

Broccoli



Broccoli Stir-Fry

Makes 4 servings

Ingredients:

- 2 teaspoons olive oil
- 2 cloves garlic, peeled and diced
- 3 cups broccoli florets
- 2 tablespoons water
- 1 cup chopped onions
- 1 cup chopped bell peppers
- 1 tablespoon lemon juice
- Salt to taste

Instructions:

1. In a large skillet, heat oil over high heat.
2. Add garlic and sauté for one minute, then add broccoli.
3. Reduce heat to medium, and add water. Cover and cook for 2 minutes.
4. Return skillet to high heat and add bell pepper and onion.
5. Cook for another 2-3 minutes, stirring occasionally.
6. Toss with lemon juice and salt and serve.

Source: Fruitsandveggiesmorematters.org

Benefits:

- **Vitamin A** for healthy vision and skin.
- **Vitamin C** to help you stay well and heal cuts.
- **Folate** to support red blood cell production.

Serving Ideas:

- Broccoli is a great addition to any stir-fry; it adds nutrition, flavor and texture.
- Grate broccoli stalks and use them in your favorite cole slaw recipe.
- Blanch broccoli florets and add to pasta salad.
- Snack on broccoli dipped in hummus.

Storage:

- Store in the refrigerator and use within 5 days.

Cauliflower



Cauliflower Soup

Makes 4 servings

Ingredients:

- 1 head cauliflower, chopped
- 1 medium onion, chopped
- 3 cloves garlic, chopped
- 1 tablespoon olive oil
- 4 cups chicken broth
- 1 teaspoon salt
- Optional: pepper, white cheddar cheese, thyme

Instructions:

1. Preheat oven to 400 degrees.
2. On a cookie sheet, drizzle the cauliflower, onion, and garlic with the olive oil and season with salt.
3. Roast for 40 minutes, or until cauliflower is tender.
4. Place vegetables in a blender and blend until smooth.
5. Add vegetables in a pot, along with broth. Simmer for about 10 minutes.
6. Add pepper to taste, and top with cheddar cheese and thyme if desired.

Source: Tastykitchen.com

Benefits:

- **Vitamin C** to help you stay well and heal cuts.
- **Folate** to support red blood cell production.

Serving Ideas:

- Mash cauliflower as you would potatoes for a new take on mashed potatoes.
- Bake cauliflower in oven until crispy for a snack.
- Add cauliflower to your favorite stir-fry recipe.
- Dip in low-fat dressing or hummus for a quick and healthy snack.

Storage:

- Refrigerate cauliflower in a plastic bag for up to 5 days.

Summer Squash



Skillet Zucchini with Tomatoes

Makes 4 servings

Ingredients:

- 1 teaspoon oil
- 1 onion, chopped
- 4 small zucchinis or other summer squash, thinly sliced
- 2 medium tomatoes, chopped
- optional – parmesan cheese, ground pepper

Instructions:

1. In a large skillet, heat oil over medium heat.
2. Add onions and cook until softened.
3. Stir in the squash and cook for 2 minutes.
4. Add tomatoes and cook for about 5 minutes.
5. Season with pepper, and top with parmesan cheese.

Source: Fruitsandveggiesmorematters.org

Benefits:

- **Manganese** for healthy bones.
- **Potassium** to help build and maintain muscles.
- **B Vitamins** to support your nervous and immune systems.

Serving Ideas:

- Add to any casserole to pump up the vegetables and pack in the nutrition.
- Add pureed squash to premade spaghetti sauce to add nutrients and decrease the amount of sodium in the sauce.
- Grate zucchini and form into patties for a tasty zucchini burger.

Storage:

- Refrigerate summer squash for up to 4 days.

Adapted from: Second Harvest Food Bank of Santa Clara and San Mateo Counties

For information about CalFresh or to get food today, call (800) 870-3663. Funded by USDA SNAP, known in California as CalFresh. California Department of Public Health.



Sweet Potatoes



Sweet Potato Hash

Makes 6 servings

Ingredients:

- ¼ cup vegetable oil
- 2 sweet potatoes, peeled and cubed
- 1 cup chopped onions
- 1 cup chopped bell peppers
- 1 teaspoon red pepper flakes
- Salt to taste

Instructions:

1. In a large skillet, heat oil over medium heat.
2. Add onions and pepper until tender.
3. Add remaining ingredients and cook for 20 minutes, stirring occasionally, until tender.

Source: Soulful Recipes Cookbook, Network For a Healthy California

Benefits:

- **Vitamin A** for healthy vision and skin.
- **Fiber** to help keep you regular.

Serving Ideas:

- Make sweet potato chips! Thinly slice and drizzle with olive oil and bake at 350 until lightly browned.
- Add thin slices of cooked sweet potatoes to your favorite sandwich.
- Substitute sweet potatoes for regular spuds in your favorite potato salad recipe.

Storage:

- Store sweet potatoes in a cool, dark place for use within 3-5 weeks.

Adapted from: Second Harvest Food Bank of Santa Clara and San Mateo Counties

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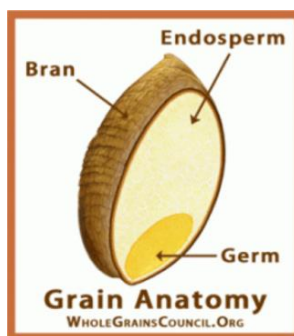
Whole Grains



Whole grain foods contain all three parts of the grain kernel – the bran, germ, and endosperm. They contain all of the nutrients and fiber, whereas refined grains contain only the endosperm which is mostly starch.

Benefits:

- Provides energy
- Helps maintain a healthy weight
- Maintains nerves and muscles
- Helps with digestion



Choose foods that name one of the following whole-grain ingredients first on the ingredient list: Barley, Brown rice, Buckwheat, Bulgur, Corn, Cracked wheat, Oatmeal, Wheatberries, Whole Rye, Whole wheat, Wild rice

Whole grains cook differently than refined. Use this chart as a guide.

To cook 1 cup of:	Use this much water:	Cook for this amount of time:	To make:
Brown Rice	2 cups	45 minutes	4 cups
Whole wheat pasta	4 cups	7-10 minutes	2 ½ cups
Quinoa	2 cups	15 minutes	4 cups
Whole Barley	3 cups	1 ½ hours	4 cups
Quick Oats	3 cups	5 minutes	1 ¾ cups