

Farmstand Fresh

a guide to seasonal food



GEHA®

Incorporating **nutritious, in-season fruits and vegetables** into your diet can be easy. Follow our **seasonal produce guide** when you visit your local farmer's market or grocery store to **eat healthfully throughout the year.**

This collection of simple, **easy-to-prepare recipes** will give you a taste of in-season eating. **Enjoy.**

Eat in-season, all year long.

WINTER

brussels sprouts
clementines
collard greens
dates
grapefruit
kale
kiwifruit
oranges
tangerines
turnips

broccoli
brussels sprouts
butternut squash
cranberries
pears
pomegranate
pumpkin
sweet potato
swiss chard
endive

FALL

SPRING

apricots
artichokes
asparagus
green beans
honeydew
mango
peas
rhubarb
spinach
strawberries

blueberries
cantaloupe
cherries
corn
cucumbers
eggplant
okra
peaches
tomatoes
zucchini

SUMMER

YEAR-ROUND

apples
avocados
bananas
bell peppers
cabbage
cherry tomatoes
leeks
lemons
mushrooms
onions
potatoes

Information from the Produce for Better Health Foundation. [fruitsandveggiesmorematters.com](https://www.fruitsandveggiesmorematters.com). Visit their website, or [usda.gov](https://www.usda.gov), for more information on in-season fruits and vegetables.



grapefruit



Grapefruits should be heavy, with thin skin that is free from bruising and discoloration.

They can be stored at room temperature for one week, or for up to three weeks in the refrigerator.

Good source of:

Dietary fiber, potassium, vitamin A, vitamin C

Average calories:

One medium grapefruit: 82 calories

Recipes:

Heartwarming oatmeal with fruit and nuts

Shrimp with black bean salsa

Selection and storage information: Produce for Better Health Foundation. "Grapefruit: Nutrition. Selection. Storage." January 25, 2007. Web. June 6, 2013.

Nutrition information: United States Department of Agriculture. "Food-A-Pedia." Web. June 6, 2013.
<https://www.supertracker.usda.gov/foodapedia.aspx>.

Heartwarming Oatmeal with Fruit and Nuts

3/4 cup pink grapefruit juice

3/4 cup water

1/4 teaspoon ground cinnamon

1/8 teaspoon salt

2/3 cup old fashioned oats

1 tablespoon and 1 teaspoon brown sugar, firmly packed

2 seedless oranges or tangerines, sectioned, chopped

4 dates (2 tablespoons), chopped

1 tablespoon almonds, slivered

In a medium saucepan, combine grapefruit juice, water, cinnamon, and salt; bring to a boil over high heat. Stir in the oats and reduce the heat to medium-low. Cook for 5 minutes, stirring occasionally; remove from heat. Cover the oatmeal and let stand for 8 minutes, or until desired consistency is reached (it will continue to thicken as it stands). Stir in brown sugar. Spoon the oatmeal into bowls and top with oranges, dates and almonds.

Makes 2 servings.

Nutritional values per serving: 276 calories, 59 g carbohydrates, 3.8 g total fat (0.4 g saturated fat), 0 mg cholesterol, 7 g dietary fiber, 152 mg sodium, 6 g protein

Recipe courtesy of Produce for Better Health Foundation (PBH). All PBH endorsed recipes meet nutrition standards that maintain fruits and vegetables as healthy foods.

Shrimp with Black Bean Salsa

2 pink grapefruits, peeled
3 plum tomatoes, seeded and diced
1 medium (or pickling) cucumber, peeled and diced
1/2 cup diced red onion
3/4 cup canned or cooked black beans
1 jalapeno or serrano chile pepper seeded and minced
Juice of 1/2 orange
Juice of 1/2 lime
Salt and freshly ground black pepper, to taste
16 extra large shrimp (10 to 12 count), about 1 1/2 lbs.
2Tbsp. finely chopped cilantro
1Tbsp. finely chopped mint


Holding the fruit over a medium bowl to catch juices, release sections from the membrane and collect them in the bowl. Cut sections crosswise into 1-inch pieces. Add tomato, cucumber, onion, beans and chile pepper and mix to blend. Pour in orange and lime juice. Season to taste with salt and freshly ground pepper. Set aside.

Bring a large pot of water to a boil. Add shrimp and cook until pink, curled and opaque all the way through, 6 to 8 minutes. Drain immediately. When cool enough to handle, peel and devein shrimp, then slit them horizontally along the back, cutting almost all the way through, but not completely, from tip to tail.

Arrange 4 shrimp in a pinwheel design, on each of 4 dinner plates. Spoon a tablespoon of salsa into the slit in each shrimp. Mound remaining salsa in the center of the plate. Sprinkle 1/4 of cilantro and mint over each plate and serve immediately.

Makes 4 servings.

Nutritional values per serving: 146 calories, 1 g total fat (0 g saturated fat), 25 g carbohydrate, 10 g protein, 5 g dietary fiber, 199 mg sodium



brussels sprouts



Brussels sprouts should be firm and bright green in color.

They can be stored for up to 7 days in a plastic bag in the refrigerator.

Good source of:

Dietary fiber, vitamin C, vitamin B6, vitamin K, folate

Average calories:

One cup raw sprouts: 35 calories

Recipes:

Brussels sprouts with mushroom sauce
Roasted brussels sprouts and potatoes

Selection and storage information: Produce for Better Health Foundation. "Brussels Sprouts: Nutrition. Selection. Storage." January 25, 2007. Web. June 6, 2013.

Nutrition information: United States Department of Agriculture. "Food-A-Pedia." Web. June 6, 2013.
<https://www.supertracker.usda.gov/foodapedia.aspx>.

Brussels Sprouts with Mushroom Sauce

1/2 pound brussels sprouts (or broccoli, cabbage, kale, collards, or turnips)
1/2 cup chicken broth, low sodium
1 teaspoon lemon juice
1 teaspoon brown mustard (spicy)
1/2 teaspoon thyme (dried)
1/2 cup mushroom (sliced)

1. Trim brussels sprouts and cut in half. Steam until tender - about 6 to 10 minutes, or microwave on high for 3 to 4 minutes.
2. In a non-stick pot bring the broth to a boil.
3. Mix in the lemon juice, mustard, and thyme. Add the mushrooms.
4. Boil until the broth is reduced by half, about 5 to 8 minutes.
5. Add the brussels sprouts (or other cooked vegetable).
6. Toss well to coat with the sauce.

Makes 2 servings.

Nutritional values per serving: 128 calories, 15 g carbohydrate, 3 g dietary fiber, 9 g protein, 5 g total fat (1 g saturated fat), 4 mg cholesterol, 537 mg sodium

Recipe courtesy of University of Connecticut, Family Nutrition Program, Senior Nutrition Awareness Project (SNAP) Newsletters

Roasted Brussels Sprouts and Potatoes

3/4 lb. Brussels sprouts, preferably large

2 small onions

1 Tbsp. extra virgin olive oil, divided

3/4 lb. small potatoes, preferably 2-inches or smaller diameter

Salt and ground black pepper

If your oven holds two baking sheets side by side, place rack in center. If not, arrange racks in top and bottom thirds. Preheat the oven to 400° F.

Remove tough outer leaves from Brussels sprouts and cut crosswise into three to four rounds about 1/2-inch thick. Halve onions and cut crosswise into very thin slices.

In medium mixing bowl combine sprouts and onions, add 2 tsp. of oil, 1/2 tsp. salt and mix to coat vegetables. Spread them in thick layer on foil-covered baking sheet.

In same bowl, place potatoes and drizzle on remaining 1 tsp. of oil. Mix with your hands to coat them. Place potatoes on second baking sheet. Set oily bowl aside.

Place both baking sheets in oven. Bake Brussels sprouts with onions for 15 minutes. Stir, mixing in any browned bits, rearrange in thick layer, and roast until Brussels sprouts are almost tender, about another 10-15 minutes.

Bake potatoes for 30 minutes, or until a knife pierces larger ones easily. Return roasted sprouts to mixing bowl. Transfer potatoes to cutting board and cut them crosswise into 1/2-inch slices. Add potatoes to sprouts. Using fork, roughly break up potato slices and mix with roasted sprouts and onions. Season to taste with salt and pepper, and serve.

Makes 4 servings.

Nutritional values per serving: 150 calories, 4 g total fat (0.5 g saturated fat), 24 g carbohydrate, 4 g protein 6 g dietary fiber, 30 mg sodium



Mangos should smell sweet and be slightly firm to the touch.

Whole mangos can be stored for up to two days at room temperature. Sliced mango should be refrigerated.

Good source of:

Dietary fiber, vitamin A, vitamin B6, vitamin C, vitamin E, vitamin K

Average calories:

One mango: 135 calories

Recipes:

Mango chicken stir fry
Veggie bean wrap

Selection and storage information: Produce for Better Health Foundation. "Mango: Nutrition. Selection. Storage." January 25, 2007. Web. June 6, 2013.

Nutrition information: United States Department of Agriculture. "Food-A-Pedia." Web. June 6, 2013. <https://www.supertracker.usda.gov/foodapedia.aspx>.

Mango Chicken Stir-Fry

nonstick cooking spray

1 pound boneless, skinless chicken breasts, cut into bite-size chunks

1/4 cup pineapple juice

3 tablespoons low-sodium soy sauce

1/4 teaspoon ground ginger

1 red bell pepper, cut into bite-size strips

2 mangos, pitted and cut into bite-size strips

1/4 cup toasted, slivered almonds

ground black pepper to taste

2 cups cooked brown rice

1. Spray a large wok or skillet with nonstick cooking spray.
2. Sauté chicken over medium-high heat until cooked through, about 10 minutes.
3. In a small bowl, stir together pineapple juice, soy sauce, and ginger. Add sauce and bell pepper to the skillet.
4. Cook and stir for about 5 minutes until peppers are crisp-tender.
5. Add the mango and almonds to the wok or skillet and cook until hot. Season with ground black pepper to taste.
6. Serve each cup of stir-fry over 1/2 cup of brown rice.

Makes 4 servings.

Nutritional values per serving: 387 calories, 47 g carbohydrate, 7 g dietary fiber, 31 g protein, 9 g total fat (2 g saturated fat), 68 mg cholesterol, 496 mg sodium

Recipe courtesy of California Champions for Change, California Department of Public Health.

Veggie Bean Wrap

2 green or red bell pepper (seeded and chopped)
1 onion (peeled and sliced)
1 can black beans, 50% less salt (15 ounce, drained and rinsed)
2 mango (chopped)
1 lime, juiced
1/2 cup fresh cilantro (chopped)
1 avocado (peeled and diced)
4 flour tortillas, fat free (10 inch)

1. In a nonstick pan, sauté bell peppers and onion for 5 minutes over medium heat. Add beans, stir well. Reduce heat to low and simmer about 5 minutes.
2. In a small bowl, combine mangos, lime juice, cilantro, and avocado. Reserve 1/2 mixture for topping.
3. Fill warmed tortillas with 1/4 bean mixture and 1/4 mango mixture.
4. Fold ends of the tortillas over. Roll up to make wraps. Top veggie bean wraps with remaining mango mixture.

Makes 4 servings.

Nutritional values per serving: 480 calories, 13 g total fat, 2.5 saturated fat, 0 mg cholesterol, 720 mg sodium, 87 g carbohydrate, 15 g dietary fiber, 31 g sugar, 13 g protein

Recipe courtesy of California Department of Health Services, Healthy Latino Recipes Made with Love. California Latino 5-A-Day Campaign



spinach



Spinach should be green, unwilted and free from yellowed or blemished leaves.

It can be refrigerated for up to five days if it is wrapped in a damp paper towel and stored inside a plastic bag.

Good source of:

Vitamin A, vitamin K, vitamin C, folate, fiber, iron, magnesium

Average calories:

One cup of raw spinach: 7 calories

Recipes:

Baby spinach with golden raisins and pine nuts
Spinach corn casserole

Selection and storage information: Produce for Better Health Foundation. "Spinach Nutrition. Selection. Storage." January 25, 2007. Web. June 6, 2013.

Nutrition information: United States Department of Agriculture. "Food-A-Pedia." Web. June 6, 2013. <https://www.supertracker.usda.gov/foodapedia.aspx>.

Baby Spinach with Golden Raisins and Pine Nuts

4Tbsp pine nuts

2 bags (10 oz each) leaf spinach, rinsed

2/3 C golden seedless raisins

1/8 tsp ground nutmeg

1/8 tsp salt

1. In a medium nonstick pan over high heat, cook and stir the pine nuts until they begin to brown lightly and smell toasted, but not burnt. Set the pine nuts aside in another dish.
2. Return the pan to the burner over medium-high heat. Add $\frac{1}{4}$ cup water. As it begins to boil, add a small handful of the spinach. Cook and stir just until it begins to wilt. Then push it to the side of the pan, and add another $\frac{1}{4}$ cup water and handful of spinach. Continue until all the spinach has been cooked, adding the raisins with the last handful of spinach.
3. Sprinkle with nutmeg and salt. Cook and stir until all the spinach is wilted and the raisins are warm.
4. Remove from heat. Press out excess water. Place 1 cup spinach and raisins in a serving bowl. Top with pine nuts.

Makes 4 servings.

Nutritional values per serving: 76 calories, 3 g total fat (0 g saturated fat), 0 mg cholesterol, 130 mg sodium, 3 g total fiber, 13 g carbohydrates, 3 g protein

Recipe courtesy of the National Heart, Lung and Blood Institute, *Deliciously Healthy Dinners*

Spinach Corn Casserole

1 (16-ounce) package chopped frozen spinach
1/2 cup finely chopped white onion
2 (14 3/4-ounce) cans creamed corn
1 tablespoon margarine
2 teaspoons vinegar
1 teaspoon salt
1/2 teaspoon ground black pepper

Topping

1/2 cup bread crumbs
2 tablespoons grated
Parmesan cheese
1 tablespoon margarine

1. Preheat oven to 400°F. Warm frozen spinach in a saucepan over medium heat. Drain excess liquid.
2. Combine spinach, onion, and creamed corn in casserole dish.
3. Melt 1 tablespoon margarine and add to casserole dish. Add vinegar, salt, and ground black pepper. Mix ingredients together.
4. Spread bread crumbs and Parmesan cheese over top of casserole. Melt remaining margarine and drizzle over topping. Bake for 20 to 30 minutes. Serve while hot.

Makes 12 servings.

Nutritional values per serving: 100 calories, 18 g carbohydrate, 3 g dietary fiber, 4 g protein, 2 g total fat (saturated fat 1 g), 4 mg cholesterol, sodium 419 mg

Recipe courtesy of California Champions for Change, California Department of Public Health.



blueberry



Blueberries should be firm, dry and uniform in size.

They can be stored in the refrigerator for up to 14 days.

Good source of:

Dietary fiber, vitamin C, vitamin K

Average calories:

One cup of blueberries: 84 calories

Recipes:

Blueberry quesadilla with wild blueberry sauce
Honey gingered fruit salad

Selection and storage information: Produce for Better Health Foundation. "Blueberries: Nutrition. Selection. Storage." January 25, 2007. Web. June 6, 2013.

Nutrition information: United States Department of Agriculture. "Food-A-Pedia." Web. June 6, 2013.
<https://www.supertracker.usda.gov/foodapedia.aspx>.

Blueberry Quesadilla with Wild Blueberry Sauce

One bag (10 oz.) frozen blueberries, preferably wild
1/2 Fuji apple, peeled, cored and finely chopped
1/4 cup sugar
1/2 teaspoon ground cinnamon
4Tbsp. blueberry fruit spread
4 (8-inch) whole-wheat tortillas
1 cup (2 oz.) shredded part-skim milk mozzarella cheese
1 cup (8 oz.) part-skim milk ricotta cheese
Grated zest of 1 lemon
2Tbsp. dried blueberries

In medium saucepan, combine frozen berries, apple, sugar and cinnamon. Cover, bring to boil over medium-high heat, reduce heat and simmer until fruit is soft, 10 minutes. Set Wild Blueberry Sauce aside. Makes 2 cups.

On work surface, spread 1 tablespoon of blueberry spread to cover each tortilla, leaving 1/2-inch border all around. In bowl, combine mozzarella and ricotta cheeses with zest. Spread 1/2 cup of cheese mixture over half of each tortilla. Sprinkle dried blueberries over mixture, then fold the tortilla over to enclose the filling.

Heat griddle or large, heavy skillet over medium-high heat. Add quesadillas and cook until crisp and lightly browned on bottom, 3 minutes. Turn and crisp on second side, 2-3 minutes.

To serve, place a quesadilla on each of 4 plates and top with 1/4 cup of warm sauce. The remaining sauce keeps, covered in the refrigerator, for five days.

Makes 4 servings.

Nutritional values per serving: 400 calories, 9 g total fat (5 g saturated fat), 67 g carbohydrate, 15 g protein, 6 g dietary fiber, 420 mg sodium

Honey Gingered Fruit Salad

1 large mango, peeled and cut into chunks
1 cup fresh blueberries
1 small banana, peeled and sliced
1 cup strawberries
1 cup seedless green grapes
1 cup nectarines, sliced
1 cup kiwifruit, peeled and sliced

HONEY GINGER SAUCE


1/3 cup 100% orange juice
2 tablespoons lemon juice
1 tablespoon honey
1/8 teaspoon ground nutmeg
1/8 teaspoon ground ginger

1. In a large bowl, combine fruit.
2. In a small bowl, mix all honey ginger sauce ingredients until well blended.
3. Pour honey ginger sauce over fruit and toss together.
4. Refrigerate for at least 20 minutes and serve chilled.

Makes 6 servings.

Nutritional values per serving: 124 calories, 32 g carbohydrate, 4 g dietary fiber, 2 g protein, 1 g total fat (0 g saturated fat), 0 mg cholesterol, 4 mg sodium

Recipe courtesy of California Champions for Change, California Department of Public Health.



zucchini



Zucchini should have shiny, firm skin.

They can be stored in a plastic bag in the refrigerator for up to five days.

Good source of:

Dietary fiber, vitamin C, folate

Average calories:

One cup of zucchini: 36 calories

Recipes:

Cold fusilli pasta with summer vegetables
Zucchini breakfast bread

Selection and storage information: Produce for Better Health Foundation. "Zucchini: Nutrition. Selection. Storage." January 25, 2007. Web. June 6, 2013.

Nutrition information: United States Department of Agriculture. "Food-A-Pedia." Web. June 6, 2013. <https://www.supertracker.usda.gov/foodapedia.aspx>.

Cold Fusilli Pasta with Summer Vegetables

8 oz whole-wheat fusilli (spiral) pasta
2 C cherry tomatoes, rinsed and halved
1 large green bell pepper, rinsed and sliced in pieces 1/4 inch wide by 2 inches long
1/2 C red onion, thinly sliced
1 medium zucchini, rinsed and shredded finely or sliced into small chunks (about 1 C)
1 can (15 1/2 oz) low-sodium chickpeas (or garbanzo beans), drained and rinsed
1 Tbsp fresh basil, rinsed, dried, and cut into thin strips (or 1 tsp dried)
1/4 tsp salt
1/8 tsp ground black pepper
1 Tbsp extra virgin olive oil
2 Tbsp balsamic vinegar
1/2 C shredded parmesan cheese

1. In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
2. Add pasta, and cook according to package directions for the shortest recommended time, about 8–9 minutes. Drain. Rinse pasta under cold running water to cool, about 3 minutes.
3. Place all the vegetables and beans in a large salad serving bowl. Season with basil, salt, and pepper.
4. Add the cooled pasta.
5. Combine olive oil and vinegar in a small bowl. Mix until completely blended. Pour over vegetables and pasta. Mix gently until well coated.
6. Divide into four equal portions. Top each with 2 tablespoons shredded parmesan cheese.

Makes 4 servings.

Nutritional values per serving: 418 calories, 11 g total fat (3 g saturated fat), 10 mg cholesterol, 455 mg sodium, 13 g total fiber, 21 g protein, 63 g carbohydrates

Zucchini Breakfast Bread

3 large eggs, beaten
1 3/4 cups sugar
1/2 cup vegetable oil
1/2 cup cinnamon applesauce
1 Tbsp vanilla extract
2 cups zucchini, shredded or grated
3 cups self-rising flour
1/2 cup walnuts or pecans, chopped

Preheat the oven to 350° F.

Spray a non-stick 9- by 5-inch loaf pan with cooking spray.

In a large bowl, whisk together the beaten eggs, sugar, oil, applesauce and vanilla. Dump in the zucchini. Stir with a large spoon. Sprinkle in flour. Stir well.

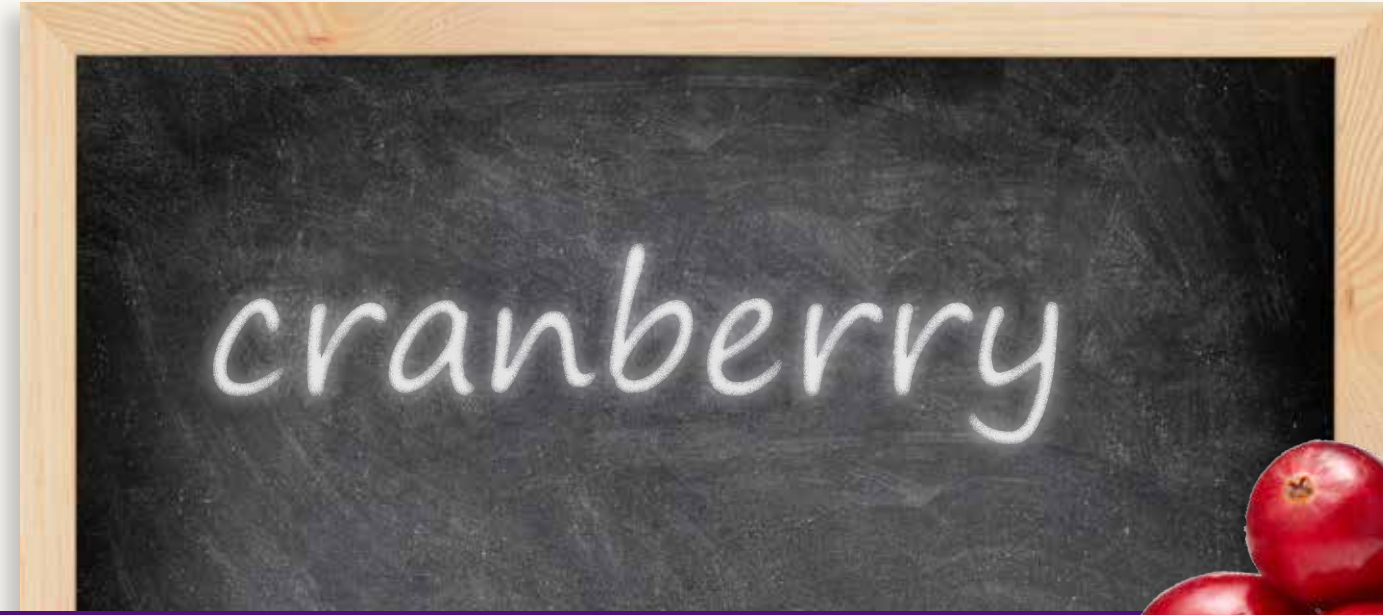
Pour batter in the loaf pan. Sprinkle nuts over the batter. Bake for 1 hour, or until a toothpick comes out clean. Cool for 15 minutes on a cooling rack.

Loosen bread from the sides and remove the bread to cool completely on the rack. Once cool, slice and serve. (Hint: The bread slices even better when partially frozen.) Store individually wrapped leftovers in the freezer.

Makes 14 servings.

Nutritional values per serving: 320 calories, 48 g carbohydrate, 5 g protein, 12 g total fat (2 g saturated fat), 45 mg cholesterol, 1 g fiber, 360 mg sodium, vitamin A: 2%, vitamin C: 4%, calcium: 10%, iron: 10%

Recipe courtesy of the U.S. Department of Health and Human Services, *A Healthier You*.



cranberry



Fresh cranberries
should be firm.

Fresh cranberries can be stored in the refrigerator for up to
two months. They can also be frozen.

Dried cranberries should be stored in an airtight container.

Good source of:

Fresh cranberries are a good source of dietary fiber,
vitamin C and antioxidants.

Average calories:

One cup of fresh cranberries: 46 calories

One cup of dried cranberries: 339 calories

Recipes:

Chunky cranberry dip

Cranberry pumpkin muffins

Selection and storage information: Produce for Better Health Foundation. "Cranberries: Nutrition. Selection. Storage." Feb. 6, 2009
Web. June 6, 2013.

Produce for Better Health Foundation. "Dried Cranberries: Nutrition. Selection. Storage." Nov. 19, 2010. Web. June 6, 2013.

Nutrition information: United States Department of Agriculture. "Food-A-Pedia." Web. June 6, 2013.

Chunky Cranberry Dip

1 8-oz. package reduced fat cream cheese

1-2 Tbsp. lowfat milk

1/2 cup chopped dried cranberries

1/4 cup chopped blanched almonds

1/2 tsp. orange zest, preferably fresh

In medium bowl, place cheese and allow to soften at room temperature. Mash and work with fork until texture is light enough to combine easily with other ingredients. Gradually add milk until cheese becomes soft and spreadable. Mix in remaining ingredients. Cover and refrigerate up to 2 days ahead or let stand at room temperature 1 hour before serving to allow flavors to blend. Makes about 1 1/2 cups.

Makes approximately 24 servings. Each serving is 1 tablespoon.

Nutritional values per serving: 29 calories, 2 g total fat (<1 g saturated fat), 3 g carbohydrate, 1 g protein, <1 g dietary fiber, 35 mg sodium

Recipe courtesy of the American Institute for Cancer Research, aicr.org.

Cranberry Pumpkin Muffins

2 cups flour
3/4 cups sugar
3 teaspoons baking powder
1/2 teaspoon salt
1/2 teaspoon cinnamon
3/4 teaspoons allspice
1/3 cup vegetable oil
2 eggs, large (large)
3/4 cups pumpkin (canned)
2 cups cranberries (fresh or frozen chopped)

1. Preheat oven to 400 degrees.
2. Sift together dry ingredients (flour through allspice) and set aside.
3. Beat oil, eggs and pumpkin together until well blended.
4. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened.
5. Fold in chopped cranberries.
6. Spoon into paper-lined muffin cups.
7. Bake at 400 degrees for 15 to 30 minutes.

Makes 12 servings.

Nutritional values per serving: 200 calories, 7g total fat (1 g saturated fat), 30 mg cholesterol, 230 mg sodium, 32 g carbohydrate, 2 g dietary fiber, 14 g sugar, 3 g protein

Recipe courtesy of University of Massachusetts, Extension Nutrition Education Program, Pumpkin Post/Banana Beat



Fall squash – like butternut and acorn – should feel heavy for their size and be free of bruises or cracks on their skins.

Squash should be stored in a cool, dry area. Butternut squash can be stored up to one month. Acorn squash can be stored up to three months.

Good source of:

Dietary fiber, potassium, vitamin A, vitamin C, vitamin B6, folate

Average calories:

One cup of squash: 76 calories

Recipes:

Butternut squash enchiladas with salsa
Spicy apple-filled squash

Selection and storage information: Produce for Better Health Foundation. "Acorn Squash: Nutrition. Selection. Storage." Nov. 23, 2009. Web. June 6, 2013.

Produce for Better Health Foundation. "Butternut Squash: Nutrition. Selection. Storage." Jan. 28, 2008. Web. June 6, 2013.

Nutrition information: United States Department of Agriculture. "Food-A-Pedia." Web. June 6, 2013.

Butternut Squash Enchiladas with Salsa

1 package (16 oz.) frozen diced peeled butternut squash or 2 cups fresh squash, seeded, peeled and diced

1 cup water

1 Tbsp. olive oil

1/2 sweet onion, finely chopped

1 can (15.5 oz.) no added salt black beans

1 tsp. ground cumin

3/4 tsp. ground cinnamon

Salt and ground black pepper, to taste

Canola oil spray

7 large (about 7-inch) whole-wheat tortillas

1 cup grated cheddar cheese, divided

1 cup tomato salsa

1/4 cup chopped fresh cilantro leaves, for garnish (optional)

Place squash in medium saucepan. Add water. Cover pot tightly and place over medium-high heat. Cook until squash is tender but not mushy, 12-15 minutes, depending on size of cubes. Drain squash and set aside.

While squash is cooking, in large skillet, heat oil over medium-high heat. Add onion and sauté until soft and translucent, about 4-5 minutes, stirring occasionally. Add beans and partially mash with fork. Mix in squash, cumin and cinnamon. Add salt and pepper, if desired. Remove from heat and set aside.

Preheat oven to 350 degrees. In 9" by 13" baking dish, lightly coat interior with cooking spray and set aside. Coat tortilla on both sides with cooking spray. Lay on plate. Spoon 1/2 cup filling on tortilla and top with 1½ tablespoons cheese. Roll up filled tortilla and set at one end of baking dish. Repeat, placing filled tortillas side by side, filling baking dish tightly. Pour salsa over assembled enchiladas. Sprinkle remaining cheese (about 1/4 cup) over sauce. Cover pan with foil.

Bake enchiladas about 25-30 minutes, until heated through. Uncover and serve garnished with cilantro, accompanied by cooked brown rice, if desired.

Makes 7 servings.

Nutritional values per serving: 260 calories, 6 g total fat (1 g saturated fat), 38 g carbohydrates, 12 g protein, 6 g dietary fiber, 460 mg sodium

Recipe courtesy of the American Institute for Cancer Research, aicr.org.

Spicy Apple-Filled Squash

1 large acorn squash (about 1 pound)
1 cup water
2 teaspoons butter
1 large apple, cored, peeled, and chopped
1 tablespoon brown sugar
1/4 teaspoon ground cinnamon
1/8 teaspoon ground cloves
1/8 teaspoon nutmeg

1. Preheat oven to 400°F.
2. Cut squash into halves and scoop out the seeds. Place squash, cut side down, in 13x9-inch baking dish.
3. Add water and bake 35 to 45 minutes or until fork-tender.
4. While the squash is baking, cook the rest of the ingredients in a medium saucepan over medium heat for about 8 minutes or until apple is crisp-tender.
5. Cut each piece of squash in half and divide the apple mixture equally among squash wedges. Return squash to oven; bake 10 minutes more or until heated through and serve while hot.

Makes 4 servings.

Nutritional values per serving: 99 calories, 21 g carbohydrate, 4 g dietary fiber, 1 g protein, 2 g total fat (1 g saturated fat), 5 mg cholesterol, 18 mg sodium

Recipe courtesy of California Champions for Change, California Department of Public Health.



Apples should have smooth skin, and be firm and free from bruises.

They can be stored in a plastic bag in the refrigerator for up to three weeks.

Good source of:

Dietary fiber, vitamin C

Average calories:

One medium apple: 72 calories

Recipes:

Apple turkey gyro

Autumn apple-cranberry crisp

Selection and storage information: Produce for Better Health Foundation. "Apple: Nutrition. Selection. Storage." January 25, 2007. Web. June 6, 2013.

Nutrition information: United States Department of Agriculture. "Food-A-Pedia." Web. June 6, 2013. <https://www.supertracker.usda.gov/foodapedia.aspx>.

Apple-Turkey Gyro

1 cup sliced onion
1 tablespoon lemon juice
2 cups sliced red bell pepper
2 cups sliced green bell pepper
1 tablespoon vegetable oil
1/2 pound turkey breast, cut into thin strips
1 medium apple, cored and sliced
6 whole wheat pitas, lightly toasted
1/2 cup lowfat plain yogurt (optional)

1. In a nonstick skillet, sauté onion, lemon juice and bell peppers in oil until crisp-tender.
2. Stir in turkey and cook until turkey is fully cooked. Remove from heat and stir in apple.
3. Fold pita in half and fill with apple mixture; drizzle with yogurt. Serve warm.

Makes 6 servings.

Nutritional values per serving: 215 calories, 33 g carbohydrate, 5 g dietary fiber, 14 g protein, 4 g total fat (1 g saturated fat), 25 mg cholesterol, 259 mg sodium

Recipe courtesy of California Champions for Change, California Department of Public Health.

Autumn Apple-Cranberry Crisp

Canola oil spray

7 medium Granny Smith apples, peeled, cored and sliced

1 cup fresh cranberries

3/4 cup dark brown sugar, firmly packed

1/2 cup old-fashioned rolled oats

2/3 cup whole wheat flour

1/4 cup pecans or walnuts, chopped

3Tbsp. butter, softened or trans fat-free margarine

Frozen low fat vanilla yogurt (optional)

Preheat oven to 375 degrees. Lightly coat medium shallow baking dish with canola oil spray. Place apples and cranberries in dish and gently toss together. In medium bowl, combine brown sugar, oats, flour, nuts and butter. Sprinkle brown sugar mixture on top of fruit. Bake until apples and cranberries are bubbly and tender, about 50 minutes. Transfer dish to wire rack to cool slightly. Serve warm with frozen yogurt, if desired.

Makes 8 servings.

Nutritional values per serving: 268 calories, 8 g total fat (3 g saturated fat), 50 g carbohydrates, 2 g protein, 4 g dietary fiber, 9 mg sodium

Recipe courtesy of the American Institute for Cancer Research, aicr.org.



Peppers should be firm with tight skin.

They can be stored in a plastic bag in the fridge for up to five days.

Good source of:

Vitamin C, vitamin K, vitamin B6

Average calories:

One medium red bell pepper: 37 calories

One medium green bell pepper: 24 calories

Recipes:

Stuffed chicken breasts

BBQ turkey in pepper shells

Selection and storage information: Produce for Better Health Foundation. "Bell Peppers: Nutrition. Selection. Storage." January 25, 2007. Web. June 6, 2013.

Nutrition information: United States Department of Agriculture. "Food-A-Pedia." Web. June 6, 2013. <https://www.supertracker.usda.gov/foodapedia.aspx>.

Stuffed Chicken Breasts

Canola oil cooking spray

1 lb. boneless, skinless chicken breast, four thick pieces

3/4 cup low-fat shredded cheddar cheese

2Tbsp. green onions, finely chopped, including the stems

1 medium red bell pepper, 1/2 diced, 1/2 sliced

1Tbsp. plain Greek yogurt (canola mayonnaise may be substituted)

2 tsp. fresh lemon juice

1/2 tsp. hot sauce (optional)

1Tbsp. olive oil

1/4 cup chopped fresh parsley or 1Tbsp. dried parsley

Salt and freshly ground pepper to taste

1. Preheat oven to 350 degrees. Spray 7 x 11-inch pan with cooking spray.
2. Carefully cut about a 1 inch wide slit into the thick end of each chicken breast. Insert knife to create a fairly deep pocket.
3. Combine cheese, green onions, red pepper, yogurt, lemon juice and hot sauce in mixing bowl. Divide mixture into 4 portions and use a spoon to stuff breasts. Secure openings with wooden toothpicks inserted at an angle so meat lays flat. Place in prepared pan.
4. Brush olive oil over top of chicken and sprinkle with parsley, then pepper and salt, if using.
5. Bake for 30-35 minutes or until chicken is cooked through. Let stand about 5 minutes. Garnish with red pepper slices and serve.

Makes 4 servings.

Nutritional values per serving: 200 calories, 6 g total fat (1.8 g saturated fat), 2 g carbohydrate, 32 g protein, <1 g dietary fiber, 209 mg sodium.

Recipe courtesy of the American Institute for Cancer Research, aicr.org.

BBQ Turkey in Pepper Shells

3/4 pound lean ground turkey
1 large onion, peeled and chopped
1 medium green bell pepper, seeded and chopped
1 (14 1/2-ounce) can no salt added diced tomatoes
1 cup low-sodium canned black beans, drained and rinsed
1/2 cup prepared barbecue sauce
1 teaspoon garlic powder
1 teaspoon liquid smoke
3 bell peppers (any color)

1. Brown ground turkey in a medium skillet over medium-high heat until no longer pink; drain excess fat.
2. Add onion and cook until tender, about 5 minutes.
3. Add all remaining ingredients except the whole bell peppers; simmer for 10 minutes over medium heat.
4. Meanwhile, cut the whole bell peppers in half lengthwise and remove the seeds. Place in a microwave safe dish with a small amount of water.
5. Cover and microwave bell peppers on high until crisp-tender, for about 5 minutes.
6. Remove peppers from the dish and place on a large plate. Spoon turkey mixture into bell pepper shells and serve.

Makes 6 servings.

Nutritional values per serving: 209 calories, 28 g carbohydrate, 7 g dietary fiber, 17 g protein, 4 g total fat (1 g saturated fat), 0 g trans fat, 38 mg cholesterol, 404 mg sodium

Recipe courtesy of California Champions for Change, California Department of Public Health.

*buy
right*

*store
properly*

Keeping your diet rich with fresh fruits and veggies is an excellent way to support good health.

To maintain food quality and safety, follow these tips for produce storage and handling.

You can help keep produce safe by making wise buying decisions at the grocery store.

- Purchase produce that is not bruised or damaged.
- When selecting pre-cut produce — such as a half a watermelon or bagged salad greens — choose only those items that are refrigerated or surrounded by ice.
- Bag fresh fruits and vegetables separately from meat, poultry and seafood products when packing them to take home from the market.

Proper storage of fresh produce can affect both quality and safety.

- Store perishable fresh fruits and vegetables in a clean refrigerator at a temperature of 40°F or below. If you're not sure whether an item should be refrigerated to maintain quality, ask your grocer.
- Refrigerate all produce that is purchased pre-cut or peeled to maintain both quality and safety.



separate
for
safety

prepare
safely

Keep fruits and vegetables that will be eaten raw separate from other foods such as raw meat, poultry or seafood — and from kitchen utensils used for those products. Take these steps to avoid cross-contamination:

- Wash cutting boards, dishes, utensils and counter tops with soap and hot water between the preparation of raw meat, poultry and seafood products and the preparation of produce that will not be cooked.
- If you use plastic or other non-porous cutting boards, run them through the dishwasher after use.

When preparing any fresh produce, begin with clean hands. Wash your hands for at least 20 seconds with soap and warm water before and after preparation.

- Cut away any damaged or bruised areas on fresh fruits and vegetables before preparing and/or eating. Produce that looks rotten should be discarded.
- Wash all produce thoroughly under running water before eating, cutting or cooking. This includes produce grown conventionally or organically at home, or purchased from a grocery store or farmer's market. Washing fruits and vegetables with soap or detergent or using commercial produce washes is not recommended.
- Even if you plan to peel the produce before eating, it is still important to wash it first so dirt and bacteria aren't transferred from the knife onto the fruit or vegetable.
- Scrub firm produce, such as melons and cucumbers, with a clean produce brush.
- Dry produce with a clean cloth towel or paper towel to further reduce bacteria that may be present.



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