



# SNAP-Ed Community Nutrition Newsletter

Department of Public Health in Partnership with the University of Saint Joseph

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## Inside This Issue:

Tips to buy, store and eat fruits and vegetables this summer

### • Tip of the Season:

Pick local fruits and vegetables in season for the best taste and value

### • Healthy Family Recipes:

- \* *Stuffed Summer Squash*
- \* *Orange Dressing with Fruit and Greens*



## Enjoy Fruits & Vegetables This Summer

Fresh fruits and vegetables have no added fat, sodium or sugar and provide fiber.

- ◇ Make half your plate fruits and vegetables
- ◇ Focus on whole fruits, not juice
- ◇ Vary the color of your vegetables



### Peaches:

- **Buy** peaches with firm, fuzzy skin; ripe when it yields to gentle touch
- **Store** unripe peaches in a paper bag; once ripe store up to 2 days at room temperature
- **Ways to Eat:**
  - \* Grab and go for a quick snack
  - \* Grill on low heat until the fruit is hot and slightly golden
  - \* Sauté in a pan and sprinkle with cinnamon
- **Nutrition:** good source of vitamins A and C



Yellow straightneck



Zucchini



Yellow crookneck

### Summer Squash:

- **Buy** squash with firm skin, free of cuts and bruises
- **Store** in a plastic bag up to 5 days in the refrigerator
- **Ways to Eat:**
  - \* Stuff with whole grains, lean protein (see recipe)
  - \* Grill cut in strips, brush with oil, and top with herbs
- **Nutrition:** high in vitamin C



### Green Leafy Vegetables:

- **Buy** fresh, crisp, green bunches
- **Store** loosely wrapped in a damp paper towel in a plastic bag up to 5 days in the refrigerator
- **Ways to Eat:**
  - \* Salad with greens and fruit (see recipe)
  - \* Stir-fry or steam greens with olive oil, garlic, onion, ginger, and chicken or tofu
  - \* Make an omelet with spinach and cheese
- **Nutrition:** high in vitamin A, and C, folate, iron, and magnesium

For a list of Farmers' Markets that accept SNAP Please Visit:

<http://www.ct.gov/dss/lib/dss/snap/marketlist.pdf>

## Stuffed Summer Squash

### Ingredients:

- 2 **summer squash (yellow, or green zucchini)**
- 3 cups cooked **brown rice**
- 1 cup **diced tomatoes**
- 1 cup **white beans**, drained and rinsed
- 1 tablespoon fresh basil or seasoning of your choice
- ¼ cup grated **Parmesan cheese**, plus some for topping



\* WIC approved foods in **bold**

### Directions:

1. Wash and cut squash in half, lengthwise. Remove the large seeds.
2. Steam the squash, skin side up, in a small amount of water in a pan until tender.
3. Scoop out about 1 cup of pulp, place in a bowl and mix with brown rice, tomatoes, white beans, basil (seasoning) and ¼ cup cheese.
4. Place the squash shells in a baking dish. Fill the squash with the stuffing mixture.
5. Top with more Parmesan cheese. Bake at 350°F for about 30 minutes.

**\*Tip**– Separate seeds from pulp, coat with oil, dash of salt and bake 10 minutes for a snack

Recipe from: [whatscooking.fns.usda.gov](http://whatscooking.fns.usda.gov)

## Orange Dressing with Fruit and Greens

### Ingredients:

#### Dressing:

- ¼ cup **orange juice**
- 2 tablespoons vinegar
- 2 tablespoons oil (canola, olive, or vegetable)

#### Salad:

- 8 cups dark **green leafy vegetables (romaine, lettuce, or spinach)**
- 2 cups vegetables, chopped (**broccoli, cabbage, carrots, cauliflower, celery, peppers, onions, or tomato**)
- 2 cups fruit, chopped (**apples, berries, grapes, or oranges**)



\* WIC approved foods in **bold**

### Directions:

1. Mix dressing ingredients in a container with tight lid and shake until combined. Store in refrigerator until ready to use (up to 1 week).
2. For each salad, top 2 cups of greens with ½ cup vegetables and ½ cup fruit.
3. Take dressing from the refrigerator and shake hard to combine ingredients again. Drizzle 2 tablespoons of dressing onto each salad.

Recipe from: <https://spendsmart.extension.iastate.edu/recipe-category/salad/>



#### Sources:

1. <http://www.fruitsandveggiesmorematters.org/fruit-veggie-nutrition>
2. [www.ars.usda.gov/plains-area/gfnd/gfhnrc/docs/news-2013/dark-green-leafy-vegetables/](http://www.ars.usda.gov/plains-area/gfnd/gfhnrc/docs/news-2013/dark-green-leafy-vegetables/)

