolving spit over an open flame. Roasted foods are commonly basted.

Baking: Food is cooked in an enclosed environment surrounded by dry, hot air.

Stir-frying: Food is quickly cooked in a wok over direct heat using a small amount of fat while constantly stirring items.

Sauté: Food is cooked quickly in a sauté pan over direct heat using a small amount of fat.

Simmering: Food is gently cooked in liquid that is between 185-205 °F. When small (motionless) bubbles appear at the bottom of the pan, this indicates that proper poaching temperature has been achieved.

Boiling: Food is cooked by heating liquid to its boiling point. When bubbles that rapidly rise from the bottom of the pan and break at the surface appear, this indicates that the proper boiling temperature has been achieved..

Stewing: Bite-sized pieces of food are barely covered with liquid and simmered for long periods of time in a tightly covered pot.

Salt Free Flavorings



Herbs

Basil: Slight mint flavor – goes well with tomatoes and meats!

Cilantro: Fresh citrus flavor (add just before serving) – goes well with Mexican dishes!

Dill: Slight licorice flavor – a great ingredient in breads!

Mint: Minty and cooling flavor – goes well with many fruits!

Oregano: Peppery taste – goes well with tomatoes and pasta!

Parsley: Tangy flavor – goes well with vegetables or on pizza!

Rosemary: Pine-like flavor – goes well with chicken and red meats!

Sage: Slight mint taste – goes well with tomatoes and beans!

Thyme: Can have hints of nutmeg, lemon, mint, and sage flavorings - goes well with cooked vegetables and cheeses!

Spices

Cinnamon: Sweet warming flavor – goes well with oatmeal and fruits!

Coriander: Lemon and sage flavors – goes well in spices and rubs!

Cumin: Slightly bitter – goes well in stews!

Fennel seeds: Slight licorice flavor – goes well with pork and chicken!

Nutmeg: Sweet and spicy flavor – goes well in cooked fruits!

Ginger: Spicy and pungent flavor – goes well with carrots!

Paprika: Can be sweet, smoky, or hot – goes well with egg dishes



Labeling Key

In case you are monitoring your blood sugars, we have listed what foods impact them.

Carbohydrates-----Foods that will impact your blood sugar (starches, fruits, sweet, etc.).

Non-Starchy Vegetables-----Foods that are high in fiber and do not affect you blood sugar very much (non-starchy vegetables).

Protein-----Helps keep you full. It is a good idea to pair a protein with a carbohydrate (meats, poultry, etc.).

Fats-----Help keeps you full. It is a good idea to pair a fat with a carbohydrate (oils, butters, etc.).



Barley and Sweet Potato Hash

prep time: 10 mins | cook time: 40 mins | servings: 4

Ingredients

½ cup **barley**

1 **sweet potato**

2 tablespoon **olive oil**

Salt and pepper to taste

1 small **onion**

2 cups vegetable broth

Equipment

Medium Saucepan

Large mixing bowl

Stirring Spoon

Cutting board

Measuring cup and spoons

Knife

Directions

1. Wash vegetables.
2. Put **barley** in a medium saucepan over medium heat.
3. Stir by shaking the pan often for 5 minutes or until toasted. Then, put **barley** into a bowl.
4. In the same saucepan, heat the **oil** over medium heat. Add the **onion** and **sweet potato** (cut into 1-inch cubes). Cook and stir occasionally for 5 minutes or until lightly browned.
5. Return barley to the pan. Reduce the heat to medium-low, cover with broth, and simmer. Stir occasionally for 30 minutes or until the **barley** is tender but still firm. The liquid should be absorbed.
6. Season with salt and pepper, if desired.



Black-eyed Hummus Spread

prep time: 5 mins | cook time: none | servings: 4

Ingredients

- 1-15 ounce can **black-eyed peas**
- 1/8 teaspoon salt
- 1 1/2 **garlic cloves**
- 1/2 teaspoon pepper
- 1 tablespoon **lemon juice**
- 1/8 cup water
- 1/2 teaspoon dried cumin

Equipment

- Colander
- Blender
- Small bowl
- Cutting board
- Chef's knife

Directions

1. Wash and drain **black-eyed peas** and mince **garlic**.
2. Combine all ingredients and blend until smooth.
3. Serve with **non-starchy vegetables**, **whole grain crackers**,
4. or **whole grain bread**.

Health Note

Rising canned products can reduce the amount of sodium!



Beet Blueberry Smoothie

prep time: 5 mins | cook time: none | servings: 4

Ingredients

5 cooked **beets**, peeled and quartered

1 cup frozen **blueberries**

1 tablespoon **peanut butter**

1 small **banana**

1 cup 2% **milk**

Equipment

Blender

Peeler

Measuring cups and spoons

Directions

1. In a blender place the **beets**, **blueberries**, **milk**, **peanut butter**
2. and **banana**.
3. Blend on high speed for several minutes.
4. Pour in a glass and enjoy!

Health Note

Beets are good sources of fiber!



Broccoli Casserole

prep time: 10 mins | cook time: 45 mins | servings: 4

Ingredients

- | | |
|---|--------------------------------------|
| 2 (10 ounce) package broccoli | 2 egg whites |
| 1-14 ounce can cream mushroom soup | 1 medium onion |
| $\frac{1}{2}$ cup mayonnaise | $\frac{2}{3}$ cup breadcrumbs |
| | $\frac{2}{3}$ cup cheese |

Equipment

- | | |
|---------------|--------------------|
| Colander | Whisk |
| Cutting board | Medium baking dish |
| Chef's knife | Mixing spoon |

Directions

1. Wash vegetables, cut **broccoli** into florets, beat **egg whites**,
2. and chop **onion**.
3. Preheat oven to 325 °F.
4. Mix ingredients together in medium baking dish.
5. Bake for 45 minutes.

Health Note

Broccoli is a great source of fiber!

Fish, Fruit Salsa, & Cauliflower Rice Bowl

prep time: 10 mins | cook time: 20 mins | servings: 4

Ingredients

1-pound **Cod** (fresh or frozen)

1 tablespoon **olive oil**

3 tablespoons **lime juice**

1 teaspoon chili powder

1 teaspoon ground cumin

1 **jalapeño**

Salt and pepper to taste

2 cups **mango** (fresh or frozen)

1/4 cup diced **red onion**

1/4 Chile powder

3 cups frozen **cauliflower rice**

Equipment

Baking sheet

Cutting board

Stirring spoon

Knife

Measuring cup and spoons

Blender

Large mixing bowl

Foil

Directions

1. Coat **cod** (thawed if frozen) in **oil**, 2 tablespoons of **lime juice**, 1/2 teaspoon chili powder, 1/2 teaspoon cumin, and marinate in refrigerator for 15 minutes.
2. Place on foil and bake at 400 °F for 15 minutes or until flaky.
3. For salsa, thaw **mangos** and roughly blend in blender. Place in bowl and mix in 1 teaspoon of **lime juice**, 1/2 teaspoon chili powder, **jalapeno**, and 1/2 teaspoon cumin. Heat a large skillet over medium high heat and spray it generously with cooking spray. Pour the **cauliflower rice** onto the hot skillet. Let the **cauliflower rice** sauté in the pan for about 4-6 minutes, stirring it occasionally. Squeeze in 1 teaspoon **lime juice**.



Cauliflower Crust Pizza

prep time: 10 mins | cook time: 35 mins | servings: 4



Ingredients

12-ounces **cauliflower rice**
1 **egg**
1/3 cup shredded **mozzarella cheese**

1 tablespoon **Parmesan cheese**
Your favorite pizza toppings
Cooking spray

Equipment

Stirring spoon	Paper Towel
Measuring cup and spoons	Microwave
Cutting Board	Baking sheet
Foil	

Directions

1. Preheat oven to 400 °F.
2. Microwave **cauliflower rice** according to package directions. Drain cooked **cauliflower** in a colander, pressing out as much moisture as possible with paper towels. In a bowl, stir in **egg** and **cheeses**.
3. Spray baking sheet with nonstick cooking spray. Press **cauliflower** mixture into an 11-inch circle.
4. Bake for 25 minutes or until edges are brown and crust is crisp.
5. Top with desired pizza toppings. Bake for 8 to 10 minutes.

Health Note

Add vegetables or **proteins** of your choice!



Chicken and Fruit Salad

prep time: 5 mins | cook time: none (if chicken is cooked)
servings: 4 large servings

Ingredients

- 1-pound boneless, skinless **chicken breast** (already cooked).
1/2 **dried fruit** of your choice (like **cranberries**)
8 ounces **grapes**
- 1 1/2 cup **celery**
8 ounces **lemon yogurt**
1 **apple**
2 teaspoon **lemon juice**
1 teaspoon turmeric (optional)

Equipment

- Colander
Chef's knife
Mixing spoon
- Cutting board
2 Large bowls

Directions

1. Wash produce, slice **grapes** in half, dice **apple**, and chop **celery**.
2. In a large bowl, mixed **chicken**, **dried fruit**, **celery**, **grapes**, and **apple**.
3. In another bowl combine **yogurt**, **lemon juice**, and turmeric.
4. Combine ingredients.
5. Refrigerate for 1 hour and serve.

Health Note

For an added crunch, add chopped **walnuts**!

Coleslaw (vinegar-based)

prep time: 15 mins | cook time: none | servings: 4



Ingredients

1/2 medium head green cabbage	1/2 cup cider vinegar
1 medium green bell pepper	1/4 cup vegetable oil
4 medium green onions	1 teaspoon ground mustard
1 large carrot	1/2 teaspoon celery seed
1/4 cup sugar	1/8 teaspoon salt

Equipment

Stirring Spoon	Large mixing bowl
Measuring cup and spoons	Cutting board
Slotted spoon	Knife

Directions

1. Wash vegetables.
2. Shred **cabbage** and chop **green bell pepper**.
3. In large mixing bowl, place **cabbage**, **carrots**, **bell pepper**, and **onion**.
4. Mix remaining ingredients in a bowl and coat vegetables with mixture.
5. Refrigerate for at least 3 hours for best flavor. Can also serve immediately.



Coleslaw (Mayonnaise-based)

prep time: 10 mins | cook time: none | servings: 4

Ingredients

4 cup **cabbage**

½ tablespoon **sugar**

1/2 cup **carrots**

1 teaspoon cider vinegar

2 tablespoon **mayonnaise**

1/8 teaspoon salt

2 tablespoon **sour cream**

1/2 teaspoon pepper

Equipment

Colander

Grater

Chef's knife

Medium bowl

Cutting board

Mixing spoon

Directions

1. Wash produce, shred **cabbage** and **carrots**.
2. Combine shredded vegetables in a bowl.
3. Mix in **mayonnaise**, **sour cream**, **sugar**, cider vinegar, salt,
4. and pepper.
5. Chill for 1 hour and serve.

Health Note

You can make this more of a vinegar-based slaw by removing the **mayonnaise**.

Collard Greens and Dried Cranberries

prep time: 10 mins | cook time: 30 mins

servings: 4 large servings



Ingredients

1 tablespoon canola oil	10 cups collard greens
1 large onion	1 cup water
2 garlic cloves (roughly 1 ½	2 tablespoons apple cider vinegar
teaspoons pre-minced garlic)	¼ teaspoon salt
¾ cup dried cranberries	1/8 teaspoon black pepper

Equipment

6-quart pot (with a lid)	Cutting board
Stirring Spoon	Knife
Measuring cup and spoons	Stove

Directions

1. Wash and cut **collard greens** (or use pre-chopped).
2. Dice the **onion** and peel/mince **garlic** (if fresh).
3. Heat **canola oil** over medium heat in a 6-quart pot (with a lid).
4. Add **onions** and cook for 4 minutes or until soft.
5. Add **garlic** and cook for 1 minute.
6. Add **collard greens**, water, and bring to a simmer.
7. Simmer for 10 minutes or until **greens** are tender.
8. Remove from heat and drain liquid.
9. Stir in salt, pepper, **cranberries**, and apple cider vinegar.
10. Serve warm.

Collard Greens

Macaroni and Cheese

prep time: 10 mins | cook time: 40 mins | servings: 4 large servings

Ingredients

4 cups chopped **collard greens**

½ cup **butter** and 1/2 cup **flour**

2 ½ cups **milk**

16-ounce shredded **cheddar cheese**

Salt and pepper

2 cups dry **elbow macaroni**

2 tablespoon **honey**, **lemon juice**,

garlic powder, and onion powder

1 tablespoon paprika

Equipment

6-quart pot

Stirring spoon

Measuring cup and spoons

Colander

Cutting board

Knife

Baking dish

Blender

Directions

1. Blend **greens**, **honey**, **lemon juice**, and ½ cup of **milk** until smooth.
2. In large pot, bring water to a boil and add a sprinkle of salt. Add **macaroni** and cook for 9-12 minutes. Drain **macaroni** and set aside.
3. In a large pot, add equal parts **butter** and **flour (roux)**. Mix and cook until mixture thickens, gets darker in color, and begins to bubble.
4. Add 2 cups of **milk** to **roux** and mix well.
5. Add garlic powder, onion powder, paprika, pepper, and salt into pot.
6. Add 16 ounces of **white cheddar**. Cook until **cheese** is melted.
7. Add puree to pot and mix well.
8. Add cooked **macaroni** and mix.
9. Poor into baking dish and bake at 425 for 10 minutes. Serve warm.





Confetti Corn

prep time: 10 mins | cook time: 15 mins | servings: 4 large servings

Ingredients

6 medium tomatoes	2 tablespoons vinegar
2 tablespoon butter	2 tablespoons chopped fresh cilantro (optional)
1/3 cup chopped green onion	1/8 teaspoon garlic salt
1/3 cup chopped red bell pepper	
1-10-ounce package frozen corn	

Equipment

Baking sheet	Large mixing bowl
Stirring Spoon	Cutting board
Measuring cup and spoons	Knife

Directions

1. Cut $\frac{1}{4}$ inch off top of **tomatoes**. Hollow out, reserving pulp. Set aside.
2. In medium skillet, heat **butter**. Add **green onion** and **bell pepper** and cook over medium-high heat until tender.
3. Add **corn**, vinegar, **tomato pulp**, cilantro and garlic salt; mix well.
4. Heat 5 minutes or until flavors are blended.
5. Place **tomato** shells in baking dish and heat in 350°F oven for 5 minutes.
6. Spoon **tomato-corn** mixture into shells.
7. Serve warm.



Croutons

prep time: 10 mins | cook time: 30-35 mins | servings: 10

Ingredients

10 slices of firm **white/** or **whole** **grain bread** ½ cup **olive oil**
1/8 teaspoon salt

½ cup olive oil

Equipment

Baking Pan

Measuring Spoons

Knife

Cutting Board

Directions

1. Preheat oven to 300 °F.
2. Cut **bread** into 1/2-inch cubes
3. Spread the **bread** into a single layer in a baking pan
4. Drizzle **olive oil** and salt evenly over **bread** cubes, toss to coat
5. Bake at 30-35 minutes, stirring occasionally, or until golden brown, dry and crisp.
6. Store tightly covered at room temperature up to 2 days.

Health Note

You can add **garlic** and different seasonings to add more flavor. You can substitute **pumpernickel bread** and **rye bread** as well.

Garden Quesadilla

prep time: 10 mins | cook time: 30 mins | servings: 4



Ingredients

- | | |
|---|--|
| 1 tablespoon olive oil | 1 teaspoon cumin |
| 1 cup bell pepper diced | 1 teaspoon chili powder |
| 1 cup canned black beans | Salt and pepper to taste |
| 1/2 cup corn (canned, frozen or fresh) | 4 medium flour tortillas |
| 1/2 cup onion | 2 cup shredded cheese of your choice. |
| 2 cloves garlic | |

Equipment

- | | |
|--------------------------|------------------|
| Can opener | Cutting board |
| Stirring spoon | Knife |
| Measuring cup and spoons | Medium sauté pan |
| Large mixing bowl | |

Directions

1. Wash produce, drain and wash **black beans**, thaw **corn** (if frozen) or drain (if canned), dice **onions** and **peppers**, and mince **garlic** (if fresh).
2. Heat oil in a medium pan over medium heat. Add **bell peppers**, **black beans**, **corn**, **onion**, cumin, chili powder, salt, and pepper.
3. Cook for 3-4 minutes or until the **bell peppers** and **onions** are softened.
4. In a clean skillet over medium heat, add a **flour tortilla**. Top with **cheese**, cooked vegetable mixture, and another layer of **cheese**. Place another **tortilla** on top and cook, flipping once, until golden on both sides.
5. Serve warm.

Health Note

Add **protein** of your choice!



Green Beans and Tomatoes

prep time: 10 mins | cook time: 10 minutes | servings: 4

Ingredients

1-pound **green beans** ½ teaspoon Italian seasoning
2 **tomatoes** 1/8 teaspoon salt
1/8 teaspoon garlic powder

Directions

Can opener Strainer or colander
Saucepan Mixing Spoon

Equipment

1. Wash **vegetables** and snap **green beans**.
2. Place **green beans** in saucepan and barely cover with water.
3. Bring to a boil, add salt, reduce heat, and simmer for 5 minutes.
4. Crush **tomatoes** and add to saucepan. Stir and add in remaining seasonings. Simmer for 5-10 minutes.
5. Serve warm.

Health Note

If you do not have measuring spoons, you can use a regular teaspoon, like the ones you might use at the dinner table.



Kale Soup

prep time: 10 mins | cook time: 20 mins | servings: 4

Ingredients

- | | |
|--------------------------------|--------------------------------------|
| 1 medium onion | 15 ounce can diced tomatoes |
| 6 medium garlic cloves | 4 ounce can diced green chili |
| 4 cups chicken broth | 1 cup carrots |
| 1 tablespoon lime juice | 2 teaspoons dried parsley |
| 3 cups kale | Salt and pepper to taste |
| 2 cups canned hominy | |

Equipment

- | | |
|------------------|---------------|
| Colander | Stove |
| Medium sized pot | Chef's knife |
| Stirring spoon | Cutting board |

Directions

1. Wash vegetables, chop **onion**, chop **garlic**, destem **kale**, and finely chop.
2. Heat 1 tablespoon broth in medium sized pot.
3. Sautee **onion** in broth for 5 minutes over medium heat.
4. Add remaining ingredients and bring to a boil.
5. Reduce heat and simmer for 15 minutes.

Pan Fried Okra, Onions, and Tomatoes Over Grits

prep time: 10 mins | cook time: 30 mins | servings: 4



Ingredients

Grits

2 cups **milk**

1 cup water

2 tablespoons **butter**

1/8 teaspoon salt

3/4 cup **grits**

1/4 cup **cheddar cheese**

Equipment

Large sauce pan with cover

Whisk

Medium skillet

Okra, Onions, and Tomatoes

2 tablespoon **olive oil**

4 **garlic cloves**, smashed

4 cups **okra**, halved lengthwise

1 small **red onion**, cut into wedges

1-pint **cherry tomatoes**, halved

2 teaspoon apple cider vinegar

Stirring Spoon

Measuring cup and spoons

Directions

1. Combine **milk** with water, **butter**, and salt in a large saucepan over medium-high heat. Bring to a boil and slowly whisk in the **grits**.

Decrease the heat to low and cover.

2. Heat **olive oil** in a medium to large skillet over medium-high heat. Add **garlic** and cook until golden.

3. Add **okra** and **onion** and season with salt and pepper to taste. Cook until **okra** is tender and bright, about 10 minutes.

4. Add **cherry tomatoes** and cook until bursting, about 4 minutes. Add vinegar and swirl together to coat.

5. To serve, remove **grits** from heat and stir in **cheese**. Divide grits among four bowls and spoon the **okra** mixture and pan sauce on top. Serve hot.



Roasted Beets

prep time: 10 mins | cook time: 40 mins | servings: 4

Ingredients

2 pounds small **beets**

1/4 teaspoon pepper

2 tablespoon **olive oil**

1 tablespoon balsamic vinegar

1/8 teaspoon salt

2 tablespoons basil

Equipment

Baking Pan

Measuring cup

Knife

and Spoons

Medium Bowl

Cutting Board

Directions

1. Preheat oven to 425 °F.
2. Cut off all but 2 inches of the **beet** tops.
3. Wash **beets** and leave whole with root ends attached.
4. Place **beets** in ungreased baking pan and sprinkle with salt and pepper and drizzle with **olive oil**.
5. Roast **beets** uncovered for 40 minutes or until **beets** are tender.
6. Let **beets** cool until easy to handle, about 30 minutes.
7. Peel **beets** and cut off root ends and cut the **beets** into ½ inch slices.
8. In a medium bowl, toss **beets** with the basil and vinegar.
9. Serve warm or at room temperature.

Health Note

Beets are a root vegetable and are low in carbs, high in fiber, and Vitamin C!



Roast Beef, Beet, and Arugula Salad

prep time: 15 mins | cook time: 45 mins | servings: 4

Ingredients

3 **beets**

¼ cup **orange juice**

8 cups **arugula**

2 teaspoons Dijon mustard

4 ounces deli **roast beef**

2 tablespoons **vegetable oil**

¼ cup **feta cheese**

Equipment

Saucepan

Small bowl or jar

Cutting board

Mixing spoon

Knife

Measuring cup and spoons

Directions

1. Wash vegetables and cut **beef** into strips.
2. Place **beets** in saucepan. Barely cover with water.
3. Bring to a boil. Reduce heat and simmer for about 45 minutes or until **beets** are soft.
4. Drain and allow to cool.
5. Remove skin from **beets**. Slice into wedges.
6. Combine **orange juice**, Dijon mustard, and **oil** in a small bowl/jar.
7. Place **arugula** on plates, top with **beef**, **beets**, and **cheese**.
8. Drizzle with dressing.

Health Note

This recipe can be made with romaine lettuce. **Walnuts** or **pecans** could be added or used instead of **cheese** to reduce the salt in the dish.



Roasted Broccoli or Cauliflower

prep time: 15 mins | cook time: 25 mins | servings: 4

Ingredients

1 head of **cauliflower** or **broccoli** Salt and pepper

¼ cup **olive oil**

Equipment

Rimmed baking sheet

Aluminum

Cutting board

Measuring cup and spoons

Knife

Small bowl

Directions

1. Wash **vegetables** and preheat oven to 450 °F.
2. Cut **broccoli** into 4 wedges. If using **cauliflower**, cut into 8 wedges.
3. Drizzle with the **oil**. Season with salt and pepper. Rub oil and seasonings onto **vegetables**.
4. Place in single layer on baking sheet. Cover baking sheet tightly with foil and bake for 10 minutes.
5. Remove foil. Continue to bake for 8-12 minutes or until **vegetables** are golden brown.
6. Turn **vegetables** over (stir) and continue to roast for 8-12 minutes or until both sides are golden brown.

Health Note

If you do not have an oven, the same results can be achieved if you use a covered skillet on top of the stove.

Roasted Peas and Carrots

prep time: 10 mins | cook time: 25 mins | servings: 4

Ingredients

1-pound **carrots** 1/8 teaspoon pepper
1 tablespoon **canola oil** 1 cup frozen **peas**
1/8 teaspoon salt

Equipment

Baking sheet Large mixing bowl
Stirring spoon Cutting board
Measuring cup and spoons Knife

Directions

1. Wash **carrots**.
2. Preheat oven to 450 °F.
3. Thaw frozen **peas**.
4. Peel **carrots** and cut off the ends. Dice **carrots**.
5. Combine **carrots**, **canola oil**, salt, and pepper in medium bowl.
6. Spread mixture on a baking sheet lined with parchment paper (if desired).
7. Roast in oven for 15 minutes.
8. Add **peas** to the pan with the **carrots**. Roast for an additional 5 minutes.
9. Serve warm.

Health Note

Carrots may taste sweet (especially when roasted).





Stir-Fried Eggplant

prep time: 15 mins | cook time: 25 mins | servings: 4

Ingredients

¼ cup vegetable broth

1 teaspoon **ginger**

1 teaspoon soy sauce

2 tablespoons **vegetable oil**

1 **garlic clove**, minced

2 medium **eggplants**

Equipment

Saucepan

Grater

Cutting board

Skillet

Knife

Mixing spoon

2 small bowls

Measuring cup and spoons

Directions

1. Wash vegetables. Peel and mince **garlic**.
2. Cut **eggplant** in half (lengthwise) and slice crosswise ½ inch thick.
3. Combine **garlic**, **ginger**, and 1 teaspoon **oil** in a bowl.
4. Combine broth (or water) and soy sauce in another bowl.
5. Heat remaining tablespoon oil in a large skillet. Add **eggplant** and cook, stirring often. Cook for 3 minutes or until **eggplant** is browned.
6. Add in **garlic** mixture and stir for 30 seconds (do not let garlic brown).
7. Add broth mixture and reduce heat.
8. Cook for 3 minutes or until sauce is thickened and **eggplant** is tender.

Health Note

Fresh ginger can be placed in a plastic bag and kept in the freezer for up to a year. You can grate it frozen or cut off slices and add to hot water for a ginger tea.



Stuffed Green Peppers

prep time: 20 mins | cook time: 30 minutes | servings: 4

Ingredients

- | | |
|-----------------------------------|------------------------------|
| 4 large green bell peppers | 2 cans diced tomatoes |
| 1-pound ground turkey | Salt and black pepper |
| ½ cup onion | 1 cup uncooked rice |

Equipment

- | | |
|--------------------------|---------------|
| Cutting board | 1 large bowl |
| Knife | 2 saucepans |
| Measuring cup and spoons | Baking dish |
| Mixing spoon | Aluminum foil |

Directions

1. Pre-heat oven to 350 °F and wash **vegetables**.
2. Cut around the stem of the **green peppers**. Remove the seeds and insides of **peppers** but leave them whole.
3. Cook **green peppers** in boiling water for 5 minutes. Drain well.
4. In saucepan, brown **turkey**. Add **rice**, **onion**, ½ the **tomatoes**, salt, and black pepper.
5. Stuff each **pepper** with the mixture and place in baking dish.
6. Pour remaining diced **tomatoes** and ¼ cup of water to each pepper.
7. Cover and bake for 30 minutes.

Health Note

Peppers and **tomatoes** are a food source of vitamin A and C!



Spinach Turkey Sliders

prep time: 10 mins | cook time: 20 minutes | servings: 4

Ingredients

- | | |
|------------------------------|--|
| 1-pound ground turkey | 1 cup mozzarella cheese ,
shredded |
| 2 large eggs | |
| 10 ounces spinach | 1 teaspoon dried onion |
| | 1/8 teaspoon salt |

Equipment

- | | |
|-------------------|---------------|
| Large mixing bowl | Sauté pan |
| Whisk | Mixing spoon |
| Small bowl | Cooking spray |
| Turner | |

Directions

1. Whisk **eggs** in small bowl.
2. Mix all ingredients in large bowl. Form ½ thick patties.
3. Heat pan over medium heat and spray with cooking spray.
4. Cook patties until their internal temperature is 165 °F.
5. Serve on **whole grain bread** or wrap in **lettuce** and top with
6. your favorite toppings.

Health Note

Top with fresh **tomatoes** or **avocado** for added freshness!

Sweet Potato Buttermilk Cornbread

prep time: 15 mins | cook time: 20 mins | servings: 8-10

Ingredients

1 cup flour	¼ cup plain yogurt
1 cup cornmeal	2 egg whites
¼ cup sugar	1 cup buttermilk
3 teaspoon baking powder	1 ½ cup sweet potato
1/4 teaspoon salt	Cooking spray

Equipment

Potato peeler	Whisk
Oven	Chefs knife
Small bowl	Colander
Grater	

Directions

1. Wash produce. Peel and grate **sweet potato**
2. Preheat oven to 425 °F.
3. Combine **flour**, **cornmeal**, **sugar**, baking powder, and salt in bowl.
1. Beat **egg whites** and stir in **buttermilk** and **sweet potatoes**.
Next, stir in **flour** mixture.
2. Spray pan with non-stick spray, pour in mixture, and bake for 20 minutes.
3. Cool and cut.

Health Note

Sweet potatoes contain vitamin A, which helps with eye health!





Sweet Potato-Carrot Soup

prep time: 30 mins | cook time: 25 mins | servings: 4

Ingredients

- | | |
|----------------------------------|----------------------------|
| 1 tablespoons canola oil | 1 tablespoon butter |
| 1 ¼ pounds sweet potatoes | ½ onion |
| 1 large carrot | 3 cups chicken broth |
| 1 green apple | |

Equipment

- | | |
|-----------------|--------------|
| Chef's knife | Peeler |
| Measuring spoon | Mixing spoon |
| Cutting board | Large pot |

Directions

1. Preheat the oven to 400 °F. Wash produce, peel and cut **carrots**, **apple**, and sweet potatoes. Chop **onions**.
2. Rub **oil** over **sweet potatoes**, **carrot**, and **apple**. Spread them in 1 layer. Roast for 30 mins..
3. Heat the **butter** in a large, heavy saucepan over medium high heat. Sauté the onion until soft (5 mins).
4. Add the roasted vegetables, **apple**, and broth.
5. When the liquid boils, reduce heat, cover, and simmer until **carrots** are soft (20 mins).

Health Note

Carrots are a great source of vitamin A!



Tuscan Salad

prep time: 10 mins | cook time: 1 hour | servings: 4

Ingredients

1-pound **sweet potatoes**

2-ounces **mozzarella cheese**

2 **tomatoes**

¼ cup dry white wine

1 cup **bell peppers**

¼ cup Italian dressing

Equipment

Colander

Baking sheet

Chef's knife

Large bowl

Cutting board

Stirring spoon

Directions

1. Wash produce, dice **sweet potatoes**, slice **tomatoes**, cut **mozzarella cheese** into small chunks, and cut **peppers** into strips.
2. Place **sweet potatoes on baking sheet and roast** at 400 °F for 20 minutes.
3. Combine **potatoes**, **tomatoes**, **pepper**, and **cheese** in a bowl.
4. In a measuring cup combine wine and dressing.
5. Add to vegetables and lightly toss.
6. Cover and chill for 1 hour.

Health Note

Cooking **sweet potatoes** helps to bring out their sweetness!



Vegetable Dip

prep time: 10 mins | cook time: none | servings: 4

Ingredients

8-ounce plain **2% Greek yogurt**

1 teaspoon garlic powder

1 teaspoon dried parsley

1 teaspoon dried dill

Salt and pepper to taste

Equipment

Stirring spoon

Small mixing bowl

Measuring cup and spoons

Directions

1. Add ingredients into a bowl and mix.
2. Serve cold.

Health Note

This goes well with **peppers**, **carrots**, **celery**, and many other vegetables!



Vegetable Soup

prep time: 25 mins

cook time: 2 hours stovetop or 6 hours in slow cooker

servings: 4 large servings

Ingredients

- | | |
|-----------------------------------|--------------------------------|
| 2 cans (14.5 ounces each) chicken | 1 onion |
| or vegetable broth | 2 cups shredded cabbage |
| 4 tomatoes | 2 teaspoons Italian seasoning |
| 1-pound carrots | 2 cups cooked rice |
| 1 bell pepper | |

Equipment

- | | |
|---------------|--------------------------|
| Can opener | Measuring cup and spoons |
| Cutting board | Mixing spoon |
| Knife | Slow cooker or large pot |
| Aluminum foil | |

Directions

1. Wash vegetables, peel and slice **carrots**, core and crush **tomatoes**, and chop **peppers**.
2. Mix all ingredients (ext. rice) in the slow cooker or pot.
3. Cover and cook for 6 hours in slow cooker or 2 hours on low on the stovetop.
4. Stir in cooked rice. Serve warm.

Health Note

You can add cooked **chicken** or beans 30 minutes before serving. This would provide additional protein to the soup.



Sheet Pan Cod Dinner

prep time: 10 mins | cook time: 60 mins | servings: 4

Ingredients

1-pound **sweet potatoes**

1 ½ pound **cod** or **tilapia**

2 tablespoon **olive oil**

1 **lemon**

¼ teaspoon salt

Salt and pepper to taste

1-pound **broccoli**

Equipment

2 baking sheets

Large mixing bowl

Stirring spoon

Cutting board

Measuring cup and spoons

Knife

Directions

1. Preheat oven to 425 °F, wash **vegetables**, cut **lemon** and **potatoes** into wedges.
2. In a bowl, combine the **potatoes**, ½ teaspoon **olive oil**, ½ teaspoon salt, and pepper to taste. Transfer to one of the baking sheets and bake for 25-30 minutes or until starting to brown and soften
3. Combine **broccoli** and ½ tablespoon of **olive oil** in a bowl and then sprinkle with ¼ teaspoon salt. Place on other baking pan. Top the with **fish** (thawed if frozen) with thinly sliced **lemon**, and reduce oven to 400 °F.
4. Toss **potatoes**. **Cook fish for 15 minutes**.
5. Serve with **lemon** and garnish of choice!



Spicy Pumpkin Soup

prep time: 10 mins | cook time: 10 minutes | servings: 4

Ingredients

- ½ **jalapeno pepper**
- 1 tablespoon **white grape juice**
- 4 cups chicken broth
- 15 ounces canned **pumpkin**
- 2 tablespoon **lemon juice**
- 2 teaspoon dried parsley
- 1 tablespoon **maple syrup**

Equipment

- Colander
- Chiefs knife
- Cutting board
- Saucepan
- Stove

Directions

1. Wash vegetables and finely mince **jalapeno**.
2. In a large saucepan, sauté **jalapeno** with **white grape juice** over medium heat for 1 minute.
3. Stir in broth, **pumpkin**, and **lime juice**. Bring to a boil.
4. Reduce heat and add in **parsley** and simmer for 5 minutes.
5. Stir in maple syrup just before serving.



Salmon with Herbs

prep time: 10 mins | cook time: 20 mins | servings: 4

Ingredients

- | | |
|--|------------------------------|
| 1-pound boneless salmon fillets | 1 teaspoon olive oil |
| ¼ cup green onions | 1/8 teaspoon pepper |
| 1 garlic clove | 2 tablespoons ground oregano |
| 1 tablespoon lemon juice | |

Equipment

- | | |
|---------------|-------------|
| Colander | Medium bowl |
| Chef's knife | Oven |
| Cutting board | |

Directions

1. Wash vegetables, mince **garlic**, and slice **onion**.
2. Thaw **salmon** in refrigerator and cut into desired serving sizes.
3. Combine herbs, **onions**, **garlic**, **lemon juice**, **oil** and pepper in bowl.
4. Coat sides of **fish** with mixture.
5. Place in oven at 350 °F and bake for 20 minutes or until **salmon** flakes with a fork.

Health Note

Salmon is a good source of omega 3 fatty acids!



Watermelon and Mint Salad

prep time: 10 mins | cook time: 15 minutes | servings: 4

Ingredients

- | | |
|---------------------------------|--|
| 3 pounds watermelon | ¼ teaspoon mint (dry or fresh) |
| 1 tablespoon lemon juice | Salt and pepper |
| 1 tablespoons olive oil | 2 ounces feta cheese (optional) |

Equipment

- | | |
|------------|--------------------------|
| Large bowl | Measuring cup and spoons |
| Knife | |

Directions

1. Wash **watermelon**.
2. Cut **watermelon** into cubes and place in large bowl.
3. Add **lemon juice**, mint, and **watermelon**. Mix well.
4. Add salt and pepper to taste. You can also **add feta cheese** (optional).

Health Note

Watermelon makes for a refreshing treat on a warm day!