



University of Idaho
Extension

Market Fresh *in a* SNAP!

Delicious, No-Cook Recipes for In-Season Idaho Produce

Annie Roe
Ariel Agenbroad
Jocelyn Elvira
Shelly Johnson
Joey Peutz
Siew Guan Lee
Kristin Hansen
Heather Whitehead



BUL 1025

Market Fresh *in a* **SNAP!**

Delicious, No-Cook Recipes for In-Season Idaho Produce



Annie Roe, Ariel Agenbroad, Jocelyn Elvira, Shelly Johnson,
Joey Peutz, Siew Guan Lee, Kristin Hansen, Heather Whitehead

Authors

Annie Roe, Extension Specialist, Director of Eat Smart Idaho

Ariel Agenbroad, Area Extension Educator

Jocelyn Elvira, Former Program Coordinator, Eat Smart Idaho

Shelly Johnson, Extension Educator

Joey Peutz, Extension Educator

Siew Guan Lee, Extension Educator

Kristin Hansen, Manager, Eat Smart Idaho

Heather Whitehead, Program Coordinator, Eat Smart Idaho

Acknowledgments

Thanks to the following University of Idaho interns and Eat Smart staff who helped to test the recipes and who, along with authors Heather Whitehead, Ariel Agenbroad, and Siew Guan Lee, contributed photographs:

Carol Biggers, Patty Daughdrill, Romy de la Rosa, Susan Ettesvold, Mallory Ginis, Cammie Jayo, Kelsey Kolsky, Crystal Pelch, Kaitlyn Plischke, Cody Ruiz, Larissa Stafford, Nicole Telford, Brandi Vega, Maria Villicana, Seresa Wayment, and Destiny Whitmire



Issued in furtherance of cooperative extension work in agriculture and home economics, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Barbara Petty, Director of University of Idaho Extension, University of Idaho, Moscow, Idaho 83844. The University of Idaho has a policy of nondiscrimination on the basis of race, color, religion, national origin, sex, sexual orientation, gender identity/expression, age, disability or status as a Vietnam-era veteran.



An Introduction and Invitation

University of Idaho Extension and our Eat Smart Idaho program welcome you to Market Fresh in a SNAP!, tasty recipes handpicked just for you and your family because they celebrate the harvest bounty found at Idaho farmers markets. On these colorful pages, you'll also find practical information about Idaho farmers markets and produce seasonality, tips for visiting your local market, important facts about food safety, and a list of the twenty-eight markets that are Supplemental Nutrition Assistance Program (SNAP)-benefits friendly.

We are excited to share these beautiful recipes. Our hope is that this booklet serves as an invitation to support your local farmers market and to learn how to eat a rainbow of foods. Indeed, including fruits and vegetables in your and/or your family's diet is beneficial to their health. And for those of you with children, make sure to involve them in the process of making these dishes. They'll have a ball, along with discovering how to eat in more healthy ways!

Sincerely,

Your Authors



Idaho farmers markets can be found in just about every corner of the Gem State and are a great place to find fresh, seasonal food and a family friendly atmosphere.

Market Fresh in a SNAP!

What's Inside?

5

Section 1:
Local Food

11

Section 2:
Eat a Rainbow

13

Section 3:
Kids in the Kitchen

17

Section 4:
Food Safety in
the Home Kitchen

21

Section 5:
Recipes by Color

65

Section 6:
About University of Idaho
Extension, Eat Smart
Idaho, and SNAP

Recipes by Color

Red Recipes

Apple Sesame Slaw	26
Citrus Beets	27
Colorful Cowboy Caviar	28
Strawberry Yogurt Pops	29
Strawberry Mint Refresher	30
Tomato, Basil, and Leek Salad	31
Watermelon Salsa	32

Orange and Yellow Recipes

Apricot and Tomato Salsa.....	34
Cantaloupe, Cilantro, and Lime Salad	35
Crunchy Carrot Salad	36
Fresh Corn and Peach Salad	37
Peach and Raspberry Cooler.....	38
Sweet Corn Salsa.....	39
Summer Squash and Tomato Salad	40

Green Recipes

Asian-Style Cucumbers.....	42
Snap Peas with Citrus and Avocado.....	43
Marinated Green Beans with Tomatoes and Herbs	44
Kale, Apple, and Carrot Salad	45
Apple, Basil, and Lemon-Infused Water.....	46
Kale Salad with Lemon Vinaigrette.....	47
Swiss Chard Salad	48

Blue and Purple Recipes

Blackberry Overnight Oats.....	50
Blueberry Salsa.....	51
Idaho Berry Blast.....	52
Cabbage and Radish Coleslaw	53
Purple Carrot and Ginger Citrus Salad.....	54
Plum and Citrus Greens.....	55
Asian Rainbow Slaw	56

White Recipes

Fennel with Cucumber and Dill	58
Cucumber Melon Quencher.....	59
Fennel and Arugula Salad.....	60
Kohlrabi and Apple Salad	61
Parsnip Mixed Salad with Honey Mustard Dressing.....	62
Pickled Cauliflower	63
Zesty Turnip Salad.....	64



Why Are Farmers Markets Important in Idaho?

In Idaho, over 25,000 farms and ranches grow and/or raise more than 185 different agricultural products. Some farmers sell products directly to consumers through farm stands, Community Supported Agriculture subscriptions, and farmers markets. An average of forty-five farmers markets operates each year, located across seven regions in Idaho. Every August, we celebrate Idaho Farmers Market Week, during which the governor shares a proclamation supporting the development, operation, and expansion of our markets for many reasons:

- they are an essential source for fresh, local farm and food products of the highest quality that help community members access healthy food choices
- they stimulate the local economy by directly supporting local farmers and reinvesting money back into communities
- they are vital in educating consumers about local food systems and where their food comes from
- they create unique entrepreneurship opportunities for farmers, ranchers, and small businesses across the state, especially in rural areas

Indeed, shopping at a farmers market reinforces the ability to **make healthy choices**: to get out and get active; to choose from an ever-changing assortment of produce, cheese, eggs, meat, dairy, and specialty foods weekly; to enjoy the flavors of a specific region; and often to participate in an open-air experience accompanied by live music, other arts, and family friendly entertainment.



Children benefit from the experience too. Let your child see you being active by walking and browsing every vendor's booth. Or if you live close enough and it's a safe choice, you and your children can walk or bike to the market. If you walk, consider bringing a wagon to more easily transport your purchases (or tired kids) home!

Please note that market dates, times, locations, and other season. The following websites

information can change from season to help you to navigate the details, specifically by locating markets in Idaho and listing the most up-to-date local market schedules; providing links to market websites or social media; or identifying markets to visit when traveling around the state.

Idaho State Department of Agriculture Annual Farmers Market Directory:
<https://idahopreferred.com/farmers-markets/>

The Idaho Farmers Market Association Interactive Map:
<https://www.idahofma.org/findamarket>

Idaho Food Works Taste of Home (Local Food in North Idaho directory):
<https://www.idahofoodworks.org/>



Is Local Food More Expensive?

At most markets, buying local fresh fruits, vegetables, and herbs in season does not have to be more expensive than shopping at a retail grocery. Prices at farmers markets in Idaho vary based on location, the type of product, the cost to the farmer to grow the food, and whether the product is certified organic. Many farmers markets in Idaho are SNAP friendly and accept Idaho Quest Electronic Benefits Transfer (EBT) cards for a variety of foods. In addition, at most of these markets, customers can double their fresh fruit and vegetable purchases (up to a designated amount) when using Quest EBT cards through the Double Up Food Bucks program.

In 2022, the following markets operated SNAP terminals and Double Up Food Bucks. Check the farmers market directories linked on the previous page to confirm that your market offers these resources too.

Boise Farmers Market

Boise Farmers Mobile Market

Burley Farmers Market

Caldwell Farm to Fork Farmers Market

Capital City Public Market in Boise

Donnelly Farmers Market

Emmett Farmers Market

Gooding Farmers Market

Greenleaf Farmers Market

Homedale Farmers Market

Idaho Falls Farmers Market

Ketchum Farmers Market

Kootenai County Farmers Market

Lemhi County Farmers Market in Salmon

Meridian Main Street Farmers Market

Mountain Home Farmers Market

Moscow Farmers Market

Nampa Farmers Market

One Sky One Earth Farmers Market in Plummer

Payette Farmers Market

Portneuf Valley Farmers Market in Pocatello

Red Top Market in Wilder

Rexburg Farmers Market

Sandpoint Farmers Market

Twin Falls Downtown Farmers Market

UpWinders Farmers and Artisans Market in Arco

Weiser Farmers Market

Wood River Farmers Market in Hailey



What Is in Season?

Idaho's climate and growing regions are diverse. Some areas enjoy a very long growing season, but in other parts of the state, the season can be quite short. Some farmers grow under cover in greenhouses or use other structures that help extend their season, adding weeks or months to both ends of the production year. In some communities, local markets run through the winter holidays, but in others, the market season may only be a few weeks. In some communities, local products are available at co-ops, farm stands, or grocery stores as well as farmers markets. A few crops store well and are available almost year-round. Table 1 shows when most produce items appear in markets in Idaho. Each region is different and the mix of products grown by local farmers changes constantly. But eating seasonally means finding what is available and at the peak of perfection wherever you live. Enjoy!

Note: Some of the recipes in this collection call for other local products, like honey or beet sugar, that are available year-round. Look for these where you find local food. They also include ingredients that are not grown in Idaho, but their inclusion adds a punch of color, flavor, or nutrition not to be missed. These ingredients are also available year-round in most locations and include olive and other oils, citrus fruit, avocado, fresh ginger, canned beans, vinegar, and salt and pepper.

Table 1. Seasonal availability of fresh produce grown in Idaho.

	Late Winter	Early Spring	Spring	Summer	Early Fall	Early Winter
Fresh Produce	Jan–Feb	March–April	May–June	July–Aug	Sept–Oct	Nov–Dec
Apples	X	X	X	X	X	X
Apricots			X	X		
Arugula	X	X	X			
Basil			X	X	X	
Beans, Fresh			X	X	X	
Beets		X	X	X	X	X
Blackberries				X	X	
Blueberries				X		
Cabbages		X	X	X	X	X
Cantaloupe Melons				X	X	
Carrots	X		X	X	X	X
Cauliflower			X	X	X	
Cilantro		X	X			
Corn				X	X	
Cucumbers				X	X	
Dill			X	X	X	
Fennel			X	X	X	
Grapes				X	X	
Green Onions		X	X	X	X	
Honeydew Melons				X	X	
Jalapenos				X	X	
Kale	X	X	X	X	X	X
Kohlrabi		X	X	X		
Leeks	X			X	X	X
Lettuce		X	X	X	X	X
Mint		X	X	X	X	
Onions	X	X	X	X	X	X
Parsley		X	X	X	X	X
Parsnips	X				X	X
Peaches				X	X	
Peppers, Hot or Sweet				X	X	
Plums				X	X	
Potatoes	X	X	X	X	X	X
Radishes		X	X	X		X
Raspberries				X	X	
Snap Peas		X	X	X		
Spinach	X	X	X		X	X
Strawberries			X	X	X	
Summer Squash				X	X	
Swiss Chard		X	X	X	X	X
Tomatoes				X	X	
Turnips		X	X	X	X	X
Watermelons				X	X	
Winter Squash	X				X	X

Food-Safety Tips for Market Shoppers

- ✓ Only buy what you can use within the next few days or week for optimal freshness.
- ✓ Avoid handling produce that you will not be purchasing.
- ✓ Choose clean, firm produce with no signs of bruising or other damage. Injury to fresh produce can allow for pathogenic or spoilage microorganisms to grow.
- ✓ If you are not going home right away with purchases, consider bringing a cooler or insulated bag with ice or ice packs to keep fresh food purchases safe and in good shape until refrigeration is available.
- ✓ Refrigerate almost all fresh produce as soon as possible.
- ✓ Different fruits and vegetables require varying temperature and humidity levels for proper storage. Some of the foods that taste best stored at room temperature include melons, onions, potatoes, sweet potatoes, tomatoes, and winter squashes. Store them in a clean, dry, well-ventilated place, away from direct sunlight and areas where raw meat is prepared.
- ✓ Wash your hands with soap and water before getting started in the kitchen.
- ✓ Rinse produce in cool, clean water before eating or preparing.



SECTION 2: EAT A RAINBOW



Choose Different-Colored Produce at Each Meal!

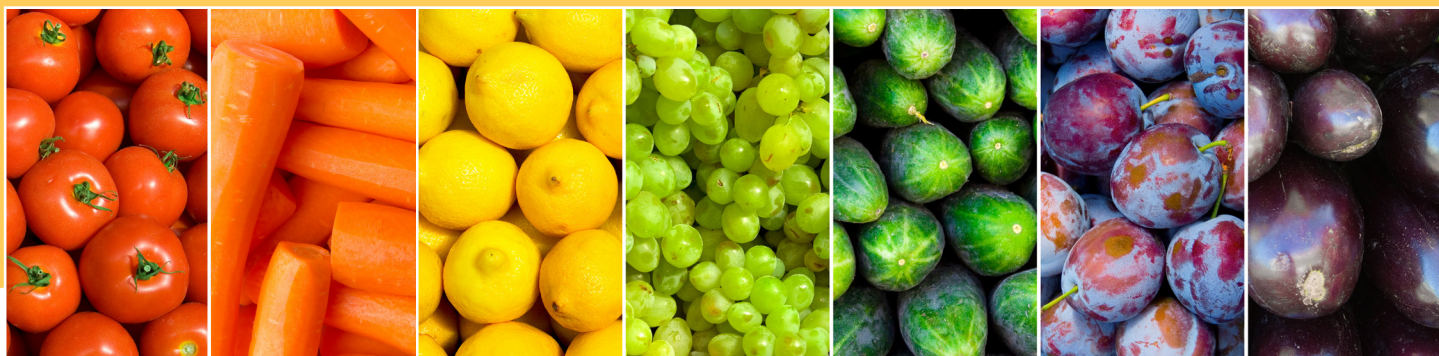
Eating a variety of fruits and vegetables each day helps to provide nutrients important for health and well-being. In addition to vitamins, minerals, and fiber, fruits and vegetables contain compounds called phytochemicals. These compounds contribute to the vibrant colors of fruits and vegetables. While they are not nutrients, phytochemicals may provide many health benefits. The recommended amount of fruits and vegetables to eat each day depends on your age, sex, height, weight, and physical activity level. To find your personal plan, visit myplate.gov/myplate-plan or just go for variety by eating five fruits and/or vegetables each day!

General Health Benefits of Fruits and Vegetables

- Reduce risk of heart disease and some cancers
- Reduce risk of cognitive decline
- Benefit bone growth and maintenance
- Reduce disease risk associated with exposure to environmental pollutants
- Promote eye health
- Improve psychological well-being

Benefits of Eating A Rainbow

COLOR	RED	ORANGE/ YELLOW	GREEN	BLUE/ PURPLE	WHITE
FRUITS/ VEGETABLES	Beets, Radishes, Raspberries, Strawberries, Tomatoes, Watermelon, Peppers	Apricots, Cantaloupe, Carrots, Peaches, Winter Squashes, Peppers, Corn, Summer Squashes	Green Beans, Green Onions, Arugula, Basil, Cilantro, Dill, Fennel, Honeydew Melon, Jalapeno, Kale, Lettuce, Mint, Parsley, Snap Peas, Spinach, Swiss Chard, Peppers, Cucumbers	Blackberries, Blueberries, Cabbage, Grapes, Plums, Kale	Cauliflower, Kohlrabi, Leeks, Parsnips, Turnips, Onions, Potatoes
NUTRIENTS AND PHYTOCHEMICALS	Carotenoids (astaxanthin, lycopene)	Carotenoids (beta-carotene, lutein) Vitamin A	Vitamin K folate magnesium potassium nitrates	Polyphenols (anthocyanins)	Sulforaphane indole-3-carbinol
EFFECT ON THE BODY	Anti-inflammatory, immune system modulation, antioxidant	Antioxidant for fat-soluble tissues, endocrine modulation, gastric motility, glycemic response	Antioxidant, blood vessel support	Antioxidant, neuronal health	Anticancer properties
HEALTH BENEFITS	Reduce risk of heart disease; promote healthy weight	Promote vision; reduce risk of coronary heart disease; role in fertility, gut health	Cardiovascular health, favorable lipid parameters	Support learning, memory, mood; promote healthy weight	Favorable lipid parameters, reduce incidence of stroke



SECTION 3: KIDS IN THE KITCHEN

Growing Healthy Kids: Include Your Kids at the Market and in the Kitchen

Bringing your child to a farmers market can be a positive experience for the entire family. Kids are naturally curious about food and being at a farmers market immediately envelops them in a swirl of colors, aromas, and sounds. It also allows you to make your child aware that fresh food is grown locally. Introduce them to a local farmer so they can learn how food is grown. You can also have them help you to select the produce you will bring home. To be sure, visiting a farmers market allows you to easily discuss the importance of eating a rainbow of fruits and vegetables daily. The healthy connections made at a farmers market with your children are just a beginning.

A great way to further teach healthy connections is to involve your kids in the kitchen. Have them help you make the recipes in this collection. Allow the recipes to be a starting point for your child's journey in the kitchen. Kids have a sense of pride when they help prepare the foods they will eat and share with others. More importantly, kids who help with the planning and the preparation of recipes are more likely to try the foods they use to make a meal or snack. The more often kids are around healthy food and have the opportunity to help in the preparation of a healthy recipe, the more likely they will choose healthy food to eat as they get older.



Kids involved in the kitchen are more likely to

- ✓ try the food they helped prepare
- ✓ feel a sense of pride for following a recipe and creating a meal
- ✓ sit with you for a family meal
- ✓ develop small-muscle movements at earlier ages and have better hand-eye coordination
- ✓ spend less time in front of an electronic screen
- ✓ spend more time with you, further developing a strong family bond
- ✓ develop skills to use for the rest of their lives
- ✓ develop larger vocabularies and learn to be better communicators
- ✓ learn real-life math skills by counting, measuring, and following step-by-step directions
- ✓ grow up eating a healthier diet and thus become healthier eaters as adults
- ✓ gain self-confidence through positive cooking experiences



Appropriate Kitchen Tasks for Kids by Age

You know your children best, so use the information in this subsection as a general guide to get your little helpers excited to be in the kitchen with you. Always supervise them while they help you in the kitchen. Assign more tasks for them when you feel they can handle the extra responsibility.



Children ages 2–3 are learning to use the large muscles in their arms. They most likely can help with the following activities:

- Rinsing produce in a colander
- Using a salad spinner
- Scrubbing vegetables and fruits
- Snapping fresh green beans
- Breaking up cauliflower
- Tearing lettuce leaves
- Using a plastic knife or butter knife to cut soft produce on a cutting board
- Mixing simple ingredients
- Spreading ingredients like hummus or cream cheese



Children ages 4–5 have better control of the smaller muscles in their fingers. They can help with these additional activities:

- Mashing soft fruits and cooked vegetables with a fork
- Measuring dry and liquid ingredients
- Cutting with blunt scissors or tearing fresh herbs like parsley, basil, or cilantro
- Tearing kale leaves away from the stem
- Counting or identifying numbers in a recipe or on a measuring spoon or cup
- Pouring liquids into a container
- Peeling loose-skinned fruit, like oranges or bananas



Children ages 6–7 can start handling more complex skills in the kitchen, such as the following:

- Cracking eggs in a bowl
- Using a vegetable peeler
- Shucking and rinsing corn
- Deseeding cantaloupe or oranges
- Peeling onions or garlic
- Whisking ingredients
- Opening cans
- Reading recipes aloud
- Cleaning surfaces
- Washing dishes and nonsharp utensils in the sink



Children ages 8–10 are capable of a lot. However, tailor cooking tasks based on how often your child has helped in the kitchen and what they have been taught so far. Give them tasks in which you know they will be successful, such as having them

- use tools, like a can opener or food thermometer
- beat eggs
- juice citrus fruit
- prepare simple meals and snacks
- operate small kitchen appliances like microwaves
- read and understand a food label



Preteens ages 11–teens may or may not possess or aspire to have kitchen skills. Help them feel more independent by giving them more responsibilities. Keep an eye on them until you are comfortable with their kitchen skills before they are left on their own. Kids in this age group can often

- follow a recipe step by step
- measure accurately
- chop or slice fruits and vegetables
- use the stove top and oven to simmer, boil, steam, sauté, bake, roast, or broil
- handle leftovers
- clean up fully
- help younger siblings learn new skills in the kitchen
- develop new recipes
- make a shopping list and shop for ingredients

Safe Produce

Fruits and vegetables are an important part of a healthy diet. Like with any raw food, naturally occurring bacteria and other microorganisms in the environment can contaminate fresh fruits and vegetables and cause food poisoning. Follow these safe-handling tips to consistently protect yourself and your family when you enjoy fresh produce and fresh-squeezed fruit and vegetable juices. It is important to be consistent in practicing safe food handling at home. We encourage families to practice safe and healthy habits together. No one is too young to develop good hygiene in the kitchen.

Throughout this publication, we use icons to indicate when an important food-safety step should be implemented. Figures 5–9 provide details about each icon and what it means when you see it in one of the recipes.



Figure 5. Clean, rinse, separate, and chill icons, the food-safety symbols we use throughout this publication. Courtesy of the Partnership for Food Safety Education.



Figure 6. Clean icon. Indicates the need to clean your hands, clean the kitchen, and/or clean food items.

We always start with handwashing. Wash your hands with water and soap for at least twenty seconds before and after handling fresh fruits and vegetables. Follow the Centers for Disease Control and Prevention's five steps for effective handwashing:

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least twenty seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

Remember, the surfaces and utensils you use in the kitchen also need to be clean, as well as the food items you will be preparing.

Clean all surfaces and utensils with hot water and soap, including cutting boards and knives before and after preparing fresh fruits and vegetables.



Figure 7. Rinse icon. Rinse your produce.

Just before use, rinse only the fruits and vegetables you plan to eat under running water, including those with skins or rinds that are not eaten.

Rub firm-skin fruits and vegetables by hand or scrub them with a clean brush while rinsing under cool, running water.

Do not use soap or bleach to wash fresh fruits or vegetables. These products are not intended for consumption.



Figure 8. Separate icon. Separate each piece of produce from one another to avoid cross contamination.

To avoid the possibility of dangerous cross contamination in the kitchen, separate produce from raw meat, poultry, seafood, and eggs when storing them; when preparing food, keep fresh fruits and vegetables separate from raw meat, poultry, seafood, and eggs; and do not use the same cutting board or utensils without cleaning them with hot water and soap before and after preparing fresh fruits and vegetables.



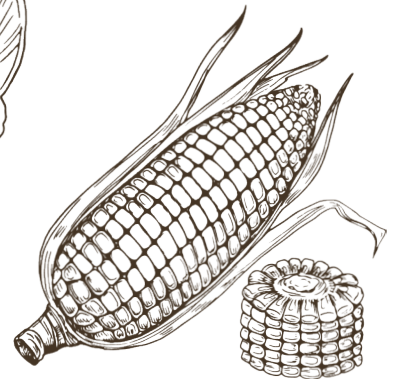
Figure 9 . Chill icon. Chill out for safety.

Keeping cold foods cold is an important way to slow the growth of harmful microorganisms that make us sick. Follow these steps when preparing food:

- Refrigerate all cut, peeled, or cooked fresh fruits and vegetables within two hours of preparation
- Keep your refrigerator at or below 40°F

A note about storage: Consume prepared foods, such as those used in the recipes in this publication, within 3–4 days. Discard all foods that may have been at room temperature for more than two hours. A good guideline to follow is, if in doubt throw it out!

Proper storage of fresh fruits and vegetables helps to maintain their quality and nutritive value. Most produce may be stored up to five days in a refrigerator. Store root vegetables (e.g., potatoes, sweet potatoes, onions, etc.) and squashes, eggplant, and rutabagas in a cool, well-ventilated place between 50°F and 60°F. Tomatoes continue to ripen after harvesting, so store them at room temperature. Removing the tops of carrots, radishes, and beets prior to refrigerator storage will reduce moisture loss and extend their shelf life. Tastiness of corn diminishes during cold storage due to elevated starch content, thus refrigerate corn and peas in a ventilated container such as a mesh bag or perforated plastic bag.



SECTION 5: RECIPES BY COLOR

How to Read These Recipes

The recipes in this collection are organized by the color of the main vegetable or fruit ingredient. They are all cold, fresh-preparation recipes, meaning no cooking is required!

Most of them serve about four people as a side dish or two people as a main dish. A few of the recipes, like the salsas, are sized more appropriately for making a hearty condiment, snack, or dip. The apple icon indicates how many estimated servings of fresh fruits or vegetables each recipe yields in total.

Anytime we include an important food-safety step in a recipe, you'll see an icon, like Clean, Rinse, or Chill, to remind you to perform a food-safety step: clean, rinse, separate, or chill.

Before we unleash our recipe rainbow, let's read through one of the recipes to orient you further to all the publication/graphic elements. Soon you'll be well on your way to trying out our delicious, veggie-and-fruit-filled recipes. Enjoy!



Asian-Style Cucumbers



Yield | Makes about 4½ cups



Ingredients

- 4½ cups English, Japanese, or slicing-style cucumber (about 3 cucumbers)
- 3 tsp salt
- ½ cup rice vinegar
- 3 tbsp water
- 3 tbsp sugar
- 3 tbsp chili oil (or 1 tbsp red pepper flakes and 3 tbsp any oil)
- 1 tbsp sesame oil, any variety
- 1 tbsp fresh grated ginger
- 4 cloves garlic, thinly sliced

Directions



1. Wash your hands for twenty seconds with soap and water. Start with a clean work surface and utensils.



2. Rinse and cut cucumbers into ¼-inch cubes.

3. Add cucumber to a medium bowl and toss with salt.

4. Set aside for 30 minutes. Drain and discard liquid.



5. In a separate bowl, whisk together vinegar, water, sugar, chili oil, sesame oil, ginger, and garlic.

6. Add dressing to cucumbers and toss together. Enjoy right away for best color and flavor.

Tip: add toasted sesame seeds for an extra crunch.

Serving Suggestion: great with sweet and spicy Asian-inspired chicken or pork dishes.

Sample Recipe Explained

(this one is particularly yummy, whether as a side dish or a snack):

Each recipe includes the recipe's photograph, title, and yield information.

Look for fruit and vegetable serving icons to know how many fruit and/or vegetable servings a recipe yields.

An ingredients list makes it easier to identify and purchase ingredients.

Asian-Style Cucumbers



Yield | Makes about 4½ cups



Ingredients




- 4½ cups English, Japanese, or slicing-style cucumber (about 3 cucumbers)
- 3 tsp salt
- ½ cup rice vinegar
- 3 tbsp water
- 3 tbsp sugar
- 3 tbsp chili oil (or 1 tbsp red pepper flakes and 3 tbsp any oil)
- 1 tbsp sesame oil, any variety
- 1 tbsp fresh grated ginger
- 4 cloves garlic, thinly sliced

Fresh produce does not always fit a standard type or size, so we provide suggestions for what to use and include estimates for how much whole, chopped, sliced, shredded, or diced ingredient we used while creating and testing the recipe. Feel free to mix up the color, variety, or style of fruit or vegetable we have listed, depending on personal preference or what is available to you.

Use the recipe as a guide and get creative with different herbs, aromatics, oils, and sweeteners as well. For example, try using olive oil or canola oil with each recipe; use Honeycrisp, Fuji, or your favorite variety of apple; or use green onions instead of red onions for a milder flavor. The possibilities are endless. Substitutions may change the flavor or texture of a recipe, but you may also discover a great new combination!

Sample Recipe Explained

Directions

-  1. Wash your hands for twenty seconds with soap and water. Start with a clean work surface and utensils.
-  2. Rinse and cut cucumbers into ¼-inch cubes.
3. Add cucumber to a medium bowl and toss with salt.
4. Set aside for 30 minutes. Drain and discard liquid.
-  5. In a separate bowl, whisk together vinegar, water, sugar, chili oil, sesame oil, ginger, and garlic.
6. Add dressing to cucumbers and toss together. Enjoy right away for best color and flavor.

Tip: Add toasted sesame seeds for an extra crunch.

Serving Suggestion: great with sweet and spicy Asian-inspired chicken or pork dishes.

22 | Market Fresh in a SNAP!

Icons indicate one or more food-safety steps

A “kids in the kitchen” icon means that the step it is paired with is a great fit for kids to do when they’re helping in the kitchen. Refer to section 3, Kids in the Kitchen, for a refresher on which kitchen chores might be best based on a youngster’s age.

Sometimes our recipe testers and tasters suggest an addition that they think will make the recipe even better. If you don’t agree, play around with what might make the dish taste more delicious to you.

Another bit of information you might see are pairing ideas for you meal planners out there: mentions of a main dish idea that we think pairs exceptionally well with the recipe. Of course, all of our recipes can be enjoyed on their own, too.

Eat Red for Heart Health!

Recipes in the following pages feature red foods such as apples, beets, strawberries, tomatoes, and watermelon. Compounds in these foods such as quercetin, betalains, anthocyanins, vitamin C, flavonoids, and lycopene may help to reduce inflammation, favorably influence cholesterol levels, and reduce the risk of heart disease.



Apple Sesame Slaw



Yield | Makes about 6 cups



Ingredients

- 3 cups red cabbage (about ½ a medium cabbage)
- 3 cups red apple (about 3 medium)
- 2 tbsp sesame oil, any variety
- 1 tbsp brown sugar
- 2 tsp rice vinegar
- 2 tsp low-sodium soy sauce
- 2 tsp fresh grated ginger
- to taste salt and pepper

Directions



1. Wash your hands for twenty seconds with soap and water. Start with a clean work surface and utensils.



2. Rinse, core, and finely shred or slice cabbage.



3. Rinse, core, and cut apples into matchsticks.



4. In a small bowl, whisk together oil, sugar, vinegar, soy sauce, and ginger. Add salt and pepper to taste.




5. Combine all ingredients in a large bowl.
6. Refrigerate for one hour before serving. Enjoy!

Tip: add cilantro, peanuts, or toasted sesame seeds for extra texture and flavor.

Serving Suggestion: great with a turkey and cheddar sandwich with arugula on whole grain bread.



Citrus Beets

 Yield | Makes about 5½ cups



Ingredients

- 5 cups beets, any color (about 5 medium)
- ½ cup green onion (about 4)
- ½ cup orange juice (about 2 small oranges)
- ¼ cup lime juice (about 2 limes)
- ¼ cup oil, any variety
- to taste salt and pepper

Directions



1. Wash your hands for twenty seconds with soap and water. Start with a clean work surface and utensils.



2. Rinse, scrub, and shred beets.*



3. Rinse, trim roots, and slice green onions.



4. In a small bowl, whisk together orange juice, lime juice, and oil. Add salt and pepper to taste.

5. Combine all ingredients in a large bowl.



6. Refrigerate for one hour before serving. Enjoy!

**Tip: if using red beets, wear gloves and cover your counter to prevent stains.*

Serving Suggestion: great with grilled or seared pork chops seasoned with chipotle peppers and citrus.





Colorful Cowboy Caviar



Yield | Makes about 7½ cups

Ingredients

- 1 cup red bell pepper (about 1)
- 1 cup tomato (about 1 medium)
- 1½ cups cucumber (about 1 medium)
- ½ cup red onion (about ½ a bulb)
- ½ cup cilantro (about ½ a bunch)
- 1½ cups corn (about 2 ears)
- 1¾ cups low-sodium black beans (about 1 can or 15 oz)
- ¾ cup low-sodium Italian dressing, purchased or homemade

Directions



1. Wash your hands for twenty seconds with soap and water. Start with a clean work surface and utensils.



2. Rinse and dice bell pepper (seeds removed), tomato, and cucumber.



3. Peel, rinse, and finely dice onion.



4. Rinse and chop cilantro.



5. Rinse and cut kernels off the ears of corn.*



6. Drain and rinse black beans.
7. Combine all ingredients in a large bowl.

8. Add to salad and toss with dressing.



9. Refrigerate for 2–3 hours before serving. Enjoy with low-sodium tortilla chips.

**Tip: if you have a can of corn on hand, use that instead of fresh corn.*

Serving Suggestion: great with tacos, nachos, or by itself over a bed of rice.



Strawberry Yogurt Pops



Yield | Makes about 6 cups

Ingredients

- 2 cups strawberries (about 1 pint)
- 4 cups low-fat vanilla yogurt

Directions



1. Wash your hands for twenty seconds with soap and water. Start with a clean work surface and utensils.



2. Rinse, remove stems, and mash strawberries.
3. In a large bowl, combine strawberries with low-fat vanilla yogurt.
4. Spoon the mixture into an ice cube tray, waxed paper cups, or popsicle mold.
5. Place popsicle sticks or straws in the center of each.



6. Freeze for 6–8 hours or overnight. Enjoy!



Strawberry Mint Refresher



Yield | Makes about 4 cups

Ingredients

- ½ cup strawberries
- ¼ cup lime (about 1)
- ¼ cup mint leaves
- 4 cups cold water

Directions



1. Wash your hands for twenty seconds with soap and water. Start with a clean work surface and utensils.



2. Rinse, remove stems, and slice strawberries.



3. Rinse and slice lime.

4. Freeze sliced strawberries and lime.



5. Rinse mint leaves and remove stems.

6. Add frozen fruit and mint leaves to cold water.




7. Refrigerate, if not enjoying immediately.

Serving Suggestion: sparkling water may also be used in this recipe.



Tomato, Basil, and Leek Salad

 Yield | Makes about 6½ cups

Ingredients

- 2 cups leek (about 1)
- 2 cups tomato (about 2 medium-sized)
- 1½ cups cucumber (about 1 medium-sized)
- ½ cup fresh basil
- ¼ cup black olives, sliced (about 1 can or 2.25 oz)
- 2 tbsp lime juice (about 1 lime)
- 1 tbsp oil, any variety
- ½ cup mozzarella cheese
- to taste salt and pepper

Directions



1. Wash your hands for twenty seconds with soap and water. Start with a clean work surface and utensils.



2. Remove green tops*, slice, and thoroughly rinse leek.



3. Rinse and dice tomatoes and cucumber.



4. Rinse and chop basil.

5. Drain and rinse olives.



6. In a small bowl, whisk together lime juice and oil. Add salt and pepper to taste.

7. Combine all ingredients in a large bowl.

8. Add to salad and toss with cheese.



9. Enjoy right away or refrigerate for one hour before serving.

**Tip: save the green tops of the leek for use in other recipes that call for onion.*

Serving Suggestion: great with grilled chicken glazed with balsamic vinegar.



Watermelon Salsa



Yield | Makes about 6 cups

Ingredients

- 4 cups watermelon (about 1 small)
- 1½ cups cucumber (about 1 medium)
- ¼ cup jalapeño (about 1 large)
- ¼ cup red onion (about ¼ of a bulb)
- ¼ cup cilantro (about ¼ of a bunch)
- ¼ cup lime juice (about 2 limes)
- 1 tsp sugar (optional)

Directions



1. Wash your hands for twenty seconds with soap and water. Start with a clean work surface and utensils.



2. Rinse and cut into 1-inch cubes watermelon with rind removed and cucumber.



3. Rinse, remove seeds, and finely dice jalapeño.*



4. Peel, rinse, and finely dice onion.



5. Rinse and chop cilantro.



6. In a small bowl, whisk together lime juice and sugar, if using.

7. Combine all ingredients in a large bowl.



8. Enjoy right away or refrigerate for one hour before serving.

**Tip: wear gloves while preparing hot peppers.*

Serving Suggestion: Try it with low-sodium tortilla chips. Great with baked or grilled salmon and quinoa.

The Benefits of Orange and Yellow Foods Are Easy to See!

The following recipes feature orange/yellow foods such as apricots, cantaloupes, carrots, corn, peaches, and yellow squash. Compounds in these foods, such as beta-carotene, lutein, zeaxanthin, and vitamin A, help to support vision and reproductive health.



Apricot and Tomato Salsa



Yield | Makes about 5 cups



Ingredients

- 1¾ cups apricots (about 6)
- 2 cups tomato, any color (about 2 medium)
- ½ cup jalapeño (about 2 large)
- ½ cup red onion (about ½ a bulb)
- ½ cup cilantro (about ½ a bunch)
- ¼ cup lime juice (about 2 limes)
- 2 tsp red wine vinegar
- 2 tsp honey
- ½ tsp salt

Directions



1. Wash your hands for twenty seconds with soap and water. Start with a clean work surface and utensils.



2. Rinse and dice apricots, tomatoes, and jalapeños (with seeds removed).



3. Peel, rinse, and finely dice onion.



4. Rinse and chop cilantro.



5. In small bowl, whisk together lime juice, vinegar, honey, and salt.

6. Combine all ingredients in a medium bowl.




7. Refrigerate for one hour before serving.

Serving Suggestion: great with low-sodium tortilla chips or spooned on toasted baguette slices spread with goat cheese.



Cantaloupe, Cilantro, and Lime Salad

 Yield | Makes about 4 cups

Ingredients

- 4 cups cantaloupe (about 1 medium)
- 1–2 tbsp cilantro (about 4 sprigs)
- 1 tbsp lime juice (about ½ a lime)
- 1 tsp sugar
- to taste salt

Directions



1. Wash your hands for twenty seconds with soap and water. Start with a clean work surface and utensils.



2. Rinse, scrub, remove rind, and cut cantaloupe* into 1-inch cubes.



3. Rinse and chop cilantro.



4. In a small bowl whisk together lime juice and sugar. Add salt to taste.

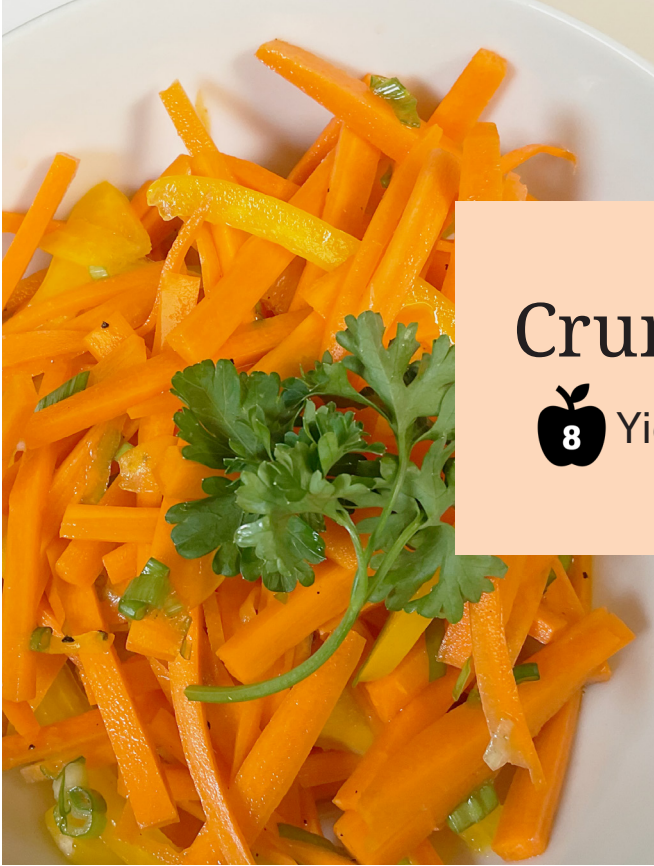
5. Combine all ingredients in a large bowl.



6. Refrigerate for one hour before serving. Enjoy!

**Tip: take your salad to the next level by using a melon baller to cube the cantaloupe.*

Serving Suggestion: great with toasted baguette slices spread with goat cheese or cream cheese and a slice of prosciutto or ham.



Crunchy Carrot Salad



Yield | Makes about 4 cups

Ingredients

- 2 cups carrot (about 6 medium)
- 2 cups red bell pepper (about 2)
- ¼ cup green onion (about 2)
- ¼ cup lemon juice (about 1 lemon)
- 2 tbsp honey
- 2 tbsp white vinegar
- to taste salt and pepper

Directions



1. Wash your hands for twenty seconds with soap and water. Start with a clean work surface and utensils.



2. Rinse, scrub, and shred carrots.



3. Rinse, remove seeds, and thinly slice bell peppers.



4. Rinse, trim roots, and thinly slice green onions.



5. In small bowl, whisk together lemon juice, honey, and vinegar. Add salt and pepper to taste.

6. Combine all ingredients in a medium bowl.




7. Refrigerate for one hour or overnight for best results. Enjoy!

Serving Suggestion: great with turkey meatloaf or turkey burgers on whole grain buns.



Fresh Corn and Peach Salad

 Yield | Makes about 5½ cups

Ingredients

- 2¼ cups corn (about 3 ears)
- 1 cup peaches (about 2)
- 1 cup tomato (about 1 medium)
- 1 cup red onion (about 1)
- ¼ cup cilantro (about ¼ of a bunch)
- 1 tbsp lime juice (about ½ of a lime)
- ¼ cup oil
- 2 tbsp red wine vinegar
- 2 tbsp honey
- ½ tsp paprika
- to taste salt and pepper

Directions



1. Wash your hands for twenty seconds with soap and water. Start with a clean work surface and utensils.



2. Rinse and cut kernels off the cobs of corn.



3. Rinse and dice peaches (pits removed) and tomato.



4. Peel, rinse, and finely dice onion.



5. Rinse and chop cilantro.



6. In a small bowl, whisk together lime juice, oil, vinegar, honey, and paprika. Add salt and pepper to taste.

7. Combine all ingredients in a medium bowl.



8. Enjoy right away or refrigerate for one hour.



Peach and Raspberry Cooler

Yield | Makes about 4 cups

Ingredients

- ½ cup peaches (about 1 peach)
- ½ cup raspberries
- 4 cups cold water

Directions



1. Wash your hands for twenty seconds with soap and water. Start with a clean work surface and utensils.



2. Rinse and slice peach.



3. Rinse raspberries.



4. Freeze sliced peaches and raspberries.

5. Add fruit to cold water for a colorful and delicious beverage.



6. Refrigerate, if not enjoying immediately.

Serving Suggestion: Sparkling water may be used in this recipe. You can also swap blackberries for raspberries.



Sweet Corn Salsa

 Yield | Makes about 5 cups

Ingredients

- 4½ cups sweet corn (about 6 ears)
- ¾ cup cilantro (about ¾s of a bunch)
- 6 tbsp green onion (about 3)
- 3 tbsp lime juice (about 1½ limes)
- ¾ tsp salt

Directions



1. Wash your hands for twenty seconds with soap and water. Start with a clean work surface and utensils.



2. Rinse and cut kernels off the cobs of corn.



3. Rinse and chop cilantro.



4. Rinse, trim roots, and slice green onions.



5. In a small bowl, whisk together lime juice and salt.

6. Combine all ingredients in a medium bowl.



7. Enjoy right away or refrigerate for one hour before serving.

Serving Suggestion: great with chicken or grilled fish street tacos on whole grain tortillas.



Summer Squash and Tomato Salad



Yield | Makes about 4 cups



Ingredients

- 1 cup yellow squash (about 1 medium)
- 1 cup zucchini (about 1 medium)
- 2 cups tomato (about 2 medium)
- 1 tbsp fresh basil (about 1 large sprig)
- 2 tbsp oil
- 2 tbsp balsamic vinegar
- to taste salt and pepper

Directions



1. Wash your hands for twenty seconds with soap and water. Start with a clean work surface and utensils.



2. Rinse and dice squash, zucchini,* and tomatoes.



3. Rinse and chop basil.



4. In small bowl, whisk together oil and vinegar. Add salt and pepper to taste.

5. Combine all ingredients in a medium bowl.



6. Enjoy right away or refrigerate for one hour before serving.

**Tip: Any combination or color of summer squash can be used.*

Serving Suggestion: great with grilled chicken, seasoned with fresh or dried herbs.

Get Pumped with Green Foods!

The following recipes highlight green foods such as cucumber, peas, avocado, green beans, kale, basil, and Swiss chard. Compounds in these foods, such as vitamin K, folate, magnesium, potassium, and nitrates, are associated with cardiovascular health.



Asian-Style Cucumbers



Yield | Makes about 4½ cups



Ingredients

- 4½ cups English, Japanese, or slicing-style cucumber (about 3 cucumbers)
- 3 tsp salt
- ½ cup rice vinegar
- 3 tbsp water
- 3 tbsp sugar
- 3 tbsp chili oil (or 1 tbsp red pepper flakes and 3 tbsp any oil)
- 1 tbsp sesame oil, any variety
- 1 tbsp fresh grated ginger
- 4 cloves garlic, thinly sliced

Directions



1. Wash your hands for twenty seconds with soap and water. Start with a clean work surface and utensils.



2. Rinse and cut cucumbers into ¼-inch cubes.

3. Add cucumber to a medium bowl and toss with salt.

4. Set aside for 30 minutes. Drain and discard liquid.



5. In a separate bowl, whisk together vinegar, water, sugar, chili oil, sesame oil, ginger, and garlic.

6. Add dressing to cucumbers and toss together. Enjoy right away for best color and flavor.

Tip: Add toasted sesame seeds for an extra crunch.

Serving Suggestion: great with sweet and spicy Asian-inspired chicken or pork dishes.



Snap Peas with Citrus and Avocado



Yield | Makes about 4 cups

Ingredients

- 2 cups sugar snap peas (about 1 pound)
- 2 cups avocado (about 2 medium)
- ½ cup orange juice (about 2 small oranges)
- ¼ cup oil, any variety
- 2 tsp Dijon mustard
- 1/2 tsp salt
- to taste black pepper



Directions



1. Wash your hands for twenty seconds with soap and water. Start with a clean work surface and utensils.



2. Rinse and cut in half widthwise sugar snap peas.



3. Rinse, remove pit, peel, and dice avocados.

4. In a medium bowl, whisk together orange juice, oil, mustard, and salt. Add black pepper to taste.



5. Add snap peas and avocado to the dressing and gently toss together. Enjoy right away for best color and flavor.

Serving Suggestion: great with grilled or seared shrimp or fish.





Marinated Green Beans with Tomatoes and Herbs



Yield | Makes about 5 cups

Ingredients

- 3 cups green beans (about 1 pound)
- 1 cup cherry tomatoes (about ½ pint)
- 1 cup red onion (about 1 bulb)
- 2 tbsp fresh basil (about 2 sprigs)
- 2 tbsp fresh parsley (about 2 sprigs)
- 6 tbsp white vinegar
- ¼ cup oil
- 1 tsp salt
- ½ tsp black pepper

Directions



1. Wash your hands for twenty seconds with soap and water. Start with a clean work surface and utensils.



2. Rinse and cut widthwise green beans (ends snipped) and cherry tomatoes.



3. Peel, rinse, and finely dice onion.



4. Rinse and chop basil and parsley.



5. In a small bowl, whisk together vinegar, oil, salt, and black pepper.

6. Combine all ingredients in a large mixing bowl.




7. Refrigerate for one hour before serving or overnight for best results. Enjoy!

Serving Suggestion: great with baked chicken glazed with balsamic vinegar.



Kale, Apple, and Carrot Salad

 Yield | Makes about 5½ cups

Ingredients

- 3 cups kale, any variety (about 1 bunch)
- 1 cup carrot (about 3 medium)
- 1 cup red apple, any variety (about 1 medium)
- ½ cup red onion (about ½ of a bulb)
- 3 tbsp red wine vinegar
- 2 tbsp oil, any variety
- 2 tbsp honey
- to taste salt and pepper

Directions



1. Wash your hands for twenty seconds with soap and water. Start with a clean work surface and utensils.



2. Rinse kale, remove and discard stems, and chop leaves.



3. Rinse, scrub, and shred carrots.



4. Rinse, core, and dice apple.



5. Peel, rinse, and finely dice onion.



6. In small a bowl, whisk together vinegar, oil, and honey. Add salt and pepper to taste.

7. Combine all ingredients in a large mixing bowl and massage* dressing into kale.



8. Refrigerate for one hour before serving. Enjoy!

**Tip: "Massaging" the kale helps make it less bitter and more tender. To massage, gently squeeze and release chopped kale with clean hands or a spoon in a bowl before, after, or during dressing.*

Serving Suggestion: great with a sharp white cheddar grilled-cheese sandwich on whole grain bread.



Apple, Basil and Lemon-Infused Water

Yield | Makes about 4 cups

Ingredients

- 1½ cups green apple (about 1)
- ¼ cup lemon, sliced (about 1)
- ¼ cup basil leaves
- 4 cups cold water

Directions



1. Wash your hands for twenty seconds with soap and water. Start with a clean work surface and utensils.



2. Rinse, core, and slice apple.



3. Rinse and slice lemon.



4. Freeze sliced apple and lemon.



5. Rinse and remove basil leaves from stems (do not freeze basil for this recipe).

6. Add frozen fruit and basil to cold water for a fun, flavorful way to drink water.



7. Refrigerate, if not enjoying immediately.

Serving Suggestion: Sparkling water may be used in this recipe. You can also use different varieties of basil.



Kale Salad with Lemon Vinaigrette



Yield | Makes about 4 cups

Ingredients

- 3 cups kale, any variety (about 1 bunch)
- ¼ cup red onion (about ¼ of a bulb)
- ⅓ cup carrot (about 1 medium)
- ¼ cup radish, any color (about 3)
- ¼ cup lemon juice (about 1 lemon)
- ¼ cup oil
- 2 tbsp red wine vinegar
- 1 tbsp Dijon mustard
- 1 tbsp honey
- ½ tsp dried oregano
- 2 cloves garlic, minced
- to taste salt and pepper

Directions



1. Wash your hands for twenty seconds with soap and water. Start with a clean work surface and utensils.



2. Rinse kale, remove and discard stems, and chop kale leaves.



3. Peel, rinse, and finely dice onion.



4. Rinse, scrub, and shred carrots and radishes.



5. In a small bowl, whisk together lemon juice, oil, vinegar, mustard, honey, oregano, and garlic. Add salt and pepper to taste.

6. Combine all ingredients in a medium bowl and massage* dressing into kale.



7. Refrigerate for one hour before serving. Enjoy!

**Tip: "Massaging" the kale helps make it less bitter and more tender. To massage, gently squeeze and release chopped kale with clean hands or a spoon in a bowl before, after, or during dressing.*

Serving Suggestion: great with baked chicken glazed with honey mustard dressing.

Swiss Chard Salad



Yield | Makes about 4 cups



Ingredients

- 3 cups Swiss chard (about 1 bunch)
- 2 tbsp lemon juice (about ½ of a lemon)
- 3 tbsp oil, any variety
- ½ clove garlic, minced
- ½ cup whole wheat croutons
- ⅓ cup Parmesan cheese, grated or shaved
- to taste salt
- to taste red pepper flakes

Directions



1. Wash your hands for twenty seconds with soap and water. Start with a clean work surface and utensils.



2. Rinse Swiss chard and remove and discard stems.



3. In small bowl, whisk together lemon juice, oil, and garlic. Add salt to taste and red pepper flakes (optional) if you wish.

4. Combine Swiss chard and dressing in a medium bowl.
5. Toss salad and dressing with whole wheat croutons and Parmesan cheese.
6. Enjoy right away for best color and flavor.

Serving Suggestion: great with lean grilled or seared beef, topped with garlic butter.

Eating Blue and Purple Foods is a No-Brainer!

The following recipes feature blue/purple foods such as blackberries, purple cabbage, purple carrots, and plums. Compounds in these foods, such as anthocyanins, flavonoids, resveratrol, and stilbenes, may help support brain health, including learning, memory, and healthy mood balance.



Blackberry Overnight Oats



Yield | Makes about 5 cups



Ingredients

- 2 cups rolled or quick oats
- 1 cup low-fat milk
- 1 cup low-fat vanilla yogurt
- 1 cup blackberries or any seasonal berry

Directions



1. Wash your hands for twenty seconds with soap and water. Start with a clean work surface and utensils.



2. Combine oats, milk, and yogurt in a medium bowl. Cover bowl and refrigerate for eight hours or overnight.



3. Rinse blackberries and spoon on top of the oats.
4. Top oats with additional ingredients of choice, such as unsalted nuts or seeds, nut butter, or more rinsed fresh fruit.



Blueberry Salsa

 Yield | Makes about 4 cups

Ingredients

- 2 cups blueberries (about 1 pint)
- 1 cup yellow bell pepper
- ¼ cup jalapeño or other hot or sweet pepper (about 1 large)
- ½ cup red onion (about ½ of a bulb)
- ½ cup cilantro (about ½ of a bunch)
- 2 tbsp lime juice (about 1 lime)
- 1½ tsp honey
- ¼ tsp salt

Directions



1. Wash your hands for twenty seconds with soap and water. Start with a clean work surface and utensils.



2. Rinse blueberries.



3. Rinse, remove seeds, and finely dice bell pepper and jalapeño.



4. Peel, rinse, and finely dice onion.



5. Rinse and chop cilantro.



6. In small bowl, whisk together lime juice, honey, and salt.

7. Combine all ingredients in a medium bowl.



8. Refrigerate for one hour before serving. Enjoy!

Serving Suggestion: great with low-sodium tortilla chips or spooned on grilled chicken.





Idaho Berry Blast



Yield | Makes about 4 cups

Directions



1. Wash your hands for twenty seconds with soap and water. Start with a clean work surface and utensils.



2. Rinse berries.

3. Freeze berries.

4. Add frozen berries to 4 cups of cold water for a blast of flavor.



5. Refrigerate, if not enjoying immediately.


Serving Suggestion: sparkling water may also be used in this recipe.

Ingredients

- ½ cup mixed berries
- 4 cups cold water



Cabbage and Radish Coleslaw

 Yield | Makes about 5 cups

Ingredients

- 3 cups red cabbage (about ½ of a medium cabbage)
- ¼ cups radish (about 1 bunch)
- ¼ cup green onion (about 2 bulb sprouts)
- ½ cup low-fat vanilla yogurt
- 1 tbsp oil, any variety
- 2 tbsp apple cider vinegar
- ½ tsp salt
- ½ cup golden raisins
- to taste black pepper



Directions



1. Wash your hands for twenty seconds with soap and water. Start with a clean work surface and utensils.



2. Rinse, core, and finely shred or slice cabbage.



3. Rinse, trim roots, and chop radishes and onions.



4. In a small bowl, whisk together yogurt, oil, vinegar, and salt. Add black pepper to taste.

5. Combine all ingredients in a large bowl.

6. Add to coleslaw and toss in raisins.



7. Refrigerate for one hour before serving. Enjoy!

Serving Suggestion: great with grilled pork chops or pulled pork sandwiches.





Purple Carrot and Ginger Citrus Salad



Yield | Makes about 4 cups

Ingredients

- 1 cup purple carrot or carrot of any other color (about 3 medium)
- 2 cups kohlrabi
- 1 cup green apple (about 1 medium)
- 2 tbsp green onion (about 1)
- 1 tbsp serrano pepper or other hot or sweet pepper (about 1)
- 2 tbsp orange juice (about ½ of a small orange)
- 1 tbsp lime juice (about ½ of a lime)
- 1 tbsp oil, any variety
- 1 tsp fresh grated ginger
- to taste salt and pepper

Directions



1. Wash your hands for twenty seconds with soap and water. Start with a clean work surface and utensils.



2. Rinse, scrub, and shred carrots and kohlrabi.*



3. Rinse, core, and shred apple.



4. Rinse, trim roots, and finely dice onion.



5. Rinse, partially remove seeds, and finely dice serrano pepper.



6. In a small bowl, whisk together orange juice, lime juice, oil, and ginger. Add salt and pepper to taste.

7. Combine all ingredients in a large bowl.



8. Refrigerate for one hour or overnight for best results. Enjoy!

**Tip: if you cannot find kohlrabi, substitute with turnips or radishes.*

Serving Suggestion: great with grilled or baked, marinated, and firm tofu.



Plum and Citrus Greens



Yield | Makes about 6 cups

Ingredients

- ½ cup plums (about 2)
- 5 cups spinach (about 5 oz)
- ¼ cup fresh basil (about 4–5 sprigs)
- 2 tbsp orange juice (about ½ of a small orange)
- 2 tbsp lemon juice (about ½ of a lemon)
- 1 tbsp lime juice (about ½ of a lime)
- 2 tbsp oil, any variety
- ¼ cup walnuts
- to taste salt and pepper

Directions



1. Wash your hands for twenty seconds with soap and water. Start with a clean work surface and utensils.



2. Rinse, remove pit, and dice plums.



3. Rinse and chop spinach and basil.



4. In a small bowl, whisk together orange juice, lemon juice, lime juice, and oil. Add salt and pepper to taste.

5. Combine all ingredients in a large bowl.

6. Toss salad with chopped walnuts.

7. Enjoy right away for best color and flavor.

Serving Suggestion: great with spicy barbecued chicken or pork.



Asian Rainbow Slaw



Yield | Makes about 7 cups

Ingredients

- 3 cups red cabbage (about ½ of a medium-sized head)
- ⅓ cup carrot (about 1 medium)
- 1 cup yellow squash (about 1 medium)
- 1½ cups cucumber (about 1 medium)
- 1 cup red bell pepper (about 1)
- 2 tbsp green onion (about 1)
- ¼ cup fresh mint (about 4–5 sprigs)
- ¼ cup fresh basil (about 4–5 sprigs)
- 1 tbsp lime juice (about ½ of a lime)
- 2 tbsp oil, any variety
- 2 tbsp low-sodium soy sauce
- ½ tbsp honey
- 1 tsp sesame oil, any variety
- ½ tsp fresh grated ginger
- ½ tsp red pepper flakes
- 1 clove garlic, minced

Directions



1. Wash your hands for twenty seconds with soap and water. Start with a clean work surface and utensils.



2. Rinse, core, and finely shred or slice cabbage.



3. Rinse, scrub, and shred carrot.



4. Rinse and thinly slice yellow squash*, cucumber*, red bell pepper with seeds removed, and green onion with roots trimmed.



5. Rinse and chop mint and basil.



6. In a small bowl, whisk together lime juice, oil, soy sauce, honey, sesame oil, ginger, red pepper flakes, and garlic.

7. Combine all ingredients in a large bowl.



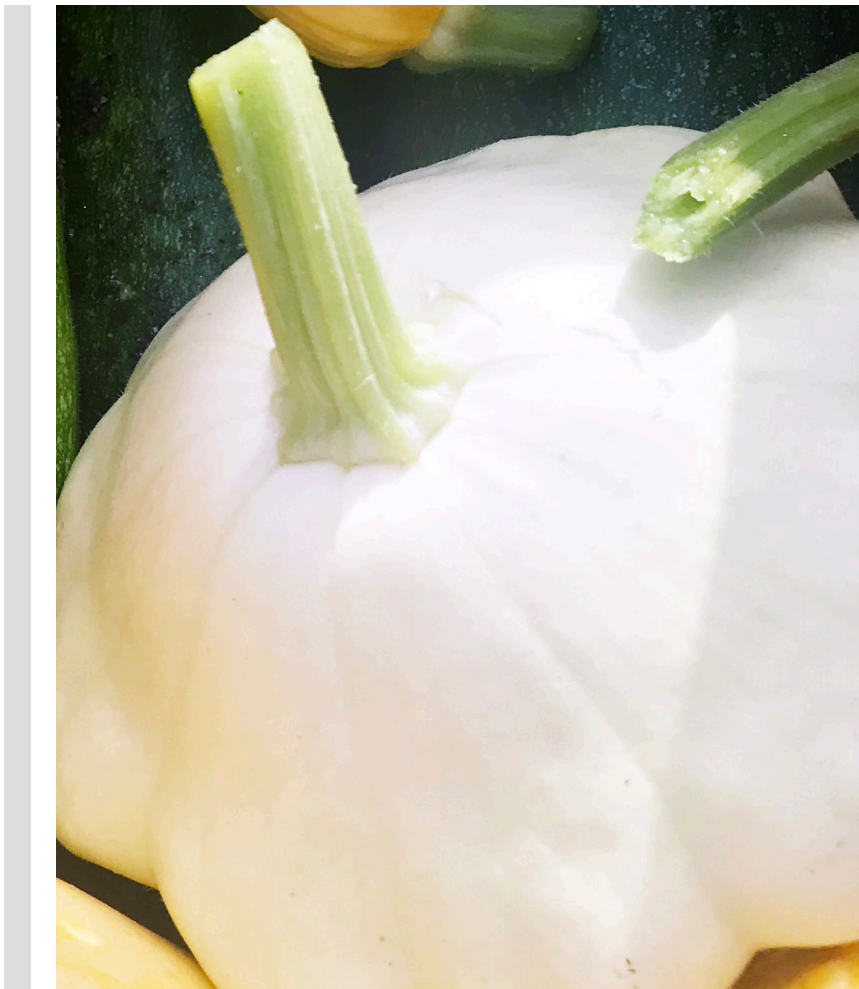
8. Refrigerate for one hour or overnight for best results. Enjoy!

**Tip: Reduce excess liquid by combining the sliced yellow squash and cucumbers with 1 tsp of salt for 30 minutes. Drain the liquid and rinse off the salt.*

Serving Suggestion: great with classic grilled hamburgers and hotdogs.

Include White Foods Too When Eating the Rainbow!

The following recipes highlight white or light green foods such as fennel, cucumber, melon, kohlrabi, parsnips, cauliflower, and turnips. Compounds in these foods, such as sulforaphane and indole-3-carbinol, may be associated with reduced risk of some cancers and stroke.



Fennel with Cucumber and Dill



Yield | Makes about 6½ cups



Ingredients

- 1½ cups fennel (about 2 medium bulbs)
- 3 cups cucumber (about 2 medium-sized)
- 2 cups red onion (about 2 bulbs)
- 2 tbsp fresh dill (about 7–9 sprigs)
- 2 tbsp fennel frond (about 1 stem)
- ½ cup apple cider vinegar
- ½ cup oil
- to taste salt and pepper

Directions



1. Wash your hands for twenty seconds with soap and water. Start with a clean work surface and utensils.



2. Rinse, remove, and set aside fronds and thinly slice the fennel bulbs.



3. Rinse and thinly slice cucumbers.



4. Peel, rinse, and thinly slice onion.



5. Rinse and chop dill and fronds.



6. In a small bowl, whisk together vinegar and oil. Add salt and pepper to taste.

7. Combine all ingredients in a medium bowl.



8. Refrigerate for one hour before serving. Enjoy!

Serving Suggestion: great with any grilled, steamed, or baked fish.



Cucumber Melon Quencher

Yield | Makes about 4 cups

Ingredients

- ½ cup honeydew melon
- ¼ cup cucumber
- ¼ cup mint leaves
- 4 cups cold water

Directions



1. Wash your hands for twenty seconds with soap and water. Start with a clean work surface and utensils.



2. Rinse melon and cucumber. Cut into cubes or slices.



3. Freeze melon and cucumber.



4. Rinse mint leaves and remove from stems.

5. Add frozen melon, cucumbers, and mint leaves to cold water for a cool and fragrant drink.



6. Refrigerate, if not enjoying immediately.

Serving Suggestion: Sparkling water may be used in this recipe. You can also swap watermelon or cantaloupe for honeydew.



Fennel and Arugula Salad



Yield | Makes about 7 cups

Ingredients

- ¾ cup fennel bulb (about 1 medium)
- ½ cup red apple (about 1 small)
- ½ cup pear (about 1 medium)
- 5 cups arugula or other salad green (about 5 oz)
- ¼ cup red onion (about ¼ of a bulb)
- 3 tbsp oil, any variety
- 2 tbsp balsamic vinegar
- 2 tbsp apple juice
- 1 tbsp chopped fennel frond (about 1 stem)
- 2 tbsp cotija cheese or any crumbly cheese
- to taste salt and pepper

Directions



1. Wash your hands for twenty seconds with soap and water. Start with a clean work surface and utensils.



2. Rinse, remove fronds, and thinly slice fennel bulb.



3. Rinse, core, and slice apple and pear.



4. Rinse arugula or other salad green.



5. Peel, rinse, and finely dice onion.



6. In a small bowl, whisk together oil, vinegar, apple juice, and chopped fennel frond. Add salt and pepper to taste.

7. Combine all ingredients in a medium bowl.


8. Top salad with cheese.

9. Enjoy right away for best color and flavor.

Serving Suggestion: great with grilled or rotisserie chicken wraps.



Kohlrabi and Apple Salad

 Yield | Makes about 5 cups

Ingredients

- 4 cups kohlrabi bulb (about 2)
- 1 cup green apple (about 1 medium)
- 3 tbsp olive oil
- 2 tbsp balsamic vinegar
- 2 tbsp apple juice
- to taste salt and pepper

Directions



1. Wash your hands for twenty seconds with soap and water. Start with a clean work surface and utensils.



2. Rinse, remove fronds, and thinly slice the bulbs of kohlrabi.



3. Rinse, core, and cut apple into matchsticks.



4. In a small bowl, whisk together oil, vinegar, and apple juice. Add salt and pepper to taste.

5. In a medium bowl, add the kohlrabi and apple.

6. Add dressing and toss to combine.



7. Refrigerate for 1 hour before serving. Enjoy!

Serving Suggestion: great with grilled chicken or fish seasoned with lemon.

Parsnip Mixed Salad with Honey Mustard Dressing



Yield | Makes about 8 cups



Ingredients

- 1½ cups parsnips (about 3 medium)
- 1 cup green apple (about 1 medium)
- 5 cups mixed salad greens (about 5 oz)
- ¼ cup lemon juice (1 lemon)
- ¼ cup oil
- 2 tbsp honey
- 2 tbsp apple cider vinegar
- 2 tbsp Dijon mustard
- ½ cup chopped or sliced almonds
- to taste salt and pepper

Directions



1. Wash your hands for twenty seconds with soap and water. Start with a clean work surface and utensils.



2. Rinse, scrub, and shred parsnips.



3. Rinse, core, and cut apple into matchsticks.



4. Rinse and chop mixed salad greens.



5. In a small bowl, whisk together lemon juice, oil, honey, vinegar, and mustard.* Add salt and pepper to taste.

6. Combine all ingredients in a medium bowl. Toss chopped or sliced almonds into salad.


7. Enjoy right away for best color and flavor.

**Tip: you can substitute 2 tbsp of store-bought honey mustard for the honey and Dijon mustard.*

Serving Suggestion: great with lean, grilled steak sandwiches.



Pickled Cauliflower

 Yield | Makes about 4 cups

Ingredients

- 2 cups cauliflower (about ½ a head)
- 1 cup bell pepper or any sweet or hot pepper
- 1 cup carrot (about 3 medium)
- 2 cups white vinegar
- 2 cups water
- ⅓ cup sugar
- 1 tbsp salt
- 1 tsp red pepper flakes
- ½ tsp celery seed

Directions



1. Wash your hands for twenty seconds with soap and water. Start with a clean work surface and utensils.



2. Rinse and chop cauliflower into small pieces.



3. Rinse, remove seeds, and thinly slice bell pepper.



4. Rinse, scrub, and thinly slice carrots.



5. In a small bowl, whisk together vinegar, water, sugar, salt (extra if needed), red pepper flakes, and celery seed.

6. Combine all ingredients in a large, airtight container, such as a bowl or mason jar, and cover.




7. Refrigerate for at least 2–3 hours or overnight for best results. Store in the refrigerator. Enjoy!

Serving Suggestion: great with a relish tray or baked salmon.



Zesty Turnip Salad

 Yield | Makes about 5 cups

Ingredients

- 4 cups turnip (about 4 medium)
- ½ cup green onion (about 4 bulb sprouts)
- ¼ cup jalapeño or other hot or sweet pepper (about 1 large)
- ½ cup cilantro (about ½ of a bunch)
- ¼ cup orange juice (about 1 small orange)
- 3 tbsp lime juice (about 1 lime)
- ½ cup oil
- 2 tbsp sugar
- 2 tbsp white wine vinegar
- 2 tsp fresh grated ginger
- to taste salt and pepper

Directions



1. Wash your hands for twenty seconds with soap and water. Start with a clean work surface and utensils.



2. Rinse, peel, and shred turnips. Drain the excess turnip liquid.



3. Rinse, trim roots, and chop green onions.



4. Rinse, remove seeds, and chop jalapeño.*



5. Rinse and chop cilantro.



6. In a small bowl, whisk together orange juice, lime juice, oil, sugar, vinegar, and ginger. Add salt and pepper to taste.

7. Combine all ingredients in a medium bowl.



8. Refrigerate for one hour before serving. Enjoy!

**Tip: for an extra kick, leave the seeds in the jalapeño or other hot pepper.*

Serving Suggestion: great with baked or grilled chicken or fish seasoned with lime and cilantro.

SECTION 6: ABOUT US

About University of Idaho Extension

University of Idaho Extension provides reliable, research-based education and information to help people, businesses, and communities solve problems, develop skills, and build a better future. Through our statewide network of faculty and staff in forty-two counties, three federally recognized tribes, and nine College of Agricultural and Life Sciences research and Extension centers, we work to transform knowledge into solutions that work.

We focus on contemporary topics that matter to you most, including the following:

- Small- and large-scale sustainable agriculture
- Home horticulture
- Natural resources
- Health and nutrition
- Food safety
- Personal financial management
- Youth development
- Community development

Find a UI Extension county office, research and Extension center, or specialty area near you.

<https://www.uidaho.edu/extension/directory/counties>



About Eat Smart Idaho

Eat Smart Idaho provides free community-based programming designed to educate limited-resource individuals and families about healthy eating, smart shopping, food safety, quick meal preparation, management of limited grocery dollars, and the importance of physical activity.

With Eat Smart Idaho lessons, participants receive hands-on nutrition and physical activity education while experiencing new tastes and recipes. It is a UI Extension program supported by two United States Department of Agriculture (USDA) grants: Supplemental Nutrition Assistance Program Education (SNAP-Ed), in partnership with the Idaho Department of Health and Welfare and the USDA Food and Nutrition Service, and the Expanded Food and Nutrition Education Program, in partnership with the USDA National Institute of Food and Agriculture.

For more information about Eat Smart Idaho, to learn more about shopping and healthy eating on a budget, or to sign up for a class in your area visit:

www.eatsmartidaho.org.

About SNAP

As stated on their website, SNAP, “formerly known as Food Stamps, helps low-income families buy the food they need in order to stay healthy.” You can use your SNAP benefits at grocery stores and farmers markets that have SNAP terminals. Most Idaho markets also have programs to match SNAP benefits so you can double your fresh fruit and vegetable purchases.

Items commonly found at farmers markets that can be purchased with SNAP benefits:

- Breads, other baked goods, and cereals
- Fresh and dried fruits, vegetables, nuts, and herbs
- Meats, fish, and poultry
- Dairy products
- Honey
- Seeds and plants that produce food

To find out if you are eligible for Idaho’s SNAP program, apply at one of the Idaho Department of Health and Welfare locations throughout the state or call 1-877-456-1233. Be prepared, by knowing your monthly income, household size, any resources (such as savings accounts), and your citizenship status, to determine your eligibility. For more information visit www.healthandwelfare.idaho.gov. Your monthly SNAP benefit amount is based on your household size and income.



University *of* Idaho
Extension