

Summer

FRUITS & VEGGIES



APPLES



APRICOTS



AVOCADOS



BANANAS



BEETS



BELL PEPPERS



BLACKBERRIES



BLUEBERRIES



CANTALOUPE



CARROTS



CELERY



CHERRIES



CORN



CUCUMBERS



EGGPLANT



GARLIC



GREEN BEANS



HERBS



HONEYDEW



LEMONS



LIMA BEANS



LIMES



MANGOS



OKRA



ONIONS



PEACHES



PEARS



PEAS



PINEAPPLES



PLANTAINS



PLUMS



RASPBERRIES



STRAWBERRIES



SUMMER SQUASH



TOMATILLOS



TOMATOES



WATERMELON



ZUCCHINI



Putting Healthy Food
Within Reach

USDA
Supplemental
Nutrition
Assistance
Program

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TRY THIS RECIPE

Stuffed Bell Peppers

Ingredients

- 5 bell peppers (red, orange, yellow, or green)
- 1 pound 90% lean ground beef
- 3/4 cup brown rice
- 1/2 can (14.5 ounces) low-sodium diced tomatoes
- 3 tablespoons lemon juice
- 1/4 teaspoon cinnamon
- 1/4 teaspoon allspice
- 1/4 teaspoon ground black pepper

Directions

1. Wash hands with soap and water.
2. Cut a circular hole in the tops of the bell peppers. Remove seeds and membrane and set aside.
3. In a large bowl, combine remaining ingredients and stir until completely mixed. Fill the bell peppers with meat mixture.
4. Place the stuffed bell peppers in large stock pot on stove, with the tops facing up. Add 1-inch water to bottom of pot and cover.
5. Place heat on medium, keeping covered for 30 to 40 minutes until rice is done. Serve.



BELL PEPPERS



LIMES

Source: myplate.gov



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TRY THIS RECIPE

Summer Breeze Smoothies

Ingredients

- 1 cup plain yogurt (non-fat)
- 6 strawberries (medium)
- 1 cup pineapple (crushed, canned in juice)
- 1 banana (medium)
- 1 teaspoon vanilla extract
- 4 ice cubes

Directions

1. Wash hands with soap and water.
2. Place all ingredients in blender and purée until smooth.
3. Serve in frosted glass.



STRAWBERRIES



PINEAPPLES



BANANAS

Source:

Heart Healthy Home Cooking: African American Style
US Department of Health and Human Services
National Heart, Lung, and Blood Institute



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TRY THIS RECIPE

Melon and Mint

Ingredients

- 1 tablespoon lime juice
- 1/4 cup fresh mint leaves
- 6 teaspoons packed brown sugar (2 tablespoons)
- 3 cups watermelon cubes
- 3 cups honeydew cubes

Directions

1. Wash hands with soap and water.
2. Blend lime juice, mint leaves, and brown sugar together in a small food processor.
3. Place melon cubes in a bowl. Drizzle dressing over melon and toss gently.



WATERMELON



HONEYDEW



LIMES



HERBS

Source:

Food Hero

Oregon State University Cooperative Extension Service



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TRY THIS RECIPE

California Avocado Super Summer Wrap

Ingredients

- 1 ripe avocado (seeded, peeled, and cut into chunks)
- 1/2 cup plain nonfat Greek yogurt
- 1 teaspoon lime juice
- 1/2 cup blueberries
- 1/2 cup carrots (grated)
- 1/4 cup red onion (chopped)
- 2 cups fresh arugula (chopped)
- 12 ounces cooked chicken breast (cubed)
- 4 8" whole wheat tortillas

Directions

1. Mash half the avocado chunks with yogurt and lime juice in a medium bowl.
2. Add remaining filling ingredients, including the rest of the avocado chunks; mix gently.
3. Top each tortilla with 1/4 of filling mixture.
4. Roll tuck in ends. Slice in half diagonally, securing with toothpicks, if needed.



HERBS



BLUEBERRIES



AVOCADOS



CARROTS

Source:

Produce for Better Health Foundation



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TRY THIS RECIPE

Peach Salsa

Ingredients

- 1 cup chopped peaches (canned and drained or fresh)
- 1 large tomato, chopped
- 1 bell pepper, chopped (see Note)
- ½ cup chopped onion
- ½ cup chopped cilantro
- 1 Tablespoon lime juice
- ¼ teaspoon each salt and black pepper

Directions

1. Wash hands with soap and water.
2. Rinse or scrub fresh fruits and vegetables under running water before preparing.
3. Combine peaches, tomato, bell pepper, onion and cilantro in a large bowl. Add lime juice, salt and black pepper. Stir gently to mix.
4. Cover and refrigerate until ready to serve.
5. Refrigerate leftovers within 2 hours.



PEACHES



BELL PEPPERS



TOMATOES



LIMES



ONIONS

Source:
FoodHero.org



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TRY THIS RECIPE

Marinated Cucumber Salad

Ingredients

- 2 Cucumbers sliced
- 3 cloves Garlic peeled and thinly sliced
- 2 stalks Green Onions sliced
- 1/2 cup Cilantro chopped
- 1/2 cup Mint chopped
- 3/4 cup Rice Vinegar (or more, enough to coat cucumbers)
- 1 pinch Crushed Red Pepper Flakes or more, to taste (optional)
- of Salt to taste
- of Black Pepper to taste
- of Peanuts chopped, for garnish

Directions

1. Combine cucumbers, garlic, green onions, cilantro and mint in a large bowl.
2. Add rice vinegar, crushed red pepper, salt and pepper; toss gently to combine.
3. Chill and allow to marinate for at least one hour. Taste and adjust seasonings. Top with chopped peanuts before serving.



CUCUMBERS



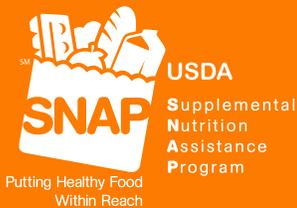
GARLIC



HERBS

Source:

Shauna Schultz, RD, Nevada County Public Health



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