

# Green Smoothie

READY IN UNDER 5 MINUTES



## Ingredients:

- 1 cup kale or spinach
- 1 banana, medium
- 1 cup low-fat milk
- 1 cup plain yogurt
- 1 apple, medium (cored and sliced)
- 1 cup frozen fruit (all one fruit or a combination of mixed frozen fruit)

SERVES 2

## Get Cooking!

1. In a blender, blend the kale or spinach and milk.
2. Add in the rest of the ingredients, blending after each item.
3. Serve cold.

## Fresh from the Farm!

Find local kale from June through November, and local apples year-round.



This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider. Copyright by The Food Trust 2014.

**SNAP-Ed**  
Pennsylvania  
Healthy Food.  
Healthy Moves.  
Healthy YOU.

The **FOOD**  
**TRUST** 

# Fruity Cucumber Salad

READY IN LESS THAN 5 MINUTES



## Ingredients:

- 2 cucumbers
- 2 peaches or oranges
- 3 tablespoons fresh lemon or lime juice
- ½ teaspoon chili powder
- ½ teaspoon salt

SERVES 4

## Get Cooking!

1. Slice the cucumbers. Peel and cut the peaches or oranges into small pieces.
2. Place the cucumbers and fruit in a medium size bowl. Add chili powder, lemon or lime juice and salt.

## Fresh from the Farm!

Find local cucumbers from July through September.



This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider. Copyright by The Food Trust 2014.

**SNAP-Ed**  
Healthy Food.  
Healthy Moves.  
Healthy YOU.

The **FOOD**  
**TRUST**



# Fruity Homemade Oatmeal

PREP TIME: 5 MINUTES | COOK TIME: 5 MINUTES



## Ingredients:

- 1½ cups old fashioned rolled oats
- 2½ cups water
- ¼ cup raisins or currants
- 2 apples (cored and chopped)
- 2 teaspoons cinnamon

SERVES 4

## Get Cooking!

1. Use a vegetable peeler to remove the skin from the apple.
2. Cut the core out of the apple. Chop the apple into small pieces.
3. Put the water in the saucepan.
4. Bring the water to a boil on medium heat.
5. Stir in the oatmeal, raisins, chopped apple and cinnamon.
6. Turn heat to low.
7. Cook 5 minutes, stirring often.

## Fresh from the Farm!

Find local apples year-round.



This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider. Copyright by The Food Trust 2014.

**SNAP-Ed**  
Healthy Food.  
Healthy Moves.  
Healthy YOU.

The **FOOD**  
**TRUST**



# Personal Pizza

PREP TIME: 10 MINUTES | COOK TIME: 10 MINUTES



## Ingredients:

- 4 6-inch whole wheat tortillas, pita bread or English muffins
- 1 15.5-oz can no-salt-added tomato sauce
- 1 medium onion (chopped)
- 1 cup low-fat mozzarella (shredded)
- 1 cup fresh or frozen vegetables, such as bell peppers or spinach (chopped) (optional)

SERVES 4

## Get Cooking!

1. Preheat oven to 350°F.
2. Lay the tortillas flat on a sheet pan and cover the top of each with tomato sauce.
3. Divide the mozzarella and vegetables evenly among all tortillas.
4. Bake the pizzas in the oven for about 10 minutes, or until the cheese is melted.

## Fresh from the Farm!

Find local onions May through September.



This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider. Copyright by The Food Trust 2014.

**SNAP-Ed**  
Pennsylvania

Healthy Food.  
Healthy Moves.  
Healthy YOU.

The **FOOD**  
**TRUST**



# Minestrone Soup

PREP TIME: 5 MINUTES | COOK TIME: 8 MINUTES



## Ingredients:

- 1 10-oz package frozen vegetables (any type)
- 2 14.5-oz cans low-sodium stewed tomatoes
- 2 14-oz cans low-sodium broth (any flavor)
- 1 15.5-oz can beans (any type)
- 1 cup pasta (dry, any type)

SERVES 6

## Get Cooking!

1. In a large pot, combine the frozen vegetables, tomatoes, broth and beans.
2. Bring the soup to a boil and add the pasta. Then reduce to low heat. Let simmer for 6–8 minutes or until the pasta and vegetables are tender.

## Fresh from the Farm!

Find local tomatoes April through December.



This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider. Copyright by The Food Trust 2014.

SNAP-Ed  
Pennsylvania

Healthy Food.  
Healthy Moves.  
Healthy YOU.

The FOOD  
TRUST



# Confetti Bean Salsa

PREP TIME: 5 MINUTES



## Ingredients:

- ¾ cup no-salt-added beans (black or red)
- ¾ cup no-salt-added corn
- ½ cup salsa

SERVES 4

## Get Cooking!

1. Drain and rinse the beans and corn.
2. Combine the beans, corn and salsa in a medium-size bowl. Mix.

## Fresh from the Farm!

Find local corn July through October.



This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider. Copyright by The Food Trust 2014.

**SNAP-Ed**  
Healthy Food.  
Healthy Moves.  
Healthy YOU.

The **FOOD**  
**TRUST**

# Three Bean Salad

PREP TIME: 15 MINUTES | REFRIGERATION TIME: 2 HOURS



## Ingredients:

- ¾ cup cooked kidney beans
- ¾ cup frozen green beans (cooked)
- ¾ cup cooked chickpeas/garbanzo beans
- ½ onion (chopped)
- 1½ tablespoons red or white vinegar
- 1½ tablespoons vegetable oil
- 1½ tablespoons sugar
- 1 garlic clove (minced) (optional)

SERVES 4

## Get Cooking!

1. Make the salad: Put the beans and onion in a large bowl.
2. Make the dressing: In a small bowl, combine vinegar, oil, sugar and garlic. Mix well.
3. Pour the dressing over the salad and toss together.
4. Cover and refrigerate for 2 hours.
5. Serve cold. Refrigerate leftovers.

## Fresh from the Farm!

Find local onions May through September, and local tomatoes April through December.



This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider. Copyright by The Food Trust 2014.

**SNAP-Ed**  
Healthy Food.  
Healthy Moves.  
Healthy YOU.

The **FOOD**  
**TRUST**



# Black Bean Salad

PREP TIME: 10 MINUTES



## Ingredients:

- 1 15.5-oz can no-salt-added black beans (drained and rinsed)
- 1 15.5-oz can no-salt-added corn (drained and rinsed)
- 1 medium tomato (chopped)
- ½ medium onion (chopped)
- Salt and pepper to taste (optional)
- 1 tablespoon oil (olive, vegetable or canola) (optional)

SERVES 4

## Get Cooking!

1. Combine and mix all ingredients in a bowl.
2. Chill in the refrigerator for about 30 minutes (optional).

## Fresh from the Farm!

Find local corn July through October, local tomatoes April through December, and local onions May through September.



This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider. Copyright by The Food Trust 2014.

**SNAP-Ed**  
Pennsylvania

Healthy Food.  
Healthy Moves.  
Healthy YOU.

The **FOOD**  
**TRUST**



# White Bean Dip

READY IN UNDER 5 MINUTES



## Ingredients:

1 16-oz can white beans (drained and rinsed)  
1-2 garlic cloves (peeled and chopped)  
¼ cup olive oil  
3 tablespoons fresh lemon juice  
(about 1 lemon)  
Pinch salt

SERVES 4

## Get Cooking!

1. Add the beans, garlic, oil and lemon juice to a food processor and turn it on. Process until completely smooth. If you are adding extra spices, do it now.
2. Spoon into a serving bowl, cover and refrigerate for up to 2 days.
3. Serve with whole wheat pretzels or cut vegetables.

## Fresh from the Farm!

Find local garlic July through October.



This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider. Copyright by The Food Trust 2014.

**SNAP-Ed**  
Pennsylvania  
Healthy Food.  
Healthy Moves.  
Healthy YOU.

The **FOOD**  
**TRUST** 

# Fruit and Yogurt Parfait

PREP TIME: 5 MINUTES



## Ingredients:

- 2 cups yogurt (low-fat or fat-free, plain or vanilla)
- 1 cup banana (sliced)
- ½ cup blueberries (fresh)
- ½ cup strawberries (fresh, sliced) or other fruit (raspberries, peaches, pineapple, mangoes, etc.)
- ½ cup granola

SERVES 4

## Get Cooking!

1. Line up 4 tall glasses. Spoon about ½ cup of yogurt into each glass.
2. Top each with about ½ cup of fruit.
3. Sprinkle each parfait with 2 tablespoons of granola.

## Fresh from the Farm!

Find local blueberries late July through September, and local strawberries in June.



This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider. Copyright by The Food Trust 2014.

**SNAP-Ed**  
Healthy Food.  
Healthy Moves.  
Healthy YOU.

The **FOOD**  
**TRUST** 

# Fruit Smoothie

PREP TIME: 5 MINUTES



## Ingredients:

- 2 bananas
- 2 cups fresh or frozen peaches or strawberries
- 2 cups low-fat vanilla yogurt
- 1 cup 100% fruit juice

SERVES 4

## Get Cooking!

1. Put all ingredients in a blender.
2. Blend on high until smooth.

## Fresh from the Farm!

Find local strawberries in June, and local peaches July through September.



This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider. Copyright by The Food Trust 2014.

**SNAP-Ed**  
Pennsylvania

Healthy Food.  
Healthy Moves.  
Healthy YOU.

The **FOOD**  
**TRUST** 

# Kale Slaw

READY IN UNDER 5 MINUTES



## Ingredients:

- 6 large kale leaves (washed, shake off excess water)
- 1 garlic clove (peeled and pressed through a garlic press, or minced)
- 2 tablespoons fresh lemon juice (about ½ a lemon)
- 2 tablespoons olive oil
- Freshly grated Parmesan cheese (optional)

SERVES 4

## Get Cooking!

1. Strip the ruffly leaves off the kale stems by grasping the bottom of each stem and pulling your hand up along the stem. Stack and bunch the leaves together on the cutting board and use the knife to cut across the stack so that you end up with skinny slivers of kale.
2. Put the garlic, lemon juice, oil and salt in the large bowl, then add the kale and toss it all around with the tongs. Taste it, and add more lemon or oil if it needs it to make the flavors bright and yummy.
3. Add the Parmesan cheese and serve.

## Fresh from the Farm!

Find local kale from June through November, and local garlic from July through October.



This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider. Copyright by The Food Trust 2014.

**SNAP-Ed**  
Healthy Food.  
Healthy Moves.  
Healthy YOU.

The **FOOD**  
**TRUST**



# Vegetarian Chili

PREP TIME: 10 MINUTES | COOK TIME: 30 MINUTES



SERVES 6

## Ingredients:

- 1 clove garlic (chopped)
- 1 medium onion (chopped)
- ½ teaspoon oil (olive, vegetable or canola)
- 1 cup no-salt-added crushed tomatoes
- 1 cup no-salt-added black beans (drained and rinsed)
- 1 cup no-salt-added pinto beans (drained and rinsed)
- 1 cup no-salt-added white beans (drained and rinsed)
- Salt and pepper to taste (optional)

## Get Cooking!

1. In a large sauce pan, cook the garlic and onion in the oil over medium heat.
2. After a few minutes, add the tomatoes.
3. Add in the beans and raise temperature to medium. Cover with lid and bring to a boil.
4. Lower the temperature and simmer for 35 minutes, stirring occasionally.

## Fresh from the Farm!

Find local onions May through September.



This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider. Copyright by The Food Trust 2014.

**SNAP-Ed**  
Healthy Food.  
Healthy Moves.  
Healthy YOU.

The **FOOD**  
**TRUST**



# Lemony Hummus

READY IN UNDER 5 MINUTES



## Ingredients:

- 1 16-oz can chickpeas/garbanzo beans (drained and rinsed)
- 1 garlic clove (peeled and minced)
- 2 tablespoons olive or vegetable oil
- $\frac{1}{4}$  cup lemon juice
- 3 tablespoons cold water
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon black pepper
- 1 teaspoon ground cumin

SERVES 8

## Get Cooking!

1. Carefully add the chickpeas and garlic to food processor or blender and blend until beans start to break apart. (You can also use a fork to mash ingredients if you do not have a food processor or blender.)
2. Add the oil and lemon juice and blend again.
3. Add the water, 1 tablespoon at a time, until it reaches your desired thickness.
4. Add the salt, pepper and cumin and blend until completely smooth.

## Fresh from the Farm!

Find local garlic July through October.



This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider. Copyright by The Food Trust 2014.

**SNAP-Ed**  
Pennsylvania

Healthy Food.  
Healthy Moves.  
Healthy YOU.

The FOOD  
TRUST



# Avocado and Tomato Sandwich

PREP TIME: 5 MINUTES



## Ingredients:

8 slices whole grain bread  
4 slices of low-fat cheese  
2 medium tomatoes (sliced)  
1 ripe avocado (halved and pitted)  
Lettuce  
Salt and pepper to taste (optional)  
1 teaspoon olive oil (optional)

SERVES 4

## Get Cooking!

1. Toast the bread.
2. Layer the tomato, avocado, lettuce and slice of low-fat cheese on a piece of toasted bread. Sprinkle with salt and pepper and drizzle olive oil. Top with another slice of bread.

## Fresh from the Farm!

Find local tomatoes April through December.



This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider. Copyright by The Food Trust 2014.

**SNAP-Ed**  
Pennsylvania

Healthy Food.  
Healthy Moves.  
Healthy YOU.

The **FOOD**  
**TRUST**



# Bean and Tuna Salad

PREP TIME: 10 MINUTES



## Ingredients:

- 2 cups cooked great northern beans
- 1 onion (chopped)
- 2 tomatoes (chopped)
- 1 6.5-oz can tuna (packed in water, drained)
- 2 tablespoons vegetable oil
- 1 tablespoon lemon juice (or vinegar)
- 1 garlic clove (minced)
- Salt and pepper to taste

SERVES 4

## Get Cooking!

1. Make the salad: In a large bowl, mix beans, onion, tomatoes and tuna.
2. Make the dressing: In a small bowl, mix oil, lemon juice, garlic, salt and pepper. Mix well.
3. Pour the dressing over the salad and serve cold.

## Fresh from the Farm!

Find local onions May through September, local garlic July through October, and local tomatoes April through December.



This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider. Copyright by The Food Trust 2014.

**SNAP-Ed**  
Healthy Food.  
Healthy Moves.  
Healthy YOU.

The **FOOD**  
**TRUST** 

# Tomato and Tuna Pasta

PREP TIME: 10 MINUTES | COOK TIME: 15 MINUTES



## Ingredients:

- ½ lb whole grain pasta
- 3 medium tomatoes (chopped)
- ½ medium onion (chopped)
- 2 6-oz cans tuna in water (drained)
- ½ cup no-salt-added canned green beans (drained)
- 3 teaspoons oil (olive, vegetable or canola)
- Salt and pepper to taste (optional)

SERVES 4

## Get Cooking!

1. Fill pot with water.
2. Bring water to a boil on high heat, add the pasta, and cook for recommended time on package.
3. While pasta cooks, mix the rest of the ingredients in a pan on the stove over low heat.
4. Drain pasta and add mixed ingredients.

## Fresh from the Farm!

Find local onions May through September, and local tomatoes April through December.



This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider. Copyright by The Food Trust 2014.

**SNAP-Ed**  
Healthy Food.  
Healthy Moves.  
Healthy YOU.

The **FOOD**  
**TRUST** 

# Mac and Beans Medley

READY IN UNDER 5 MINUTES



## Ingredients:

- 4 garlic cloves
- 1 bell pepper (green, red, yellow or orange)
- 2 tablespoons oil
- 1 14- to 15-oz can tomatoes
- 1 15.5-oz can beans (black, kidney, pinto or other, drained and rinsed)
- 1 teaspoon red pepper flakes (crushed)
- 2 cups macaroni (cooked, without salt or fat added or other pasta)

SERVES 4

## Get Cooking!

1. Peel and finely chop the garlic. Core, seed and finely chop the bell pepper.
2. Heat oil in large skillet over medium-high heat. Add the garlic and bell pepper. Cook for 1 minute. Do not let garlic brown. Add the diced tomatoes (do not drain) and red pepper flakes.
3. Cover the skillet and lower heat. Cook for 10 minutes or until sauce is slightly thickened.
4. Add the beans and cooked macaroni to skillet and cook 5 minutes or until heated through. Serve hot.

## Fresh from the Farm!

Find local garlic July through October, and local peppers July through October.



This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider. Copyright by The Food Trust 2014.

SNAP-Ed  
Pennsylvania

Healthy Food.  
Healthy Moves.  
Healthy YOU.

The FOOD  
TRUST



# Dilled Green Bean Salad

READY IN UNDER 5 MINUTES



## Ingredients:

- 1 lb fresh green beans (cut into 2-inch pieces)
- 2 tablespoons fresh dill
- 4–6 green onions (chopped)
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1 teaspoon Dijon mustard

SERVES 6

## Get Cooking!

1. Steam the beans about 5 minutes, until crisp and tender.
2. Combine the beans, dill and onion.
3. Whisk the oil, vinegar and mustard together and pour over bean mixture.

## Fresh from the Farm!

Find local green beans July through October, and local onions May through September.



This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider. Copyright by The Food Trust 2014.

**SNAP-Ed**  
Pennsylvania

Healthy Food.  
Healthy Moves.  
Healthy YOU.

The **FOOD**  
**TRUST**

