

Healthy Choices Matter

PROMOTING HEALTHY CHOICES IN
YOUR FOOD PANTRY

 **Second Harvest**
FOOD BANK
OF CENTRAL FLORIDA



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Introduction: Health & Hunger in Central Florida

In Central Florida, **one in six** people face hunger and food insecurity. Food insecurity is defined as limited or uncertain access to enough food for all members of a household to live an active, healthy life. There is also a large amount of evidence that shows that people experiencing hunger are at greatest risk of nutrition-related diseases.

We know that balanced diets rich in healthy foods have the power to lower the risk of chronic diseases in families.

Hunger is a health issue and food is the best medicine.

Many people experiencing hunger live in areas without healthy food options available to them, or they may not be able to afford those options that are available. Visiting the local food pantry may be their only opportunity to access healthy food items in their neighborhood. That's why it is so important for feeding partners to remember when stocking your pantry: ***Your choices become their choices.***

But it doesn't end with simply stocking your pantry with healthy options. Food programs like food pantries can play a big role in helping their neighbor's access ***and choose*** healthy foods. The reality of food insecurity is that the neighbors that we serve juggle many priorities, and at times, nutrition may not always rise to the top. When choosing food at pantries, people don't always know which items are the healthier choices or are unaware of the benefits of eating healthy food. You have the power to ***make the healthy choice the easy choice*** by using simple strategies to help promote those healthy options at your site.

Healthy Choices Matter Campaign



Healthy Choices Matter

Second Harvest has chosen to include the health of the community into its core work through the creation of the Healthy Pantry Network. Second Harvest started this initiative by working with a subgroup of the 550 feeding partner pantries with the goal of helping support and provide healthier food and nutrition education for people referred from clinics, hospitals and doctors' offices. Now, Second Harvest Food Bank of Central Florida wants to extend the work of the Healthy Pantry Network across the entire system by providing training and resources that all pantries can use to promote healthy choices at their sites. These tools come together to form the "Healthy Choices Matter" campaign, a campaign that was initiated to give pantry staff and volunteers the knowledge and tools they need to help make healthy choices obvious to pantry shoppers.

"Healthy Choices Matter" = Tools to promote Foods to Encourage (F2E)

This campaign is a reminder of the importance of healthy choices and how healthy food can be the best medicine. Our goal is to help you make your clients aware of which food items are more nutritious by using signs and other strategies that promote the benefits of healthy foods.

The Goal of this Toolkit

The goal of this toolkit is to provide strategies and tools to implement a Healthy Choices Matter initiative at your pantry site. The toolkit does this by providing information on how to promote healthy food options and fresh produce in food pantries using **nudges**.

Feeding America refers to a "**nudge**" as 'a subtle environment change in a food distribution setting, designed to make a healthy choice the easy choice'.

This toolkit will provide you:

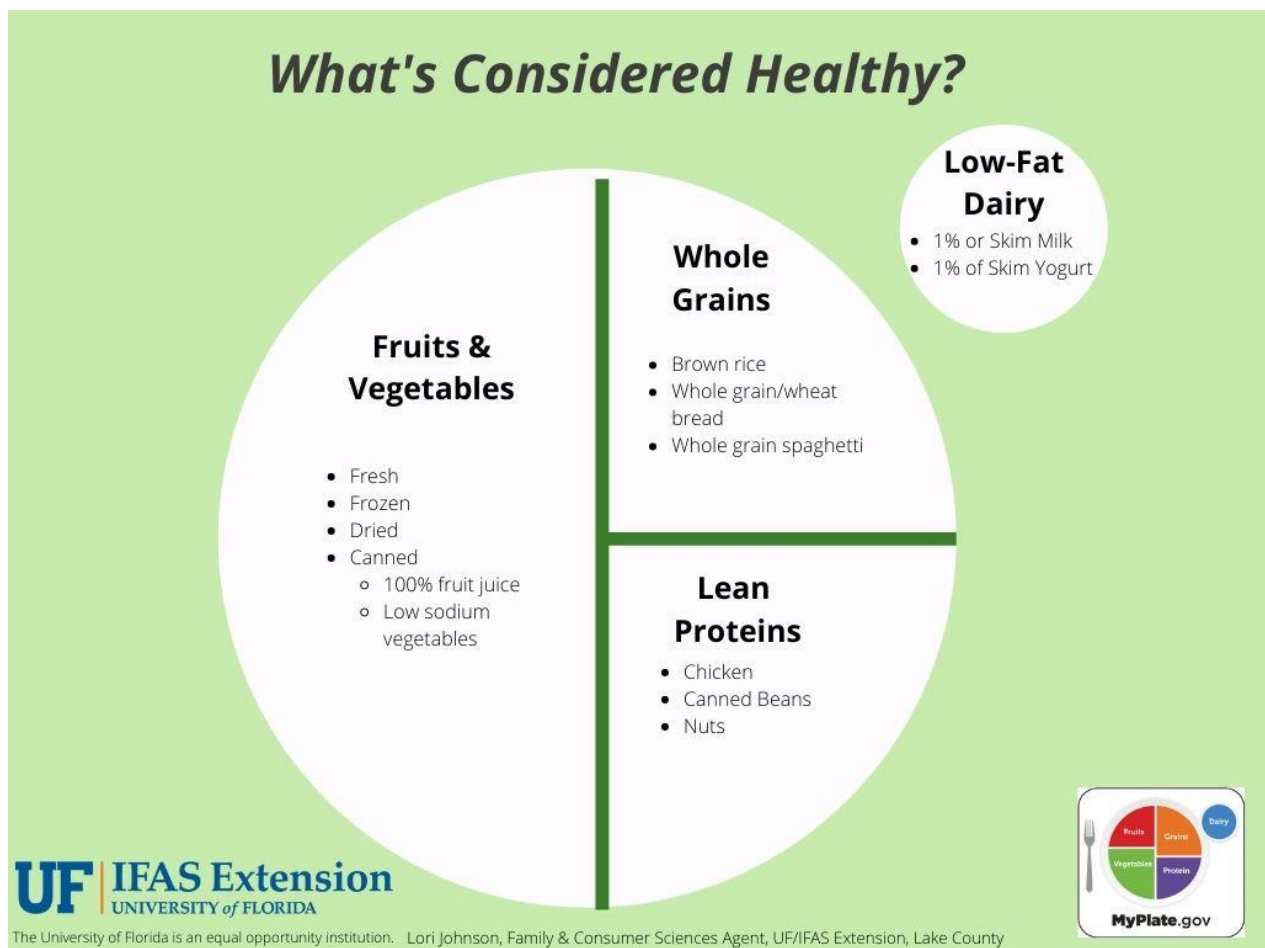
- An overview of "nudge" strategies you can implement at your pantry
- Signage to promote healthy options
- Healthy recipes ideas

Deciding What Food to Promote

The first step in promoting healthy foods in your pantry is deciding what foods to promote or encourage. Second Harvest Food Bank of Central Florida is a member of Feeding America. Feeding America is “a nationwide network of 200 food banks and 60,000 food pantries and meal programs that provide food and services to people each year.”



Second Harvest, in partnership with Feeding America, works to ensure that pantries have nutritious food to supply to your clients. Produce, low fat dairy items, lean sources of protein, whole grains, cereal, and canned items low in sodium and sugar can all be considered healthy choices. Use the image below as a simple reference when identifying items available in your pantry to help your clients choose healthier options.



Nudges

There are different types of nudges that pantries can use to promote healthy foods. Every pantry is unique, and every nudge won't work in every pantry setting. We encourage you to be creative and see if some of the ideas below could work for you and your clients. Below are 5 core areas to think about how to incorporate nudges at your site. Keep reading below for the strategies that align with each core area.



Increase the appeal of healthy foods: If a person *thinks* something will taste good, they are more likely to try that food! Here are some strategies to get people excited about the food you are providing at your pantry:

- Create creative names to promote your healthy items. For example:
 - Today's Fresh Pick: Succulent Strawberries
 - Today's Featured Veggie: Crunchy Cucumbers
- Provide simple preparation strategies for your pantry sites. For example:
 - 5 Ways to Use Beans
 - Slice up strawberries and top it on your favorite cereal in the morning
- Consider delicious looking photos of the foods that you are providing or even photos of ways to prepare the foods in a delicious way.

Design a pantry set up to encourage healthy choices: You can design your pantry set up in a way that brings attention to the healthy items and makes them easier to see and reach. Consider these strategies:

- Think about the order of items in your pantry. Put healthy items at the front of your pantry line, so they are the first thing people see. Place unhealthy items near the end of your pantry line.
- Offer the item you are trying to promote at multiple points along your line.
- Put healthy items in easy to reach areas and at eye level. Put unhealthy items higher up or closer to the ground so they are more inconvenient to reach.

- Consider creating a healthy food display at your site, to promote your featured healthy picks each week.
- Keep your healthy items looking abundant and full in the containers they are in.
- Place healthy items like produce in attractive produce stands or other colorful containers to draw attention.

Use signage to increase visibility of healthy foods: Signage can be a great way to catch people's attention and provide information that can encourage them to pick that option. Here's some strategies:

- Use the "Healthy Choices Matter" shelf tags to show people which items are healthy.
- Use the "Healthy Choices Matter" nutrition cards next to your produce items to share important nutrition information about specific items.
- Use other nutrition posters, like MyPlate posters, throughout your pantry to share additional nutrition information and promote the importance of choosing healthy options.

Apply techniques to engage volunteers to elevate healthy choices: Get your volunteers involved! Volunteers who interact with clients can give "verbal nudges", encouraging those healthy choices while clients are at your pantry. Here's some ideas:

- Volunteers can explain the Healthy Choices Matter signs to all pantry visitors during the check in process.
- Volunteers can let pantry clients know about some of the featured healthy choices of the day as they are moving through the pantry,
- Volunteers can share healthy food prep tips or recipes with pantry clients that might be unfamiliar with certain types of foods.

Promote pantry staples to encourage healthy meals: Providing ideas to pantry clients about how to use the foods at your pantry to create healthy meals can be a great way to not only encourage clients pick healthy choices, but also eat them at home. Here's some ideas:

- Have recipes available at your pantry. You can print out recipes to handout, or consider using a dry erase board to write out a recipe each day. Clients can snap a picture with their phone to use at home.
- Bundle items in your pantry that can be used to create a recipe or meal. Putting the items next to each other with the recipe nearby will help clients notice the items and make it more convenient to grab them all.

Don't Forget the Basics

The best displays are organized and clean. People tend to relate the quality of food to the quality of its storage and display, so it's important to keep your items neat, clean, and attractive. Be sure to remove spoiled produce and keep ethylene producers away from ethylene sensitive products. Remember that the more an item rots, the more ethylene (a natural gas made by some fruits and vegetables) it releases. This then causes the produce around it to spoil.

Ethylene Producers:	Ethylene Sensitive:
Apples Avocados Bananas Cantaloupe Peaches Pears Plums Tomatoes Papaya Nectarines	Asparagus Broccoli Cabbage Cauliflower Celery Collard Greens Grapefruit Green Beans Kale Kiwi Lemons Okra Oranges Permissions Potatoes Spinach Watermelon Yellow Squash Mushrooms Mango Lettuce

Creating an attractive food pantry also means keeping it clean and safe for your clients. We often don't think about food safety as being important when the food we may give out is either packaged or canned. The people you serve may also have few resources for storing or making food safely. These strategies are important for staff and volunteers to follow and can also be shared with your audience.

Strategies

1. Before and after handling food items (whether fresh or packaged), wash your hands with soap and warm water for 20 seconds.
2. Sneeze into the inside of your elbow, not your hand.
3. Keep pests away by cleaning up spills as soon as possible. Remove items that show signs of rotting, water damage, or breaking.
4. Make sure packaging is sealed properly. If you squeeze a package and air comes out, that means the seal is broken and may be unsafe to eat.
5. Pay attention to the expiration and sell-by dates on foods. Expiration dates show how long the food will be safe to eat. Sell-by dates show how long the food will maintain freshness and quality.
6. Shelf-stable foods means it can stay out on a shelf and be safe. But once it's opened, it needs to be put in the refrigerator or freezer. Fresh fruits and vegetables need to go in the refrigerator once they are cut.

Healthy Choices Matter

Resources

Below are some materials that can help you promote Healthy Choices in your own pantry. Laminating each sign can help preserve them and allow use of the signs in the future.

Sign Templates

Shelf Tags – page 11

Shelf tags are meant to be placed under items on shelves but can also be used as signs on display boxes. These shelf tags feature the “Healthy Choices Matter” logo, so shoppers can easily spot which items are the healthier options.

Print as many copies of these logos as needed. Then cut along dotted line and place either of them in front of healthier items throughout your pantry. These tags can be laminated and attached with tape or magnets. Either version of the logo can be used.

Posters – pages 12-14

These posters are meant to be placed at the entrance of your pantry to introduce the “Healthy Choices Matters” logo shelf tags. We created two versions using two different color variations. Print the color variation you prefer.

These can also be printed out as fliers and given to directly to clients in your pantry.

Food Group Signs – pages 15-48

A big part of this campaign is the promotion of fruits and vegetables as part of a healthy diet. The produce signs make the produce appear more inviting and explain the health benefits of each produce item individually. There are thirty-one produce signs. In addition to the produce signs, we have created signs for each of the other food groups: protein, dairy and grains.

Chronic Disease Signs – Pages 49-53

We understand that some of your clients may be coming to you with many different chronic diseases where food can be of assistance. This toolkit contains signs that can be used in your pantry to educate your clients about:

- Sugar and chronic disease
- Fat and chronic disease
- Fiber and chronic disease
- Salt and chronic disease

These signs contains a *generic* healthy message about the connection between chronic diseases and different nutrient groups. These easy to understand signs can help your clients understand the food quality they are taking home with them. *These are not meant to provide specific medical advice, and we don't recommend that you or your staff provide medical advice to clients about their chronic diseases. Clients with chronic diseases should always consult with healthcare providers about their food choices to understand how the food they eat may impact and prevent chronic diseases.*

Blank Template Signs – Pages 54-55

A blank template sign is also included in the toolkit so that you can write your own creative messages to encourage clients to choose F2Es. Laminate the sign and use dry erase markers so you can change up your messages regularly.

Here some ideas of messages you can put on the blank template:

- Recipes
- Bundling Ideas (example: mix these beans with whole grain rice and canned corn to make a full meal!)
- Food preparation ideas

Note: There are two blank template signs. One of the blank template signs shows you how to create your own produce sign and the other one is completely blank.

Recipes

The recipes provided here correspond to the produce items featured on the nudge signage in this toolkit. There are two recipes corresponding to each produce category. We have carefully selected these recipes with pantry clients in mind to be user friendly, colorful, budget friendly and would be fun for your clients to make. We intentionally did not attach page numbers to these recipes so that you can easily print out recipes for your clients. You can coordinate the recipes you provide your clients with the produce that you are featuring in your pantry.

**HEALTHY
CHOICES**

MATTER



**HEALTHY
CHOICES**

MATTER

HEALTHY OPTIONS:

Look for the **heart** and
put it in your cart.

**HEALTHY
CHOICES**

MATTER



Nutrition made easy.

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feedhopenow.org

Look for

**HEALTHY
CHOICES**

MATTER



signs in our
market to find
healthier items
you will love!

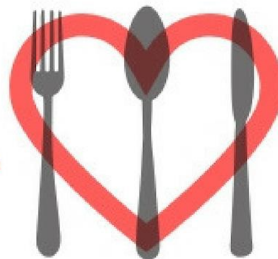
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HEALTHY OPTIONS:

Look for the **heart** and
put it in your cart.

**HEALTHY
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MATTER



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BANANAS

- high in potassium, which can help lower blood pressure
- can improve insulin sensitivity
- rich in fiber, to feel fuller longer

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LETTUCE

- helps control inflammation with powerful antioxidants
- heart healthy: known to lower cholesterol levels
- low glycemic index

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EGGPLANT

- contains vitamins C, K, and B6
- low in calories, high in fiber
- antioxidants in the skin are antiinflammatory

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WATERMELON

- 92% water: very hydrating
- contains citrulline to help reduce muscle soreness
- contains vitamins A and C that are great for skin and hair

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PINEAPPLE

- high in vitamin C to support immune system
- improves blood circulation
- high fiber content helps digestion

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TOMATOES

- helps maintain healthy blood pressure
- great source of vitamin C and other antioxidants
- high in lycopene to protect eyes

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CAULIFLOWER

- low in calories, high in vitamins
- great source of antioxidants and fiber
- low-carb substitute for rice or potatoes

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SQUASH

- high in omega-3 fatty acids that help reduce inflammation
- great source of antioxidants and fiber
- boosts immune system

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ONIONS

- heart healthy: help lower blood pressure
- great source of antioxidants
- contain anti-inflammatory properties

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APPLES

- high in fiber and water, to feel full
- rich in antioxidants
- can lower bad cholesterol levels

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LIMES

- improves digestion
- fights infection
- high in vitamin C to improve skin

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PUMPKINS

- high in vitamin A
- rich in antioxidants
- packed with nutrients, low in calories

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SWEET POTATOES

- high in vitamin A and C
- packed with antioxidants
- help regulate blood pressure with large amounts of potassium

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BROCCOLI

- rich in fiber to help lower cholesterol
- high in vitamins C and K
- great source of potassium and folate

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CUCUMBERS

- **96% water: very hydrating**
- **low in calorie, packed with vitamins and minerals**
- **promote regularity**

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BELL PEPPERS

- high in vitamins A, C, and B6
- rich in antioxidants
- anti-inflammatory benefits

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ZUCCHINI

- improves digestion
- lowers blood sugar levels
- high in fiber and potassium

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CORN

- high in fiber
- reduces cholesterol absorption
- rich in vitamin B12, folic acid and iron

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CABBAGE

- low in calorie, packed with nutrients
- contains antioxidants that help reduce inflammation
- rich in fiber and vitamin C

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CILANTRO

- lowers blood sugar levels
- reduces inflammation
- lowers anxiety and can help improve sleep

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MUSHROOMS

- great source of protein and fiber
- contains selenium, a mineral that reduces inflammation
- vegan source of vitamin D

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LEMONS

- high in vitamin C to reduce the risk of heart disease
- can prevent kidney stones
- improve digestive health

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CANTALOUPE

- high in fiber to improve digestion
- filled with water and electrolytes
- reduces inflammation

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MELONS

- high in vitamin C to reduce the risk of heart disease
- boosts immune system
- fiber content promotes regularity

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STRAWBERRIES

- great source of vitamin C
- rich in antioxidants
- fiber content helps regulate blood sugar levels

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PLANTAINS

- rich in fiber to promote regularity
- contain vitamins A, C, and B6
- great source of potassium and magnesium

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CARROTS

- contain antioxidants to help regulate blood sugar
- rich in vitamin A
- great source of potassium

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POTATOES

- contain resistant starch, to help reduce insulin resistance
- rich in vitamins, minerals, and antioxidants
- very filling, to help curb hunger

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GREEN BEANS

- high in antioxidants to boost immunity
- great source of vitamin C, K, and B2
- rich in fiber

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KALE

- one of the most nutrient-dense foods
- high in vitamin A, K, and C
- loaded with powerful antioxidants



CELERY

- lowers inflammation and reduces blood pressure
- great source of fiber
- 95% water: very hydrating



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DAIRY FOOD GROUP

- There are a lot of calcium rich dairy options like milk, cheese, yogurt, Greek yogurt and cottage cheese
- Whole milk and regular cheese are higher in saturated fat. Low-fat or fat-free versions have the calcium without the fat.

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PROTEIN FOOD GROUP

- There are lots of protein options like beans, lentils, beef, chicken, turkey, eggs, seafood, nuts, seeds, tofu
- Much of the fat in chicken and turkey is in or under the skin. Remove skin and fat for a leaner, healthier meal

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GRAINS FOOD GROUP

- Pasta, bread, rice, cereal, oatmeal, tortillas, granola, popcorn, quinoa are all examples of grains
- Whole grains are good for your health! Make at least half of your grains whole to get the benefits.

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SALT & CHRONIC DISEASE

- Choose low salt (sodium) options for canned vegetables, canned beans & canned soups
- Eat less of foods high in salt (sodium) like chips, popcorn, frozen dinners, bacon & deli meats (ham, salami, bologna)



FIBER & CHRONIC DISEASE

- Eating fiber may improve your cholesterol levels, lower your risk of heart disease, stroke, obesity & type 2 diabetes and help you feel full
- Fruits, vegetables, beans, nuts, seeds, whole grains & oats are all good sources of fiber

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FAT & CHRONIC DISEASE

- Eating high amounts of fats can lead to high cholesterol, stroke, weight gain, cancer & diabetes
- Try to eat more foods lower in saturated or trans fat like fish (not fried), fresh fruits, vegetables & low-fat dairy products

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SUGAR & CHRONIC DISEASE

- Sugary foods don't give our bodies much nutritional value so it is best to limit these foods as much as you can
- When it comes to canned fruits, choose those canned in light syrup or water. When choosing juice, pick the 100% juice



HEALTHY MESSAGES

- The best way to get the vitamins, minerals & nutrients you need is to eat a variety of colorful fruits and vegetables.
- Snacking can be good if you choose the right foods such as apples, carrots, nuts and whole grain crackers.



NAME OF PRODUCE

- Messaging Text

Picture of Produce





Banana Recipe

Strawberry Banana Smoothie

**Recipe courtesy of Lake County
Department of Health*

Ingredients

- 1 ripened banana
- 3/4 cup of strawberries
- 2 cups low fat (1%) milk
- 2 cup ice



Directions

1. Combine all ingredients in blender.
2. Blend until smooth and frothy, about 1 minute. Serve immediately.

Quick Tips

1. You may substitute the bananas or strawberries for any fruits such as mango, papaya, oranges, blueberries or any fruits in season.
2. You may substitute the low-fat milk for nonfat or sugar free yogurt.

Banana Recipe

Banana Pancakes

Recipe courtesy of Just Say Yes to Fruit and Vegetables

Serves 6



Ingredients

- 2 bananas, peeled
- 1 egg
- 3/4 cup low fat milk
- 1 Tbsp vegetable oil
- 1 cup pancake mix
- 1/2 cup raisins (optional)
- 1/2 tsp cinnamon (optional)

Directions

1. Mash bananas in a bowl.
2. Stir in egg, milk and oil.
3. In another bowl, combine pancake mix, raisins, and cinnamon.
4. Add pancake mix to banana mixture. Stir until moist.
5. Lightly grease a frying pan. Heat frying pan over medium high heat.
6. Pour 1/4 cup batter onto frying pan.
7. When bubbles appear on the surface, flip the pancakes and brown the other side.
8. Serve hot and enjoy!
9. Refrigerate leftovers.

Quick Tips

1. For the best buy, choose bananas that are yellow or have green tips.
2. To prepare bananas, rinse, peel and eat fresh, cooked or dried.
3. To store fresh bananas, keep at room temperature for 5 days.
4. Bananas contain potassium, which is good for a healthy heart.

Lettuce Recipe

Apple and Walnut Chicken Salad with Green Salad

Recipe courtesy of the American Heart Association

Serves 4



Ingredients

For the Chicken Salad:

1/4 cup fat-free, plain yogurt

2 Tbsp light mayonnaise

1/4 tsp salt-free, dried Italian spice blend or dried thyme, dried basil or both combined

2 cups skinless, shredded chicken breast of a rotisserie-cooked chicken

20 ounces canned, salt-free white meat chicken (drained)

3 tablespoons chopped, unsalted, uncoiled walnuts (or whatever nuts are on sale)

1/2 cup halved, seedless grapes

Sugar-free, dried fruit like prunes or cranberries

1 red (sweeter) or green (more tart) apple, finely chopped

For the Green Salad:

1 head lettuce (green leaf, red leaf or romaine), cut into bite-size pieces

1/2 chopped cucumber (chopped, peeled if desired)

1 large tomato (chopped)

1 Tbsp extra-virgin olive oil or canola oil

1 Tbsp red vinegar, white vinegar, or lemon juice

Directions

Chicken Salad

1. Combine yogurt, mayonnaise, and spice blend in a large bowl with a fork.
2. Add chicken, nuts, grapes, and chopped apple. Stir to combine.

Green Salad

1. In a bowl, combine chopped lettuce, cucumber, and tomato.
2. Add oil and vinegar, stirring to combine with salad.
3. Serve salad greens with chicken salad on top.

Quick Tips

1. If you like sweetness, grab a red apple; if sour-tart is more your thing, pick a green one. Also, chopped apples will turn brown very quickly, but the yogurt in the chicken salad will stop this from happening.
2. Combining a little light mayonnaise with no-fat yogurt is a great way for a delicious and still tasty salad.
3. When nuts are on sale, buy more than needed and store in a sealable bag in the freezer to keep fresh.



Lettuce Recipe

Citrus-Chicken Salad Pita Pockets

*Recipe courtesy of Kraft Heinz,
myfoodandfamily.com*

Ingredients

2 cups cooked chicken strips
1 can (11 oz.) mandarin oranges, drained
1/3 cup PLANTERS Slivered Almonds, toasted
1/4 cup KRAFT Mayo with Olive Oil Reduced
Fat Mayonnaise
2 Tbsp chopped fresh parsley
4 pita breads, cut in half
8 lettuce leaves



Directions

1. Combine chicken, oranges and nuts in large bowl. Add mayo and parsley; mix lightly.
2. Refrigerate 1 hour.
3. Fill pita halves with lettuce and chicken mixture just before serving.

Quick Tips

1. Toasting Almonds-Spread almonds into single layer on rimmed baking sheet. Bake in 350°F oven 5 to 7 min. or until lightly toasted.
2. Not only do the mandarin oranges in this flavorful chicken salad provide vitamin C, but they team up with the lettuce in the sandwiches to provide an excellent source of vitamin A.

Eggplant Recipe

Penne with Eggplant

*Recipe courtesy of Jewish Family
Services of Greater Boston*

Serves 4

Ingredients

8 ounces whole wheat penne or ziti
(half of a 16-ounce package)

1½ tsp canola or olive oil

3 cups cubed eggplant (about 1 small)

½ cup finely chopped onion

2 garlic cloves, minced or 1 tsp garlic powder

1/8 tsp salt

1/8 tsp crushed red pepper

1½ cups pasta sauce

3 Tbsp finely chopped fresh basil or 1 Tbsp dried basil (optional)

½ cup + ¼ cup shredded part-skim mozzarella cheese, keep divided



Directions

1. Cook pasta according to package directions, omitting salt and oil. Drain well.
2. Heat oil in a large skillet over medium-high heat. Add eggplant and onion. Cook for 8 minutes or until onion is browned.
3. Stir in garlic and cook for 3 minutes.
4. Add salt, crushed red pepper, and pasta sauce (and basil, if using). Bring to a simmer. Reduce heat, and cook for 5 minutes. Remove from heat.
5. Toss eggplant mixture with pasta. Sprinkle with ½ cup cheese and toss gently.
6. Top evenly with remaining ¼ cup cheese. Serve immediately.

Eggplant Recipe

Eggplant Oregano

Recipe courtesy of Just Say Yes to Fruits & Vegetables

Serves 6 servings



Ingredients

- 2 eggplants, tops removed
- 3/4 cup bread crumbs
- 1/4 cup grated Parmesan cheese
- 1-1/2 Tbsp oil
- 1 tsp garlic powder (optional)
- 1 tsp dried basil (optional)
- 1 tsp dried oregano (optional)
- 2 chopped tomatoes

Directions

1. Preheat broiler or preheat oven to 450°F.
2. Spray a baking tray with nonstick cooking spray.
3. Slice each eggplant into 6 long pieces. Place eggplant on baking tray and spray the slices with nonstick cooking spray.
4. Broil until eggplant is browned, about 2 minutes. Turn eggplant over and cook the other side until browned, about 2 minutes.
5. In a medium bowl, combine bread crumbs, cheese, oil, garlic powder, basil and oregano.
6. Top eggplant with tomatoes and bread crumb mixture. Broil until the bread crumbs are browned, about 1 minute. Enjoy!
7. Refrigerate leftovers.

Quick Tips

1. To prepare eggplant, rinse, cut off the tops and peel, if desired.
2. To keep fresh, store eggplants in the refrigerator for up to 4 days.
3. Eggplants contain fiber, which helps to keep you regular.

Watermelon Recipe

Minted Watermelon Salad

Recipe courtesy of Oklahoma Nutrition Education & Information Project (ONIE Project)

Ingredients

- 4 cups watermelon, cubed
- 1 large cucumber, sliced
- 1/4 cup minced fresh mint leaves
- 1 lime, juiced

Directions

1. In a medium bowl, add watermelon, cucumber & mint. Mix well.
2. Drizzle lime juice over salad. Toss to combine
3. Serve!

Quick Tips

1. This fresh summer salad goes well with hamburgers!



Watermelon Recipe

Fruit Slush

Recipe courtesy of Oregon State University

Cooperative Extension Service

Serves 4 servings

Ingredients

2 2/3 cups cantaloupe or watermelon (coarsely chopped, seeded, peeled)

1 2/3 cup coarsely chopped kiwi

2 Tbsp, sugar (optional)

2 Tbsp lime juice

2 cups water

Ice



Directions

1. In a blender, puree fruit with sugar and lime juice until smooth.
2. Combine fruit mixture and water in a large pitcher.
3. If desired, pour through a strainer to eliminate pulp.
4. Cover and refrigerate for up to a week.
5. To serve, stir well and pour into tall glasses over ice.

Pineapple Recipe

Pineapple Rice

Recipe courtesy of Just Say Yes To Fruits & Vegetables

Serves 4



Ingredients

- 1 cup uncooked rice
- 6 slices canned pineapple
- 2 Tbsp vegetable oil
- 1/4 cup chopped onion
- 1 chopped garlic clove (optional)
- 1/2 cup pineapple juice

Directions

1. Bring 2 cups water to a boil.
2. Add rice and cook over low heat for 15 minutes. Set aside.
3. In a frying pan, cook the pineapple slices for 2 minutes on each side. Remove and cut into small pieces.
4. Heat oil in the frying pan and add onion and garlic. Cook until tender.
5. Add the pineapple and juice to the frying pan.
6. Cook until the liquid is almost gone.
7. Stir mixture into the cooked rice. Enjoy!
8. Refrigerate leftovers.

Quick Tips

1. For the best buy, choose pineapples that are heavy and smell sweet.
2. To prepare a fresh pineapple, rinse and cut into quarters. Remove the core and skin before eating.
3. To keep fresh, store cut pineapple in the refrigerator for up to 5 days.
4. Pineapple contains vitamin C, which helps prevent colds and heal cuts.

Pineapple Recipe

Pineapple Muffins

Recipe courtesy of Just Say Yes to Fruits & Vegetables

Serves 12



Ingredients

- 1 cup crushed pineapple with juice
- 1/2 cup low fat milk
- 3/4 cup packed brown sugar
- 1/3 cup vegetable oil
- 1 egg
- 3 shredded carrots
- 2 cups flour
- 1 Tbsp baking powder
- 1/2 tsp salt
- 1 cup raisins
- 1/2 tsp cinnamon

Directions

1. Preheat oven to 375°F.
2. In a large bowl combine pineapple, milk, brown sugar, oil, egg, and carrots.
3. In small bowl, mix flour, baking powder, salt, raisins and cinnamon.
4. Add small bowl into large bowl. Mix well.
5. Spoon into greased muffin tin.
6. Bake 20-25 minutes. Enjoy!

Quick Tips

1. For the best buy, choose pineapples that are heavy and smell sweet.
2. To prepare a fresh pineapple, rinse and cut into quarters. Remove the core and skin before eating.
3. To keep fresh, store cut pineapple in the refrigerator for up to 5 days.
4. Pineapple contains vitamin C, which helps prevent colds and heal cuts.

Tomato Recipe

Bruschetta Chicken Bake

*Recipe courtesy of Kraft Heinz,
myfoodandfamily.com*

Serves 6

Ingredients

- 1 can (14-1/2 oz.) diced tomatoes, undrained
- 1 pkg. (6 oz.) STOVE TOP Stuffing Mix for Chicken
- 1/2 cup water
- 2 cloves garlic, minced
- 1-1/2 lb. boneless skinless chicken breasts, cut into bite-size pieces
- 1 tsp. dried basil leaves
- 1 cup KRAFT 2% Milk Shredded Mozzarella Cheese

Directions

1. Heat oven to 400°F.
2. Mix tomatoes, stuffing mix, water and garlic just until stuffing mix is moistened.
3. Place chicken in 3-qt. casserole sprayed with cooking spray; sprinkle with basil and cheese.
4. Top with stuffing mixture. Bake 30 min. or until chicken is done.

Quick Tips

1. Prepare using STOVE TOP Lower Sodium Stuffing Mix for Chicken.
2. Prepare and bake recipe as directed; cool. Refrigerate up to 24 hours. To reheat, spoon each serving onto microwaveable plate. Microwave on HIGH 2 to 3 min. or until heated through.
3. Serve with steamed Italian-style vegetables.
4. Substitute 13x9-inch baking dish for the casserole dish.



Tomato Recipe

Meatless Chili

*Recipe courtesy of Greater Pittsburgh
Community Food Bank*

Serves 6

Ingredients

2 tsp oil
1 onion, chopped
3 carrots, chopped
2 tbsp chili powder
2 (15 oz) cans low-sodium black beans,
drained and rinsed
1 (15 oz) can low-sodium corn, drained
and rinsed
1 (28 oz) can low-sodium diced tomatoes
3 cups water
1/2 tsp salt



Directions

1. Heat oil in a large pot over medium heat.
2. Add onion. Cook for 4 minutes.
3. Add carrots. Cook for 5 minutes, stirring a few times so they do not burn.
4. Add chili powder. Stir to coat onions and carrots.
5. Cook for 1 minute.
6. Add beans, corn, tomatoes, water and salt. Stir to mix chili.
7. Bring chili to a boil. Reduce heat to low. Simmer for 15-20 minutes.

Quick Tips

1. Enjoy one meatless meal each week to help improve your health.
2. Meatless meals often have more vegetables and are lower in fat.
3. Drain and rinse beans and corn to reduce salt.
4. Try using different beans. Beans are a good source of protein and fiber.
5. Cook onions and carrots. Stir them a few times so they do not burn.

Cauliflower Recipe

Red Pepper Cauliflower Soup

*Recipe courtesy of Chef Terah & featured in
Second Harvest Fresh Harvest Recipe book*

Serves 6

Ingredients

6 large red bell peppers cut in half, lengthwise
stems and seeds removed
1 tbsp. of olive oil
1/3 cup of onion, peeled and chopped
1 tsp of salt
1/4 tsp of pepper
1/4 tsp of cayenne pepper
1 head of cauliflower, cut into florets
1 quart (32 fluid ounces) chicken broth
1 tsp of sugar
Cilantro chopped



Directions

1. Preheat broiler on high
2. Lay bell peppers skin side up on baking sheet. Broil until skins are blackened, 2 minutes on each side. Watch carefully. Remove from oven and let cool.
3. When peppers are cool enough to handle, peel blackened skin from pepper.
4. Warm oil in large pot over medium-high heat. Add onion, salt, pepper and cayenne pepper. Cook until onions are soft and translucent.
5. Add cauliflower and broth to pot. Bring to a boil. Cover and simmer on low-medium heat for 15 minutes.
6. Chop peppers and add to pot. Cover and cook until cauliflower is tender, 10-12 minutes.
7. Allow soup to cool, then transfer to a blender. Add sugar and puree.
8. Serve hot with cilantro sprinkled on top.

Quick Tips- How to Easily Remove Blackened Skin from Bell Peppers

1. Place blackened bell peppers into a small paper bag and close the bag.
2. After 15 minutes of allowing it to steam in the bag, remove the peppers and peel off blackened skin with a damp cloth.

Cauliflower Recipe

Cauliflower Mashed Potatoes

Recipe courtesy of Just Say Yes to Fruits & Vegetables

Serves 4



Ingredients

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

Directions

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

Quick Tips

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

Squash Recipe

Summer Squash and White Bean Salad
Recipe courtesy of Just Say Yes to Fruits & Vegetables
Serves 10

Ingredients

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



Directions

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

Quick Tips

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

Squash Recipe

Sweet and Spicy Roasted Squash Trio

Recipe courtesy of Academy of Nutrition and Dietetics

Serves 3

Ingredients

3 Tbsp balsamic vinegar

2 Tbsp olive oil

1 Tbsp honey

Salt and black pepper, to taste

1 small acorn squash, seeded and cut into 6 wedges (2" each)

1 small butternut squash, seeded and cut into 6 rectangular pieces (2" each)

1 small calabaza squash, seeded and cut into 8 wedges (2" each)

1-2 tsp dried *rubbed* sage

1-2 tsp minced canned chipotle peppers in adobo sauce

1-2 tsp ground cumin

6 Tbsp chopped hazelnuts



Directions

1. Preheat oven to 450°F.
2. Make dressing: Combine vinegar, oil, honey, salt and black pepper.
3. Toss acorn squash with 2 tablespoons dressing and sage.
4. Toss butternut squash with 2 tablespoons dressing and chipotle peppers in adobo.
5. Toss calabaza squash with 2 tablespoons dressing and cumin.
6. Place the squash on baking sheet and roast for 20 minutes; flip and roast 20 more minutes.
7. Remove from the oven and sprinkle with hazelnuts.
8. Eat the squash skin, it will be tender and flavorful.

Onion Recipe

Black Bean Salad (or salsa)

Recipe courtesy of American Heart Association

Serves 6

Ingredients

- 1 15.5- oz canned, no-salt-added or low-sodium black beans (drained)
- 15- oz canned, no-salt-added or low-sodium kernel corn
- 3/4 cup frozen corn (thawed)
- Medium diced bell pepper
- Medium tomato (diced)
- 1/2 cup red onion (diced)
- 1 tsp minced garlic (from jar)
- 2 Tbsp chopped cilantro
- 2 Tbsp cider vinegar
- 3 Tbsp extra virgin olive oil

Directions

1. Toss all together, chill at least 1 hour.

Quick Tips

1. Serve this as a side salad to a meal or warm in microwave and use as a filling for tacos!



Onion Recipe

Crock Pot Caramelized Onions

Recipe Adapted from Shockingly Delicious

Serves 3 cups

Ingredients

4 lbs onions

3 Tbsp extra-virgin olive oil



Directions

1. Peel onions, slice thinly, and toss in the crockpot.
2. Drizzle oil over the top. Use two spoons to toss until evenly coated.
3. Cover and cook on LOW for 12 hours, until onions caramelize. They reduce greatly in size, become a deep brown in color, and develop a sweet and intense flavor
4. This recipe makes 3 cups. They'll last in the fridge 1 week or in the freezer 6 months.

Quick Tips

1. They're delicious by themselves as a side dish. They also taste great on top of steak or liver.
2. You can add them to an omelet or frittata, or use them as a topping for a pizza, sandwich or wrap.
3. Add them on top of a baked sweet potato, or sauté them with any of your favorite vegetables. Anywhere you add them, they'll bring a rich burst of flavor.

Apple Recipe

Cabbage, Apples and Onions

*Recipe courtesy of Chef Terah featured in
Second Harvest Fresh Harvest Recipe book*

Serves 4-6

Ingredients

1 head of cabbage, shredded
2 Granny Smith Apples cored and thinly sliced
1 yellow onion, thinly sliced
2 Tbsp oil of choice
Salt and pepper to taste



Directions

1. Preheat the oven to 400 degrees F.
2. Place shredded cabbage in a large baking dish. Top cabbage with onion and apples. Season with salt and pepper, and stir to combine all ingredients.
3. Drizzle oil on top and place dish in the oven for 5 minutes. Remove dish from oven, and stir to combine all ingredients well with oil.
4. Place dish back in the oven, and bake for an additional 45-60 minutes, stirring every 20 minutes to prevent burning the surface.

Quick Tip

1. To save time, cut the recipe in half and cook stovetop in a skillet.

Apple Recipe

Apple Cranberry Stuffing

Recipe courtesy of Onie Project

Serves 12

Ingredients

Non-stick cooking spray
6 cups (about 12 slices) torn,
100% whole-wheat bread
1 medium white onion, diced
2 ribs celery, diced
1 cup unsweetened dried cranberries
1 cup chopped walnuts
2 large green apples, diced
1 Tbsp minced fresh thyme
1 tsp black pepper
2 cups unsalted chicken broth



Directions

1. Preheat oven to 375°F. Lightly coat a large glass baking dish with cooking spray & set aside.
2. In a large bowl, add bread, onion, celery, cranberries, walnuts, apples, thyme & pepper. Mix well. Add broth & stir to combine.
3. Pour mixture into the prepared baking dish & spread evenly. Bake 30-35 minutes, or until apples are fork-tender & bread is slightly toasted.

Quick Tips

1. Add your family's favorite fall vegetables to make this dish a healthy holiday tradition.

Lime Recipe

Fruit Infused Water: Cucumber,
Lime & Mint

*Recipe courtesy of Just Say Yes to
Fruits & Vegetables*



Ingredients

1 lime, sliced thin
12 mint leaves (optional)
1 cucumber, sliced thin
Water

Directions

1. Add lime slices, mint leaves and sliced cucumber to a large pitcher.
2. Add cold water to pitcher. Stir ingredients into water.
3. Serve immediately or chill, covered, in the refrigerator. Enjoy!

Quick Tips

1. To stay hydrated, drink eight cups of water each day. Drink more when it's hot outside and when you are physically active.
2. Fill a water bottle and carry it with you during the day.
3. Get creative! Make water even tastier by adding a slice of your favorite fruit.

Lime Recipe

Boiled Cassava with Garlic Lime Sauce

Recipe courtesy of Just Say Yes to Fruits & Vegetables

Serves 4



Ingredients

- 2 cassava, cut into chunks
- 1 1/2 tsp vegetable oil
- 4 minced garlic cloves
- 1/3 cup lime juice
- 1/3 cup chicken or vegetable broth
- Salt and pepper to taste
- 1 onion, sliced thin

Directions

1. In medium pot, add cassava to 6 cups boiling water. Cook for about 15 minutes or until slightly soft. Leave the cassava in the water to stay hot.
2. In separate medium pot, heat the oil over medium heat. Add the garlic and cook until just beginning to brown.
3. Do not let garlic burn.
4. Add the lime juice and broth to the pot.
5. Boil sauce for 2 minutes.
6. Add salt and pepper to taste.
7. Drain the cassava.
8. Place cassava on a plate, and put onion slices on top.
9. Pour the sauce over the onions and cassava. Serve and enjoy!
10. Refrigerate leftovers.

Quick Tips

1. For the best buy, cassava skin should be free of cracks and the inside should be white.
2. To prepare cassava, peel away the skin and remove the tough string-like fiber throughout its middle section.
3. To keep fresh, store cassava in a dry place or freeze pre-cut cassava for up to 2 weeks.
4. Cassava contains vitamin C, which is good for fighting colds and healing cuts.

Pumpkin Recipe

Creamy Pumpkin Soup
*Recipe courtesy of Just
Say Yes to Fruits and
Vegetables*
Serves 4



Ingredients

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

Directions

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

Quick Tips

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

Pumpkin Recipe

Pumpkin Stew

Recipe courtesy of Just Say Yes To Fruits and Vegetables

Serves 8

Ingredients

- 1 chopped onion
- 2 chopped garlic cloves
- 2 tsp chili powder
- 1 tsp cinnamon (optional)
- 2 cups chopped tomatoes
- 3 cups chopped cooked pinto beans
- 2 cups chicken broth
- 3 cups chopped cooked pumpkin



Directions

1. In a large pot over medium heat, cook the onion in 1/2 cup water until soft.
2. Add the garlic, chili powder and cinnamon. Cook 1 minute.
3. Add the tomatoes and cook 5 minutes. Add the pumpkin, corn, beans and the chicken broth. Cook 15 minutes or until the pumpkin is very soft, adding 1/2 cup water if stew is too thick. Enjoy!
4. Refrigerate leftovers.

Quick Tips

1. For the best buy, choose sugar pumpkins that have firm stalks with bright orange skins and no spots.
2. To prepare a sugar pumpkin, poke 3 holes in the pumpkin. Place on a cookie sheet and bake for 60-90 minutes at 400° F or until a knife inserted in the pumpkin goes in and out easily. Cool the pumpkin, cut in half, remove the seeds and stringy pulp. Scoop out the soft pulp all the way to the skin.
3. To keep fresh, store in a cool dry place for up to 1 month.
4. Pumpkin contains vitamin A, which is good for healthy eyes and skin.

Sweet Potato Recipe

Whipped Sweet Potatoes

Recipe courtesy of Chef Terah featured in Second Harvest Fresh Harvest Recipe book

Serves 4-8



Ingredients

- 4 large sweet potatoes
- 1 cup whole milk
- 2 bay leaves
- 1 Tbsp unsalted butter
- ½ tsp ground cinnamon
- ½ orange, zested or squeeze juice from ½ of orange
- 2 tbsp. brown sugar
- Salt to taste
- Black pepper to taste

Directions

1. Poke several holes in sweet potatoes. If baking, preheat the oven to 350 degrees F and place sweet potatoes on a greased pan and bake for 45 minutes or until soft. If microwave cooking, cook each sweet potato separately in the microwave for 6-8 minutes or until soft.
2. Combine milk and bay leaves in small pot over low heat until warmed. Do not boil.
3. When potatoes are done cooking, allow them to cool. Peel skin off and place insides into a blender or food processor. Remove bay leaves from milk mixture. Pour milk mixture and butter into blender or food processor with the sweet potatoes. Add cinnamon and nutmeg (or pumpkin pie spice), orange zest or juice, and brown sugar.
4. Puree sweet potatoes until smooth. Add salt and pepper to taste.

Quick Tips- How to Zest Citrus Fruit

1. Use a vegetable peeler to peel a few wide strips from the fruit skin. Be sure not to peel the white part of the skin off-the white part is bitter. Using a chef's knife, cut the strips into very thin, long strips. Mince if smaller pieces are desired.

Sweet Potato Recipe

Roasted Parmesan Sweet Potatoes

*Recipe courtesy of Chef Terah featured in
Second Harvest Fresh Harvest Recipe book*

Serves 4

Ingredients

2 large sweet potatoes, peeled and cubed
2 large cloves of garlic, minced
2-3 tbsp. parmesan cheese or other white cheese
½ tsp dried thyme
2 Tbsp oil of choice
¼ tsp of salt
¼ tsp pepper



Directions

1. Preheat oven to 400 degrees F.
2. Toss together sweet potatoes, garlic, parmesan cheese, thyme and olive oil in a large bowl.
3. Season with salt and pepper and place sweet potato mixture into greased roasting pan. Spread potatoes out evenly.
4. Roast in the oven for 40 minutes or until sweet potatoes are soft and golden brown, stirring often.
5. Serve immediately.

Broccoli Recipe

Hearty Cheese and Broccoli Soup
Recipe courtesy of Midwest Dairy Council
Serves 8

Ingredients

2 Tbsp of vegetable oil
1 cup diced onion
½ cup all-purpose flour
4 cups fat-free low sodium chicken broth
4 cups fat-free milk
1 (16 oz.) package frozen chopped broccoli
3 cups peeled and diced potatoes
1½ cups shredded, low-fat sharp Cheddar cheese
1 Tbsp Worcestershire sauce

Directions

1. Add vegetable oil to a large pot. Heat over medium heat.
2. Add onion and cook until soft. This takes about 5-10 minutes.
3. Add flour and whisk to blend.
4. Gradually stir in broth and heat until slightly thick. This takes about 10-15 minutes. Continue to stir.
5. Add milk, broccoli, and potatoes. Cook over medium-low heat for 30 minutes. The broccoli and potatoes will be soft. Stir often.
6. Add in cheese and Worcestershire sauce.



Broccoli Recipe

Citrus Broccoli Stir-fry

Recipe courtesy of Greater Pittsburgh Community

Food Bank

Serves 4

Ingredients

Stir-fry sauce

2 Tbsp low sodium soy sauce

3 Tbsp orange juice

2 tsp corn starch

½ tsp garlic powder

Stir-fry

2 tsp oil

2 cups broccoli chopped

1 cup bell pepper, chopped

1 cup carrots chopped



Directions

1. Mix soy sauce, orange juice, corn starch and garlic powder in a small bowl.
2. Heat oil in a skillet over medium-high heat.
3. Add broccoli, bell pepper and carrots. Cook for 7 minutes. Stir the vegetables as they cook, so they do not burn.
4. Add stir-fry sauce. Stir to coat the vegetables.
5. Reduce heat to low. Cook for 3 minutes until sauce begins to bubble and thicken.

Cucumber Recipe

Cucumber Strawberry Salad

*Recipe Courtesy of Chef Terah featured in
Second Harvest Fresh Harvest Recipe book*
Serves 6

Ingredients

2 cups strawberries, washed, tops removed,
sliced
1 Tbsp fresh basil, chopped
2 tsp balsamic vinegar
1 tsp sugar
1 cup cucumber, diced (1/2 inch thick)
1 tsp lime juice
¼ tsp salt
¼ tsp pepper



Directions

1. Combine all ingredients and chill at least one hour.

Cucumber Recipe

Tzatziki

*Recipe Courtesy of Chef Terah featured in
Second Harvest Fresh Harvest Recipe
book*

Serves 8

Ingredients

2 cucumbers
2 cups plain yogurt
1 Tbsp olive oil
½ lemon, juiced
1 Tbsp chopped fresh dill or 1 tsp dried dill
3 cloves garlic, minced or 1 tsp garlic powder
Salt and pepper to taste



Directions

1. Peel cucumber and remove seeds. Grate cucumber using a cheese grater. Squeeze grated cucumber in a paper towel to remove as much water as possible.
2. Combine ingredients and chill for at least one hour.

Quick Tips

1. Ingredients can also be mixed in a blender for a smoother dip. This dip can be used in so many ways. It tastes great with vegetables, pita chips, chicken or white fish. You can also substitute for mayonnaise on sandwiches or slather it in a pita wrap.

Bell Pepper Recipe

Chicken Cacciatore

Recipe courtesy of Oklahoma Nutrition Education & Information Project (ONIE Project)

Serves 6



Ingredients

- 1 Tbsp olive oil
- 1 1/2 pounds boneless, skinless chicken breasts
- 1 cup frozen onion and bell pepper mix
- 2 (14.5oz) cans no-salt-added diced tomatoes, undrained
- 1/2 cup lemon juice
- 1 Tbsp garlic powder
- 1/2 tsp dried rosemary
- 1/2 tsp pepper
- 1 (6oz) can sliced mushrooms, drained and rinsed

Directions

1. In a large non-stick skillet add oil and heat over medium. Add chicken to skillet and cook 3 minutes per side, or until golden brown.
2. Stir in onion and pepper mix, cook 2-3 minutes, or until tender.
3. Add tomatoes, lemon juice and spices. Reduce heat to simmer. Cover and cook 20 minutes.
4. Add mushrooms. Cover and cook 10 minutes, or until chicken is cooked thoroughly.

Quick Tips

1. Turn this recipe into a MyPlate meal by serving with whole wheat pasta, green beans and non-fat Greek Yogurt topped with fruit.

Bell Pepper Recipe

Pizza Bell Peppers

*Recipe courtesy of Chef Terah featured in
Second Harvest Fresh Harvest Recipe
book*

Serves 4

Ingredients

2 bell peppers, any color

2 Tbsp bread crumbs

½ cup pepperoni slices chopped coarsely

½ cup pizza sauce

½ cup Italian-blend shredded cheese

Directions

1. Preheat oven to 400 degrees F. Line baking sheet with aluminum foil or parchment paper.
2. Cut bell peppers in half lengthwise and remove stems and seeds, set aside.
3. Mix bread crumbs, pepperoni, pizza sauce and cheese in a small bowl.
4. Stuff halved peppers with pizza sauce mixture. Bake 13-15 minutes or until peppers are tender.



Zucchini Recipe

Carrot and Zucchini Stir Fry
*Recipe courtesy of Just Say
Yes To Fruits and
Vegetables*
Serves 4



Ingredients

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

Directions

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

Quick Tips

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

Zucchini Recipe

Zucchini and Corn Skillet

*Recipe courtesy of Greater Pittsburgh
Community Food Bank*

Serves 4

Ingredients

- 1 tsp oil
- 2 zucchini, chopped
- 2 cups fresh or frozen corn
- ½ tsp garlic powder
- 1/3 cup red onion, minced
- 2 Tbsp lemon juice
- ¼ tsp salt
- ¼ tsp black pepper

Directions

1. Heat oil in a skillet over medium-high heat.
2. Add zucchini. Cook for 5 minutes.
3. Add corn and garlic powder. Stir vegetables. Cook for 3 minutes.
4. Remove skillet from the stove.
5. Add zucchini and corn to a large bowl. Add red onion, lemon juice, salt and black pepper. Mix and serve.

Quick Tips

1. Don't have lemons? Try using lime juice or 1 tablespoon vinegar.
2. Don't have zucchini? Use yellow summer squash instead.



Corn Recipe

Fiesta Corn

Recipe courtesy of Chef John Dizon featured in Second Harvest Fresh Harvest Recipe book

Serves 9-11

Ingredients

- 9 ears of corn
- ¼ cup red or green pepper, diced
- 1/8 cup Jalapeno pepper, diced small (optional)
- ¼ cup red onion, diced small
- 2 garlic cloves, chopped
- 2 tbsp. olive oil
- ½ lemon juiced
- ½ lime juiced
- ¼ cup cilantro, chopped
- Salt and pepper to taste
- 1 Tbsp chili flakes (optional)



Directions

1. Grill corn until lightly charred on all sides. Remove kernels from cob.
2. In a bowl, mix peppers, jalapeno pepper, red onion, garlic, oil and juice from lemon and lime.
3. Add kernels and lightly toss in cilantro. Season with salt and pepper. Add chili flakes for extra heat.

Quick Tips

1. You can substitute fresh corn with frozen corn kernels (2 ½-16 oz. bags) or drained canned corn (3-15oz. cans). Sauté corn in skillet on medium high heat and continue on with step 2 in the skillet.

Corn Recipe

Rice with Corn

*Recipe courtesy of Chef Terah
featured in Second Harvest Fresh
Harvest Recipe book*

Serves 4



Ingredients

- 1 cup cooked white or brown rice
- 2 Tbsp oil of choice
- 1 (15oz) can corn, drained and rinsed
- 3 large shallots, thinly sliced or ¼ cup onion, diced
- Salt and pepper to taste

Directions

1. Follow rice directions on package
2. Heat oil over medium-high heat in large skillet. Add shallots and corn until lightly charred. Stir in cooked rice. Season with salt and pepper.
3. Cook until heated thoroughly.

Quick Tips

1. Ground beef is delicious stirred in too.

Cabbage Recipe

Cabbage Stir-fry

Recipe courtesy of Chef Terah featured in Second Harvest
Fresh Harvest Recipe book

Serves 4-6

Ingredients

- 1 Tbsp oil of choice
- 1 head cabbage, shredded
- 2 cloves garlic, minced or 1 tsp garlic powder
- 2 Tbsp soy sauce
- Protein of choice (optional)

Directions

1. Heat vegetable oil in a large skillet over medium heat.
2. Add fresh garlic to skillet and sauté until it begins to brown.
3. Stir in the cabbage, cover and cook for 1 minute.
4. Stir in soy sauce, cover and cook until cabbage is tender.

Quick Tips

1. This recipe is delicious with your favorite protein: shrimp, chicken or beef. Mix preferred protein in after Step 2, and continue with remaining steps.



Cabbage Recipe

Savory Cabbage Slaw

Recipe courtesy of Just Say Yes To Fruits and Vegetables

Serves 8



Ingredients

- 2 tablespoons lime juice or vinegar
- 1/2 tsp salt
- 1/2 tsp black pepper
- 2 Tbsp vegetable oil
- 8 cups shredded savoy cabbage
- 5 cups shredded red cabbage
- 3 cups corn
- 3 chopped scallions or 1/2 chopped onion

Directions

1. Make the dressing: In a small bowl, combine lime juice, salt, pepper and oil.
2. Make the salad: In a large bowl, combine the savoy cabbage, red cabbage, corn and scallions.
3. Pour the dressing over the salad.
4. Toss gently and serve immediately or cover and refrigerate until ready to serve.
Enjoy!
5. Refrigerate leftovers.

Quick Tips

1. For the best buy, choose a cabbage that feels heavy with leaves that are crisp with no brown spots.
2. To prepare savoy cabbage, remove outer leaves and rinse well.
3. To keep fresh, refrigerate unwashed savoy cabbage up to 4 days.
4. Savoy cabbage contains vitamin C, which is good for fighting colds and healing cuts.

Cilantro Recipe

Grilled Mexican Street Corn (Elotes)

Recipe courtesy of the Redwood Empire Foodbank

Ingredients

6-8 medium ears sweet corn, husks removed
½ cup Mexican crema or sour cream
½ cup cilantro minced
¼ tsp ground chipotle or chili pepper, to taste
2 tsp grated lime zest, from one lime
2 tsp lime juice, from one lime
½ cup cotija cheese, crumbled
Lime wedges, to serve



Directions

1. Heat a gas or charcoal grill to 400 degrees F. Clean the grates once it is heated.
2. Whisk together the sauce: In a bowl, whisk together the crema, cilantro, garlic, chipotle pepper, lime zest and lime juice. Taste and season the mixture with salt if needed. (Crema has a little salt already, so add extra judiciously.) Set aside.
3. Grill the corn: Place the husked corn directly onto grill grates. Grill the corn for about 3 minutes, undisturbed or until kernels begin to turn golden brown and look charred. Turn over and repeat. When all sides are browned, remove from the grill onto a plate.
4. Top the corn with sauce and cheese: Using a brush or a spoon, coat each ear of corn with the crema mixture. Sprinkle with crumbled cotija cheese. Sprinkle with additional chipotle pepper, if desired. Serve immediately with extra lime wedges.

Cilantro Recipe

Cilantro Lime Potato Salad

Recipe courtesy of the San Antonio Food Bank

Serves 4, ½ cup potato salad per serving

Ingredients

1 pound red potatoes
1/3 cup olive oil
4 garlic cloves, minced
½ bunch cilantro, chopped
1 Tbsp lime juice, freshly squeezed
¼ tsp garlic salt
Pepper



Directions

1. Bring a large pot of water to boil. Add potatoes and boil until potatoes are cooked: soft and tender, about 15-20 minutes. Make sure to boil potatoes so that they are not too soft and don't fall apart.
2. In the meantime, in the small bowl, combine olive oil, minced garlic, chopped cilantro and lime juice. Mix well.
3. When potatoes are cooked, drain the water and let the potatoes cool down a bit (or, rinse them quickly under cold water). Cut cooked and slightly cooled potatoes into 1 inch chunks. Place in a medium bowl, add ¼ teaspoon garlic salt and carefully mix. Pour the cilantro-lime sauce, and carefully mix. Taste, add more garlic salt (maybe 1/8 teaspoon more) pepper and lime juice if desired.

Quick Tips (on potato)

1. Store in a cool, dark place in the pantry, away from onions.
2. How to use: can be cooked by itself or mixed with other vegetables and herbs in different ways, baked, mashed, poached and roasted
3. Health benefits- white phytochemicals

Mushroom Recipe

Mushrooms and Beans
*Recipe courtesy of Just Say
Yes to Fruits & Vegetables*
Serves 6



Ingredients

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

Directions

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

Quick Tips

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

Mushroom Recipe

Garlicky Sautéed Mushrooms with Fresh Herbs

Recipe courtesy of Academy of Nutrition and Dietetics

Ingredients

- 2 Tbsp unsalted butter
- 2 Tbsp olive oil
- ¼ cup chopped onion
- 2 cloves garlic, minced
- 1 pound chanterelle mushrooms, thinly sliced
- 1 pound mixed cremini and button mushrooms, thinly sliced
- 2 Tbsp chopped parsley
- 2 tsp fresh thyme
- 1 tsp salt
- ¼ tsp pepper

Directions

1. Melt butter with the olive oil in a large skillet over medium heat. Add the onion and garlic and cook for 2 or 3 minutes or until the onion is softened.
2. Add the mushrooms; increase the heat to medium-high and cook, stirring, 5 to 6 minutes or until lightly browned around the edges.
3. Stir in the parsley, thyme, salt and pepper.



Lemon Recipe

Garlic-Lemon Kale Sauté

*Recipe courtesy of Robynn Webb via
Diabetes Forecast: The Healthy Living
Magazine*

Serves 12, ½ cup servings

Ingredients

1 Tbsp olive oil
2 lbs. rinsed kale, stems and inner rib
removed, coarsely chopped
4 garlic cloves, minced
1/2 tsp crushed red pepper flakes
1 Tbsp fresh lemon juice
1/4 tsp kosher salt
1/4 tsp freshly ground black pepper
Lemon wedges (optional)



Directions

1. In a large Dutch oven, heat the oil over medium-high heat. Add the kale and sauté for 4 to 6 minutes, until it is slightly wilted.
2. Add the garlic and crushed red pepper. Cover and cook for 6 to 8 minutes until the kale is tender. Uncover and cook until the liquid evaporates, about 1 to 3 minutes. Add the lemon juice, salt, and black pepper and serve. If desired, serve with lemon wedges.

Lemon Recipe

Fruit Infused Water: Citrus Splash
*Recipe courtesy of Just Say Yes to
Fruits & Vegetables*



Ingredients

1 orange, sliced thin
1 lemon, sliced thin
1 lime, sliced thin
Ice
Carbonated water

Directions

1. Add orange, lemon and lime to a pitcher. Gently press fruit with a spoon to release some of the juices.
2. Fill the pitcher with ice, then fill with carbonated water. Gently stir fruit to mix.
3. Serve immediately or chill, covered, in the refrigerator. Enjoy!

Quick Tips

1. To stay hydrated, drink eight cups of water each day. Drink more when it's hot outside and when you are physically active.
2. Fill a water bottle and carry it with you during the day.
3. Get creative! Make water even tastier by adding a slice of your favorite fruit.

Cantaloupe Recipe

Cantaloupe, Tomato & Basil
Salad

*Recipe courtesy of Just Say
Yes to Fruits & Vegetables*

Serves 8



Ingredients

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

Directions

1. In a large bowl, mix the tomato, cantaloupe and basil.
2. Toss with the tomato liquid, vegetable oil, salt and pepper.
3. Serve cold and enjoy!
4. Refrigerate leftovers.

Quick Tips

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

Cantaloupe Recipe

Fresh Fruit and Herb Sparkling Water

Recipe courtesy of the Academy of Nutrition & Dietetics

Serves 4

Ingredients

8 ounces fresh strawberries, hulled, or other berries

1 cup cubed ripe melon (cantaloupe, Crenshaw, honeydew, watermelon)

2 cups ice cold water

¼ cup fresh lemon juice

2 Tbsp finely chopped fresh basil or mint leaves

2 Tbsp sugar, or to taste (optional)*

Ice cubes

8 ounces club soda, tonic water or sparkling wine

Lemon slices, for garnish

Basil or mint sprigs, for garnish



Directions

1. Combine strawberries, melon, water and basil or mint in a blender. Whirl to liquefy. Allow mixture to sit for 5 minutes to allow basil or mint to infuse fruit puree with flavor.
2. Pour into a 1-quart pitcher. Add lemon juice and sugar, as desired. (If sugar is added, stir to dissolve.)
3. To serve, put ice into four glasses. Pour fruit mixture over ice. Add 2 ounces tonic water, club soda or sparkling wine to each. Garnish each glass with lemon slices and basil or mint.
4. Serve immediately. Pureed fruit may settle.

Honeydew Recipe

Nectarine Glazed Honeydew

*Recipe courtesy of Just Say Yes to Fruits
& Vegetables*

Serves 6



Ingredients

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

Directions

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

Honeydew Recipe

Avocado Melon Breakfast Smoothie

Recipe courtesy of Produce for A Better Health Foundation

Serves 2

Ingredients

- 1 ripe, fresh California Avocado
- 1 cup honeydew melon chunks (about 1 slice)
- Juice from 1/2 lime (1 ½ tsp lime juice)
- 1 cup (8 oz) milk, fat-free
- 1 cup fat-free yogurt, plain
- ½ cup apple juice or white grape juice
- 1 Tbsp honey

Directions

1. Cut avocado in half, remove pit. Scoop out flesh, place in blender.
2. Add remaining ingredients; blend well. Serve cold. Holds well in the refrigerator up to 24 hours.
3. If made ahead, stir gently before pouring into glasses.



Strawberry Recipe

Grilled Chicken with Strawberry and Pineapple Salsa

Recipe courtesy of American Heart Association

Serves 4, 3oz chicken, ½ cup salsa

Ingredients

Chicken:

4 boneless, skinless chicken breasts halves
(about 4 oz each), all visible fat discarded
2 tsp. salt-free steak seasoning blend
1/4 tsp salt

Salsa:

2 slice pineapple, each 1/2 inch thick, patted dry
1 tsp Canola or corn oil
1 cup whole strawberries (diced)
3-4 Tbsp chopped, fresh mint leaves
1/4 cup finely chopped red onion
1-2 tsp sugar
1/8 tsp crushed red pepper flakes
1 medium lemon

Directions

1. Preheat the grill on medium high. Brush a grill pan or grill rack with the oil. Heat the grill pan or rack on the grill for about 2 minutes, or until hot. Grill the pineapple for 2 minutes on each side. Transfer to a cutting board and let cool slightly, about 2 minutes, before chopping
2. Meanwhile, in a medium bowl, stir together the remaining salsa ingredients except the lemon. Grate 1 teaspoon lemon zest, reserving the lemon. Stir the zest and chopped pineapple into the strawberry mixture. Set aside.
3. Sprinkle both sides of the chicken with the seasoning blend and salt. Grill for 5 minutes on each side, or until no longer pink in the center. Transfer to plates. Squeeze the reserved lemon over the chicken. Serve with the salsa on the side.



Strawberry Recipe

Summer Fruit Salad

Recipe courtesy of USDA Choose My Plate

Serves 4

Ingredients

- 1 cup strawberries (diced, fresh or frozen)
- 1 cup watermelon (cubed)
- 1 cup pineapple chunks, fresh or canned packed in natural juice (and do not drain)



Directions

1. Stir fruit together in a medium sized bowl.
2. Cover and chill. Serve as soon as possible.

Quick Tips

1. Refrigerate leftovers (or try freezing for a slush).

Plantain Recipe

Plantain Soup

*Recipe courtesy of Just Say Yes
to Fruits & Vegetables*

Serves 6



Ingredients

- 1 tsp vegetable oil
- 2 garlic cloves, minced
- 4 Tbsp finely chopped cilantro
- 4 cups low sodium chicken broth
- 3 green plantains, peeled and shredded
- Salt and pepper to taste
- 6 tsp grated Parmesan cheese

Directions

1. In a large pot heat oil. Add garlic and 2 tablespoons of the cilantro and cook over medium heat for 2 minutes or until soft.
2. Add chicken broth and 1 cup of water and bring to boil over high heat.
3. Stir in plantains and reduce heat to a simmer for 25-30 minutes until soft.
4. Add remaining 2 tablespoons of cilantro. Mix.
5. Add salt and pepper to taste.
6. Top each bowl with 1 teaspoon Parmesan cheese.
7. Serve and enjoy!
8. Refrigerate leftovers.

Quick Tips

1. For the best buy, choose plump green or black plantains that are not shriveled. Ripe plantains will be soft and dark brown or black in color.
2. To prepare plantains, slice off both ends. Cut slits through the skin and peel.
3. To keep them fresh, store plantains at room temperature for 4-5 days.

Plantain Recipe

Mashed Plantains

Recipe courtesy of Just Say Yes to Fruits & Vegetables

Serves 6



Ingredients

3 green plantains, peeled and cut into chunks

Salt and pepper to taste

1 tsp vegetable oil

1 chopped onion

1 Tbsp cider vinegar

Directions

1. In a large pot, add plantains and cover with water. Bring water to a boil over high heat and continue to boil for 10-15 minutes or until tender (plantain color will change).
2. Drain and mash with fork immediately. Add salt and pepper to taste. Set aside.
3. In a small pan, heat oil over medium heat and cook onion for 3 minutes or until soft. Add vinegar and remove from heat.
4. Pour onion mixture on top of mashed plantains.
5. Serve and enjoy!
6. Refrigerate leftovers.

Quick Tips

1. For the best buy, choose plump green or black plantains that are not shriveled. Ripe plantains will be soft and dark brown or black in color.
2. To prepare plantains, slice off both ends. Cut slits through the skin and peel.
3. To keep them fresh, store plantains at room temperature for 4-5 days.

Carrot Recipe

Fireworks Slaw

Recipe courtesy of Greater Pittsburgh

Community Foodbank

Serves 6

Ingredients

Vegetables:

2 cups cabbage, shredded

1 cup carrot, shredded

1 cup bell pepper, cut into thin strips

1 cup apple, cut into thin strips

Dressing:

3 Tbsp vinegar

1 Tbsp olive oil

1 tsp sugar

1/2 tsp salt

Black pepper, to taste



Directions

1. Chop and shred vegetables. Add chopped vegetables and fruit to a large mixing bowl. Stir to mix.
2. In a small bowl, add ingredients for the dressing. Stir to combine.
3. Pour dressing over slaw. Toss vegetables in the dressing. Store slaw in the refrigerator for 4 to 5 days.

Quick Tips

1. Shred carrots, radishes or beets with a cheese grater.
2. Chop fruits and vegetables like apples and peppers by hand.
3. Make dressing in a glass jar. Add ingredients, close the lid and shake.
4. Fireworks Slaw is a healthy alternative to creamy coleslaw. Enjoy this recipe as a side dish at mealtime or as an afternoon snack.

Carrot Recipe

Summer Sunshine Smoothie
*Recipe courtesy of School City of
Hammond Food and Nutrition
Services*
Serves 2

Ingredients

- 1 cup low-fat milk
- 1/2 cup low-fat vanilla yogurt
- 1 nectarine, sliced
- 1 banana, broken in half
- 1/2 cup carrots - frozen, canned, or shredded fresh
- 1 cup ice cubes



Directions

1. Place all ingredients in a blender.
2. Blend until smooth, adding more milk or ice as needed.

Quick Tips

1. Use what you have! If you don't have carrots, try fresh spinach or cooked sweet potatoes or replace vanilla yogurt with plain or strawberry yogurt.

Potato Recipe

Roasted Garlic Potatoes

*Recipe courtesy of Chef Terah featured in
Second Harvest Fresh Harvest Recipe book*
Serves 8



Ingredients

3 pounds of small red, white or sweet potatoes
¼ cup olive oil
1 ½ tsp kosher salt
1 tsp black pepper
2 Tbsp minced garlic (6 cloves) or 2 tsp garlic powder
2 Tbsp minced fresh parsley

Directions

1. Preheat the oven to 400 degrees F.
2. Quarter potatoes and place in greased roasting pan. In a separate bowl, combine olive oil, salt, pepper and garlic; drizzle over potatoes. Toss potatoes to evenly coat.
3. Roast potatoes for 40-45 minutes, until caramelized and crisp, stirring often.
4. Sprinkle with parsley and serve immediately.

Quick Tips

1. This recipe also works great with other vegetables. Try roasting carrots, onion, bell peppers or cabbage.

Potato Recipe

Neighborhood Potato Salad

Recipe courtesy of Chef Terah featured in Second Harvest Fresh Harvest Recipe book

Serves 8

Ingredients

6-8 white or red potatoes, peeled, diced into 1 inch cubes

6 eggs, hard boiled, peeled and chopped

2 tbsp. green onions, chopped

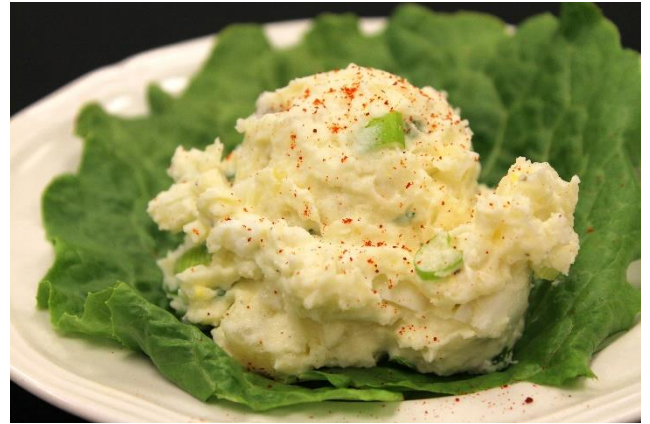
1-2 tsp salt

½ tsp pepper

¼ cup mayonnaise

¾ cup sour cream or Greek Yogurt

1-2 Tbsp yellow mustard



Directions

1. Bring large pot of water to boil, add potatoes. Cook until fork tender and drain. Cool.
2. Combine potatoes, eggs and green onions. Season with salt and pepper. Stir in mayonnaise, sour cream or Greek yogurt and mustard. Chill for at least 1 hour.

Green Bean Recipe

Green Beans and Almonds

Recipe courtesy of Chef Terah featured in Second Harvest Fresh Harvest Recipe book

Serves 4

Ingredients

1 pound (approximately 3 cups) fresh green beans, trimmed
1 Tbsp olive oil
1 Tbsp butter
¼ tsp salt
¼ tsp pepper
1/8 cup sliced almonds, toasted



Directions

1. Bring large pot of water to boil, add salt, add green beans. Cook until tender, and drain.
2. Heat oil and butter over medium-high heat. Add boiled green beans to sauté pan and toss with oil-butter mixture.
3. Season with salt and pepper. Add almonds and serve immediately.

Green Bean Recipe

Green Beans with a Mustard Vinaigrette
*Recipe courtesy of Chef Terah featured in
Second Harvest Fresh Harvest Recipe
book*

Serves 4

Ingredients

- 1 Tbsp Dijon mustard
- 2 Tbsp sherry or white vinegar
- ¼ tsp salt
- ¼ tsp pepper
- 3 Tbsp olive oil
- 1 pound of green beans, trimmed

Directions

1. In a small bowl, mix together mustard, vinegar, salt and pepper. Slowly whisk in extra-virgin olive oil. Set aside.
2. Bring a large pot of water to boil. Add 1 tablespoon of salt. Add green beans and cook until tender. Drain water and rinse beans with cold water.
3. Toss cooled green beans into mustard vinaigrette.
4. Can be served immediately or chilled.



Kale Recipe

Beans & Greens

Recipe courtesy of Greater Pittsburgh Community Foodbank

Serves 4

Ingredients

- 1 tsp oil
- 1 cup onion, chopped
- 3 garlic cloves, chopped
- 6 cups kale or collard greens, chopped
- 1 (15 oz.) can white beans, drained and rinsed
- 1 cup low-sodium chicken broth
- 1 Tbsp lemon juice or apple cider vinegar
- ½ tsp black pepper or red pepper flakes
- ¼ cup parmesan cheese (optional)

Directions

1. Heat oil in a large pot over medium heat.
2. Add onion and garlic. Cook for 3 minutes.
3. Add half of the greens. Cook for 2 minutes.
4. Add the rest of the greens, white beans and chicken broth. Cover pot with a lid. Cook for 15 minutes.
5. Before serving, add lemon juice or apple cider vinegar. Top with pepper and parmesan cheese, if using.

Quick Tips

1. This recipe works well with dark, leafy greens like kale and collards. Try using different beans like pinto or kidney beans.



Kale Recipe

Kale with Raisins

*Recipe courtesy of Jewish Family and Children's
Services of Greater Boston*

Serves 6, 2 cups



Ingredients

12 cups chopped kale (about 3 bunches)
2 Tbsp walnuts, chopped
1½ Tbsp canola or olive oil
3 cloves garlic, chopped
¼ cup water
1/8 tsp salt
1/8 tsp pepper
2 Tbsp raisins, chopped

Directions

1. Wash kale well and trim tough stems. Pile several leaves together and slice into ribbons about 1 inch wide.
2. Heat a large, dry skillet and toast chopped nuts for 3-5 minutes until fragrant, stirring frequently. Set aside to cool.
3. Heat oil in same skillet and sauté garlic for 1 minute until soft (do not brown). Add kale ribbons and ¼ cup water and cover. Cook over medium heat until soft, 10 to 15 minutes, adding more water if necessary.
4. Add salt, pepper, nuts and raisins and stir to combine. Allow remaining liquid to evaporate. Serve.

Celery Recipe

Black Eyed Pea & Celery Salad

Recipe courtesy of Just Say Yes to Fruits & Vegetables

Serves 10

Ingredients

2 Tbsp vegetable oil
3 Tbsp lemon juice
1/4 cup chopped onion
2 minced garlic cloves
1/2 tsp dried oregano or Italian seasoning
3 cups cooked black-eyed peas
2 chopped celery stalks
1 finely chopped bell pepper
1/4 cup chopped parsley
1 tsp hot sauce (optional)
Salt and pepper to taste

Directions

1. Combine all ingredients in a large bowl.
2. Add salt and pepper to taste.
3. Chill.
4. Serve and enjoy!
5. Refrigerate leftovers.

Quick Tips

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



Celery Recipe

Celery and Apple Salad

*Recipe courtesy of Just Say Yes to Fruits
& Vegetables*

Serves 4



Ingredients

3 chopped celery stalks
3 apples, cored and chopped
2 Tbsp chopped walnuts
2 Tbsp low fat mayonnaise
2 Tbsp low fat plain yogurt
3 Tbsp apple juice
Salt and pepper to taste

Directions

1. In large bowl, combine celery, apples and walnuts. Mix together.
2. In a small bowl, mix mayonnaise, yogurt and apple juice.
3. Pour dressing over apple mixture. Mix well.
4. Serve and enjoy!
5. Refrigerate leftovers.

Quick Tips

1. For the best buy, choose celery with many leaves and straight stalks.
2. To prepare celery, wash and then trim off the base of the stalk.
3. To keep fresh, refrigerate celery in a plastic bag for up to 3 days.
4. Celery contains fiber which helps keep you regular.

Acknowledgements

This toolkit was created to provide additional nutrition education resources to your pantry as a way to get your clients to think about nutrition differently. It is important to understand that you as pantries have the opportunity to play a part in the health improvement of your clients. Having access to healthy foods can make a difference in whether or not nutrition related disease get better or worse over time.

We hope the resources provided in this toolkit are easy to understand and use.

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Thank You

We are excited that your feeding agency has decided to begin this healthier journey and we hope your Healthy Choices Matter Campaign is successful.

For more information about the “Healthy Choices Matters” campaign, please contact:

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