

Recipe: Mushroom Beef Barley Soup

- 1 lb. round steak, cut into small pieces
- 1 tablespoon oil
- 2 cup chopped onions
- 1 cup diced carrots
- ½ cup diced celery
- 1 lb. sliced mushrooms
- 1 teaspoon minced garlic or 1 clove
- ¼ teaspoon thyme
- 1 can or 2 cup beef broth
- 1 can or 2 cup chicken broth
- 2 cup water
- ½ cup pearl barley
- ¾ teaspoon salt
- ¼ teaspoon pepper
- Parsley for garnish



Braise steak in oil. Add vegetables and cook until soft. Add mushrooms, garlic, thyme, broths, water, barley and seasonings. Bring to a boil, reduce heat, cover and simmer 1 1/2 hours. Garnish with 3 tablespoons chopped parsley.

Ladle into bowls and serve.

www.cooks.com



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Recipe: Turkey Noodle Soup

- Turkey carcass
- 3 ribs celery, sliced
- 2 carrots, sliced
- 1 large onion, quartered
- 2 cloves garlic, minced
- 1 bay leaf
- 1 ½ tsp. salt
- 1 teaspoon pepper
- ½ teaspoon ground cloves
- ½ teaspoon marjoram
- ½ teaspoon rosemary flakes
- 1/8 teaspoon paprika
- 10 cup water
- 1 ½ cup egg noodles



Break turkey carcass and place in Dutch oven; add remaining ingredients, except noodles. Bring to a boil over high heat. Reduce heat to low; cover and simmer 2 hours. Remove carcass, cool. Remove turkey from bones. Put turkey back into broth and bring to a boil again. Add noodles and cook until tender.

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Recipe: Best Beef Soup

- 1 tablespoon vegetable oil
- 3/4 pound beef stew meat, cut into 1-inch pieces
- 1 medium onion, chopped (1/2 cup)
- 3 cups Progresso® beef flavored broth (from 32-ounce carton)
- 1 cup dry white wine
- 2 tablespoons chopped fresh thyme leaves or 2 teaspoons dried thyme leaves
- 1/2 teaspoon pepper
- 2 bay leaves
- 2 cans (15 to 16 ounces) navy beans, rinsed and drained
- 4 medium carrots, cut into 1-inch pieces
- 2 medium celery stalks, cut into 1-inch pieces
- Chopped fresh parsley, if desired
- Crumbled cooked bacon, if desired



1. Heat oil in Dutch oven over medium-high heat. Cook beef and onion in oil about 15 minutes, stirring frequently, until beef is brown.
2. Stir in broth, wine, thyme, pepper and bay leaf. Heat to boiling; reduce heat. Cover and simmer about 45 minutes, stirring occasionally, until beef is almost tender.
3. Stir in beans, carrots and celery. Cover and simmer about 30 minutes, stirring occasionally, until vegetables are tender. Remove bay leaf. Sprinkle with parsley and bacon.

www.tablespoon.com



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Recipe: Grandma's Corn Chowder

- ½ cup diced bacon
- 4 medium potatoes, peeled and chopped
- 1 medium onion, chopped
- 2 cups water - warm
- 3 cups cream-style corn
- 2 teaspoons salt
- ground black pepper to taste
- 2 cups half-and-half

1. Place the bacon in a large pot over medium-high heat and cook until crisp. Drain and crumble, reserving about 2 tablespoons drippings in the pot.
2. Mix potatoes and onion in to the pot with the crumbled bacon and reserved drippings. Cook and stir 5 minutes. Pour in the water, and stir in corn. Season with salt and pepper. Bring to a boil, reduce heat to low, and cover pot. Simmer 20 minutes, stirring frequently until potatoes are tender.
3. Warm the half-and-half in a small saucepan until it bubbles. Remove from heat before it boils and mix into the chowder just before serving.

(For vegetarian version, omit bacon.)



www.allrecipes.com



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Recipe: Grilled Asparagus

- 2 tablespoons olive oil
- 1 teaspoon salt (kosher, if available)
- 1 teaspoon black pepper
- 1 teaspoon lemon juice
- 1 pound fresh asparagus

1. Combine first four ingredients and whisk well to make marinade.
2. Trim the asparagus to remove tough woody ends.
3. Cover asparagus with marinade and let sit for 20 minutes.
4. Remove asparagus from marinade and drain. Save marinade.
5. Grill over medium high heat.
6. Make sure to turn asparagus often and baste occasionally with reserved marinade.
7. The asparagus is done when it just starts to feel tender.



Nutritional Info

Makes 4 servings:
Per serving Calories 36
Fat 1.4 gm
Cholesterol 0 mg
Sodium 90 mg
Carbohydrates 5 gm
Fiber 2.4 gm
Protein 2.6 gm

Chef Scott Kelly, Saginaw



How to Select

Choose odorless asparagus stalks with dry, tight tips.

Avoid limp or wilted stalks. Choose asparagus spears that are the same thickness so that cooking time will be similar. One pound makes about 3-4 servings.

How to Store

Refrigerate asparagus for up to four days by wrapping ends of stalks

in wet paper towel and placing in plastic bag. Or trim ½ inch from the bottom ends and stand spears in a pitcher or large glass of water in the refrigerator.

How to use

Wash well and trim about an inch off the end of each spear if it is tough. Steam, grill or roast asparagus. To serve warm, steam until just tender, about 4-7 minutes. To serve chilled in salads or on vegetable dip platters, cook until tender crisp then plunge into cold water to stop the cooking process. To roast asparagus, preheat oven to 375 and prepare asparagus as you would for grilling. Roast for about 15 minutes until browning begins.

Nutrition Benefits

Fat free; saturated fat free; sodium free; cholesterol free; low calorie; good source of vitamin C; high in folate; good source of vitamin A.

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Recipe: Green Beans Italian

- 1 pound fresh green beans, strings and ends removed.
- ½ cup chopped onions
- 4 cloves fresh garlic, crushed
- 1 tablespoon butter or margarine
- 1 cup chopped tomatoes
- 1 teaspoon sweet basil
- ¼ cup water



1. Sauté onions and garlic in butter.
2. Add tomatoes and basil.
3. Place green beans over onions and garlic, and add 1/4 cup water.
4. Cover until cooked (15-20 minutes)

Nutritional Info

Makes 4 servings:
Per serving Calories 82
Fat 3.2 gm
Cholesterol 8 mg
Sodium 12 mg
Carbohydrates 12.9 gm
Fiber 4.8 gm
Protein 2.9 gm



Tomatoes

How to Select

Select plump tomatoes with smooth skins that are free from bruises, cracks or blemishes. One medium tomato chopped equals about ½ cup.

How to Store

Store at room temperature away from direct sunlight. Slightly unripe tomatoes will ripen on the counter or in a paper bag. Use within one week after ripe. Tomatoes taste best if not refrigerated, refrigerate only if you can't use them before they spoil.

Green Beans

How to Select

Choose fresh, well colored beans that snap easily when bent. Choose beans without big seeds (these indicate older, tougher beans). One pound of beans makes about 4 servings.

How to Store

Refrigerate green beans in plastic bag, use within 1 week.

How to Use

Wash well and remove stems. Cook beans by steaming in a small amount of water until tender-crisp (about 5-8 minutes). They can also be cooked directly in soups and stews.

Nutrition Benefits

Fat free; saturated fat free; sodium free; cholesterol free; low calorie; good source of fiber; good source of vitamin C.

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Recipe: Sesame Ginger Greens

- 1 teaspoon fresh ginger, minced
- 2 cloves garlic, minced
- ½ cup chopped onion
- ½ teaspoon black pepper
- 2 tablespoons vegetable oil
- 2 bunches of greens – chard or mustard greens – washed/drained.
- 2 tablespoons soy sauce
- 1 teaspoon sesame oil
- 2 tablespoons rice wine vinegar



1. Chop greens into 3-inch pieces.
2. Sauté ginger, garlic, scallions, and pepper in the hot oil for about one minute.
3. Add greens and stir until wilted, about five minutes.
4. Stir in remaining three ingredients and serve.

Nutritional Info

Makes 6 servings:
Per serving Calories 60
Fat 3 gm
Cholesterol 0 mg
Sodium 510 mg
Carbohydrates 7 gm
Fiber 3 gm
Protein 3 gm



How to Select

Crisp leaves with good green color and fresh smell. Avoid those that are yellowed or discolored. One pound of greens will cook down to 1 cup, about 2 servings.

How to Store

Greens should be stored in the refrigerator in a plastic bag and are best if used within 3 days.

How to Use

Wash well to remove sand and grit. Use in a sauté. Greens can also be added to stir-fries and soups. Chop and add to pasta sauce or lasagna; mix with scrambled eggs. Spinach and young Swiss chard can also be eaten raw. Add to tossed salads for extra color.

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Recipe: Basic Sautéed Kale

- 1 tablespoon plus 1 teaspoon olive oil
- 1½ pounds kale, ribs removed, coarsely chopped
- ½ cup water
- 2 cloves garlic, minced
- ¼ teaspoon crushed red pepper
- 2-3 teaspoons cider vinegar
- ¼ teaspoon salt

1. Heat 1 tablespoon oil over medium heat. Add kale and cook until bright green, about one minute.
2. Add water, reduce heat to medium-low, cover and cook until the kale is tender.
3. In a separate pan add remaining teaspoon of oil. Cook garlic and crushed red pepper for one minute.
4. Stir in vinegar to taste and salt.



Nutritional Info

Makes 4 servings:
Per serving Calories 42
Fat 1.6 gm
Cholesterol 0 mg
Sodium 200 mg
Carbohydrates 6.4 gm
Fiber 2 gm
Protein 2 gm



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How to Select

Look for crisp, dark colored leaves that are small to medium in size. Avoid brown or yellow leaves.

How to Store

Kale should be stored in the refrigerator and is best if used within 3-5 days.

How to Use

Wash well and remove stringy stems (pull the stem end and the bottom of the leaf end away from each other to strip the leafy part from the stalk). Kale can be steamed, sautéed, used in stir fry or soup (bean, vegetable, chicken soups, etc.). Kale chips are also popular.

Kale Chips

- 2 bunches kale, washed and thick stems removed
- 1 tbsp apple cider vinegar
- 1 tbsp extra virgin olive oil
- Sea salt to taste or sprinkle with Parmesan Cheese

Pre-heat oven to 350 degrees F. Chop or tear into "chip" size pieces. In a bowl, pour the vinegar, and oil onto kale. Toss and spread onto baking sheet. Mix to coat all pieces. Bake for 10 minutes or until crispy. Serve immediately!

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Recipe: Springtime Spinach Salad

- 10 ounces fresh spinach leaves
- 2 cups sugar snap peas
- 2 cups sliced strawberries
- ½ medium red onion, cut into thin wedges
- ½ cup toasted sliced almonds
- 2/3 cup raspberry vinaigrette or other vinegar and oil-based dressing



1. Toast almonds. Spread nuts in single layer on baking sheet. Bake at 350 degrees for 8 to 10 minutes, stirring occasionally. Or toast nuts in a dry skillet, stirring frequently.
2. Place all ingredients except dressing in large bowl.
3. Add dressing; toss lightly.

Nutritional Info

Makes 6 servings:
Per serving Calories 160
Fat 9 gm
Cholesterol 0 mg
Sodium 390 mg
Carbohydrates 18 gm
Fiber 4 gm
Protein 4 gm



Spinach

How to Select

Crisp leaves with good green color and fresh smell and no evidence of insect damage.

How to Store

Loosely wrap spinach in damp paper towels and place in plastic bag. Refrigerate and use within 3-5 days.

How to Use

Wash well to remove sand and grit. Spinach can be used alone in salads or mixed with other greens. Also add spinach to stir-fries, soups, scrambled eggs, quiche, stew, or homemade pizza. Add a small handful to a homemade smoothie for a boost of nutrition.

Strawberries

How to Select

Select shiny, firm strawberries with a bright red color. Caps should be fresh, green and intact. Avoid shriveled, mushy, leaky or moldy berries.

How to Store

Do not wash strawberries until ready to eat. If possible, transfer to a flat container, so berries don't crush each other. Store in refrigerator for 1-3 days.

How to Use

Eat fresh or wash, remove leaves and freeze whole or sliced for later enjoyment.

Sugar Snap Peas

How to Select

Select peas that are bright green, firm and free from blemishes.

How to Store

For the sweetest flavor, serve peas as soon after purchase as possible. Store peas in the shell in the crisper section of the refrigerator in a loosely closed plastic bag. Use within 2 days.

How to Use

Eat fresh by themselves, chop and add to salads. Sauté or grill alone or with a mixture of vegetables.

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Recipe: Fresh Tomato & Tomatillo Salad

- 1 bunch fresh cilantro, divided
- ½ cup Zesty Italian Dressing
- 2 cloves garlic
- 10 cherry tomatoes, cut in half
- 4 tomatillos, each cut into 8 wedges
- 1 small onion, cut in half, thinly sliced
- 2 large tomatoes, cut into ½-inch-thick slices
- 1 tablespoon chopped fresh basil
- 2 tablespoons grated parmesan cheese



1. Chop enough cilantro to measure 1 tablespoon; set aside.
2. Blend dressing, remaining cilantro and garlic in blender until smooth.
3. Combine 1/2 cup dressing mixture with cherry tomatoes, tomatillos and onions.
4. Arrange tomato slices on large platter; drizzle with remaining dressing mixture.
5. Top with basil, reserved cilantro, cherry tomato mixture and cheese.

Nutritional Info

Makes 8 servings:
Per serving Calories 60
Fat 4 gm
Cholesterol 0 mg
Sodium 190 mg
Carbohydrates 6 gm
Fiber 2 gm
Protein 2 gm



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Tomatoes

How to Select

Select plump tomatoes with smooth skins that are free from bruises, cracks or blemishes. One medium tomato chopped equals about ½ cup.

How to Store

Store at room temperature away from direct sunlight. Slightly unripe tomatoes will ripen on the counter or in a paper bag. Use within one week after ripe. Tomatoes taste best if not refrigerated, refrigerate only if you can't use them before they spoil.

Tomatillos

How to Select

Look for dry, hard tomatillos with tightly fitting husks that are dry and free of mold.

How to Store

Refrigerate tomatillos loose or in an open container in the crisper drawer for 2-3 weeks.

How to Use

Tomatillos can be eaten raw, sliced in salads or eaten as you would an apple. Wonderful in salsa or chopped into a Mexican omelet. Can be used in many dishes in place of tomatoes.

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Recipe: Zucchini with Lemon and Parmesan

- 1 pound zucchini
- ½ teaspoon olive oil
- ½ teaspoon grated lemon peel
- 1 tablespoon grated parmesan cheese
- Pepper to taste

1. Cut zucchini into strips.
2. Heat olive oil in a skillet over medium-high heat.
3. Add zucchini and lemon peel, cook until lightly browned (about 3 minutes).
4. Toss with parmesan cheese and pepper.
5. Serve.



Nutritional Info

Makes 2 servings:
Per serving Calories 60
Fat 2 gm
Cholesterol 2 mg
Sodium 55 mg
Carbohydrates 9 gm
Fiber 3 gm
Protein 2 gm

www.aboutproduce.com



How to Select

Look for zucchini or summer squash with a slightly prickly, but shiny skin. The skin should be firm and free of cuts and bruises. Squashes should be on the small side (unless you plan on stuffing them). One pound makes about 3 cups of slices.

How to Store

Zucchini and summer squash should be stored in the refrigerator and are best if used within one week.

How to Use

Wash well. Do not peel, just cut off the ends. These squash can be eaten raw or cooked. Stir fry, grill, roast or steam. Grate and add to salads or pasta sauce. Slice in spears and serve chilled on a veggie tray with dip.

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Recipe: Tomato, Cucumber, and Red Onion Salad

- 2 large cucumbers, halved lengthwise, seeded and sliced
- 1/3 cup red wine vinegar
- 1 tablespoon sugar
- 1 teaspoon salt
- 3 large tomatoes, chopped
- 2/3 cup red onion, chopped
- 1/2 cup chopped fresh mint
- 3 tablespoons olive oil
- Pepper to taste



1. In a large bowl, toss together cucumbers, vinegar, sugar, and salt.
2. Let stand at room temperature for 1 hour; stir occasionally.
3. Add tomatoes, onion, mint and oil to cucumbers and stir to blend.
4. Season to taste with salt and pepper.

Nutritional Info

Makes 6 servings:
Per serving Calories 106
Fat 7 gm
Cholesterol 0 mg
Sodium 200 mg
Carbohydrates 11 gm
Fiber 2 gm
Protein 2 gm

www.cdc.gov



Tomatoes

How to Select

Select plump tomatoes with smooth skins that are free from bruises, cracks or blemishes. One medium tomato chopped equals about 1/2 cup.

How to Store

Store at room temperature away from direct sunlight. Slightly unripe tomatoes will ripen on the counter or in a paper bag. Use within one week after ripe. Tomatoes taste best if not refrigerated, refrigerate only if you can't use them before they spoil.

Cucumbers

How to Select

Look for firm, green and slender cucumbers that do not have spots or wrinkled skin.

How to Store

Keep in the refrigerator for up to 1 week.

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Recipe: Peach and Cabbage Slaw

- ¼ cup sugar
- ¼ cup cider vinegar
- ¼ cup green pepper, diced
- ¼ red bell pepper, diced
- 4 cups cabbage, shredded
- 1 large peach, diced
- Pinch of pepper

1. In a large bowl, mix the sugar and cider vinegar until blended.
2. Stir in green and red peppers.
3. Add the cabbage and peach.
4. Add a pinch of pepper and stir until evenly mixed.
5. Chill and serve.



Nutritional Info

Makes 4 servings:
Per serving Calories 90
Fat 0 gm
Cholesterol 0 mg
Sodium 15 mg
Carbohydrates 22 gm
Fiber 3 gm
Protein 1 gm



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Cabbage

How to Select

Look for firm, heavy cabbages that are free of yellowing leaves, splits or soft spots.

How to Store

Cabbages should be stored in the refrigerator and used within 2 weeks.

Peaches

How to Select

Select peaches that are firm and fuzzy with a yellowish golden background. A red blush does not necessarily mean the fruit is ripe. A ripe peach is firm but yields to gentle pressure and has a strong, sweet, smell.

How to Store

Store at room temperature for 1-2 days, if ripe. Ripe peaches will keep 3-5 days in the refrigerator. If peaches need to ripen, place them in a loosely closed paper bag at room temperature. Check daily for ripeness.

This material was funded in part by the State of Michigan with federal funds from the USDA's Supplemental Nutrition Assistance Program (SNAP) by way of the Michigan Nutrition Network at the Michigan Fitness Foundation. This work is supported in part by the Michigan Department of Human Services, under contract number ADMIN# 13-99011. In accordance with Federal law and USDA policy, these institutions are prohibited from discriminating on the basis of race, color, national origin, sex, age, marital status, familial status, parental status, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (866) 632-9992 (voice) or (800) 877-8339 (Local or Federal Relay) or (866) 377-8642 (Relay Voice Users). USDA is an equal opportunity provider and employer. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact the toll free Michigan Food Assistance Program Hotline at (855) ASK-MICH.

Recipe: Wonderful Winter Squash

- 1 winter squash (butternut or acorn)
- 2 teaspoons soy sauce
- 1 tablespoon maple syrup or honey



1. Cut squash in half, peel it, and remove the seeds.
2. Cut in 1 inch cubes.
3. Place squash in large pot with ½ cup water.
4. Add soy sauce and syrup/honey.
5. Cover and simmer over medium heat until squash is tender (15-30 minutes).

Nutritional Info

Makes 4 servings:
Per serving Calories 55
Fat 0 gm
Cholesterol 0 mg
Sodium 155 mg
Carbohydrates 14 gm
Fiber 3 gm
Protein 1 gm

Michigan State University Extension



How to Select

Select a squash that is heavy for its size. Look for firm well-shaped squash that have a hard, tough skin. Don't choose those that are sunken or have moldy spots.

How to Store

Winter squash should be stored in a cool dry place and will keep for several months. Once cut, refrigerate any unused portion.

How to Use

Wash and cut into quarters or smaller pieces. Peel and remove seeds. Boil, steam, or roast. To bake, wash and cut in half. Remove seeds. Place cut side down on shallow baking pan and bake at 375 degrees for about 40-50 minutes, or until a fork or knife glides through when pierced with a fork.

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Recipe: Cauliflower with a Touch of Lemon

- ½ small head of cauliflower, cut into florets
- 2 cups broccoli, cut into florets
- 1 tablespoon olive oil
- 1 clove garlic, minced
- 2 tablespoons lemon juice
- 2 teaspoons fresh parsley, chopped

1. Steam broccoli and cauliflower until tender (about 10 minutes).
2. Sauté garlic in oil.
3. Remove from heat, add lemon juice, and stir.
4. Put the vegetable in a serving dish and pour the sauce over them.
5. Garnish with parsley.



Nutritional Info

Makes 6 servings:
Per serving Calories 34
Fat 2 gm
Cholesterol 0 mg
Sodium 15 mg
Carbohydrates 3 gm
Fiber 2 gm
Protein 1 gm



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Cauliflower

How to Select

Look for cauliflower that is clean, white with firm heads and has bright green firmly attached leaves. Avoid brown spots or loose sections that are spread out. One head makes about 4 servings.

How to Store

Refrigerate in plastic bag up to one week.

How to Use

Wash well and remove stems. Cut into 1-2 bite pieces. Eat cauliflower raw with dip or chopped in a salad. Can be steamed, sautéed, baked or roasted, mashed like potatoes or pureed in soup.

Broccoli

How to Select

Select crisp bright green stalks and tightly closed buds. A few yellow flowers on the stalk do not indicate staleness.

How to Store

Refrigerate broccoli in a plastic bag up to 1 week.

How to Use

Wash well and remove tough stems. (You can peel the stems and chop the tender stalks to use as well). Can be eaten raw, with dip, chopped in salads or cooked. Boil, steam (about 9-10 minutes), roast or stir fry. Best flavor and texture if not overcooked.

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Recipe: Grilled Peach with Almonds and Honey

- 2 sprays of cooking spray
- 4 large peaches, firm but ripe, cut in half, pits removed
- 2 tablespoons sliced almonds, natural, chopped
- 2 teaspoons honey, mild (such as clover honey)

1. Coat a grill or a grill pan with cooking spray. Preheat to medium heat.
2. Place peach halves, cut sides up, on a flat surface; lightly spray tops of peaches with cooking spray.
3. Place peach halves on grill, skin sides down, and cook until skin starts to split (about 2 minutes). Using tongs, carefully flip peaches and cook until grill marks appear (about 2 minutes more).
4. Remove peaches from the grill and place on a serving plate. Top each peach with 3/4 teaspoon of almonds and drizzle each with 1/4 teaspoon of honey.



Nutritional Info

Makes 4 servings:
Per serving Calories 90
Fat 1 gm
Cholesterol 0 mg
Sodium 0 mg
Carbohydrates 21 gm
Fiber 3 gm
Protein 2 gm



How to Select

Select peaches that are firm and fuzzy with a yellowish golden background. A red blush does not necessarily mean the fruit is ripe. A ripe peach is firm but yields to gentle pressure and has a strong, sweet, smell.

How to Store

Store at room temperature for 1-2 days, if ripe. Ripe peaches will keep 3-5 days in the refrigerator. If peaches need to ripen, place them in a loosely closed paper bag at room temperature. Check daily for ripeness.

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Recipe: Summer Squash Medley

- 2 yellow summer squash
- 2 zucchini squash
- ½ yellow onion
- 1 Tablespoon olive oil
- ½ teaspoon garlic salt
- ¼ teaspoon black pepper

1. Slice yellow and zucchini squash into ¼-inch thick slices.
2. Dice onion.
3. Place squash slices and onion on a piece of foil large enough to seal into a pocket around the vegetables.
4. Sprinkle with oil and seasonings.
5. Fold the foil around vegetables, sealing them into a pocket.
6. Place the pocket of vegetables on a grill for approximately 8 minutes, or until soft. When on the grill, turn the pocket over 2 or 3 times during cooking. If not cooking on a grill, the pocket of vegetables can be cooked in an oven set at 350 degrees for approximately 10 minutes.



Nutritional Info

Makes 6 servings:
Per serving Calories 40
Fat 2 gm
Cholesterol 0 mg
Sodium 85 mg
Carbohydrates 5 gm
Fiber 2 gm
Protein <1 gm



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How to Select

Look for zucchini or summer squash with a slightly prickly, but shiny skin. The skin should be firm and free of cuts and bruises. Squashes should be on the small side (unless you plan on stuffing them). One pound makes about 3 cups of slices.

How to Store

Zucchini and summer squash should be stored in the refrigerator and are best if used within one week.

How to Use

Wash well. Do not peel, just cut off the ends. These squash can be eaten raw or cooked. Stir fry, grill, roast or steam. Grate and add to salads or pasta sauce. Slice in spears and serve chilled on a veggie tray with dip.

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