

Municipality of Anchorage
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WIC Program

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Farmers' Market Recipes



Municipality of Anchorage
WIC Program

Eat 5-A-Day

Did You Know...

Eating 5 servings of fruits and vegetables each day is one of the most important ways you can help maintain your health

1 serving is:

- ⇒ 1 medium piece of fruit
- ⇒ 1/2 cup of fruit (canned or fresh cut in pieces)
- ⇒ 3/4 cup 100% fruit or vegetable juice
- ⇒ 1/4 cup dried fruit or vegetables
- ⇒ 1/2 cup raw or cooked vegetables
- ⇒ 1 cup raw leafy vegetables

For more information on freezing, canning and drying fruits and vegetables, contact the Alaska Cooperative Extension service at 1-888-823-3663.



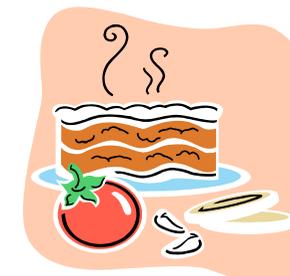
Vegetable Lasagna

Vegetable cooking spray	1 teaspoon oregano
1 small onion, chopped	1 teaspoon basil
1 carrot, chopped	Salt & pepper to taste
3 cloves garlic, minced	3 cups small broccoli florets
2 cups mushrooms, chopped	9 lasagna noodles
1 stalk celery, chopped	1 cup low-fat cottage cheese
1 16oz can low-sodium tomato paste	2 cups low-fat shredded mozzarella (3/4 lbs)
1 cup water	1/3 cup grated parmesan cheese
1 16 oz can low-sodium diced tomatoes, un-drained	

Coat large saucepan with vegetable cooking spray, add onion and cook until tender. Stir in carrot, garlic, mushrooms and celery and cook for 5 minutes; stirring often. Mix tomato paste with water. Add tomatoes, tomato paste mixture, oregano, basil, salt and pepper. Simmer, uncovered for 10 minutes or until slightly thickened. Stir in broccoli and continue cooking.

In a large pot of boiling water, cook noodles until al dente; drain and rinse under cold water. Preheat oven to 350 degrees. Lightly coat a 13"x9" baking pan, with cooking spray. Arrange 3 noodles evenly over bottom; spread with 1/2 vegetable mixture, then half of the cottage cheese. Repeat layering procedure again. Arrange remaining noodles over top; sprinkle with remaining mozzarella and parmesan cheeses. Bake 35-45 minutes or until bubbly.

Makes 8 servings



Tomato Soup

1 tablespoon oil
1 medium onion, chopped
2 stalks celery, chopped
1 carrot, chopped
¾ teaspoon oregano

1½ teaspoons basil
4 cups fresh tomatoes, diced
2-3 cups hot vegetable stock
¾ teaspoon salt
Pepper to taste

In a big soup pot, sauté onion in oil, adding celery and carrot when the onions are partly cooked. Continue cooking mixture until the onions are soft. Add oregano, basil and tomatoes to the pot and simmer gently until tomatoes are very soft. If you want a smooth creamy texture, puree soup (using a food mill for pureeing will remove the tomatoes seed and skins, making a velvety soup). Add the hot stock, adjusting the amount to get the quantity and thickness you want. Bring to a boil and simmer on low heat for 5 minutes. Season with salt and pepper to taste.

Cream of Tomato Soup

Decrease oregano to ¼ teaspoon
A little extra salt.

Decrease basil to ½ teaspoon
1 cup powdered milk

Blend 1 cup powdered milk with part of the stock. Pour back into the pot, add salt and pepper and heat thoroughly (but don't boil).



Berries



Nutrition and Health

- ⇒ There are many varieties of berries in Alaska that grow both in gardens and in the wild.
- ⇒ Berries are very good sources of vitamins A and C and fiber.
- ⇒ Blackberries are a fair source of folate.

Selection

Choose blemish-free berries that have a good color. Check container for berries that may have mold on them, or are bruised. Avoid containers that have juice leaking from them.

Storage

Store fresh berries, unwashed, in the refrigerator. Fresh berries will only keep for a few days. Handle gently - they bruise easily!

Preparation

Fresh berries should be enjoyed right away since they spoil easily. Rinse berries well before eating. Berries can easily be preserved for later use by freezing, drying, canning and preserving as jellied products. To freeze, place dry fresh berries in a single layer on a cookie sheet. Put the cookie sheet in the freezer. When berries are frozen, pour them into plastic bags or containers. Seal tightly, label with berry name and date,

Fruit Shake



½ cup fresh or frozen berries
3 tablespoons orange juice

1 cup cold milk
½ frozen banana chunks

Blend all ingredients together until smooth. Pour into a glass and serve.

Note: Peel banana and cut into small chunks before freezing.

Makes 1 serving



Berry Crisp

½ cup rolled oats
½ cup all purpose flour
½ teaspoon ground cinnamon

¼ cup maple syrup
3 cups mixed berries, fresh or frozen
2 tablespoons lemon juice

Preheat oven to 400 degrees. In a large non-stick frying pan over medium heat, toast the oats by stirring until lightly browned, about 5 minutes. Transfer to a medium bowl. Add flour and cinnamon; toss to combine. Drizzle with the maple syrup and stir with a fork until crumbly.

Coat a 9" pie plate with non-stick spray. Add the berries and lemon juice and toss to combine. Sprinkle the oatmeal mixture on top. Cover with foil. Bake for 20 minutes, or until the berries are bubbly. Remove the foil and bake for an additional 5 minutes, or until the topping is lightly browned.

Makes 6 servings

Curried Vegetable Salad

6 oz plain yogurt
1 tablespoon bottled chutney
1 teaspoon curry powder
¼ teaspoon salt
1 small green bell pepper, chopped (about ½ cup)
2 medium tomatoes, chopped (about 1½ cups)

2 medium cucumbers, thinly sliced
1 small onion, chopped (about ¼ cup)

Mix yogurt, chutney, curry powder and salt in a large bowl; toss remaining ingredients with the yogurt mixture. Cover and refrigerate at least 8 hours, but no longer than 24 hours. Sprinkle with flaked or shredded coconut, if desired.

Chutney can be found in the condiment aisle in your local grocery store.

Makes 6 servings



Tomato Relish

2 medium tomatoes, finely chopped
½ cup cider vinegar
Salt and pepper to taste
2 tablespoons fresh basil leaves, chopped
(or 2 teaspoons dried, crushed basil leaves)

½ medium onion, minced
2 teaspoons sugar

In a medium bowl, combine all ingredients. Relish may be used at once or stored in a sealed refrigerator container up to 1 week. Serve with grilled meat, poultry or fish.

Makes 4 servings

Skillet Zucchini with Chopped Tomatoes



- 1 teaspoon margarine
- 2 medium tomatoes, chopped*
- 2 small onions, chopped
- 1 small can mild green chilies*
- 4 small zucchini, thinly sliced
- Black pepper

In a large nonstick skillet, melt margarine over medium heat; add onions and cook, stirring until softened. Add zucchini and cook for 2 minutes. Add tomatoes (and can of chilies, if used) and cook for 3-5 minutes or until zucchini is tender crisp. Season to taste with pepper.

*(1 15-oz can of Mexican or Italian style tomatoes, can be substituted for fresh tomatoes and canned chilies)

Makes 4 servings

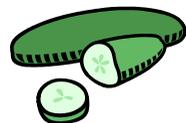
Cucumber-Tomato Salad

- 1 medium cucumber
- 1/2 cup plain yogurt
- 1 medium tomato, chopped (about 3/4 cup)
- 1/4 teaspoon salt
- 1 green onion with top, chopped
- 1/8 teaspoon ground cumin
- 2 teaspoons fresh parsley, chopped

Cut cucumber lengthwise into halves. Cut cucumber into 1/2" pieces. Mix cucumber, tomato, onion and parsley. Cover and refrigerate at least 4 hours, but no longer than 24 hours. Mix yogurt, salt and cumin. Cover and refrigerate at least 4 hours, but no longer than 24 hours.

Drain vegetables; fold in yogurt mixture. Garnish with additional chopped cucumber and tomatoes if desired.

Makes 4 servings



Berry Muffins

- 2 cups flour
- 1 cup milk
- 1 tablespoon baking powder
- 1 egg, well beaten
- 1/2 teaspoon salt
- 1/4 cup oil
- 1/4 cup sugar
- 1 1/2 cups berries



Preheat oven to 425 degrees. In a large bowl, mix flour, baking powder and salt together. Stir in sugar.

In a separate bowl, combine milk, eggs and oil. Add to dry ingredients, stir just enough to wet the dry items. Do not over mix. Stir in berries. Batter should be lumpy. Pour batter into greased muffin tins or use muffin papers, filling 2/3 full. Bake for 15-20 minutes.

Makes 12 serving

Blueberry Sauce



- 2 cups blueberries, fresh or frozen
- 1/4 cup sugar
- 1/4 cup water
- 1 tablespoon cornstarch
- Dash of nutmeg

Combine all ingredients in a 2-quart saucepan; mix well. Cook over medium heat, stirring constantly, until mixture boils and thickens (5-7 minutes). Cool completely. Serve over Angel food cake, pancakes or waffles.

Cranberry Sauce

- 4 cups low bush cranberries
- 3 cups sugar
- 1/2 cup water



Place ingredients in saucepan. Mix well. Bring to fast rolling boil, until it gels on a spoon, approximately 20 minutes. Chill before serving with any meat dish. Will keep in the refrigerator up to one month.

Alaska Blueberry Pie



- 1 cup sugar
- 1 tablespoon lemon juice
- 1 tablespoon butter
- 2/3 cup cold water
- 1 teaspoon grated lemon rind
- 1 ½ cups blueberries
- 2 tablespoons cornstarch (if using frozen berries, increase to 2 ½ tablespoons)
- 1 tub frozen non-dairy whipped topping (such as Cool Whip)
- *9-inch pie crust (recipe below)

Cook the first 7 ingredients in a medium sized saucepan over medium heat until mixture is thick. Fold in the blueberries and cool mixture.

Allow whipped topping to thaw in refrigerator. Fold in 1½ cups of the blueberry mixture. Spread whipped topping on the bottom of the pie shell. When ready to serve, spoon the remaining blueberry mixture carefully over the cream leaving the cream uncovered around the edge.

*May substitute one 9" frozen or refrigerated pie crust. Bake according to package directions before filling.

Easy Pie Crust

- 1 cup all-purpose flour
- ½ cup shortening
- ½ teaspoon salt
- ½ cup ice cold water

Preheat oven to 425 degrees. In a large bowl, combine flour and salt. Cut in shortening, using two knives, until mixture resembles coarse crumbs. Stir in water until mixture forms a ball. Shape dough into a ball, wrap in plastic wrap and refrigerate 4 hours or overnight. Roll out dough on a lightly floured surface (don't overwork or it will become tough!). Place in pie pan and bake for 15-18 minutes or until golden brown.

Makes 1 9" pie crust.



Salsa

- 3 large tomatoes, seeded & chopped
- 1 medium onion (mild or sweet), chopped
- 1 tablespoon lime juice or juice from 1 lime
- 3 tablespoons fresh cilantro, chopped (or 1 tablespoon of dried)
- ½-1 teaspoon salt (to taste)
- 2 fresh jalapeño peppers, chopped *

Mix all ingredients together. Cover tightly and refrigerate for at least 1 hour to allow flavors to mix

Optional: Try adding 1 cup fresh pineapple or mango (chopped) for a delicious tropical salsa!

*Note: Jalapeños peppers are generally not that hot, unless you buy the small ones (the smaller, the hotter). Removing the seeds will help decrease the heat. *Wear gloves or wash your hands immediately after chopping jalapeño peppers.*

Simple Tomato Salad

- 2 tablespoons olive oil
- 2 tablespoons vinegar
- 1 teaspoon dried Italian seasoning
- ½ teaspoon salt (or to taste)
- Black pepper
- 2 lbs. ripe tomatoes
- ½ medium onion, thinly sliced
- 1 cucumber, sliced thinly

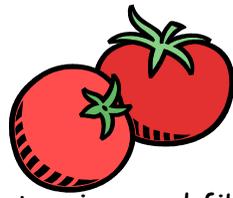
Mix olive oil, vinegar, Italian seasoning, salt and pepper in a small bowl. Set aside.

Slice tomatoes in half; squeeze out and discard the seeds. Cut tomatoes into bite-sized chunks and place them in a medium-sized glass or ceramic bowl. Combine tomatoes with onions and cucumbers. Pour oil and vinegar mixture over tomatoes, stir gently. Cover tightly and chill for at least one hour.

Makes 4–6 servings



Tomatoes



Nutrition and Health

- ⇒ Tomatoes are a good source of vitamins A and C, potassium and fiber.
- ⇒ Tomatoes contain nutrients that may help reduce the risk of certain types of cancer.

Selection

Tomatoes are no longer just red. New varieties come in golden yellow, purple, white and green.

Ripe tomatoes should be completely colored (whatever color you are buying), have a sweet subtle aroma and give slightly to gentle palm pressure.

Storage

Do not refrigerate whole tomatoes. Cold temperatures cause tomatoes to lose their flavor and change in texture. Store them at room temperature, just as you would bananas. Refrigerate cut tomatoes.

Preparation

Just wash, cut out the stem and they are ready to eat. Tomatoes can also be stuffed, baked, boiled, stewed, pureed, deviled, glazed, pickled, grilled or fried. When tomatoes are plentiful, you might want to consider canning or freezing. Canned tomatoes are great for making soup, chili and spaghetti sauce.

Blueberry Coffee Cake

3/4 cup sugar
1/4 cup margarine, softened
1 egg
1/2 cup milk

3 cups flour
1/2 teaspoon salt
2 tablespoons baking powder
1 cup blueberries, fresh or frozen
(if berries are frozen, defrost and drain well)

Preheat oven to 375 degrees. Blend together sugar, margarine and egg. Stir in milk. In a separate bowl, stir dry ingredients together and add to wet ingredients. Stir just until moistened, fold in blueberries. Place in a greased 9x9x3 pan, cover with topping (recipe below) and bake for 45 minutes, or until a toothpick inserted comes out clean. Serve warm or at room temperature.

Topping:

1/2 cup sugar
2 teaspoons cinnamon

1/3 cup flour
1/4 cup margarine

Sift dry ingredients together and cut in margarine, until it resembles crumbs.

Makes 6 servings





Broccoli



Nutrition and Health

- ⇒ Broccoli is an excellent source of vitamins A and C, folate and fiber.
- ⇒ Broccoli is a cruciferous vegetable, which can help prevent certain types of cancer.
- ⇒ Children like to eat the little "trees".

Selection

Choose broccoli that has dark green buds with no signs of yellow. The stalks should be firm, not limp.

Storage

Put unwashed broccoli in a plastic bag. Store in your refrigerator crisper. Broccoli can be stored for about 3 days.

Preparation

Wash broccoli well and remove stalk leaves with a paring knife. Broccoli can be eaten raw, in a salad, or dipped in a low-fat dip. Broccoli can be eaten lightly cooked in a stir fry or steamed until tender-crisp. Broccoli is also a good addition to casseroles.

Winter Salad

- | | |
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| 2 medium potatoes (red if possible) | ¼ teaspoon minced fresh ginger (optional) |
| 3 cups broccoli florets (peel and slice stems) | ½ teaspoon honey |
| 1 bunch green onions, sliced thin | ¾-1 teaspoon salt |
| 1-2 tablespoon olive oil | 3 or more tablespoons vinegar (to taste) |
| 2 tablespoons toasted sesame seeds* | (may use cider or balsamic vinegar) |

Quarter potatoes and steam just until tender. Steam broccoli briefly, until just tender. Place potatoes, broccoli and green onions in a bowl. Combine olive oil, sesame seeds, ginger (if using), honey, salt and vinegar. Pour over potatoes and broccoli and toss lightly. Serve warm or chilled.

*To toast sesame seeds, place in hot, dry skillet over medium heat, and stir until lightly toasted.



Bacon, Cheese & Tomato-Topped Potatoes



- *2 large baking potatoes (baked and slightly cooled)
- ¼ teaspoon of salt
- 4 tablespoons low-fat sour cream
- 1 medium tomato, chopped
- 1 tablespoon fresh basil leaves, chopped
- ¼ cup cheddar cheese, shredded
- 2 slices crisply cooked bacon, crumbled

Prepare grill; heat until coals are ash white. Cut each potato in half lengthwise. Scoop out about 1 tablespoon of pulp from each potato (discard or save for another use). Sprinkle each potato half with salt and top with 1 tablespoon sour cream and ¼ tomatoes, basil, cheese and crumbled bacon. Place potatoes on grill over medium heat until heated through (10-12 minutes).

*Pierce potato with fork several times. Microwave potatoes until just tender (10-12 minutes) or bake at 350 degrees for 45-55 minutes.

Tips: Potatoes can be assembled several hours ahead, then refrigerated and reheated just before serving.

Makes 4 servings

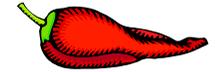
Sweet Potato Salad

- 2 cups sweet potatoes, cooked and cubed
- ½ cup green pepper, chopped
- ½ cup celery, chopped
- 3 green onions, sliced thin
- ½ cup walnuts, chopped
- 2 tablespoons mayonnaise
- ¼ cup plain yogurt
- Zest and juice of 1 lemon (3 tablespoons)
- ¼ teaspoon salt
- 1 pinch of ground ginger (dried)

Place sweet potato, green pepper, celery, green onions and walnuts in a small bowl. Stir together mayonnaise, yogurt, lemon zest and juice (3 tablespoons), salt and ginger. Combine with sweet potato mixture and adjust salt, lemon and ginger to taste.

Makes 4 servings

Garden Frittata



- 2 tablespoons butter
- ½ teaspoon garlic powder
- 1 cup chopped broccoli
- ½ cup shredded carrot
- 2 green onions, sliced

- 4 eggs, beaten
- ½ cup water
- ¼ teaspoon salt
- 1 tablespoon chopped fresh basil leaves
- ½ cup Monterey Jack Cheese with jalapeño peppers, sliced

Melt butter with garlic powder in a 8" or 9" skillet; add broccoli, carrot and green onions. Cook over medium heat, stirring occasionally, until crisp-tender (4-5 minutes). Stir together eggs, water and salt in a medium bowl; add to vegetable mixture. Sprinkle with basil. Cover; cook over medium heat until center is almost set (4-6 minutes). Sprinkle with cheese. Cover; remove from heat. Let stand until cheese is melted (2-3 minutes). To serve, cut into wedges. Garnish with sliced peppers, if desired.



Marinated Broccoli

- 3 bunches broccoli, without stems
- 3 tablespoons beef bouillon
- 1 tablespoon red wine vinegar
- 1 teaspoon garlic powder
- 1 teaspoon soy sauce
- 1 tablespoon oil
- 1 tablespoon dried dill weed
- 2 tablespoons red wine
- 1 teaspoon Mrs. Dash or Spike seasoning

Separate broccoli into florets. Combine remaining ingredients in a bowl. Mix well. Blend until mixed well. Pour over broccoli and marinate 4 to 24 hours. Before serving, pour off marinade and garnish with fresh dill if desired.

Makes 6 servings

Broccoli Cheese Potato

- 4 baked potatoes, hot
- 2 ½ cups low fat cottage cheese
- 2 cups broccoli florets, cooked
- 1/2 cup green onion, sliced
- 4 tablespoons mozzarella cheese, grated

Cut baked potatoes in half lengthwise. Using a spoon, scoop out the inside of the potato and combine with cottage cheese, broccoli and green onion. Place filling back into potato skins and top with mozzarella. Microwave for 2 minutes or until filling is hot and cheese is melted.

Makes 8 servings



Broccoli Soup

- 1 ½ cups broccoli, chopped
- ¼ cup celery, diced
- ¼ cup chopped onion, chopped
- 1 cup chicken or vegetable broth
- 2 cups low fat milk
- 2 tablespoons cornstarch
- ¼ teaspoon salt
- dash pepper
- dash ground thyme
- ¼ cup mozzarella cheese, grated

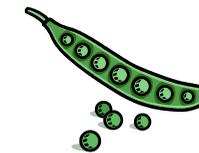
Place vegetables and broth in saucepan. Bring to boil, reduce heat, cover and cook until vegetables are tender, about 8 minutes. Mix milk, cornstarch, salt, pepper and thyme; add to cooked vegetables. Cook, stirring constantly, until soup is slightly thick and mixture just begins to boil. Remove from heat. Add cheese and stir until melted.

Makes 4 servings



Creamed Peas and New Potatoes (“Baby Reds”)

- 1 ½ lbs tiny new potatoes
- 2 cups shelled peas, fresh or frozen
- ¼ cup onion, sliced
- 2 tablespoons margarine
- 1 tablespoon flour
- ¼ teaspoon salt
- dash pepper
- 1 cup low fat milk



Wash potatoes. In a large pan boil potatoes in water until tender; drain and set aside. Using the same pot boil peas in water until tender; drain and set aside. Cook onion in margarine until tender. Stir in flour, salt and pepper; slowly add milk. Cook and stir until thick and bubbly. Continue to cook an additional 1-2 minutes. Combine potatoes, peas and sauce.

Makes 4-6 servings

Roasted Potatoes

- 6 large potatoes, shredded
- 1 medium onion, chopped
- 4 slices bacon, diced small
- Salt, pepper and nutmeg to taste
- 2 tablespoons butter

Preheat oven to 400 degrees. Place onions and potatoes in a colander to dry and then squeeze it in batches between your hands to get out as much of the liquid as possible. Mix potatoes and onions with bacon and seasoning. Heat 1 tablespoon of butter in a oven-proof pan until foamy and swirl to cover pan completely. Lay potato mixture into pan and press to form a cake. Turn down heat to 350 degrees and cook for 30 minutes, covered, shaking pan often until potatoes are golden brown on the bottom. Spread the rest of the butter on the top and bake, covered, at 350 degrees for another 30 minutes. Turn oven to broil and cook until golden brown on top.



Oven Wedge Fries

2 large potatoes
1 teaspoon olive oil or other vegetable oil

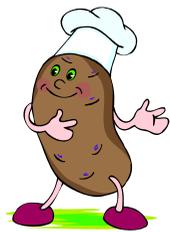
Seasoning Suggestions:

Garlic powder	Italian seasoning
Onion powder or flakes	Chili powder
Cayenne red pepper	Paprika

Preheat oven to 400 degrees. Cut potatoes into quarters, cut each quarter into wedges. Coat cookie sheet with oil. Lay wedges on the cookie sheet. Place cookie sheet on the oven rack about 7" from the bottom of the oven. Bake for about 7 minutes (or until the bottom and edges start browning). Flip wedges over to the other side and sprinkle seasonings over the top. Bake for another 7 minutes (or until wedges are nicely brown and cooked throughout).

Note: Thicker potato wedges will take longer to cook.

Makes 4 servings



Crushed Red Potatoes with Greens

3 medium red potatoes, cubed (leave skin on)
2 cups kale, chopped
¼ cup low-fat chicken broth
Black pepper to taste

Place potatoes in a 3-quart sauce pan and cover with water. Bring to boil, then reduce heat to low and simmer until potatoes are almost tender. Drain. Add remaining ingredients and cook for 2-3 minutes until kale is tender and potatoes absorb broth. Mash potatoes lightly with a fork.

Optional topping: parmesan cheese

Makes 6 servings

Broccoli and Rice Salad

½ cup long-grain brown rice	1/3 cup raisins
1 teaspoon vegetable oil	1 carrot, minced
1½ cups water	1/3 cup red onion, chopped
¼ teaspoon salt	2 tablespoons fresh basil, minced
1 bunch broccoli (cut into florets)	

Dressing

1/3 cup olive oil	¼ teaspoon salt
2 tablespoons red wine vinegar	Black pepper to taste
1 tablespoon Dijon mustard	
2 garlic cloves, pressed or 1 teaspoon chopped garlic	

Combine rice, water, oil and salt in a medium saucepan. Cover and boil; reduce heat to a simmer. Cook until all the water is absorbed, about 45 minutes. Place rice in large serving bowl and cool, then refrigerate until cold.

Steam broccoli florets until tender, yet still bright green. Immediately immerse in cold water to stop cooking process. Drain and pat dry. Stir into rice. Add raisins, carrots, onions and basil. Stir well. Combine the ingredients for the dressing in a jar with a tight fitting lid. Shake vigorously, pour over salad and toss to coat. Let marinate for 30 minutes in the refrigerator before serving.

Broccoli with Mushroom Sauce

2 cups broccoli florets	¼ cup low fat milk
1 cup fresh mushrooms, sliced	
2 tablespoons low fat cream of mushroom soup	

Combine all ingredients in a microwaveable dish and stir. Microwave on high for 4-5 minutes or until broccoli is tender and sauce is hot.

Makes 4 servings



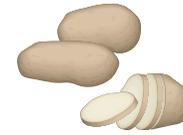
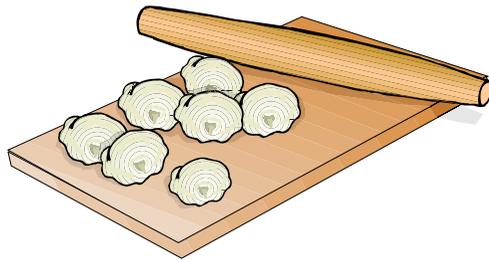
Broccoli Calzones

2 tablespoons olive oil (plus additional for dough)	¼ teaspoon dried basil
4 cups finely chopped broccoli	Black pepper to taste
2 tablespoons water	1 box Jiffy pizza dough mix
2 garlic cloves, minced	1 slice Provolone (each cut into 6 pieces)
1-15 oz can Italian Style diced tomatoes, drained	1 slice Mozzarella (each cut into 6 pieces)
¼ teaspoon dried oregano	1 large egg

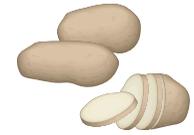
Preheat oven to 375 degrees. Heat 2 tablespoons of olive oil over medium heat. Sauté broccoli for 2 minutes, add water, cover and cook for 5 minutes. Remove cover and stir in garlic, tomatoes, oregano, basil and pepper. Cook over high heat uncovered until liquid evaporates, about 2 minutes. Place in bowl and let cool to room temperature.

Prepare Jiffy pizza dough according to directions. Divide dough into 6 pieces of equal size. Roll each piece into a ball. Using a rolling pin flatten each ball into a 6" circle. Brush top of each circle with olive oil to within 1/2" of the edge. With your fingers, rub the outer edges of the dough circles with some water to help the calzones seal. On the bottom half of each calzone, place 1 slice of provolone, top with 1/6 broccoli filling and add 1 slice of mozzarella. Fold the dough over to make a half-moon and pinch the edges to seal. Beat egg with 1 teaspoon water. Brush the top of each calzone with egg mixture. Place the calzones on a baking sheet and cook 25 minutes or until golden brown. Let sit 10 minutes before serving.

Makes 6 servings



Potatoes



Nutrition and Health

- ⇒ A medium sized potato has less than 100 calories and is naturally low in fat.
- ⇒ Potatoes are a good source of vitamin C and fiber (especially the skin)
- ⇒ Potatoes also provide vitamin B-1, niacin, potassium, iron and other nutrients

Selection

Potatoes come in many shapes, sizes and colors, including red, white, blue and gold. Select potatoes that are fairly clean, firm and smooth. Avoid green potatoes, they could be toxic. If your potato has green spots, simply cut them off; the rest of the potato should be fine to eat.

Storage

Store potatoes in a cool, humid, dark place that's well ventilated. The ideal temperature is 45-50 degrees, potatoes will keep well for several months. Warmer temperatures will cause the potatoes to sprout and shrivel. Avoid refrigeration, as it may change the taste.

Preparation

Potatoes can be baked, boiled, microwaved and fried. Be sure to wash potatoes well before cooking. When baking or microwaving whole potatoes, pierce with a fork several times to let steam escape.

Parsnip-Carrot Gratin

Parsnips are a root vegetable that look like carrots. You can substitute turnips or use more carrots

- 3 parsnips, peeled & cut into ¼” coins
- 3 carrots, peeled and cut into ¼” coins
- 1 tablespoon chopped fresh parsley or 2 teaspoon dried parsley
- ¼ cup low-fat chicken or vegetable broth
- ¼ cup water
- 2 tablespoons bread crumbs
- 1 tablespoon parmesan cheese



Preheat oven to 350 degrees. Lightly spray an 8”x8” glass casserole dish with oil. Place vegetables in the dish and pour broth & water over vegetables. Sprinkle bread crumbs and parmesan cheese on top. Cover and bake for 45 minutes or until tender.

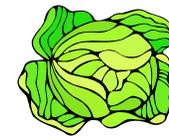
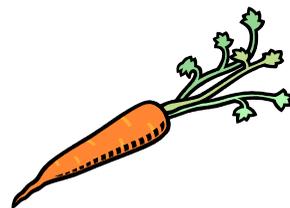
Makes 4 servings

Carrot Garden Medley

- 2 cups cut-up carrots or halved baby carrots
- 1/3 cup water
- 3 tablespoons butter
- ¼ cup chopped green or red pepper
- 1 cup summer squash (about 1 medium, cut in half lengthwise, cut crosswise into ¼ ” slices)
- 1 cup zucchini (about 1 medium, cut in half lengthwise, cut crosswise into ¼ ” slices)
- ¼ teaspoon salt
- 1 tablespoon chopped fresh basil leaves or 2 teaspoons dried basil

Combine carrots and water in 2-quart saucepan. Cover and cook over medium heat until carrots are crisp tender (8-10 minutes), drain. Add butter, green or red pepper, squash, zucchini and salt. Cover and cook; stirring occasionally, until squash is crisp tender (6-8 minutes). Stir in basil and serve.

Makes 6-½ cup servings



Cabbage



Nutrition and Health

- ⇒ Cabbage is a good source of vitamins A and C, and fiber
- ⇒ Cabbage is very low in calories; 1 cup of finely shredded raw cabbage has only 22 calories.
- ⇒ Cabbage is also a cruciferous vegetable, which can help prevent certain kinds of cancer

Selection

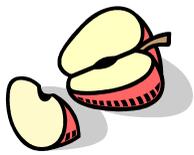
Choose round, firm heads with tightly packed leaves (some may still have their loose outer leaves). The cabbage head leaves should be crisp not wilted.

Storage

Cabbage can be stored for several months in a cool place with high humidity, such as a crawl space or root cellar. Cabbage can also be stored up to a week, unwashed and uncut, in a plastic bag in the refrigerator crisper.

Preparation

Remove and throw out outer leaves; wash remaining cabbage head. Cabbage can be eaten raw, cooked, or fermented into sauerkraut. Cabbage is best in flavor and nutrition when eaten raw or cooked for a short period of time in a small amount of water. The more you cook cabbage the stronger the odor and flavor becomes. Use raw cabbage instead of lettuce in salads, sandwiches and tacos.



Apple-Cabbage Slaw

- 3 cups cabbage, shredded
- 1 cup celery, sliced diagonally
- ½ cup onion, thinly sliced into rings (optional)
- 2 cups apple, diced
- Pineapple Yogurt Dressing

In a large bowl combine cabbage, celery, onions and apples. Gently toss with dressing.

Pineapple-Yogurt Dressing

- 1/3 cup plain low fat yogurt
- 2 tablespoons pineapple juice
- ¼ teaspoon prepared mustard
- 1/8 teaspoon celery seeds

In a small bowl combine all ingredients.

Makes 6 servings

Bok Choy



- 1lb. Bok Choy (Chinese cabbage), about 6 cups
- 1 garlic clove, minced
- 1 teaspoon soy sauce
- Dash of ground ginger
- ½ teaspoon sesame oil
- 1 tablespoon frozen apple juice concentrate
- 1 tablespoon roasted pumpkin seeds

Chop bok choy into 1-inch slices and shred tops. Combine with remaining ingredients, except pumpkin seeds and place in 2-quart glass baking dish. Cover with vented plastic wrap and microwave on high 3-4 minutes; stirring once. Be careful when removing plastic wrap to avoid being burned by the steam. Drain, toss with pumpkin seeds and serve.

Carrot—Raisin Salad

- 3 cups fresh carrots, grated
- 1 cup low fat vanilla yogurt
- 2/3 cup raisins
- ¼ cup sunflower seeds
- ¼ teaspoon nutmeg



Combine all ingredients except nutmeg. Sprinkle salad with nutmeg before serving.

Makes 6-8 servings



Apple and Carrot Casserole

- 6 large carrots
- 5 large apples (cored & thinly sliced)
- 5 tablespoons sugar
- 2 tablespoons flour
- ½ teaspoon nutmeg
- 1 tablespoon margarine
- ½ cup orange juice

Preheat oven to 350 degrees. Slice carrots thinly and cook in boiling water for about 5 minutes; drain. Layer carrots and apples in casserole. Mix sugar, flour and nutmeg; sprinkle on top. Dot with margarine and pour orange juice over casserole. Bake for 30-40 minutes.

Makes 6 servings



Carrots



Nutrition and Health

- ⇒ Carrots are an excellent source of vitamin A.
- ⇒ Carrots provide fiber, potassium and vitamin C.

Selection

The best carrots are those that are well-formed, smooth, firm and blemish-free. Avoid carrots that are wilted, floppy or cracked. Alaska-grown carrots are especially delicious!

Storage

Remove the green tops before storing. Place carrots in a plastic bag and store in a refrigerator crisper. Carrots taste best when used within 2 weeks, but nutritional value will keep for several weeks. If your carrots are slightly old, perk them up by placing in cold water.

Preparation

Always wash carrots carefully. Carrots may be scraped, pared or cooked with skins on. Skins can be slipped off cooked carrots when held under running water. Carrots can be boiled, steamed, baked, sautéed or stir-fried. Most children prefer their carrots raw; great for dipping in a low fat dip!

Sweet and Sour Red Cabbage

- | | |
|--|-------------------------------|
| 1 small head red cabbage, shredded (approx. 1 lb.) | Grated peel of ½ lemon |
| 1 medium apple, unpeeled, cored & shredded | Juice of 1 lemon |
| 1 small potato, peeled and shredded | 1 tablespoon red wine vinegar |
| 1 small onion, chopped | 3 tablespoons brown sugar |
| 1 cup water | |

In a large, non-stick skillet cook cabbage, apple, potato, onion and water over low heat for 15 minutes; stirring occasionally. Add remaining ingredients. Cover and cook over low heat 10 minutes; until vegetables are tender and mixture thickens slightly. Stir often.

Makes 6 servings



Red and Green Cabbage Salad

- | | |
|--------------------------------------|----------------------------|
| 2 tablespoons olive oil | 2 tablespoons rice vinegar |
| ½ cup raisins | 2 tablespoons honey |
| ½ teaspoon black pepper | 1 teaspoon celery seed |
| 1 small head red cabbage, shredded | ½ teaspoon salt |
| 1 small head green cabbage, shredded | |

Combine all ingredients and chill thoroughly to allow flavors to blend.

Dill Cabbage Wedges

1 head cabbage (approx. 1 lb.)
1 small onion, chopped
1 carrot, finely chopped

1 tsp. dried dill
2/3 cup low fat chicken stock

Snap off any tough outer leaves from the cabbage and slice off the stem. Cut cabbage in half through core and slice each half into quarters, making 8 wedges. Arrange the wedges in a microwaveable pan (dish will be very full). Sprinkle with onion, carrots and dill. Pour stock over cabbage and cover with plastic wrap and make a small slit to vent. Microwave on high for 8 minutes, turn and cook again for another 8 minutes. Let stand for about 5 minutes to finish cooking. Drain and serve.

Makes 4 servings



Cole Slaw

2 carrots, grated
1 lb cabbage, shredded (6-8 cups)

1/2 onion, finely chopped

Dressing:

3 tablespoons oil
3 tablespoons sugar
1/4 teaspoon celery seed
1/3 teaspoon dry mustard or 1 teaspoon prepared mustard

3 tablespoons vinegar
1/2 teaspoon salt

Place carrots, cabbage, and onion in a large bowl. Combine dressing ingredients in a saucepan and bring to a boil. Pour cooled dressing over cabbage mixture, tossing to coat. Cover slaw and refrigerate 4–24 hours. Toss again before serving. Keeps up to 4 days in the refrigerator.

Makes 12 servings

Peppered Cabbage Stew

1 tablespoon olive oil
1 medium yellow onion, diced
1 garlic clove, minced
1 cup chopped carrots
1/2 cup celery, chopped
1 cup red potatoes, with skins, cubed

1/2 teaspoon salt
1 teaspoon black pepper
1/2 teaspoon crushed red pepper flakes
2 1/2 cups vegetable or chicken broth
2 cups green cabbage, chopped
1/2 cup garbanzo beans, cooked
(or other bean)*

Heat oil in large pot and cook onion and garlic until onion is clear. Add carrots, celery, potatoes, salt, black pepper, red pepper, and cook until potatoes are tender. Add broth, cabbage and beans; simmer until cabbage is tender (about 7 minutes).

Makes 6 servings

*May use 1/2 cup canned beans. Drain well to remove extra salt.

