

# Farmers Market Recipes

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**NYC**<sup>™</sup>  
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*Just Say Yes* to Fruits and Vegetables

# Apples

- Choose firm apples that have smooth, bright skins with no bruises.
- Store unwashed apples in the refrigerator for up to 3 to 4 weeks.
- Skin can be eaten. Simply rinse and enjoy!
- Apples have fiber, especially in the skin, which helps to keep you regular.



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## Applesauce

### Ingredients:

6 apples, diced  
1 teaspoon cinnamon  
(optional)

### Directions:

1. In a medium pot, place apples, cinnamon and 1 cup of water.
2. Bring apples to a boil over high heat, stirring often.
3. Reduce heat to medium and simmer the apples for 30 minutes or until they are very soft. Stir often.
4. Leave lumpy or mash with a fork for a smoother sauce.
5. Serve warm or chilled.
6. Refrigerate leftovers.

**Makes 6 servings.**

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## Apple and Pear Stir-Fry

### Ingredients:

2 teaspoons vegetable oil  
2 apples, chopped  
1 pear, chopped  
2 tablespoons lemon juice  
1/2 teaspoon cinnamon  
1/8 teaspoon ground  
nutmeg

### Directions:

1. In a large pot, heat oil over medium heat.
2. Add apples and cook for 3 minutes.
3. Add pears and lemon juice. Cook for another 3 minutes.
4. Sprinkle cinnamon and nutmeg. Continue to cook for another 3 minutes.
5. Serve and enjoy!
6. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [diabetic-recipes.com](http://diabetic-recipes.com).

## Quick Tips

- Squeeze lemon juice over cut apples to keep them from turning brown.
- Carry an apple with you for a quick snack.
- Add chopped apples to oatmeal, either before or after cooking.

## Kids can:

- Rinse apples.
- Spread peanut butter on apple slices.

# Beets

- Choose firm, smooth beets with a rich, dark color.
- Separate beet greens from roots, keep in the refrigerator and use within 2 weeks.
- Before eating, remove beet greens, leaving 1 inch of stem.
- Scrub beets well and keep the skin on. Beets may be roasted, boiled or eaten raw.
- Beets have fiber, which helps to keep you regular.



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## Gingered Beet and Carrot Slaw

### Ingredients:

4 cups grated beets  
4 cups grated carrots  
1/2 cup chopped onion  
1/2 cup chopped poblano pepper  
1 tablespoon minced ginger  
2 tablespoons lime juice  
1 tablespoon vegetable oil  
2 teaspoons mustard  
1/4 cup chopped fresh cilantro  
Salt and black pepper to taste

### Directions:

1. To make the slaw, combine the beets, carrots, onion, poblano pepper and ginger in a large bowl.
2. In a small bowl, combine the lime juice, oil, mustard and cilantro. Pour onto the slaw.
3. Season with salt and black pepper.
4. Serve and enjoy!
5. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [yummly.com](http://yummly.com).

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## Glazed Beets and Greens

### Ingredients:

1 onion, sliced  
5 beets and greens, chopped  
3 tablespoons balsamic vinegar  
3 tablespoons vegetable oil  
Salt and black pepper to taste

### Directions:

1. In a large pot over high heat, add onions, beets, vinegar and oil.
2. Cover vegetables with 1 cup of water and bring to a boil.
3. Reduce heat to low and simmer for 15 minutes or until soft.
4. Add the greens and cook for 5 more minutes. Season with salt and black pepper.
5. Serve and enjoy!
6. Refrigerate leftovers.

**Makes 4 servings.** Adapted from *The Modern Vegetarian Kitchen* by Peter Berley.

## Quick Tips

- If beet juice stains your hands, scrub them with a teaspoon of salt and rinse.
- Add cooked sliced beets or raw shredded beets to salads.
- Do not throw out the beet greens! Rinse, chop and add to a soup or stir-fry.

## Kids can:

- Scrub beet roots.
- Rinse and tear beet greens.

# Beets

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- Separate beet greens from roots, keep in the refrigerator and use within 2 weeks.
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- Scrub beets well and keep the skin on. Beets may be roasted, boiled or eaten raw.
- Beets have fiber, which helps to keep you regular.



## Beets With Mustard Seeds

### Ingredients:

- 1 tablespoon vegetable oil
- 1 teaspoon yellow mustard seeds
- 1 onion, diced
- 2 teaspoons cumin
- 2 teaspoons coriander
- 1 teaspoon garam masala
- 1 tablespoon shredded, unsweetened coconut
- 3 cups chopped beets
- 1/2 teaspoon salt
- 1 1/2 cups water

### Directions:

1. In a large pan, heat the oil over medium-high heat.
2. Add the mustard seeds and cook until they sizzle, about 30 seconds.
3. Add the onion and stir until soft, about 5 minutes.
4. Add the cumin, coriander, garam masala and the coconut. Cook for 1 minute.
5. Add the beets and cook for 3 minutes. Stir.
6. Add the salt and water. Bring to a boil, reduce the heat and cover.
7. Simmer for 15 minutes or until beets are soft.
8. Once the beets are soft, remove the lid and cook for 2 to 3 minutes until the remaining liquid thickens.
9. Turn the heat off and cover the pan. Let it sit for 5 minutes so the dish can absorb all the flavors.
10. Serve and enjoy!
11. Refrigerate leftovers.

**Makes 4 servings.** Adapted from *Indian For Everyone* by Anupy Singla.

### Quick Tips

- If beet juice stains your hands, scrub them with a teaspoon of salt and rinse.
- Add cooked sliced beets or raw shredded beets to salads.
- Do not throw out the beet greens! Rinse, chop and add to a soup or stir-fry.

### Kids can:

- Scrub beet roots.
- Rinse and tear beet greens.

# Black Beans

- Before cooking dried beans, remove pebbles and any shriveled beans. Soak for at least 8 hours.
- For a quicker prep time, cover dried beans in cold water and bring to a boil. Turn off heat and allow beans to soak for 1 to 2 hours. Drain, rinse and cover with fresh water. Simmer for 1 to 2 hours or until soft.
- Beans are an affordable source of protein and fiber.



## Black Beans and Peppers

### Ingredients:

1 tablespoon vegetable oil  
1 onion, chopped  
1 green bell pepper, chopped  
4 garlic cloves, minced  
1 teaspoon cumin  
2 teaspoons dried oregano  
1 teaspoon fresh ginger, peeled and minced  
1 1/2 cups cooked or 1 can (15 1/2 ounces) of black beans, rinsed and drained  
2 tablespoons apple cider vinegar  
1 jalapeño, seeded and diced  
Salt and black pepper to taste

### Directions:

1. In a large pan, heat oil over medium heat.
2. Add onions and stir until soft, about 5 minutes
3. Add bell pepper and stir until soft, about 3 minutes.
4. Add the garlic, cumin, oregano and ginger, and cook for 1 minute longer.
5. Add black beans, vinegar, jalapeño and 1/2 cup of water. Bring to boil, reduce heat to low, cover and simmer for 5 minutes.
6. Season with salt and black pepper.
7. Serve and enjoy!
8. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [thespruceeats.com](http://thespruceeats.com).

## Black Bean Spread

### Ingredients:

1 1/2 cups cooked or 1 can (15 1/2 ounces) of black beans, rinsed  
1 onion, chopped  
3/4 teaspoon paprika  
1 tablespoon apple cider vinegar  
1 tablespoon vegetable oil  
1 garlic clove, minced  
2 tablespoons chopped basil (optional)  
Salt and black pepper to taste

### Directions:

1. In a large bowl, combine all ingredients. Mash together and mix well.
2. Serve and enjoy!
3. Refrigerate leftovers.

**Makes 10 servings.** Adapted from [vegweb.com](http://vegweb.com).

## Quick Tips

- 1 pound of dried beans (2 cups) equals 5 to 6 cups of cooked beans.
- Canned beans can replace cooked or dried beans in any recipe.
- Dried beans can be kept in an airtight container for up to 1 year.

## Kids can:

- Help sort through dried beans before soaking.
- Help mash beans with a fork.

# Blueberries



- Choose blueberries that are firm and not wrinkled.
- Refrigerate for up to 3 days or rinse, place in a plastic bag and freeze for up to 3 to 6 months.
- Before eating, rinse, remove the stems and enjoy!
- Blueberries have vitamin A, which is good for your eyes and skin.

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## Blueberry Thyme Fruit Salad

### Ingredients:

- 1 cup blueberries
- 4 peaches or nectarines, chopped
- 1 tablespoon chopped, fresh thyme
- 2 teaspoons ginger, peeled and grated
- 2 tablespoons lemon juice or more, to taste
- 2 tablespoons water
- 1 peach, grated
- 1 teaspoon grated lemon peel

### Directions:

1. In a large bowl, combine all ingredients and mix well.
2. Chill in the refrigerator for at least 1 hour.
3. Serve and enjoy!
4. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [simplyrecipes.com](http://simplyrecipes.com).

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## Blueberry Grape Relish

### Ingredients:

- 2 cups blueberries
- 2 cups seedless red grapes
- 1 tablespoon honey
- 1 tablespoon minced, fresh ginger
- 1 teaspoon chopped, fresh rosemary
- 2 tablespoons red wine vinegar
- Salt and black pepper to taste

### Directions:

1. In a large frying pan, over medium-high heat, combine blueberries, grapes, honey, ginger, rosemary and vinegar.
2. Bring to a boil, then reduce to low heat and simmer for 15 minutes.
3. Remove pan from heat and season with salt and black pepper.
4. Serve and enjoy!
5. Refrigerate leftovers.

**Makes 10 servings.** Adapted from [marthastewart.com](http://marthastewart.com).

## Quick Tips

- Sprinkle on hot or cold breakfast cereal, or low-fat yogurt.
- Blend blueberries with ice and your favorite fresh or frozen fruit to make a smoothie.

## Kids can:

- Rinse blueberries before eating.
- Place in a bowl or bag for an easy snack at home or on the go.

# Braising Greens



- Braising greens are a mix of dark greens such as collards, kale, Swiss chard, mustard greens, turnip greens and beet greens.
- Look for greens that are moist and crisp, with rich, green leaves.
- Wrap unwashed greens in a damp paper towel, place in a plastic bag and keep in the refrigerator for up to 3 to 5 days.
- Before cooking, rinse well and trim leaves from stem.
- Dark greens have iron, which is good for circulation.

## Collard Greens With Spicy Peanut Sauce

### Ingredients:

1 tablespoon vegetable oil  
1 cup chopped onion  
2 garlic cloves, minced  
1/4 teaspoon crushed red pepper flakes  
6 cups chopped collard greens  
1 cup chopped tomatoes  
2 tablespoons peanut butter  
Salt and black pepper to taste

### Directions:

1. In a large pot, heat oil over medium heat.
2. Add onion, garlic and red pepper flakes and cook until soft, about 5 minutes. Stir often.
3. Add greens and 1/4 cup water. Cover and cook until greens are soft, about 15 minutes.
4. Add tomato and peanut butter. Add black pepper to taste.
5. Stir well. Serve and enjoy!
6. Refrigerate leftovers.

**Makes 6 servings.** Adapted from *The NYC Green Cart Fresh Food Pack*.

## Braised Collard Greens

### Ingredients:

1 tablespoon vegetable oil  
2 teaspoons minced garlic  
1 yellow onion, chopped  
3 medium tomatoes, diced  
1/2 teaspoon curry powder  
1/2 teaspoon coriander  
9 cups chopped collard greens or other leafy greens, stems removed  
1 tablespoon smoked paprika (optional)  
1/4 teaspoon cayenne pepper  
1/2 lemon, juiced  
Salt and black pepper to taste

### Directions:

1. In a large frying pan, heat oil over medium heat.
2. Add onions and garlic and cook until soft, about 3 to 5 minutes. Stir often.
3. Add tomatoes, curry, coriander and paprika. Continue stirring for about 2 minutes.
4. Add 1/4 cup of water, cover and let simmer for 5 minutes.
5. Add collard greens, cayenne pepper and lemon juice. Cover and continue cooking for another 5 to 10 minutes until greens have cooked.
6. Season with salt and black pepper to taste.
7. Serve and enjoy!
8. Refrigerate leftovers.

**Makes 4 servings.** Adapted from [africanbites.com](http://africanbites.com).

## Quick Tips

- Braising greens can be added to soups a few minutes before serving.
- 1 pound of greens is equal to about 8 cups, chopped.

## Kids can:

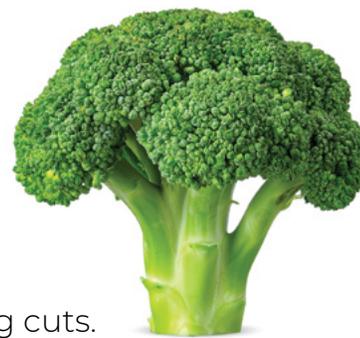
- Rinse greens with cold water.
- Tear greens to add to a recipe.

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*Just Say Yes* to Fruits and Vegetables



# Broccoli



- Choose broccoli with dark green florets.
- Refrigerate unwashed and in a plastic bag for up to 1 week.
- Before cooking, wash and trim florets from stalks. Enjoy florets and stems raw or cooked.
- Broccoli has vitamin C, which is good for fighting colds and healing cuts.

## Broccoli Stir-Fry

### Ingredients:

- 2 teaspoons vegetable oil
- 2 garlic cloves, minced
- 3 cups broccoli florets
- 2 carrots, chopped
- 1 yellow bell pepper, cut into strips
- 1 onion, chopped
- 2 tablespoons lemon juice
- 1/2 teaspoon salt (optional)

### Directions:

1. In a large frying pan, add oil and garlic. Cook over high heat for 2 minutes.
2. Add broccoli, carrots and 1/2 cup of water. Cook for 3 minutes, stirring often.
3. Add bell pepper and onion. Cook for 5 more minutes and continue to stir often.
4. Remove from heat. Vegetables will be crisp and brightly colored.
5. Toss with lemon juice and salt.
6. Serve and enjoy!
7. Refrigerate leftovers.

**Makes 5 servings.**

## Broccoli Chopped Salad

### Ingredients:

- 4 cups broccoli, chopped small
- 3/4 cup dried cranberries or raisins, chopped
- 2 to 3 scallions or green onions, sliced
- 2 carrots, shredded
- 1 cucumber, chopped
- 3 tablespoons apple cider vinegar
- 1/4 cup olive oil
- Salt and black pepper to taste

### Directions:

1. In a large pot, boil 4 cups of water over high heat.
2. Add broccoli and cook for 3 minutes.
3. Rinse broccoli under cold water until cool.
4. Place cooled broccoli, dried fruit and all remaining vegetables in a bowl.
5. To make dressing, whisk together vinegar and oil until combined in a separate bowl.
6. Pour dressing over mixed vegetables and dried fruit. Season with salt and black pepper to taste.
7. Serve and enjoy!
8. Refrigerate leftovers.

**Makes 4 servings.** Submitted by Aranza Portugal, Stellar Farmers Markets.

## Quick Tips

- Eat raw broccoli with a low-fat salad dressing for a healthy, crunchy snack!
- Do not throw away the broccoli stems. They can be sliced and eaten with your favorite dip or sauce!
- Steam broccoli with garlic for a delicious side dish.

## Kids can:

- Wash broccoli.
- Break off broccoli florets from the stalk.

# Brussels Sprouts



- Choose Brussels sprouts that are firm and bright green, with no yellow or wilted leaves and few holes.
- Store unwashed Brussels sprouts in a plastic bag in the refrigerator for up to 10 days.
- Before eating, remove stem and discolored leaves, and rinse well.
- Brussels sprouts have calcium, which helps build strong bones.

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## Brussels Sprouts With Peanut Dressing

### Ingredients:

5 cups thinly sliced Brussels sprouts  
1 tablespoon peanut butter  
1 tablespoon vegetable oil  
1 tablespoon honey  
1 tablespoon vinegar  
1 tablespoon low-sodium soy sauce  
Black pepper to taste

### Directions:

1. In a large bowl, add the Brussels sprouts.
2. To make dressing, mix peanut butter, oil, honey, vinegar and soy sauce in a small bowl.
3. Pour dressing over Brussels sprouts.
4. Add black pepper to taste.
5. Serve and enjoy!
6. Refrigerate leftovers.

**Makes 5 servings.** Submitted by Beth Bainbridge, Stellar Farmers Markets.

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## Brussels Sprouts With Apples and Onions

### Ingredients:

1 tablespoon vegetable oil  
1 cup diced onion  
4 cups sliced Brussels sprouts  
2 cups diced apple  
2 tablespoons lemon juice  
1/2 teaspoon black pepper  
Salt to taste

### Directions:

1. In a large pan, heat oil over medium heat.
2. Add onion. Cook for 5 minutes, until soft.
3. Add Brussels sprouts and cook for 5 minutes.
4. Add the apple and cook 5 to 10 minutes, or until apples are soft.
5. Remove from heat and add lemon juice, black pepper and salt. Mix well.
6. Serve and enjoy!
7. Refrigerate leftovers.

**Makes 8 servings.** Adapted from [nytimes.com](http://nytimes.com).

## Quick Tips

- Shred raw Brussels sprouts and add them to a salad. They are also tasty steamed, roasted or sautéed.
- To roast Brussels sprouts, toss with oil, salt and black pepper. Place on a baking sheet and roast at 400 degrees Fahrenheit for 30 to 40 minutes.
- Cut Brussels sprouts into quarters and add them to casseroles, stews and soups.

## Flavor Flip: Peanut Dressing

- Add 2 cloves of minced garlic and 1 teaspoon fresh ginger to the dressing.

# Butternut Squash

- Choose butternut squash that is heavy for its size and has smooth, firm skin.
- Store in a cool, dry place for up to 3 months.
- Before cooking, wash, cut in half and remove seeds. Leave skin on and bake for 30 minutes at 350 degrees Fahrenheit.
- Butternut squash has potassium, which is good for your heart.



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## Butternut Squash and Apple Cider

### Ingredients:

1 tablespoon vegetable oil  
1 cup chopped onion  
4 cups seeded and cubed butternut squash  
3/4 cup apple cider  
1 tablespoon chopped fresh herbs (sage, rosemary or thyme) or 2 teaspoons dried herbs  
Salt and black pepper to taste

### Directions:

1. In a large pot, heat oil over high heat. Stir in onion and cook until soft.
2. Add squash and apple cider. Cook for about 15 minutes.
3. Stir in herbs, salt and black pepper to taste. Cook for about 2 minutes.
4. Serve and enjoy!
5. Refrigerate leftovers.

**Makes 6 servings.**

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## Butternut Squash With Collard Greens

### Ingredients:

1 tablespoon vegetable oil  
1 onion, chopped  
1 red bell pepper, chopped  
3 cups seeded and cubed butternut squash  
3 cups chopped collard greens  
1/4 teaspoon salt  
Black pepper to taste

### Directions:

1. In a large pot, heat oil over medium-high heat. Stir in onion and bell pepper and cook until soft.
2. Add squash and cook covered for 5 minutes.
3. Add collard greens, salt, black pepper and 1/2 cup of water. Add more water as needed to prevent sticking. Cook until vegetables are soft, about 8 to 10 minutes.
4. Serve and enjoy!
5. Refrigerate leftovers.

**Makes 4 servings.**

## Quick Tips

- Try all types of winter squash: butternut, acorn, Hubbard and kabocha squash. Each has a different flavor and texture.
- Any winter squash can be swapped for another in recipes.
- Add leftover cooked squash to yogurt or oatmeal.
- Add squash to a soup or casserole.
- Bake seeds for a yummy snack!

## Kids can:

- Remove seeds from squash.
- Stuff squash halves with a vegetable mixture.

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# Cabbage

- Choose cabbage that is firm with no brown spots.
- Refrigerate unwashed cabbage for up to 2 weeks.
- Before eating, remove the outer leaves and rinse well.
- Cabbage has vitamin C, which is good for fighting colds and healing cuts.



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## Cabbage and Dill Salad

### Ingredients:

2 cups shredded cabbage  
1 cup grated carrots  
1 tablespoon vegetable oil  
2 tablespoons apple cider vinegar  
1 tablespoon minced dill (optional)  
Salt and black pepper to taste

### Directions:

1. In a large bowl, add cabbage and carrots. Mix well.
2. To make dressing, add oil, vinegar, dill, salt and black pepper to a small bowl. Mix well.
3. Pour oil and vinegar dressing over cabbage mixture and toss.
4. Serve immediately or refrigerate for about 30 minutes before serving. Enjoy!
5. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [recipes.sparkpeople.com](http://recipes.sparkpeople.com).

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## Stewed Cabbage

### Ingredients:

2 teaspoons vegetable oil  
1 onion, chopped  
2 garlic cloves, minced  
2 celery stalks, chopped  
3 cups chopped cabbage  
2 cups chopped tomatoes or 1 can (14 1/2 ounces) stewed tomatoes  
Salt and black pepper to taste

### Directions:

1. In a large frying pan, heat oil over medium heat.
2. Add onion, garlic and celery.
3. Cook for 5 minutes or until soft.
4. Add cabbage and tomatoes and cook uncovered for 3 minutes. Cover pan and cook on low for about 20 minutes, until cabbage is soft. Stir often.
5. Season with salt and black pepper.
6. Serve hot or cold and enjoy!
7. Refrigerate leftovers.

**Makes 4 servings.**

## Quick Tips

- Cabbage makes a delicious raw salad. Simply chop or shred and toss with your favorite dressing.
- Cabbage leaves can be filled with cooked rice and beans.
- Add shredded cabbage to a soup, stir-fry or stew for more bulk, nutrients and flavor.

## Kids can:

- Remove the outer leaves from the heads of cabbage.
- Stuff leaves with filling.

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## Haitian Pikiliz

### Ingredients:

1 1/2 cups shredded cabbage  
1 cup sliced onion  
1/2 cup shredded carrots  
1/2 cup bell pepper, thinly sliced  
1/8 teaspoon ground cloves  
1/2 teaspoon salt  
1/4 Scotch bonnet pepper, cut lengthwise, stem removed, seeds left intact  
2 tablespoons lemon juice  
1 cup white vinegar

### Directions:

1. In a large bowl, combine cabbage, onion, carrots, sliced bell pepper, ground cloves and salt.
2. In a small bowl, mix lemon juice and vinegar. Pour mixture over cabbage mixture.
3. Add the halved Scotch bonnet pepper to the mixture and allow the ingredients to marinate for at least 15 minutes.\*
4. Once ready, remove the Scotch bonnet pepper. Serve and enjoy!
5. Refrigerate leftovers.

Serves 15 to 20 people as a condiment for savory dishes.  
Adapted from [savorythoughts.com](http://savorythoughts.com).

\*Typically, Pikiliz is marinated at least 24 to 48 hours before serving, but it can be served right after making.

## Quick Tips

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## Kids can:

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## Taiwanese Cabbage With Chili and Garlic

### Ingredients:

- 4 cups chopped green cabbage
- 1 teaspoon salt
- 1 tablespoon vegetable oil
- 1 jalapeño, deseeded and cut into thin slices
- 1 garlic clove, minced
- 2 teaspoons low-sodium soy sauce

### Directions:

1. Place the cabbage in a large bowl, sprinkle with salt and mix well. Let sit for at least 5 minutes, allowing the salt to draw out water from the cabbage.
2. After 5 minutes, drain the water from the bowl. Rinse off any excess salt and set aside in a colander to dry or use a clean towel to pat the cabbage dry.
3. Heat a large pan over medium-high heat and add oil. Once the oil is hot, add the jalapeño and garlic. Stir quickly for about 5 seconds to keep them from burning.
4. Add the cabbage and cook for 3 to 5 minutes with minimal stirring. Allow the edges of the cabbage to brown.
5. Increase the heat to high. Stir the cabbage and cook for 2 more minutes.
6. Turn off heat, add the soy sauce and stir.
7. Serve hot and enjoy!
8. Refrigerate leftovers.

**Makes 4 servings.** Adapted from *Vegetarian Chinese Soul Food* by Hsiao-Ching Cho.

### Quick Tips

- Cabbage makes a delicious raw salad. Simply chop or shred and toss with your favorite dressing.
- Cabbage leaves can be filled with cooked rice and beans.
- Add shredded cabbage to a soup, stir-fry or stew for more bulk, nutrients and flavor.

### Kids can:

- Remove the outer leaves from the heads of cabbage.
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## Repollo Guisado (Dominican Cabbage Stew)

### Ingredients:

- 1 tablespoon vegetable oil
- 1 onion, diced
- 1 clove garlic, minced
- 1 medium bell pepper, cut into strips
- 1 medium tomato, diced
- 1 tablespoon tomato paste
- 1 cup water
- 3 cups shredded cabbage
- 1 tablespoon chopped green olives
- 1 teaspoon vinegar
- 1/4 teaspoon cayenne pepper
- 1/2 cup chopped cilantro
- Salt and black pepper to taste

### Directions:

1. Heat the oil in a large pan over medium heat.
2. Add the onions and garlic and cook until soft, about 2 minutes.
3. Reduce the heat to low. Add the bell pepper and tomatoes and cook for 3 minutes.
4. In a small bowl, mix the tomato paste with 1 cup of water. Add to the pan and cook for 2 to 3 minutes.
5. Stir in the cabbage, olives, vinegar and cayenne pepper. Cover the pan and simmer over low heat until the cabbage is soft, about 15 minutes.
6. Stir in the cilantro and season with salt and black pepper to taste.
7. Serve and enjoy!
8. Refrigerate leftovers.

**Makes 4 servings.** Adapted from [dominicancooking.com](http://dominicancooking.com).

### Quick Tips

- Cabbage makes a delicious raw salad. Simply chop or shred and toss with your favorite dressing.
- Cabbage leaves can be filled with cooked rice and beans.
- Add shredded cabbage to a soup, stir-fry or stew for more bulk, nutrients and flavor.

### Kids can:

- Remove the outer leaves from the heads of cabbage.
- Stuff leaves with filling.

For healthy eating tips, like us on Facebook at [facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc).  
For more information about Stellar Farmers Markets, visit [nyc.gov/health/farmersmarkets](http://nyc.gov/health/farmersmarkets).  
Visit [jsyfruitveggies.org](http://jsyfruitveggies.org) for more great recipes. This material was funded by the United States Department of Agriculture (USDA) Supplemental Nutrition Assistance Program (SNAP).

*Just Say Yes* to Fruits and Vegetables

**NYC**  
Health

# Carrots

- Choose carrots that are firm, smooth and without cracks.
- Refrigerate unwashed raw carrots for up to 2 weeks. Refrigerate cooked carrots for up to 3 days.
- Before eating, scrub and rinse well. There is no need to peel the skin, which is full of nutrients.
- Carrots have vitamin A, which is good for your eyes and skin.



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## Carrot Raisin Salad

### Ingredients:

2 cups shredded carrots  
1/4 cup raisins  
1 apple, diced  
1 tablespoon vegetable oil  
2 tablespoons lemon juice  
1 garlic clove, minced  
1/4 teaspoon cinnamon  
Salt and black pepper to taste

### Directions:

1. In a large bowl, add the carrots, raisins and apple.
2. To make dressing, combine all other ingredients in a small bowl and mix well.
3. Pour the dressing over carrots and raisins. Stir well.
4. Chill, serve and enjoy!
5. Refrigerate leftovers.

**Makes 5 servings.**

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## Braised Carrots and Tomatoes

### Ingredients:

1 tablespoon vegetable oil  
1 tablespoon whole coriander or cumin seeds (or 1 teaspoon ground)  
1 cup chopped onion  
4 cups chopped carrots  
4 garlic cloves, minced  
1 cup chopped tomatoes  
1/2 cup chopped mint  
Salt and black pepper to taste

### Directions:

1. In a large pot, heat oil over medium-high heat.
2. Add coriander or cumin and onion, and cook until soft, about 5 minutes.
3. Add carrots and garlic and cook 3 minutes.
4. Add tomatoes and half of the mint. Cook until carrots are soft, about 10 minutes.
5. Turn off heat and add black pepper and the remaining mint.
6. Serve and enjoy!
7. Refrigerate leftovers.

**Makes 4 servings.** Adapted from [nytimes.com](http://nytimes.com).

## Quick Tips

- Eat carrot sticks with low-fat salad dressing or dip.
- Shred carrots into a soup or salad.
- Wash and cook carrot tops to eat as greens.

## Kids can:

- Remove greens.
- Scrub carrot skins.

# Chickpeas

- Before cooking dried beans, remove pebbles and any shriveled beans. Soak for at least 8 hours.
- For a quicker prep time, cover chickpeas and bring to a boil. Turn off heat and allow beans to soak for 1 to 2 hours. Drain, rinse and cover with fresh water. Simmer until soft.
- Beans are an affordable source of protein and fiber.



## Chickpea Salad

### Ingredients:

1 small onion, finely diced  
1/2 cup white vinegar  
1 green bell pepper, diced  
1 tomato, diced  
1 garlic clove, minced  
1 1/2 cups cooked or 1 can  
(15 1/2 ounces) chickpeas,  
drained and rinsed  
2 tablespoons vegetable oil  
1/4 cup cilantro, finely chopped  
1 teaspoon smoked paprika  
1 teaspoon cumin  
Salt and black pepper to taste

### Directions:

1. In a small bowl, place onions and cover with vinegar. Set aside for 10 minutes.
2. Mix bell pepper, tomato, garlic and chickpeas.
3. Mix in oil, cilantro, paprika and cumin.
4. Drain vinegar from the onions and add to the salad.
5. Add salt and black pepper to taste.
6. Serve and enjoy!
7. Refrigerate leftovers.

**Makes 7 servings.** Adapted from [jehancancook.com](http://jehancancook.com).

### Quick Tips

- 1 pound of dried chickpeas (2 cups) equals 5 to 6 cups of cooked chickpeas.
- Dried chickpeas can be kept in an airtight container for up to 1 year.

### Kids can:

- Help pour water over dried beans to soak and cook.
- Help mash cooked beans with a fork.

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*Just Say Yes* to Fruits and  
Vegetables

**NYC**  
Health

# Chickpeas

- Before cooking dried beans, remove pebbles and any shriveled beans. Soak for at least 8 hours.
- For a quicker prep time, cover chickpeas and bring to a boil. Turn off heat and allow beans to soak for 1 to 2 hours. Drain, rinse and cover with fresh water. Simmer until soft.
- Beans are an affordable source of protein and fiber.



## Chickpea Curry

### Ingredients:

2 tablespoons vegetable oil  
1/2 medium onion, diced  
4 garlic cloves, minced  
1/2 teaspoon cumin  
2 1/2 tablespoons curry powder  
3 large potatoes, diced  
1 1/2 cups cooked or 1 can  
(15 1/2 ounces) chickpeas,  
drained and rinsed  
4 cups baby spinach, tightly  
packed  
1 lime, juiced  
1/2 cup fresh herbs, finely  
chopped (parsley, basil, thyme  
or cilantro)  
Salt and black pepper to taste

### Directions:

1. In a large pan, heat oil over medium-low heat. Add onion and garlic and sauté for 2 to 3 minutes or until soft.
2. Add cumin and curry powder and sauté for 3 to 5 minutes.
3. Turn heat to medium-high, stir in potatoes and add 2 1/2 cups of water. Bring to a boil.
4. Reduce heat to low, partially cover with a lid. Gently simmer for 10 minutes or until potatoes are soft.
5. Add chickpeas and baby spinach, cover with the lid, and cook for 1 to 2 minutes or until the spinach wilts down.
6. Remove from the heat, mix in fresh herbs, and add salt and black pepper to taste.
7. Serve and enjoy!
8. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [caribbeanpot.com](http://caribbeanpot.com).

### Quick Tips

- 1 pound of dried chickpeas (2 cups) equals 5 to 6 cups of cooked chickpeas.
- Dried chickpeas can be kept in an airtight container for up to 1 year.

### Kids can:

- Help pour water over dried beans to soak and cook.
- Help mash cooked beans with a fork.

# Corn

- Look for fresh green husks with no rotten spots.
- Leave husk on and wrap in a plastic bag. Refrigerate for up to 7 days.
- Corn can be eaten raw. Just remove the silky husks, rinse, cut the kernels off the cob and enjoy!
- Corn has fiber, which helps to keep you regular.



## Raw Corn Salad

### Ingredients:

4 ears of corn  
1 red onion, chopped  
2 tomatoes, chopped  
2 carrots, grated  
2 tablespoons vegetable oil  
1/4 cup vinegar  
1 cup chopped fresh cilantro  
Salt and black pepper to taste

### Directions:

1. Remove husks from corn, rinse and cut off kernels from the cob.
2. In a large bowl, combine corn, onion, tomatoes and carrots.
3. To make dressing, combine oil, vinegar, cilantro, salt and black pepper in a small bowl. Mix well.
4. Pour dressing on the salad and toss.
5. Serve and enjoy!
6. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [greenmarketrecipes.com](http://greenmarketrecipes.com).

## Fresh Corn Polenta

### Ingredients:

4 ears of corn  
1 tablespoon vegetable oil  
1/2 cup chopped onion  
1/2 teaspoon salt  
Salt and black pepper to taste

### Directions:

1. Remove husks from corn, rinse and grate corn kernels using a box grater. Reserve corn solids and liquids.
2. In a large pot, heat oil over medium heat. Add onion and cook until soft, about 5 minutes.
3. Add corn and cook until thick, about 3 minutes.
4. Remove from heat and add salt and black pepper to taste
5. Serve and enjoy!
6. Refrigerate leftovers.

**Makes 4 servings.** Adapted from [food52.com](http://food52.com).

## Quick Tips

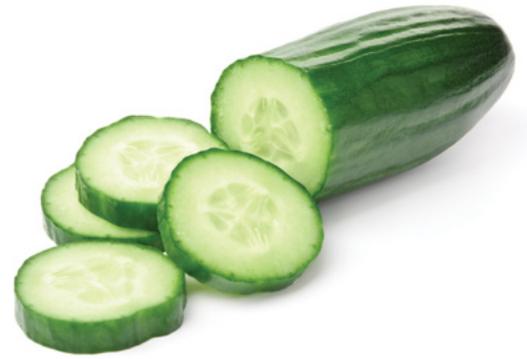
- You can eat corn raw, boiled or grilled, or add it to salads, soups, stews or stir-fries.
- To boil corn, remove husks and the silky part from the top, then place whole ears in boiling water for 7 minutes.
- 1 ear of corn gives you about 3/4 cup of kernels.

## Kids can:

- Remove corn husks and silk.
- Stir corn salad ingredients.

# Cucumbers

- Choose firm cucumbers without spots or bruises.
- Refrigerate whole cucumbers for up to 1 week.
- Before eating, rinse and cut off the ends. The skin and seeds can be eaten and are full of fiber and nutrients.
- Cucumbers contain lots of water, which helps to keep you hydrated.



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## Sweet and Spicy Cucumbers

### Ingredients:

3 cucumbers, thinly sliced  
1/2 red onion, chopped  
1/2 cup red wine vinegar  
2 tablespoons sugar  
1/4 teaspoon salt  
1/4 teaspoon red pepper flakes

### Directions:

1. In a large bowl, combine the cucumbers and red onion.
2. To make dressing, stir together 1/2 cup of water, vinegar, sugar, salt and red pepper flakes in a small bowl.
3. Pour the dressing on the cucumbers and mix gently.
4. Serve chilled and enjoy!
5. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [ourbestbites.com](http://ourbestbites.com).

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## Cucumber Tomato Salad

### Ingredients:

2 cucumbers, sliced  
2 tomatoes, chopped  
1 onion, sliced  
1/2 teaspoon chopped garlic  
1/2 teaspoon dried oregano (optional)  
1 tablespoon vegetable oil  
3 tablespoons vinegar  
Salt and black pepper to taste

### Directions:

1. In a medium bowl, combine all ingredients.
2. Chill for 1 hour.
3. Stir and serve. Enjoy!
4. Refrigerate leftovers.

**Makes 6 servings.**

## Quick Tips

- Add chopped cucumbers to salads or sandwiches for extra crunch.
- Slice cucumbers in half lengthwise and scoop out seeds. Fill with low-fat cottage cheese, tuna or egg salad.
- Make quick pickles: Mix the same amount of vinegar and water with a pinch of salt and your favorite spices. Pour over cucumber slices and enjoy in 1 hour.

## Kids can:

- Rinse cucumbers before eating.
- Cut cucumbers with a plastic knife.

# Eggplant



- Choose eggplants with smooth skin and no soft spots.
- Store unwashed eggplants in the refrigerator for up to 10 days.
- Before cooking, rinse and cut off the tops. Skin and seeds can be eaten and contain fiber and nutrients.
- Eggplants have antioxidants, which help to fight disease.

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## Eggplant With Basil

### Ingredients:

1 tablespoon vegetable oil  
1/2 jalapeño, seeded and diced  
2 garlic cloves, diced  
1 tablespoon fresh ginger, peeled and minced  
8 cups diced eggplant  
2 tablespoons low-sodium soy sauce  
1 teaspoon honey or sugar  
1 cup chopped basil  
Salt and black pepper to taste

### Directions:

1. In a large pan, heat oil over medium heat. Add jalapeño, garlic and ginger, and cook for 2 minutes. Stir often.
2. Add eggplant and stir. Add 1 cup of water, cover pan and cook until eggplant is soft, about 6 to 7 minutes. Add extra water if needed.
3. Add soy sauce and honey and stir. Turn off heat.
4. Add basil and stir. Add salt and black pepper to taste.
5. Serve hot and enjoy!
6. Refrigerate leftovers.

**Makes 8 servings.** Adapted from [thaitable.com](http://thaitable.com).

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## Tomato and Eggplant Stew

### Ingredients:

1 tablespoon vegetable oil  
1 cup chopped onion  
1 cup chopped green bell pepper  
2 garlic cloves, diced  
8 cups chopped eggplant  
3 cups chopped fresh tomatoes  
1 tablespoon fresh or 2 teaspoons dried thyme  
Salt and black pepper to taste

### Directions:

1. In a large pot, heat oil over medium heat. Add onion and bell pepper and cook until soft.
2. Add garlic and cook for 1 minute. Add eggplant and cook for an additional 5 minutes.
3. Add tomatoes and thyme, stir and bring to a boil. Reduce heat to low and cook until sauce thickens and eggplant is fully cooked, about 15 minutes. Add salt and black pepper to taste. Stir often.
4. Serve hot or warm and enjoy!
5. Refrigerate leftovers.

**Makes 8 servings.** Adapted from [nytimes.com](http://nytimes.com).

## Quick Tips

- Use diced eggplant in cooked vegetable side dishes or entrées.
- All eggplant varieties can be used in place of one another in recipes. Try new colors and shapes!
- Eggplant is great grilled. Top with oil, salt and black pepper, and place on a hot grill.

## Kids can:

- Rinse eggplants before cooking.
- Cut a piece of eggplant into small pieces with a plastic knife.

# Fruit-Infused Water

- Drink plenty of water every day. Drink more water when it is hot outside and when you are physically active.
- Drink New York City tap water. It is free, clean and good for you. Fill a water bottle and carry it with you during the day.
- Get creative! Add flavor to water by adding a slice of your favorite fruit.



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## Spring: Strawberry and Basil

### Ingredients:

2 cups sliced strawberries  
1/4 cup fresh basil leaves  
Water or carbonated water  
Ice

### Directions:

1. Add strawberries and basil to a pitcher.
2. Gently press mixture with a spoon to release some of the juices.
3. Add ice to the pitcher, then fill with water. Stir to mix.
4. Serve immediately or cover and chill in the refrigerator. Enjoy!

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## Early Summer: Mixed Berry

### Ingredients:

2 cups blueberries, raspberries  
and blackberries  
Water or carbonated water  
Ice

### Directions:

1. Add berries to a pitcher.
2. Gently press mixture with a spoon to release some of the juices.
3. Add ice to the pitcher, then fill with water. Stir to mix.
4. Serve immediately or cover and chill in the refrigerator. Enjoy!

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## Late Summer: Watermelon and Jalapeño

### Ingredients:

2 cups chopped watermelon  
1/2 jalapeño, seeds removed  
and sliced thin  
Water or carbonated water  
Ice

### Directions:

1. Add watermelon and jalapeño to a pitcher.
2. Gently press mixture with a spoon to release some of the juices.
3. Add ice to pitcher, then fill with water. Stir to mix.
4. Serve immediately or cover and chill in the refrigerator. Enjoy!

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## Fall and Winter: Apple, Pear and Ginger

### Ingredients:

1 apple, sliced  
1 pear, sliced  
2 tablespoons minced ginger  
Water or carbonated water  
Ice

### Directions:

1. Add apple, pear and ginger to a pitcher.
2. Gently press mixture with a spoon to release some of the juices.
3. Add ice to pitcher, then fill with water. Stir to mix.
4. Serve immediately or cover and chill in the refrigerator. Enjoy!

# Green Beans



- Choose firm and crisp fresh green beans.
- Put in a loosely closed plastic bag and keep in the refrigerator for up to 5 days.
- Rinse green beans and remove ends before eating.
- Green beans have vitamin A, which is good for your eyes and skin.

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## Green Bean Stir-Fry With Corn

### Ingredients:

- 2 tablespoons vegetable oil
- 2 garlic cloves, minced
- 1 jalapeño, seeded and minced
- 4 cups chopped green beans
- 1 cup corn
- 2 tablespoons chopped scallions
- 1 cup chopped cilantro
- 2 tablespoons low-sodium soy sauce
- 1 teaspoon honey

### Directions:

1. In a large pan, heat oil over medium-high heat.
2. Add garlic and jalapeño and cook 1 minute. Stir often.
3. Add green beans, corn and scallions. Mix well.
4. Cook until green beans are soft, about 4 to 5 minutes. Stir often.
5. Reduce heat to medium. Add cilantro, soy sauce and honey. Stir well and cook 1 minute.
6. Serve and enjoy!
7. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [bonappetit.com](http://bonappetit.com).

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## Green Bean and Cherry Tomato Salad

### Ingredients:

- 4 cups chopped green beans
- 4 cups cherry tomatoes, halved
- 1/4 cup sliced fresh basil
- 3 tablespoons vegetable oil
- 2 tablespoons apple cider vinegar
- 3 tablespoons minced shallots
- 1/8 teaspoon crushed red pepper flakes (optional)

### Directions:

1. In a large pot, boil 2 cups of water over high heat.
2. Add green beans and cook to desired firmness.
3. Rinse green beans under cold water until cool.
4. Combine cooled green beans, tomatoes and basil in a bowl.
5. To make dressing, combine oil, vinegar, shallots and red pepper flakes in a small bowl. Mix well.
6. Add dressing to vegetables and mix well.
7. Serve and enjoy!
8. Refrigerate leftovers.

**Makes 8 servings.** Adapted from [smittenkitchen.com](http://smittenkitchen.com).

## Quick Tips

- Add green beans to a soup, stew or stir-fry.
- Green beans can be eaten raw. Chop fresh green beans and add them to a tossed salad for some crunch.
- Stir-fry with garlic and a small amount of oil for a tasty side dish.

## Kids can:

- Wash green beans.
- Break green beans into pieces.

# Lettuce

- Choose lettuce that is firm and green, and that smells sweet.
- Wrap unwashed lettuce in a paper towel or clean cotton dish towel and place in a plastic bag. Refrigerate for 3 to 7 days. Rinse just before using.
- Before eating, remove the center core and outer wilted leaves. Rinse well and dry with a clean towel.
- Lettuce has vitamin A, which is good for your eyes and skin.



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## Lettuce and Apple Salad

### Ingredients:

6 cups shredded lettuce  
2 apples, chopped  
1/2 cup carrot, shredded  
1/2 cucumber, chopped  
2 tablespoons olive oil  
2 teaspoons red wine vinegar  
2 teaspoons balsamic vinegar  
1 garlic clove, minced  
Salt and black pepper to taste

### Directions:

1. In a large bowl, add the lettuce, apples, carrots and cucumber. Toss lightly.
2. In a small bowl, add the garlic and a pinch of salt and press it with the back of a spoon until you get a smooth garlic paste.
3. Add oil, red wine and balsamic vinegars, another pinch of salt and black pepper, and stir in a small bowl to combine.
4. Pour dressing on salad and toss. Enjoy!
5. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [jsyfruitveggies.org](http://jsyfruitveggies.org).

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## Stir-Fried Lettuce

### Ingredients:

2 teaspoons vegetable oil  
4 garlic cloves, minced  
1 tablespoon low-sodium soy sauce  
1 teaspoon honey or sugar  
2 heads lettuce, chopped  
1/4 teaspoon crushed red pepper flakes (optional)  
Salt and black pepper to taste

### Directions:

1. In a large pot, heat oil over medium heat.
2. Add garlic and cook for 2 minutes. Stir often.
3. Add soy sauce and honey (or sugar) and stir.
4. Add lettuce and cook until lettuce is soft, about 2 to 3 minutes.
5. Add red pepper flakes and salt and black pepper to taste.
6. Serve hot and enjoy!
7. Refrigerate leftovers.

**Makes 4 servings.** Submitted by Beth Bainbridge, Stellar Farmers Markets.

## Quick Tips

- Lettuce is great cooked! Shred leaves and add to a soup or stir fry just like other leafy greens.
- Squeeze lemon juice and a bit of oil over lettuce for a quick salad.
- The darker the color of lettuce, the richer it is in nutrients.

## Kids can:

- Rinse lettuce in cold water.
- Tear lettuce leaves.

# Melons

- Choose melons that smell good, are heavy for their size and do not have bruises.
- Keep melons out of direct sunlight and at room temperature until ripe, then refrigerate. Melons are ripe when they have a strong scent. Keep cut melons in the refrigerator.
- Before eating, rinse the rinds, remove the seeds and cut into pieces or slices.
- Melons have potassium, which is good for your heart.



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## Melon Gazpacho

### Ingredients:

4 cups chopped melon  
(cantaloupe and honeydew)  
2 cups chopped tomatoes  
3 cups chopped red and  
green bell peppers  
1/2 cup chopped scallions  
1/2 jalapeño, chopped with  
seeds removed  
3 garlic cloves  
1/4 cup lemon juice  
1 tablespoon vegetable oil  
Salt and black pepper to taste

### Directions:

1. In a blender or food processor, puree all ingredients.
2. Add salt and black pepper to taste.
3. Enjoy or refrigerate and serve cold.
4. Refrigerate leftovers.

**Makes 7 servings.** Adapted from [tastingtable.com](http://tastingtable.com).

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## Melon Salad With Fresh Herbs

### Ingredients:

3 cups chopped cantaloupe  
1/2 jalapeño, diced  
1/4 cup fresh cilantro  
1/4 cup fresh basil  
1/4 cup fresh mint  
1/4 cup fresh lime juice  
Salt and black pepper to taste

### Directions:

1. In a large bowl, combine all ingredients and mix well.
2. Add salt and black pepper to taste.
3. Enjoy or refrigerate and serve cold.
4. Refrigerate leftovers.

**Makes 4 servings.** Submitted by Beth Bainbridge,  
Stellar Farmers Markets.

## Quick Tips

- Blend together melon, non-fat yogurt and fresh herbs for a refreshing smoothie.
- Add melon cubes or melon balls to fruit salads.
- Add melon to a green salad for a sweet burst of flavor.

## Kids can:

- Scoop out melon seeds.
- Help choose a ripe melon by smelling it when buying.

# Peaches

- Choose peaches with reddish, velvety skin.
- Keep peaches out of direct sunlight and at room temperature until ripe. Refrigerate ripe peaches for up to 5 days.
- Rinse before eating.
- Peaches have vitamin A, which is good for your eyes and skin.



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## Peach Compote

### Ingredients:

4 cups chopped peaches  
2 cups chopped nectarines  
or plums  
2 tablespoons honey  
1 teaspoon lemon zest  
1 cinnamon stick or 1 teaspoon  
ground cinnamon

### Directions:

1. In a pot over medium heat, add fruit and honey.
2. Add lemon zest and cinnamon. Stir.
3. Cook until fruit is soft, about 10 to 12 minutes.
4. Serve immediately or refrigerate and enjoy cold.
5. Refrigerate leftovers.

**Makes 4 servings.** Adapted from [marthastewart.com](http://marthastewart.com).

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## Just Peachy Salsa

### Ingredients:

2 cups diced peaches  
3/4 cup diced cucumber  
1/4 cup finely diced red onion  
1/4 cup chopped cilantro  
1 jalapeño, seeds removed  
and finely diced  
2 tablespoons lime juice  
Salt and black pepper to taste

### Directions:

1. In a medium bowl, combine all ingredients and toss well.
2. Serve or chill and enjoy!
3. Refrigerate leftovers.

**Makes 8 servings.** Adapted from [vegetariantimes.com](http://vegetariantimes.com).

## Quick Tips

- Put peach slices on hot or cold breakfast cereals, waffles or pancakes.
- Chop peaches and add to low-fat yogurt.
- Do not throw away bruised peaches. Slightly damaged fruit can be cooked into a delicious sauce.

## Kids can:

- Rinse peaches.
- Add chopped peaches to salsas.

# Pears

- Choose pears that are slightly soft around the stem and have no bruises.
- Refrigerate for up to 5 days.
- Rinse well before eating.
- Pears have fiber, which helps to keep you regular.



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## Poached Pears With Cider Sauce

### Ingredients:

3 cups apple cider  
1 teaspoon cinnamon  
2 slices fresh ginger root  
4 pears, cored and chopped  
1 teaspoon mint leaves (optional)

### Directions:

1. In a large pot over medium heat, bring the cider, cinnamon and ginger to a boil.
2. Add the pears and cook for about 15 minutes. Remove pears.
3. Raise heat to high and cook liquid until it thickens.
4. Pour liquid over pears and add mint leaves.
5. Serve and enjoy!
6. Refrigerate leftovers.

**Makes 6 servings.** Adapted from *The Angelica Home Kitchen* by Leslie McEachern.

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## Pear Chutney

### Ingredients:

4 pears, cored and finely sliced  
1 onion, chopped  
2 teaspoons honey  
1/2 cup white wine vinegar  
1 cinnamon stick  
1 small bay leaf  
Salt and black pepper to taste

### Directions:

1. In a large pot, combine all ingredients over medium heat and bring to a boil.
2. Reduce heat to low and cook for 10 minutes or until the pears turn soft and the mixture thickens.
3. Let cool, serve and enjoy!
4. Refrigerate leftovers.

**Makes 4 servings.** Adapted from **foodandwine.com**.

## Quick Tips

- Chop pears and add to a tossed salad.
- Layer pear slices on cheese and crackers.
- Try sliced pears on a peanut butter sandwich.

## Kids can:

- Rinse pears.
- Chop pears with a plastic knife.

# Peppers

- Choose firm peppers with no soft spots.
- Refrigerate peppers for up to 10 days.
- Before eating, rinse and remove the stem, core and seeds.
- Peppers have vitamin C, which is good for fighting colds and healing cuts.



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## Bell Pepper and White Bean Salad

### Ingredients:

3 cups chopped arugula or spinach leaves  
1 cup chopped red bell pepper  
1/3 cup sliced red onion  
1 1/2 cups cooked or 1 can (15 1/2 ounces) white beans, rinsed and drained  
1 1/2 tablespoons balsamic vinegar, or other vinegar  
1 tablespoon vegetable oil  
1 garlic clove, minced  
Salt and black pepper to taste

### Directions:

1. In a large bowl, combine arugula (or spinach), peppers, red onion and white beans.
2. To make dressing, mix vinegar, oil, garlic, salt and black pepper in a small bowl.
3. Pour dressing over salad and mix well.
4. Serve and enjoy!
5. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [cookinglight.com](http://cookinglight.com).

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## Pepper and Tomato Stew

### Ingredients:

1 tablespoon vegetable oil  
1 cup chopped onion  
3 garlic cloves, sliced  
5 cups chopped tomatoes  
5 cups chopped yellow and red bell peppers  
2 teaspoons paprika  
1/4 teaspoon red pepper flakes (optional)  
Salt and black pepper to taste

### Directions:

1. In a large pot, heat oil over medium heat.
2. Add onion and garlic and cook until soft, about 5 minutes. Stir often.
3. Add tomatoes, peppers, paprika and red pepper flakes, and stir. Cook until peppers are soft, about 20 minutes.
4. Serve hot and enjoy!
5. Refrigerate leftovers.

**Makes 6 servings.** Adapted from *Vegetarian Cooking for Everyone* by Deborah Madison.

## Quick Tips

- Peppers can be eaten raw. Cut into strips and eat plain or with a low-fat dip.
- To roast peppers, place in a dry pan and cook over medium-high heat until skins darken. Place in a covered bowl for 5 minutes. Remove seeds and chop.
- Add chopped peppers to pasta sauce or rice dishes.

## Kids can:

- Rinse peppers before using.
- Help remove the seeds with a spoon.

# Plums

- Choose plums that are slightly soft to the touch.
- Store unripe plums on the counter at room temperature. Store ripe plums in the refrigerator for several days.
- Plums are sweeter and juicier at room temperature.
- Plums have vitamin K, which helps to heal cuts and build bones.



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## Spiced Plums

### Ingredients:

6 black or red plums, chopped  
1 tablespoon honey  
3/4 teaspoon cinnamon  
1/2 teaspoon allspice (optional)

### Directions:

1. In a medium pot over high heat combine plums, honey, cinnamon and allspice.
2. Bring to a boil, then reduce heat and cover. Cook for 10 minutes, stirring often.
3. Remove cover and cook 5 more minutes, or until plums thicken.
4. Serve and enjoy!
5. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [theveggieclub.wordpress.com](http://theveggieclub.wordpress.com).

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## Plum Cucumber Salad

### Ingredients:

6 black or red plums, diced  
1 1/2 cups diced cucumbers  
1/2 red onion, diced  
1 red bell pepper, diced  
1/4 cup chopped cilantro (optional)  
2 tablespoons balsamic vinegar, or other vinegar  
1 tablespoon vegetable oil  
Salt and black pepper to taste

### Directions:

1. In a large bowl, combine plums, cucumber, onion, bell pepper and cilantro.
2. To make dressing, whisk vinegar, oil, salt and black pepper in a small bowl.
3. Add dressing to the large bowl and toss well.
4. Serve and enjoy!
5. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [finecooking.com](http://finecooking.com).

## Quick Tips

- Different types of plums can be used in place of another in recipes. Try new colors and shapes!
- Plums can be frozen. Rinse, dry and remove the pit before freezing.
- Do not let bruised plums go to waste! Add them to a blender along with banana and yogurt for a delicious smoothie.

## Kids can:

- Rinse plums before using and eating.
- Help shop for different kinds of plums at the market.

# Potatoes

- Choose potatoes that are firm and have no green spots.
- To keep potatoes and onions from spoiling too quickly, keep them separate and store in a cool, dry place for up to 2 weeks. Skins are delicious and nutritious. Just scrub and rinse well before preparing.
- Potatoes have potassium, which is good for your heart.



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## Smashed Potatoes With Kale

### Ingredients:

1 tablespoon vegetable oil  
5 garlic cloves, minced  
6 cups diced potatoes  
6 cups diced kale  
3 tablespoons chopped  
scallions, whites and greens  
1/4 teaspoon red pepper flakes  
Salt and black pepper to taste

### Directions:

1. In a large frying pan, heat oil over medium heat.
2. Add garlic and scallion whites. Cook for 2 minutes, stirring often.
3. Add potatoes and cook for 5 minutes.
4. Add kale and cook for 5 more minutes.
5. Add 1 cup of water, cover and cook 5 more minutes.
6. Mash potatoes and kale until smooth.
7. Add scallion greens, red pepper flakes, salt and black pepper to taste.
8. Serve hot and enjoy!
9. Refrigerate leftovers.

**Makes 8 servings.** Submitted by Beth Bainbridge, Stellar Farmers Markets.

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## Pan-Roasted Potatoes

### Ingredients:

2 tablespoons vegetable oil  
1/2 teaspoon salt  
4 to 5 potatoes, cut into even pieces  
1 tablespoon fresh basil, thyme, parsley or oregano, minced (optional)

### Directions:

1. In a large frying pan, heat oil and salt over medium-high heat. Add potatoes in a single layer, cut side down.
2. Cook for 10 minutes, uncovered. Do not stir!
3. When potatoes turn brown, turn heat to low, cover and cook until potatoes are soft, about 15 minutes.
4. Add fresh herbs and toss to mix.
5. Serve hot and enjoy!
6. Refrigerate leftovers.

**Makes 5 servings.** Adapted from [food52.com](http://food52.com).

## Quick Tips

- Add potatoes to a soup or stew.
- Eat the potato skin to get more fiber and potassium.
- Cover raw, cut potatoes completely with cold water to keep from turning brown. Store in the refrigerator and use within 24 hours.

## Kids can:

- Choose potatoes that are smooth, with few flaws on the skins.

# Pumpkin

- Choose pumpkins with bright orange skin and no spots.
- Store in a cool, dry place for up to 1 month.
- Before cooking, rinse, cut in half, remove seeds and cut into small pieces. Boil or roast until pieces are tender, about 10 to 20 minutes.
- Pumpkin has vitamin A, which is good for your eyes and skin.



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## Curried Pumpkin and Potato

### Ingredients:

1 tablespoon vegetable oil  
1 onion, sliced  
1 garlic clove, chopped  
2 1/2 teaspoons curry powder  
1 pumpkin or any winter squash, chopped  
2 potatoes, chopped  
3/4 cup raisins  
Salt and black pepper to taste  
Chopped fresh cilantro, to taste (optional)

### Directions:

1. In a medium pot, heat oil over medium heat.
2. Add onion and cook for 5 minutes. Add garlic and cook for 1 more minute.
3. Add curry powder, pumpkin, potatoes, salt and black pepper. Cook for 5 minutes, stirring often.
4. Add 1 1/2 cups of water and raisins. Cover and cook until the pumpkin and potatoes are soft, 5 to 10 minutes.
5. Add cilantro. Serve and enjoy!
6. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [countryliving.com](http://countryliving.com).

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## Pumpkin Sage Soup

### Ingredients:

1 tablespoon vegetable oil  
2 cups chopped onion  
2 tablespoons chopped parsley  
2 tablespoons chopped sage  
4 cups diced pumpkin  
3 garlic cloves  
Salt and black pepper to taste

### Directions:

1. In a large pot, heat over medium heat.
2. Add onion, parsley and sage and cook until onion is soft, about 6 to 8 minutes. Stir often.
3. Add pumpkin and garlic and cook 2 minutes.
4. Add 3 cups of water. Cover and cook until pumpkin is tender, about 12 to 15 minutes.
5. Puree in a blender, adding extra water as needed. Add salt and black pepper to taste.
6. Return to pot to reheat or enjoy at room temperature.
7. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [bonappetit.com](http://bonappetit.com).

## Quick Tips

- Puree cooked pumpkin and add to pancake batter.
- Scoop out seeds from the pumpkin and rinse. Salt seeds lightly and bake at 350 degrees Fahrenheit for 15 minutes.
- Pumpkin is a type of winter squash. Any type of winter squash can be used in place of another.

## Kids can:

- Scoop out and rinse pumpkin seeds for baking.
- Measure and add ingredients to recipes.

# Radishes

- Choose firm radishes with smooth skins and no bruises. If the greens are attached, they should not be wilted.
- Remove greens and store unwashed radishes in the refrigerator for up to 2 weeks. Refrigerate radish greens in a damp paper towel for up to 3 days.
- Radishes and radish greens can be eaten raw or cooked.
- Radishes have vitamin C, which is good for fighting colds and healing cuts.



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## Radish Stir-Fry With Sugar Snap Peas

### Ingredients:

1 tablespoon vegetable oil  
1/2 cup diced shallots  
3 cups chopped sugar snap peas  
2 cups sliced radishes  
1/4 cup orange juice  
2 tablespoons chopped fresh dill  
Salt and black pepper to taste

### Directions:

1. In a large pan, heat oil over medium heat.
2. Add shallots and cook until soft, about 3 minutes.
3. Add snap peas and cook 3 minutes. Add radishes and cook 3 more minutes. Stir.
4. Add orange juice and dill.
5. Add salt and black pepper to taste.
6. Mix well. Serve and enjoy!
7. Refrigerate leftovers.

**Makes 4 servings.** Adapted from [smittenkitchen.com](http://smittenkitchen.com).

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## Rita's Pickled Radishes

### Ingredients:

2 cups thinly sliced radishes  
1/2 teaspoon salt  
1 tablespoon honey  
1 cup lime juice (4 limes)  
1 tablespoon chopped mint  
or cilantro (optional)

### Directions:

1. In a small bowl, sprinkle sliced radishes with salt. Set aside.
2. To make dressing, combine honey, lime juice and herbs (if using) in a small bowl and mix.
3. Pour dressing over radishes.
4. Cover and set aside at room temperature for 20 to 30 minutes.
5. Drain liquid before serving.
6. Enjoy or refrigerate and serve cold!
7. Refrigerate leftovers.

**Makes 8 servings.** Submitted by Rita Khatun, Stellar Farmers Markets .

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## Quick Tips

- Radishes can be boiled, baked, steamed or roasted.
- Combine grated radishes and zucchini with lime juice to make a delicious slaw for tacos.
- 1 bunch of radishes gives you about 2 1/2 cups of sliced radishes.

## Kids can:

- Break off radish greens.
- Scrub radishes before preparing.

# Red Beans

- Before cooking dried beans, remove pebbles and any shriveled beans. Soak for at least 8 hours.
- For a quicker prep time, cover dried beans in cold water and bring to a boil. Turn off heat and allow beans to soak for 1 to 2 hours. Drain, rinse and cover with fresh water. Simmer for 1 to 2 hours, or until soft.
- Beans are an affordable source of protein and fiber.
- Kidney beans or pink beans can be substituted for red beans.



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## Habichuelas Criollas (Bean Stew)

### Ingredients:

- 1 tablespoon vegetable oil
- 1 tablespoon sofrito seasoning (see Spice Blends for recipe or use store-bought)
- 1 1/2 cups cooked or 1 can (15.5 ounces) red beans, drained and rinsed
- 4 tablespoons tomato paste
- 1 1/2 teaspoons sazón seasoning (see Spice Blends for recipe or use store-bought)
- 1 1/2 teaspoons adobo seasoning (see Spice Blends for recipe or use store-bought)
- 1/2 teaspoon garlic powder
- 3 cups water
- 1 cup diced pumpkin or a small winter squash
- 1 small potato, diced
- 1 tablespoon chopped green olives
- 1 bay leaf
- 1/4 cup chopped fresh cilantro
- Salt and black pepper to taste

### Directions:

1. In a medium pot, heat the oil over low heat.
2. Add the sofrito and cook for 2 minutes.
3. Add the beans, tomato paste, sazón, adobo, garlic powder and water, and stir. Increase the heat to medium. Cook for 5 minutes.
4. Add the pumpkin, potato, olives and bay leaf. Increase the heat to high and bring the mixture to a boil.
5. Reduce the heat to low. Cover the pan and simmer for about 20 minutes until the pumpkin is cooked, adding more water if needed.
6. Remove from heat, add the cilantro and season with salt and black pepper to taste.
7. Serve warm and enjoy!
8. Refrigerate any leftovers.

**Makes 6 servings.** Adapted from *Vegan Boricua Cookbook* by Rhonitta Chance.

### Quick Tips

- 1 pound of dried beans (2 cups) equals 5 to 6 cups of cooked beans.
- Canned beans can replace cooked or dried beans in any recipe.
- Dried beans can be kept in an airtight container for up to 1 year.

### Kids can:

- Help sort through dried beans before soaking.
- Help mash beans with a fork.

# Spice Blends



## Adobo

### Ingredients:

2 tablespoons garlic powder  
2 teaspoons turmeric  
1 teaspoon cumin  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
1/2 teaspoon oregano

### Directions:

1. Mix all spices together.
2. Store in an airtight container.

### Makes about 1/4 cup.

Adapted from *Vegan Boricua Cookbook* by Rhonitta Chance.

## Sazón

### Ingredients:

1 tablespoon coriander  
1 tablespoon cumin  
2 tablespoons achiote powder  
or ground annatto seeds  
1 tablespoon garlic powder  
2 teaspoons dried oregano  
2 teaspoons onion powder

### Directions:

1. Mix all spices together.
2. Store in an airtight container.

**Makes about 1/3 cup.** Adapted from *Vegan Boricua Cookbook* by Rhonitta Chance.

## Sofrito

### Ingredients:

1 small yellow onion, diced  
1 small green bell pepper, diced  
1 ají dulce pepper or 1/4 orange  
bell pepper,\* diced  
3 cloves of garlic, chopped  
1 tablespoon chopped cilantro  
Pinch of salt

### Directions:

1. Mince all ingredients and combine. If possible, mix all ingredients in a food processor.
2. Store in an airtight container and refrigerate remaining sofrito for up to 1 week.
3. Remaining sofrito can be frozen and saved for use in other dishes.

**Makes about 1 cup.** Adapted from *Vegan Boricua Cookbook* by Rhonitta Chance.

\*If using an orange bell pepper, add 1/4 teaspoon paprika

## Quick Tips

- You can use these spice blends for the Habichuelas Criollas (Bean Stew) recipe.
- Homemade spice blends can be a great alternative to spice blends sold in stores, which may have added salt.

For healthy eating tips, like us on Facebook at [facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc).  
For more information about Stellar Farmers Markets, visit [nyc.gov/health/farmersmarkets](https://www.nyc.gov/health/farmersmarkets).  
Visit [jsyfruitveggies.org](https://www.jsyfruitveggies.org) for more great recipes. This material was funded by the  
United States Department of Agriculture (USDA) Supplemental Nutrition Assistance  
Program (SNAP).

Just Say Yes to Fruits and  
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# Spinach

- Choose spinach with crisp, dark green leaves.
- Wrap spinach in a paper towel or clean cotton dish towel. Place in a plastic bag and refrigerate for up to 7 days.
- Before eating, put leaves in a bowl of cold water and rinse well to wash away all the dirt.
- Spinach has vitamin A, which is good for your eyes and skin.



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## Fruit and Spinach Salad

### Ingredients:

4 cups fresh spinach, stems removed and torn  
1 cup sliced strawberries  
1 cup raisins  
2 tablespoons vegetable oil  
1 tablespoon lemon juice  
Salt and black pepper to taste

### Directions:

1. In a large bowl, combine spinach, strawberries and raisins. Toss gently.
2. To make dressing, combine oil and lemon juice in a small bowl. Mix well.
3. Pour dressing on top of spinach mixture. Add salt and black pepper to taste.
4. Toss well and serve. Enjoy!
5. Refrigerate leftovers.

**Makes 4 servings.** Adapted from [cityharvest.org](http://cityharvest.org).

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## Spinach and Beans

### Ingredients:

2 tablespoons vegetable oil  
1 onion, chopped  
2 garlic cloves, minced  
3 1/2 cups cooked Great Northern beans  
6 cups fresh spinach, stems removed  
1 tablespoon vinegar  
Salt and black pepper to taste

### Directions:

1. In a large frying pan, heat oil over medium heat.
2. Add onion and cook for 2 minutes, stirring often.
3. Add garlic and cook 1 minute.
4. Add beans and cook until hot, about 3 minutes.
5. Add spinach in small batches and vinegar, stirring often until spinach is wilted, about 3 minutes.
6. Season with salt and black pepper and serve. Enjoy!
7. Refrigerate leftovers.

**Makes 6 servings.**

## Quick Tips

- Add spinach to a soup, rice or pasta dish.
- Add raw spinach to a salad or smoothie for extra nutrients and flavor.

## Kids can:

- Place spinach leaves in a bowl of water and move them around to wash.
- Tear spinach leaves and add to a soup or smoothie.

# Strawberries

- Choose strawberries that are bright, red and firm.
- Refrigerate strawberries, unwashed, for up to 7 days. Rinse and remove stems before eating.
- Strawberries have vitamin C, which is good for fighting colds and healing cuts.



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## Strawberry-Basil Sauce

### Ingredients:

4 cups chopped strawberries  
2 tablespoons honey  
2 tablespoons lemon juice  
1/4 cup sliced fresh basil

### Directions:

1. In a large pot, heat strawberries over medium heat.
2. Cook until strawberries are soft, about 4 minutes.
3. Add honey and lemon juice and stir. Cook for 8 to 10 minutes.
4. Turn off heat, add basil and stir well.
5. Serve hot or chilled.
6. Refrigerate leftovers.

**Makes 8 servings.** Adapted from [marthastewart.com](http://marthastewart.com).

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## Strawberry Pepper Salsa

### Ingredients:

2 cups chopped strawberries  
1/2 red onion, thinly sliced  
1 jalapeño pepper, diced  
1/2 red bell pepper, chopped  
1/2 green bell pepper, chopped  
1/2 orange bell pepper, chopped  
2 tablespoons lemon juice  
1 tablespoon vegetable oil  
Salt, black pepper and cilantro to taste

### Directions:

1. In a medium bowl, combine all ingredients and mix well.
2. Serve and enjoy!
3. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [yummly.com](http://yummly.com).

## Quick Tips

- Top hot or cold cereal with chopped strawberries.
- Mix strawberries with yogurt or cottage cheese.
- Blend strawberries with yogurt, honey and orange juice for a fruit smoothie.

## Kids can:

- Take off the green tops from strawberries.
- Rinse strawberries before eating.

# Summer Squash



- Choose summer squash (yellow or green) that is firm and without soft spots.
- Refrigerate in an open plastic bag for up to 10 days.
- Before eating, scrub and rinse skin, then cut off ends. Seeds and skin are good to eat and full of fiber and nutrients!
- Summer squash has potassium, which is good for your heart.

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## Summer Squash and White Bean Salad

### Ingredients:

4 cups diced summer squash  
1 cup chopped red onion  
2 1/4 cups cooked or 1 can  
(19 ounces) cannellini beans,  
drained and rinsed  
2 tablespoons vegetable oil  
1/4 cup apple cider vinegar  
1/2 tablespoon chopped  
rosemary  
Salt and black 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 black pepper.
3. Pour oil mixture over bean-squash mixture and toss.
4. Chill, serve and enjoy!
5. Refrigerate leftovers.

**Makes 10 servings.**

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## Zucchini Spaghetti

### Ingredients:

1 tablespoon vegetable oil  
1 cup chopped onion  
4 garlic cloves, minced  
2 cups chopped tomatoes  
4 cups zucchini, sliced in  
thin strips  
Salt, black pepper and red  
pepper flakes to taste

### Directions:

1. In a large pan, heat oil over medium heat.
2. Add onion and cook until soft, about 5 minutes.
3. Add garlic and stir for 1 minute.
4. Add tomatoes and cook for 10 minutes, stirring often.
5. Add zucchini and cook until soft, about 3 minutes. Add red pepper flakes to taste.
6. Enjoy by itself or with your favorite pasta or grain!
7. Refrigerate leftovers.

**Makes 8 servings.**

## Quick Tips

- Grate summer squash and freeze raw, or add to an omelet.
- Slice and add to salads or as part of a cold vegetable platter.
- Steam chopped summer squash in a small amount of water for 3 minutes.
- Season with black pepper and fresh herbs.

## Kids can:

- Rinse fresh squash.
- Grate squash, with supervision.
- Cut squash with a plastic knife.

# Sweet Potatoes

- Choose firm sweet potatoes with smooth skin.
- Store in a cool, dry place for up to 2 weeks.
- Before cooking, scrub and remove eyes and dark spots.
- Keep the skin; it is full of fiber and nutrients.
- Sweet potatoes have vitamin A, which is good for your eyes and skin.



## Sweet Potato and Apple Stir-Fry

### Ingredients:

- 2 tablespoons vegetable oil
- 4 cups chopped sweet potatoes
- 1 teaspoon grated ginger (optional)
- 2 cups chopped apples
- 1 teaspoon cinnamon

### Directions:

1. In a large pot, heat oil over medium heat.
2. Add sweet potatoes, cover and cook for 5 minutes.
3. Add 1/2 cup of water and ginger, if using. Cover and cook for 5 minutes, stirring often.
4. Add apples and cinnamon. Cook for 10 more minutes until sweet potatoes are soft.
5. Serve immediately and enjoy as a dessert or sweet side dish.
6. Refrigerate leftovers.

**Makes 5 servings.** Adapted from [recipes.sparkpeople.com](http://recipes.sparkpeople.com).

## Sweet Potato and Red Bean Chili

### Ingredients:

- 2 teaspoons vegetable oil
- 1 onion, diced
- 3 cups diced sweet potatoes
- 2 garlic cloves, minced
- 2 cups chopped tomatoes
- 1 1/2 tablespoons chipotle chili powder
- 2 teaspoons ground cumin (optional)
- 1 1/2 cups cooked or 1 can (15 1/2 ounces) red beans, rinsed
- 2 tablespoons chopped cilantro (optional)
- Salt and black pepper to taste

### Directions:

1. In a large pot, heat oil over medium heat.
2. Add onions and garlic. Cook for about 4 minutes or until softened.
3. Stir in the sweet potatoes and spices, and heat to toast for 1 minute.
4. Add tomatoes and 1 1/2 cups of water. Cook for 10 minutes.
5. Add beans. Cook until the beans are heated, about 5 minutes.
6. Add cilantro, salt and black pepper.
7. Serve and enjoy!
8. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [eatingwell.com](http://eatingwell.com).

## Quick Tips

- For a baked sweet potato, scrub potatoes then bake at 375 degrees Fahrenheit for 1 hour.
- Chop sweet potatoes, boil until soft and then mash. Add orange juice and a pinch of brown sugar for a sweet treat.
- Sweet potatoes can be mixed with white potatoes for more nutrients and flavor.

## Flavor Flip: Chili

- Add a teaspoon of cinnamon along with the other spices. At the end of cooking, add a teaspoon of vinegar or citrus juice to brighten up the dish.

# Tomatoes



- Choose firm tomatoes with smooth skins. Green tomatoes will ripen at room temperature.
- Store tomatoes at room temperature, away from direct sunlight.
- Once ripe, use within 1 week. Tomatoes taste best if not refrigerated; only refrigerate if you cannot use them before they spoil.
- Rinse before eating — fresh or cooked.
- Tomatoes have vitamin A, which is good for your eyes and skin.

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## Easy Tomato Sauce

### Ingredients:

1 1/2 teaspoons vegetable oil  
1 onion, chopped  
2 1/2 cups chopped tomatoes  
2 garlic cloves, chopped  
1/2 teaspoon oregano (optional)  
1/2 teaspoon salt  
1/4 teaspoon black pepper

### Directions:

1. In a large frying pan, heat oil over medium heat. Add onion and cook until soft. Stir often.
2. Add tomatoes, garlic, oregano, salt and black pepper.
3. Simmer for 15 to 20 minutes, or until thickened.
4. Serve over pasta, rice or cooked vegetables. Enjoy!
5. Refrigerate leftovers.

**Makes 5 servings.**

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## Chilean Tomato Salad

### Ingredients:

2 cups thinly sliced onions  
1/2 teaspoon salt  
8 cups sliced tomatoes  
1/4 cup basil or cilantro, torn  
1 tablespoon oil  
Salt and black pepper to taste

### Directions:

1. In a small bowl, add onions and sprinkle with salt. Set aside 20 to 30 minutes.
2. Rinse onions under water to remove salt. Drain well.
3. In a large bowl, combine tomatoes, drained onions and basil or cilantro. Add oil and mix well.
4. Enjoy, or refrigerate and serve cold!
5. Refrigerate leftovers.

**Makes 8 servings.** Submitted by Beth Bainbridge, Stellar Farmers Markets.

## Quick Tips

- 1 medium-size tomato is about 1 cup of chopped tomatoes.
- Add chopped tomatoes to scrambled eggs.
- Make your own tomato soup! Sauté chopped onions and garlic until soft. Add your favorite herbs, chopped tomatoes and low-sodium broth. Cook 10 to 15 minutes and enjoy!

## Kids can:

- Wash tomatoes under cold water.
- Mash or cut tomatoes to make a quick sauce or salsa.

# Tomatoes



- Choose firm tomatoes with smooth skins. Green tomatoes will ripen at room temperature.
- Store tomatoes at room temperature, away from direct sunlight.
- Once ripe, use within 1 week. Tomatoes taste best if not refrigerated; only refrigerate if you cannot use them before they spoil.
- Rinse before eating — fresh or cooked.
- Tomatoes have vitamin A, which is good for your eyes and skin.

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## Ceviche de Chochos (Bean Ceviche)

### Ingredients:

1 small red onion, thinly sliced  
1/4 teaspoon salt  
1 tablespoon tomato paste  
2 tablespoons water  
2 medium tomatoes, thinly sliced  
1 1/2 cups cooked, or 1 can  
(15.5 ounces) fava or lima beans,  
drained and rinsed  
1/4 cup orange juice  
2 tablespoons lime juice  
1/4 cup chopped fresh cilantro  
1 teaspoon vegetable oil

### Directions:

1. Place onions in a bowl, sprinkle with salt and cover with warm water. Set aside for 10 minutes.
2. Drain the water and rinse onions under water to remove salt.
3. In a large bowl, add the onions, tomatoes, beans and cilantro.
4. In a separate bowl, whisk the tomato paste with 2 tablespoons of water to combine. Then whisk in the orange juice, lime juice and oil to create a dressing. Pour the dressing over the bean mixture and toss.
5. Enjoy, or refrigerate and serve cold!
6. Refrigerate leftovers.

**Makes 4 servings.** Adapted from [laylita.com](http://laylita.com).

### Quick Tips

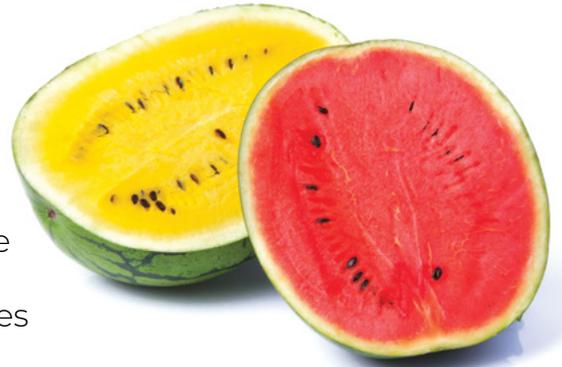
- 1 medium-size tomato is about 1 cup of chopped tomatoes.
- Add chopped tomatoes to scrambled eggs.
- Make your own tomato soup! Sauté chopped onions and garlic until soft. Add your favorite herbs, chopped tomatoes and low-sodium broth. Cook 10 to 15 minutes and enjoy!

### Kids can:

- Wash tomatoes under cold water.
- Mash or cut tomatoes to make a quick sauce or salsa.

# Watermelon

- Choose watermelons that are heavy for their size, with no bruises or soft spots.
- Keep whole watermelons out of direct sunlight and store at room temperature for up to 1 week. Refrigerate cut watermelon for up to 5 days.
- Before eating, rinse watermelon, cut in half or in wedges and remove the seeds.
- Watermelons have vitamin A, which is good for your eyes and skin.



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## Spicy Watermelon Relish

### Ingredients:

3 cups cubed watermelon  
2 cucumbers, thinly sliced  
1/2 onion, chopped  
1 carrot, thinly sliced  
1/4 cup apple cider vinegar  
1 teaspoon red pepper flakes  
2 tablespoons chopped mint  
1 tablespoon chopped cilantro (optional)  
Salt and black pepper to taste

### Directions:

1. In a large bowl, combine all ingredients and toss gently.
2. Chill, serve and enjoy!
3. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [wchstv.com](http://wchstv.com).

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## Watermelon Black Bean Salsa

### Ingredients:

2 cups chopped watermelon, seeds removed  
1 cup cooked black beans  
1/2 cup chopped onion  
1 tablespoon chopped green chilies  
1 garlic clove, minced  
2 tablespoons lime juice  
1 tablespoon vegetable oil  
1 tablespoon chopped cilantro (optional)

### Directions:

1. In a large bowl, combine all ingredients and toss gently.
2. Chill, serve and enjoy!
3. Refrigerate leftovers.

**Makes 4 servings.**

## Quick Tips

- Add watermelon cubes or watermelon balls to a fruit salad.
- Choose watermelons that have a pale yellow spot on the skin. This shows that they are ripe.
- Add pieces of watermelon to your water for a refreshing drink.

## Kids can:

- Scoop out watermelon flesh with a spoon to eat as a snack or add to a recipe.
- Dig out seeds from watermelon wedges using a spoon.

# Winter Greens

- Look for greens that are moist and crisp, with rich, green leaves.
- Wrap unwashed greens in a damp paper towel or a clean cotton dish towel, place in a plastic bag and keep in the refrigerator for up to up to 5 days.
- Before eating, rinse leaves and chop into bite-size pieces.
- Winter greens have vitamin A, which is good for eyes and skin.



## Leafy Greens Salad With Apple Dressing

### Ingredients:

- 1 apple, chopped
- 1 apple, shredded
- 12 cups sliced leafy greens  
(kale, mustard greens or spinach)
- 2 tablespoons apple cider vinegar
- 1 teaspoon lemon juice
- 2 tablespoons vegetable oil
- Salt and black pepper to taste

### Directions:

1. In a large bowl, add chopped apples and greens.
2. To make dressing, combine shredded apple, vinegar, lemon juice and oil in a small bowl.
3. Add dressing to greens, mix well with hands. Add salt and black pepper to taste.
4. Serve and enjoy!
5. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [bonappetit.com](http://bonappetit.com).

## Black-Eyed Peas and Collard Greens

### Ingredients:

- 1 tablespoon vegetable oil
- 1 cup chopped onion
- 3 garlic cloves, minced
- 8 cups chopped collard greens
- 2 cups chopped tomato
- 1/4 cup chopped dill
- 1 1/2 cups cooked or 1 can  
(15 1/2 ounces) black-eyed  
peas, rinsed
- Salt and black pepper to taste

### Directions:

1. In a large pot, heat oil over medium heat.
2. Add onion and garlic and cook until soft, about 5 minutes. Stir frequently.
3. Add greens, tomato, dill and 1/2 cup of water. Add more water if needed to prevent sticking. Cook until greens are soft, 20 to 25 minutes.
4. Add black-eyed peas. Add salt and black pepper to taste. Stir.
5. Serve immediately and enjoy!
6. Refrigerate leftovers.

**Makes 4 servings.** Adapted from [nytimes.com](http://nytimes.com).

## Quick Tips

- Winter greens include kale, collard greens, mustard greens or Swiss chard. Any type can be used in place of another in recipes.
- Cook winter greens with oil and garlic for a quick side dish or add them to soups and stews.
- Greens can be seasoned with vinegar, ginger, lemon juice or red pepper flakes.

## Kids can:

- Wash leaves in cold water.
- Tear leafy greens into pieces.