Eating Healthy at Minnetrista

An Honors Thesis (HONR 499)

by

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Abstract

Women Infants and Children (WIC) participants of the Farmer’s Market Nutrition Program (FMNP) have significantly higher vegetable intake ($P=0.040$) than WIC participants not on the program. Moreover, significantly more WIC-FMNP participants were in the action category of the stages of change for vegetable intake ($P=0.017$) compared to their non WIC-FMNP counterparts. My thesis aimed at supporting the effort of WIC-FMNP participants to increase their vegetable intake by creating easy-to-follow recipes in a cookbook format that addressed the common nutritional deficiencies of the WIC demographic.

The ingredients for the recipes feature vegetables approved for purchase by the Indiana State Department of Health, listed in the 2013 Farmer’s Market Handbook specifically for the FMNP. Vegetables are purchased with WIC-FMNP cash value vouchers at the Minnetrista Farmer’s Market of Delaware County, Indiana. The target audience for the cookbook is the WIC population; pregnant, postpartum, and breastfeeding women and children under the age of five who also meet the criteria of being at or below 185% of the U.S. Poverty Income Level. Although the recipes mainly focus on the nutritional needs of the WIC participants, they are also adaptable for the use of the remainder of the family.

It is expected that the cookbook that results from this project will encourage the audience to diversify their intake of vegetables as a direct result of experimenting with new recipes in the cookbook. In turn, a broadened taste palate for nutrient dense vegetables could help alleviate nutritional deficiencies and help the participants sustain lifelong nutrition quality.

Acknowledgements

I would like to thank my adviser, Dr. Nicolle Fernandes, for her continual support, advice, and willingness to guide me through the course of this project.
Background

The Special Supplemental Nutrition Program for Women, Infants, and Children is a state administered program that provides food assistance in the form of vouchers for infants, children up to the age of 5, and pregnant, post-partum, and breastfeeding mothers. Eligibility is also determined by financial status, as household income must be at or below 185% of the poverty level. The supplemental foods available through the WIC Program provide protein, iron, calcium, folic acid, and vitamins A, C, and D, which are frequently lacking in the diets of women, infants, and children at nutritional risk (Boyle & Holben, 2010).

The Farmers' Market Nutrition Program (FMNP) was officially established as a national program in 1992 via an amendment to the Child Nutrition Act of 1966 (Boyle & Holben, 2010). This program is available to those who are already on WIC, with the added requirement that infants must have reached the age of one year to be eligible. The goal of the program is to educate participants to improve the diet by incorporating fresh fruits and vegetables, as well as improve abilities to select, store, and cook with fresh produce (Indiana State Department of Health, 2013). Over the past twenty years, the program has expanded from its initial 10 states to 46 states, and in Indiana alone over one-third of Farmers’ Markets accept FMNP vouchers (Department of Health and Human Services, 2009).

In the city of Muncie, Indiana, two roadside stands and one market are eligible for FMNP participants (Indiana State Department of Health, 2013). The one market available is that of the Minnetrista Farmers’ Market, located at the Minnetrista Cultural Center. Over the course of the summer of 2013, those on the WIC program participating in the FMNP will receive a total of 6 checks at a maximum value of three dollars each (Indiana State Department of Health, 2013). These checks can be used on any of the fruits and vegetables that have been approved by the
Indiana State Department of Health. According to the Indiana State Department of Health’s 2013 Farmers’ Market Handbook, the eligible vegetables for the WIC FMNP include:

<table>
<thead>
<tr>
<th>Asparagus</th>
<th>Beans</th>
<th>Beets</th>
<th>Bok Choi</th>
<th>Broccoli</th>
<th>Brussels Sprouts</th>
<th>Cabbage</th>
<th>Carrots</th>
<th>Cauliflower</th>
<th>Celery</th>
<th>Collard Greens</th>
<th>Corn</th>
<th>Cucumbers</th>
<th>Edible Soybeans</th>
<th>Eggplant</th>
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<tr>
<td>Garlic</td>
<td>Kale</td>
<td>Kohlrabi</td>
<td>Leeks</td>
<td>Lettuce</td>
<td>Lima Beans</td>
<td>Mushrooms</td>
<td>Mustard Greens</td>
<td>Okra</td>
<td>Onions</td>
<td>Parsnips</td>
<td>Peas</td>
<td>Peppers</td>
<td>Potatoes</td>
<td></td>
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<tr>
<td>Radishes</td>
<td>Rutabagas</td>
<td>Scallions</td>
<td>Spinach</td>
<td>Sprouts</td>
<td>Squash</td>
<td>Squash Blossoms</td>
<td>Sweet Potatoes</td>
<td>Tomatillos</td>
<td>Tomatoes</td>
<td>Turnips</td>
<td>Watercress</td>
<td>Zucchini</td>
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<td></td>
<td></td>
<td>(p. 13)</td>
<td></td>
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</tbody>
</table>

My Honors thesis is a cookbook inspired by the eligible vegetables of the Farmers’ Market Nutrition Program, which can be specifically used for WIC participants in the Muncie and Delaware County area. I chose to base the recipe book on vegetables as opposed to fruit because of the increased nutrient density of vegetables combined with the lower sugar content. Many prepared fruits are served with a heightened sweetness that adds excess calories. My hope is that the cookbook inspires WIC FMNP participants to purchase new vegetables and incorporate them into daily menus. I want the cookbook to empower the food purchaser of the family to move past the Midwestern vegetable staple of corn and potatoes, and instead into the territory of more unique and nutrient dense vegetables.

The need for increased vegetable intake in Indiana was noted in the Center for Disease Control (CDC) State Indicator Report on Fruits and Vegetables published in 2009. Only 26% of Hoosiers eat the recommended three servings of vegetables a day, which is slightly lower than the national average of 27% (Department of Health Human Services, 2009). Clearly, vegetable
intake in the state of Indiana is not sufficient. To compound the issue, households with a low income are more at risk for low vegetable consumption (Herman et al., 2008). Considering that participants of the WIC program are at or below 185% of the poverty level and already at risk of a nutritional deficiency, increased vegetable consumption should definitely be encouraged. Providing WIC FMNP participants with vegetable recipes compiled in a cookbook will help serve as an educational tool to increase vegetable intake.

In 2007, researchers from Athens County, Ohio, found that women who participate in the FMNP eat significantly more vegetables than their non-FMNP WIC counterparts \((P=0.040)\) (Kropf et al., 2007). The study, published in the *Journal of the American Dietetic Association*, mailed participants in WIC and WIC FMNP surveys in order to assess fruit and vegetable intake, diet quality, and education level. The survey also found that women who had a higher level of education were more likely to participate in the FMNP (Kropf et al., 2007). With that in mind, it is especially important that resources are available to women of all educational levels.

According to the 2012 WIC Participation Survey Report for Indiana, 19.2% of English speaking WIC participants or guardians in Indiana never graduated from high school (Amankeldi & Eastcott, 2012). (As the cookbook is solely in English, the statistics of Spanish speaking participants were not taken into account.) The reading level of the cookbook was evaluated using the Flesch-Kincaid Grade Level test available as a tool in Microsoft Office. The entire text of the cookbook was added into Microsoft Word to perform the analysis of the reading level. A score of 5.5 for the Flesch-Kincaid Grade Level test is indicative that the reading level is suitable for a 5th grader (Microsoft, 2013). Therefore it may be inferred that the cookbook can be understood by English speaking WIC-FMNP participants proficient at the 5th grade reading level.
Concerning other nutrition-related health factors, iron intake seems to be a concern for WIC participants of Delaware County. Recent data from the Pediatric Nutrition Surveillance states that Delaware County (which includes Muncie) ranks 89th out of the 92 Indiana counties for Hemoglobin levels (Center for Disease Control, 2012). An increased intake of vegetables is critical for WIC participants of the Muncie area, as many vegetables can contain iron or vitamin C, which improves iron absorption.

In order to analyze the nutrient content of each vegetable, I created a table that compared every FMNP eligible vegetable of Indiana to the seven common nutrient deficiencies of the WIC demographic. The data was compiled from the United States Department of Agriculture Nutrition Database by using a standard of 100 grams for each vegetable. This table can be found in the “Supplements” section.

Each recipe has a similar format – an easy to read title in a large, colorful font, immediately followed by the serving size and preparation time in a separate color and font size. This formatting allows for easy identification of content, time, and portions when the audience quickly scans through recipes. Ingredients and instructions are listed next, in logical bulleted or numerical ordering. If the recipe is not an original or was adapted, the source is listed in italics below the instructions. Finally, one of the most useful tools on the page is located at the bottom. Research has shown that nutrition education for the WIC demographic should highlight the benefit of vegetable intake (Kropf et al, 2007), and so a “thumbs-up” graphic is positioned next to the nutrients the recipe offers. As vegetable based recipes contain a large amount of nutrients, the nutrients that appear on the list are only the common deficiencies of the WIC demographic. Using an easy to read graphic instead of listing numeric nutrient values or technical phrasing was a conscious decision to cater to lower education levels and enhance learning.
Recipe Analysis

The Braised Salmon and Dill recipe is located in the 1997 edition of *Cooking Light* (Wesler et al, 1996). I selected this recipe in particular because of the pairing of leeks with salmon. With the exception of vitamin A, cooked leeks are not very nutrient dense. Salmon, alternatively, offers vitamin D, protein, and iron. Vitamin D is not found in vegetable sources, so pairing vegetables with fatty fish such as salmon is a fantastic way to incorporate as many nutrients as possible.

Crazy, Curly Broccoli Bake is a casserole dish found in *Cool Fuel for Kids* retrieved via the Fruits and Veggies More Matters recipe database (Goodwin, n.d.). The original recipe called for frozen broccoli, and I adapted the recipe to allow for fresh broccoli that was blanched in order to preserve the vitamin C content. In addition to vitamin C, the broccoli provides vitamin A and folate. This recipe has a fun, kid-friendly name and the casserole nature provides many possible variations. The three variations I came up with add specific nutrients needed for the WIC demographic. The addition of cheese adds vitamin D and protein, the addition of red bell peppers adds vitamin C, and the addition of Tuna adds vitamin D, protein and iron.

The next recipe in the cookbook is Egg Salad Sandwiches with Watercress from *Southern Living* (Bierman & Satterwhite, 2012). Adding watercress to sandwiches is a great way to increase calcium, vitamin C, and vitamin A to the diet. Pairing the watercress with eggs makes the meal even more nutrient dense by adding vitamin D and protein.

The recipe for Eggplant Parmesan was found in *Betty Crocker’s Healthy New Choices* (Cohen et al, 1998). This recipe can be made in 30 minutes, which is advantageous for family life. Eggplant has a wide variety of beneficial nutrients, but is relatively low in the nutrients
needed for the WIC demographic. As such, the advantage of this recipe is that the eggplant paired with cheese in order to increase the calcium and protein content.

The recipe for Pasta Tossed with Morels, Squash Blossoms, and Cream appears in The New American Vegetable Cookbook: The definitive guide to America's exotic & traditional vegetables (Brennan et al, 1985). The squash blossoms, which are available for purchase through the FMNP, give the recipe a unique twist. This recipe was selected because unusual ingredients can help stimulate interest. The mushrooms and green peas provide the major nutrients of this recipe, being the protein, vitamin A, and folate.

The recipe for Pork with Apples and Parsnips from Betty Crocker's Healthy New Choices is one of the few recipes in the cookbook that incorporates meat (Cohen et al, 1998). Parsnips are not very nutrient dense, and so the pairing with a lean cut of pork provides the intake of protein and iron.

The Fruits and Veggies More Matter recipe database contains a recipe for Shrimp and Bok-Choy Stir Fry that shows another use for bok-choy (Produce for Better Health Foundation, n.d.). The bok-choy paired with the shrimp imparts four important nutrients – vitamin C, vitamin A, protein, and iron. The suggested variations add color and flavor as well as provide vitamin C.

The recipe for Spicy Okra and Chickpea Salad is found in Cooking Light Annual Recipes 1997 (Wesler et al, 1996). The okra in this recipe provides calcium, and the added chickpeas supply protein and iron. One benefit to this salad is that it is versatile – it can be eaten on its own as a side dish, or in a pita as a sandwich.

Tangy Crisp Vegetable and Pasta Salad in Fix it Fresh! (Higgins, 2012). This is a simple pasta salad recipe that takes advantage of seven different FMNP eligible vegetables (onion,
broccoli, radishes, cucumber, carrot, tomato, and green pepper). Since all of the vegetables are
served raw, the salad is a source of folate. The vegetables also provide vitamin C and vitamin A.

The Zucchini Mediterranean is a vegetarian casserole recipe with Indiana origins that
appears in the cookbook *More Hoosier Cooking* (Lumbra, 1982). In addition to the nutrient
content of the zucchini providing vitamin C and cheese as a source of calcium and protein, the
recipe also uses the blanching technique learned earlier in the cookbook. Additionally, the three
different herbs, parsley, rosemary, and oregano can be purchased using FMNP vouchers.

The 1996 edition of *Cooking Light* contains a recipe for Asian Cole Slaw that modifies an
American standard into one that takes advantage of Chinese cabbage (Grant et al, 1995). This
recipe uses three different FMNP vegetables: bok-choy, cabbage, and onions. A key advantage to
this recipe is that all of the vegetables are prepared raw, which maintains the structure of the
folate and vitamin C available in these vegetables. Bok-choy in itself is much more nutrient
dense than standard cabbage, as it offers over twice as much calcium, over a third more vitamin
C and folate, and is also a source of vitamin A. My hope is that by introducing the more unusual
bok-choy into such a common recipe, the audience will become familiar with the taste and
preparation – thus, becoming more open to purchasing and eating this vegetable in the future.

The Baked Beans recipe was published by Washington WIC staff in *The Bold and
Beautiful Book of Bean Recipes* (Feston et al, 2004). This recipe is approved by the
Supplemental Nutrition Assistance Program (SNAP), and so the ingredients are available at a
minimal cost. Lima beans offer a significant amount of both iron and protein, nutrients which
can be difficult to find in vegetable recipes. I wanted to emphasize the high amount of iron
available in lima beans, and so placed a blurb illustrating the high iron content on the recipe
page.
Brussels Sprouts with Apples are a twist on the typical boiled Brussels sprouts recipe, and is found in *Fabulous Fat Free Cooking* (Fischer, 1997). Cooked Brussels sprouts can have a strong acidic taste which many young children dislike. The advantage of this recipe is that the Brussels sprouts are cooked in apple juice to help cut down on the strong flavor. Dark green vegetables such as Brussels sprouts are usually higher in iron. Brussels sprouts have the advantage of being high in both iron and vitamin C. When cooked together, those two nutrients allow the body to absorb iron in higher amounts.

I found a recipe for Collards and Rice in *The Victory Garden Cookbook* (Morash, 1982). This recipe was one of the few healthy recipes using collard greens that I found. The collard greens in the recipe provide three of the seven common nutrient deficiencies (being vitamin C, vitamin A, and calcium), and incorporating any of the suggested variations would add protein and iron as well.

Fresh Tomatillo Salsa in *Light Basics Cookbook* can be eaten as a dip or added into a casserole (Shullman, 1999). This recipe teaches two new techniques: cooking tomatillos and seeding hot peppers. Both tomatillos and peppers provide vitamin C, and the variety of vegetables included in the salsa (tomatillos, peppers, and onion) provides a small amount of protein as well.

Garlic Mustard Greens is an original recipe from the Fruits and Veggies More Matters website (Meadows & King, n.d.). This is a very quick option for a healthy side dish, as the entire recipe takes only 10 minutes from start to finish. The recipe is also very hands off, as once the ingredients are added to the sauce pan, the dish may be left alone until service. The mustard greens provide three of the seven common nutrient deficiencies (vitamin C, vitamin A, and calcium), making it a great option for a side dish.
Kohlrabi Country-Style appears in *The Good Cook: Vegetables* (Schremp & Phillips, 1979). Kohlrabi provides vitamin C and calcium, and is an easy side dish. The kohlrabi can be boiled ahead of time to cut down the preparation time down to only 10 minutes.

Oven-Glazed Rutabagas appear in *Fabulous Fat Free Cooking* (Fischer, 1997). Rutabagas are similar to potatoes in taste, but offer twice as much vitamin C. The brown sugar glaze gives a sweeter taste to the rutabagas, which makes the vegetable more appealing to young children.

The Pink Party Salad recipe is found on the online publication *Farm to the Table* (University of Connecticut, Cooperative Extension, n.d.). Beets have a beautiful, strong pink color that spreads throughout salads. Not many vegetables produce such a vibrant color, and the great aspect about this recipe is that the color is heightened by chilling before service. My hope is that the bright color will be more appealing for younger children, especially girls, and make them more willing to try the dish. Another great aspect of the recipe is that even cooked beets provide folate, and the eggs help provide vitamin D and protein.

Pumpkin au Gratin is another recipe in *The New American Vegetable Cookbook: The definitive guide to America's exotic & traditional vegetables* (Brennan et al, 1985). The pumpkin in the recipe provides vitamin A, and since the recipe deals with a whole, raw pumpkin, it is possible for the audience to clean and save the seeds for future use. The seeds provide iron and protein, allowing for two more nutrients to come from the pumpkin. This recipe can also be used for any kind of winter squash as well.

The Turnip Salad in *Ideas for Cooking Vegetables* (Gaulke, 1973) uses three kinds of FMNP vegetables: turnips, onions, and celery. However, as these vegetables only provide
vitamin C out of the common deficiency categories, the incorporation of hard-boiled eggs allows for more nutrients. The eggs provide both protein and vitamin D.

Cauliflower Poppers are easy to make and a healthy snack with a taste reminiscent to home-made French fries (Weight Watchers International, 2013). The seasonings are easily adaptable for different flavors. While cauliflower is a source of vitamin C, the main advantage of this recipe is that it is a great substitute for fat and sodium laden French fries.

The recipe for Crunchy Vegetable Wraps was retrieved via the SNAP education database (Connecticut Food Policy Council, n.d.). This wrap would be a great after school snack because of the portion size and the vegetable content, so I highlighted that information in a blurb on the recipe itself. The multitude of raw vegetables provides folate, vitamin C, vitamin A, and a small amount of protein. Another great aspect of this recipe is that it allows for a young child to make choices and experiment with vegetables.

The recipe for Cucumber Canoes was retrieved via the Fruits and Veggies More Matters recipe database (University of Maine, Cooperative Extension, n.d.). This recipe not only has a fun, kid-friendly name but the recipe itself encourages imagination. Making canoes out of cucumbers allows for snack-time to be both nutritious and allow for a bit of play. Cucumbers have very little of the nutrients deficient in the audience, but its pairing with cottage cheese and carrots adds vitamin A, vitamin D, calcium, and protein.

The recipe for English Muffin Pizza is actually a personal recipe that I included. The advantage of this recipe is that it allows the audience to experiment with vegetables in a familiar taste setting. Personal preference dictates how much or little of the vegetable is added, and a large variety of available vegetables can be used as ingredients. For the variations, I suggested
offering unusual toppings alongside the more traditional vegetables to allow for greater creativity.

The recipe for Kale Chips appears in *My Father’s Daughter: Delicious, easy recipes celebrating family & togetherness* (Paltrow, 2011). Much like the Cauliflower Poppers from earlier in the cookbook, Kale Chips offer a nutrient dense and low-calorie substitute for a common empty-calorie food. Kale is a very nutrient dense leafy green, and provides calcium, vitamin C, vitamin A, and iron – none of which appear in potato chips.

Phyllo Wrapped Asparagus from the Food Network is the next recipe in the cookbook (Deen, 2006). This recipe is a vegetable version of a corndog, and a much healthier substitute. The phyllo dough is wrapped around asparagus and baked, and can be served as a snack food. The key advantage of this recipe is that it can satisfy a junk food craving while still sneaking in a dark green vegetable that provides iron.

The Superpower Smoothie is another original recipe, and is the only recipe in the cookbook to provide all seven nutrients that are commonly deficient in the WIC demographic. The consistency of the blended frozen bananas gives the smoothie a milk-shake texture without the fat or sugar. The “superpower” ingredient is Spinach, which provides calcium, vitamin C, folate, vitamin A, and iron. The milk in the recipe also provides calcium, protein, and vitamin D. Another great aspect about this recipe is that there are so many possible variations depending on the type of fruit available.

The Sweet Potato Puff recipe found in *Everybody Eats* is a healthy, vegetable based dessert (Foster, n.d.). Sweet Potatoes are high in vitamin A, which helps balance out the added sugar from the brown sugar and marshmallows. The advantage of this recipe is that it illustrates that not all vegetable recipes have to be savory – they can be sweet as well.
The Food Network has a simple recipe for Toasted Pumpkin Seeds that takes under 15 minutes (Chiarello, 2012). FMNP participants are unable to buy pumpkin seeds directly; however, edible pumpkins are available for purchase. Since pumpkin seeds are high in protein and iron, two common WIC nutrient deficiencies, discarding the seeds is needless. The seeds are a great snack and can be eaten on top of salads.

Summary

The recipes found in *Eating Healthy at Minnetrista* incorporate every FMNP eligible vegetable listed in the 2013 Farmers’ Market Handbook. Not all of the vegetables eligible for the FMNP provide the nutrients commonly found deficient in the WIC demographic. Even though some vegetables are supplying more of the commonly found deficient nutrients needed for the WIC demographic than others, this cookbook still includes all of the vegetables eligible for the FMNP. Some of the less nutrient dense vegetables, such as corn and potatoes, only make appearances as complementary ingredients and are not the sole feature of the recipe. I chose recipes that prominently highlighted the remaining nutrient dense vegetables, incorporated new techniques, and combined vegetables with other food groups to allow for maximum nutrition.

As a student, the process of finding recipes for all of the different vegetables was an educational experience. Personally, I had never cooked with or even eaten several of the vegetables before, such as bok-choy, collards, and kohlrabi, and I enjoyed seeing the different ways each could be prepared. I was surprised to find the wide variety of recipes that start with a healthy vegetable, but then end with a dish containing large amounts of butter, refined sugar, or fat. As a Registered Dietitian, having a prepared list of healthy recipes to offer to clients or patients is an important part of nutrition counseling. As such, while the target audience of this
thesis is the WIC demographic, the same recipe book can be used in many other nutrition
counseling scenarios to increase vegetable consumption.

While not a main point of my thesis, the supplemental table I created that compared the
nutrient content of all the different FMNP eligible vegetables of Indiana will be a very useful
reference tool in a professional career. The listed nutrients in the table are specifically catered to
the WIC demographic, but many of the vitamin and mineral categories are areas of deficiencies
for other populations. As such, I can use this table as a guide when assessing recipe quality in the
future, as well as provide appropriate recommendations for patients.

My overarching goal for this thesis is to encourage a diverse vegetable selection when
presented with many choices. With so many vegetable options, as presented in the environment
of the Minnetrista Farmers’ Market, selecting which vegetables to purchase and prepare can be
overwhelming. Since the vouchers provided by the FMNP provide for eighteen dollars of
produce for an entire growing season, it serves as an incentive for participants to experiment with
new vegetables they may not enjoy or know how to prepare. My hope is that through reviewing
the cookbook, participants will be inspired by the recipes to incorporate a new vegetable into
their diet and in turn heighten overall nutrition quality.
<table>
<thead>
<tr>
<th>Name</th>
<th>Protein (g)</th>
<th>Calcium (mg)</th>
<th>Iron (mg)</th>
<th>Vitamin C (mg)</th>
<th>Folate (ug)</th>
<th>Vitamin A (ug)</th>
<th>Vitamin D</th>
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<tbody>
<tr>
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<td>23</td>
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<td>7.7</td>
<td>149</td>
<td>50 RAE</td>
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<td>4.9</td>
<td>109</td>
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<td>93</td>
<td>1.04</td>
<td>26</td>
<td>41</td>
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<td>105</td>
<td>0.8</td>
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Herman, D. R., Harrison, G. G., Jenks, E., & Afifi, A. (2008). Effect of a targeted subsidy on intake of fruits and vegetables among low-income women in the Special Supplemental...


Indiana State Department of Agriculture & Purdue University, Dept. of Horticulture and Landscape Architecture. Indiana fruits and vegetable harvest calendar. Retrieved from http://www.state.in.us/isdh/files/Harvest_Calendar_For_INDIANA.pdf


Cooking light annual recipes 1997 (pp. 238). Birmingham, AL: Oxmoor House, Inc.

light annual recipes 1997 (pp. 170). Birmingham, AL: Oxmoor House, Inc.
Eating Healthy at Minnetrista

A collection of vegetable based recipes for the Farmer's Market Nutrition Program of the Delaware County WIC

Edited by Kate Beard
Ball State University
B.S. of Dietetics, 2013
My Hope for this Cookbook

Choosing nutrient dense vegetables can be overwhelming when presented with all the choices at a Farmers' Market. The goal of this cookbook is to encourage and inspire you to explore new vegetables through delicious recipes. In this cookbook, there is a recipe for every single vegetable that can be redeemed using vouchers for the Farmer’s Market Nutrition Program in Indiana. The cookbook is split into “Main Courses,” “Side Dishes,” and “Snacks,” so there are recipes to fit a variety of needs!

-Kate Beard
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# FARMER'S MARKET NUTRITION PROGRAM

List of Eligible Vegetables

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Looking for even healthier vegetables? Use this diagram to help pick especially healthy vegetables for you and your family! These are some of the Farmer's Market Nutrition Program vegetables that are particularly high in the nutrients you and your children need.
Main Courses

Delicious dishes for both lunch or supper!
Braised Salmon with Leeks and Dill

Serves 4 | 35 minutes from start to finish

- 1 TEASPOON OLIVE OIL
- 2 ½ CUPS LEEK, CHOPPED
- 4 GARLIC CLOVES, MINCED
- 1 ½ CUPS TOMATO, COARSELY CHOPPED
- ¼ TEASPOON SALT
- ½ TEASPOON PEPPER
- ½ CUP WHITE GRAPE JUICE
- 4 SALMON FILLETS
- 1 ½ TEASPOON FRESH DILL, CHOPPED

1) In a large saucepan, heat oil over medium-high heat. Add leek and sauté for 3 minutes.

2) Add garlic and sauté for 2 minutes.

3) Add tomato, salt, and pepper and sauté for 2 more minutes.

4) Add white grape juice and salmon, cover with dill and bring to a boil.

5) Cover and simmer for 8 minutes, until fish is done.

Variations: If substituting dried dill, use ½ teaspoon. If substituting garlic powder for garlic cloves, used ½ teaspoon of garlic powder.

Recipe from Cooking Light 1997.
Crazy, Curly Broccoli Bake

Serves 6 | 25 minutes from start to finish

- 1 ½ CUPS WHOLE WHEAT CORKSCREW PASTA, DRY
- 3 CUPS BROCCOLI, CHOPPED
- 1 10.5-OZ CAN CREAM OF BROCCOLI SOUP, CONDENSED
- ½ CUP SKIM MILK
- 2 TABLESPOONS PLAIN BREAD CRUMBS
- ¼ TEASPOON SALT-FREE SEASONING BLEND

1) Preheat oven to 350°F.
2) Cook pasta according to package directions.
3) Coarsely chop broccoli. Blanch by placing in boiling water for 30 seconds. Strain, then immediately place in ice water. Strain again.
4) Mix soup with skim milk, and add to chopped broccoli.
5) Add cooked pasta and mix. Top with bread crumbs and seasoning blend.
6) Bake in oven for 10-15 minutes until heated through.

Variations: For a cheesy version, sprinkle ½ cup of shredded cheese on top before baking.
To give a cowboy kick, mix in 1 cup of chopped red bell pepper. Or, add 1 can of tuna for a seafood blend!

Egg Salad Sandwiches with Watercress

Serves 4-5 | 25 minutes from start to finish

- 8 HARD-COOKED EGGS, PEELED AND CHOPPED
- 2/3 CUP MAYONNAISE
- 1/2 CUP CELERY, DICED
- 1/4 CUP CHIVES, FINELY CHOPPED
- 2 TABLESPOONS ONION, MINCED
- 1 TEASPOON PEPPER
- 1/2 TEASPOON SALT
- WATERCRESS

1) In a large bowl, stir eggs, mayonnaise, celery, chives, onion, pepper, and salt.

2) Serve by spreading on sandwich bread. Add rinsed and dried watercress to the sandwich.

Variations: For a healthy choice, use whole wheat bread and olive-oil based mayonnaise.

Recipe from Southern Living: March 2012

Watercress is a great addition to sandwiches and salads! It is packed with Calcium, Vitamin C, and Vitamin A

Calcium
Vitamin C
Vitamin A
Vitamin D
Protein
Eggplant Parmesan

Serves 6 | 30 minutes from start to finish

- 1 MEDIUM EGGPLANT, PEELED AND CUT INTO ¼ INCH SLICES
- COOKING SPRAY
- ½ CUP SHREDDED PARMESAN CHEESE
- ¼ CUP SEASONED DRY BREAD CRUMBS
- 2 TEASPOONS OLIVE OIL
- 1 CUP SPAGHETTI SAUCE
- 1 ½ CUP SHREDDED MOZZARELLA CHEESE

1) Set oven to broil.

2) Generously spray both sides of eggplant slices with cooking spray. Place on rack in broiler pan and broil 5 minutes on each side. (Tops should be 4-5 inches from heat.)

3) While eggplant broils, mix parmesan cheese, bread crumbs, and oil. Heat spaghetti sauce.

4) Remove eggplant from oven, sprinkle 1 cup of the mozzarella. Spoon bread crumb mixture over the cheese.

5) Top with spaghetti sauce and last ½ cup shredded mozzarella cheese.

Recipe from Betty Crocker's Healthy New Choice.
Pasta tossed with Morels, Squash Blossoms, and Cream

Serves 4-6 | 45 minutes from start to finish

- 3 TABLESPOONS BUTTER
- 8 MOREL MUSHROOMS, CUT INTO THIN STRIPS LENGTHWISE
- ½ CUP FRESH GREEN PEAS (~ ½ LB UNSHELLED)
- ¾ CUP HALF AND HALF
- 4 SQUASH BLOSSOMS, SLIVERED
- 1 GALLON WATER
- SALT, TO TASTE
- 1 LB PASTA

1) Melt butter in a large skillet and sauté mushrooms. Add peas, half and half, and squash blossoms.
2) Slowly reduce the sauce by one half. Meanwhile, bring the water to a boil.
3) Cook pasta in water according to directions.
4) Toss the pasta with the sauce, and serve warm.

Variations: Use any other kind of fresh mushroom from the Farmer's Market. Try a spinach pasta for extra Vitamin C and A!

Recipe from the New American Vegetable Cookbook.

Protein
Vitamin A
Folate
Pork with Apple and Parsnips

Serves 4 | 50 minutes from start to finish

- 4 PORK LOIN CHOPS (~1 LB)
- 3 MEDIUM PARSNIPS, CUT CROSSWISE IN 1/2 INCH SLICES
- 1 MEDIUM ONION, SLICED
- 1/2 CUP CHICKEN BROTH
- 1 TEASPOON GROUND DRY MUSTARD
- 1/4 TEASPOON SALT
- 1/4 TEASPOON GROUND CINNAMON
- 1/8 TEASPOON PEPPER
- 1 APPLE, CUT IN 1/4 INCH WEDGES
- 2 TABLESPOONS CHOPPED FRESH PARSLEY

1) Cook pork in non-stick skillet over medium heat until brown. Drain and discard grease properly.

2) Place parsnips and onion on pork. Mix broth, mustard, salt, cinnamon, and pepper and pour over vegetables and pork.

3) Heat to boiling, then reduce heat. Cover and simmer for 3 minutes, or until apple is tender.

4) Sprinkle with parsley and serve.

Variations: Substitute 2 teaspoons of dried parsley for the fresh parsley.

Recipe from Betty Crocker's Healthy New Choice.

One serving has only 220 calories!
Shrimp and Bok-Choy Stir Fry

Serves 4 | 20 minutes from start to finish

- ½ LB FROZEN SHRIMP, SHELLS REMOVED AND THAWED
- 1 LB BOK CHOI
- 1 TABLESPOON CANOLA OIL
- 1 CLOVE GARLIC, MINCED
- ½ TEASPOON GINGER
- 1 TEASPOON SESAME OIL
- 4 CUPS COOKED BROWN RICE

1) Trim ends off of stem of the bok choy and separate leaves. Clean under running water and drain.
2) Cut stem into one inch pieces and leaves into wide ribbons.
3) Add canola oil, sesame oil, garlic, and ginger to a sauce pan on medium-high heat
4) Add stalks of bok choy and the shrimp. Toss in oil for 3 minutes.
5) Serve over brown rice.

Variations: To add color, add ½ cup sugar snap peas and ½ cup sliced red peppers at the same time as the bok choy.

Recipe from Fruits and Veggies More Matters

Protein
Vitamin A
Vitamin C
Iron
Spicy Okra and Chickpea Salad

*Serves 6 | 30 minutes from start to finish*

- 1 TABLESPOON OLIVE OIL
- 1 ½ CUPS FINELY CHOPPED ONION
- 6 CUPS OKRA (~ 1 ¼ LBS)
- 1 CAN CHICKPEAS (15 OZ), DRAINED
- 1 ½ CUPS CANNED TOMATO PUREE
- 1 TABLESPOON GROUND CUMIN
- 2 TABLESPOONS RED WINE VINEGAR
- ½ TEASPOON SUGAR
- ¼ TEASPOON SALT
- ¼ TEASPOON RED PEPPER FLAKES

1) In a large saucepan, heat oil over medium-high heat. Add onions and sauté for 3 minutes.
2) Add okra and sauté for 5 minutes.
3) Add all remaining ingredients and bring to a boil.
4) Cover and reduce heat, and let simmer for 15 minutes.
5) Spoon into an airtight bowl and chill.

**Variations:** Substitute 1 cup of onions for ½ cup chopped scallions to get some extra Vitamin A.

*Recipe from Cooking Light Annual Recipes 1997.*
Tangy Crisp Vegetable and Pasta Salad

Serves 6 | 20 minutes to make, sits overnight

- ½ CUP PASTA, UNCOOKED
- ¼ CUP VINEGAR
- 2 TABLESPOONS SUGAR
- ½ TEASPOON GARLIC POWDER
- ½ TEASPOON PEPPER
- ½ CUCUMBER, CHOPPED
- ½ CARROT, SLICED
- ½ TOMATO, CHOPPED
- ½ CUP BROCCOLI, CHOPPED
- ½ CUP RADISHES, SLICED
- 2 TABLESPOONS ONION
- ¼ GREEN PEPPER, CHOPPED

1) Cook pasta according to directions.
2) In a saucepan, combine vinegar, sugar, salt, garlic, and pepper. Heat over medium heat until sugar is dissolved. Do not let it reach a boil.
3) Add remaining prepared vegetables to a shallow container. Add pasta and vinegar mixture. Mix.
4) Let sit in a refrigerator overnight. Serve cold

Recipe from Fix it Fresh! Recipe Series via SNAP-Ed Connection

Vitamin C
Vitamin A
Folate
Zucchinini Mediterranean

Serves 6 | 1 hour 15 minutes from start to finish

- 8 SMALL ZUCCHINI, THINLY SLICED
- 2/3 CUP CHOPPED ONION
- 1 CLOVE GARLIC, MINCED
- 2 TABLESPOONS FRESH PARSLEY
- 1 TEASPOON SALT
- 1/4 TEASPOON OREGANO
- 1/4 TEASPOON ROSEMARY
- 4 CUPS PEELED, CHOPPED TOMATOES
- 1 TABLESPOON OLIVE OIL
- 1/4 CUP GRATED MOZZARELLA CHEESE

1) Preheat oven to 350° F.

2) Add all ingredients to a large bowl and mix.

3) Bake in 2 quart casserole dish for 1 hour.

4) 10 minutes before the dish is ready, top with grated mozzarella cheese.

Recipe from More Hoosier Cooking

Calcium
Protein
Vitamin C
Serve these alongside your favorite main dish as a nutritious and tasty side!
Asian Cabbage Slaw

*Serves 8 | 2 hours 30 minutes from start to finish*

- 4 CUPS BOK-CHOY, THINLY SLICED
- 4 CUPS CABBAGE, THINLY SLICED
- ½ CUP CILANTRO, MINCED
- ½ CUP ONIONS, SLICED
- 8 OZ CAN OF SLICED WATER CHESTNUTS
- 1 TABLESPOON SESAME SEEDS, TOASTED
- 1 TEASPOON GINGER
- ½ TEASPOON PEPPER
- ½ TEASPOON GARLIC POWDER
- ¾ CUP MAYONNAISE OR SIMILAR DRESSING
- 1 TABLESPOON LIME JUICE
- 1 TABLESPOON SOY SAUCE

Recipe twist—this is not your typical coleslaw! The addition of bok-choy, cilantro, and lime juice add a new flavor.

1) In a large bowl, combine bok-choy, cabbage, cilantro, onions, water chestnuts, sesame seeds, ginger, pepper, and garlic powder.

2) In a separate bowl, combine mayonnaise, lime juice, and soy sauce, then pour over cabbage mixture and toss.

3) Cover and chill for at least two hours.

*Recipe from Cooking Light: 1996*

- Vitamin A
- Calcium
- Folate
- Vitamin C
Baked Beans

Serves 6 | 4-5 hours from start to finish

• 1 ½ CUP LIMA BEANS, SHELLED
• 2 CUPS WATER
• 2 CUPS APPLE JUICE
• 1 TEASPOON SALT
• 2 TABLESPOONS MOLASSES
• ½ CUP KETCHUP
• 2 TEASPOONS VINEGAR
• 1 TEASPOON DRIED MUSTARD

An excellent source of iron! One serving provides 25% of your daily value.

1) Combine apple juice and water, bring to a boil.
2) Add beans and simmer for 15 minutes, until beans are tender.
3) Drain beans.
4) Put beans and remaining ingredients in greased baking dish.
5) Cover and bake at 250°F for 3-4 hours. During last hour, uncover. If beans seem dry, add a small amount of apple juice.

Variations: If using dried lima beans, boil for 2 ½ hours, until tender.

Recipe from The Bold and Beautiful Book of Bean Recipes via SNAP-Ed Connection

Iron Protein
Brussels Sprouts with Apples

Serves 4 | 25 minutes from start to finish

- ½ CUP APPLE JUICE
- ½ TEASPOON DRIED ROSEMARY, CRUSHED
- 1 LB BRUSSELS SPOUTS, CUT IN QUARTERS
- 2 SMALL TART APPLES, QUARTERED AND SLICED
- 1 TEASPOON CORN STARCH
- 1 TABLESPOON WATER
- SALT AND PEPPER, TO TASTE

1) In a large skillet, combine apple juice and rosemary. Bring to a boil.

2) Add Brussels sprouts. Reduce heat and cover. Cook for 6 minutes.

3) Add apples.

4) Add cornstarch to the water, and stir to dissolve. Add to the skillet, stirring constantly for 3 minutes. Season with salt and pepper to taste.

Variations: For an extra crunch, chop 2 tablespoons of walnuts and toast, then sprinkle over just before serving.

Recipe from Fabulous Fat Free Cooking

Vitamin C
Vitamin A
Iron
Collards and Rice

Serves 4 | 30 minutes from start to finish

- 2 CUPS CHICKEN BROTH
- 1 CUP LONG-GRAINED RICE
- 1 TABLESPOON BUTTER
- ½ TEASPOON SALT
- 3 CUPS OF COLLARD GREENS, LOOSELY PACKED
- PEPPER, TO TASTE

1) Boil broth, then add rice, butter, and salt. Stir briefly.
2) Add collards, ½ cup at a time, stirring constantly.
3) Cook until rice is done, about 20 minutes. Add pepper to taste.

Variations: Add 1 cup of leftover shredded chicken, ground beef, or diced ham, which will give more flavor and add protein and iron.

Recipe from The Victory Garden Cookbook

Calcium
Vitamin C
Vitamin A
Fresh Tomatillo Salsa

Serves 5 | 45 minutes from start to finish

- 1 LB TOMATILLOS, HUSKED AND WASHED
- 2 JALAPENOS,SEEDED AND CHOPPED
- ½ ONION, CHOPPED
- ¼ TEASPOON GARLIC POWDER
- 8 CILANTRO SPRIGS
- ¼ CUP WATER
- SALT, TO TASTE

1) Simmer tomatillos in water for 10 minutes. After 5 minutes, flip tomatillos upside down.

2) Drain tomatillos and place in blender or food processor. Add jalapeños, onion, garlic, salt, and cilantro. Process to a coarse puree.

3) Move to a bowl and add water. Add more water if desired. Salt to taste.

4) Let stand for 30 minutes before serving.

Variations: For more texture and a sweeter taste, add ½ cup of corn before serving and mix.

Recipe from Light Basics Cookbook

Vitamin C
Protein
Garlic Mustard Greens

Serves 4 | 10 minutes from start to finish

- 1 TEASPOON GARLIC, MINCED
- 1 CAN (15 OZ) LOW-SODIUM CHICKEN BROTH
- 4 CUPS MUSTARD GREENS
- DASH WORCESTERSHIRE SAUCE
- DASH OF TABASCO SAUCE

1) Wash and chop mustard greens—remove any rough stems
2) Place greens to a pan and add garlic, chicken broth, and sauces. Cover and cook on low heat until tender.

Recipe from the University of Florida Sarasota County Extension via Fruits and Veggies More Matters

Calcium
Vitamin A
Vitamin C
Kohlrabi Country-Style

Serves 4 | 35 minutes from start to finish

- 3 LB KOHLRABI, THICKLY SLICED
- SALT, TO TASTE
- 2 TABLESPOON BUTTER
- 2 TEASPOON FLOUR
- ½ CUP SOUR CREAM
- 1 TABLESPOON FINELY CUT FRESH CHIVES

Boil the Kohlrabi ahead of time in order to have a dish that can be prepared in under 10 minutes!

1) Boil kohlrabi in salted water under tender, about 20 minutes. Drain.
2) In saucepan, melt butter. Add flour and cook for 5 minutes, stirring. Add cream and cook for 2-3 more minutes, stirring.
3) Add kohlrabi to cream sauce and heat for 1-2 minutes on low heat.
4) Sprinkle with chives and serve.

Recipe from The Good Cook: Vegetables

Vitamin C
Calcium
Oven-Glazed Rutabagas

Serves 4 | 1 hour from start to finish

- 4 RUTABAGAS, PEELED AND ENDS TRIMMED
- 1 MEDIUM ONION, COARSELY CHOPPED
- ¼ TEASPOON BLACK PEPPER
- 1 ½ TABLESPOONS PACKED BROWN SUGAR
- 1 GARLIC CLOVE, MINCED

1) Preheat oven to 375° F.
2) Cut rutabagas into 1 inch cubes.
3) Place rutabagas and onions on greased baking sheet, and mist with vegetable oil spray. Sprinkle with pepper and bake for 35 minutes. Stir every 15 minutes.
4) Once out of oven, sprinkle with brown sugar and garlic. Bake for 10 more minutes.

Variations: No garlic cloves? Substitute ⅛ teaspoon of garlic powder.

Recipe from Fabulous Fat Free Cooking

Vitamin C
Pink Party Salad

Serves 6 | 1 hour 15 minutes from start to finish

- 4 POTATOES, WASHED AND CUT IN HALF
- 3 CUPS BEETS, COOKED, PEELED AND DICED
- 1 CUP GREEN PEAS
- 3 EGGS, HARD BOILED
- 1 APPLE
- 1 TEASPOON LEMON JUICE
- 2 TABLESPOONS OLIVE OIL
- 3 TABLESPOONS VINEGAR
- 1 TABLESPOON SUGAR

**COOKING BEETS & POTATOES**

1) Leave skins on the beets, and leave 1 inch of stem. Cover at least two inches under water and boil, then reduce to medium heat and cook for 30-45 minutes. Once done, submerge in cold water and peel off skins. Dice.

2) Boil potatoes in 2 cups of water, cover and cook over moderate heat for 20 minutes. Once done, dice.

**ASSEMBLING SALAD**

1) Add diced beets, diced potatoes, and peas to a large bowl. Mix.

2) Chop hard boiled eggs and add to bowl.

3) Dice apples and sprinkle with lemon juice, then add to bowl.

4) Add vinegar, olive oil, and sugar. Mix thoroughly and chill before serving.

Recipe from From Farm to the Table via SNAP-Ed Connection

Vitamin C
Iron
Protein
Folate
Vitamin D
Pumpkin au Gratin

Serves 4-6 | 3 hours from start to finish

- 1 PUMPKIN, 2-2½ LB
- FLOUR, AS NEEDED
- ¼ CUP OLIVE OIL
- 2-4 TABLESPOONS MINCED GARLIC
- 2 TABLESPOONS MINCED PARSLEY
- SALT AND PEPPER, TO TASTE

1) Preheat the oven to 325°F
2) Cut pumpkin in half. Peel, seed, and then cut into ½ inch cubes
3) Toss cubes in flour until evenly coated. Using half the olive oil, coat the sides and bottom of an oven proof casserole dish.
4) Fill the dish with the pumpkin, then sprinkle with garlic, parsley, salt, pepper, and the rest of the olive oil
5) Bake for 2-2 ½ hours. The crust will be rich and dark.

Variations: Replace the pumpkin with any kind of winter squash, such as Acorn, Butternut, or Spaghetti Squash. If substituting dried parsley, use only 2 teaspoons.

Recipe from the New American Vegetable Cookbook.

Vitamin A
Turnip Salad

Serves 4 | 15 minutes from start to finish

- 1 BUNCH OF TURNIPS (~ 2 LBS)
- 3 HARD-COOKED EGGS
- 2 TABLESPOONS CHOPPED ONION
- 1 CUP SLICED CELERY
- ½ CUP MAYONNAISE
- ½ TEASPOON MUSTARD
- SALT AND PEPPER, TO TASTE

1) Remove turnip skins using a vegetable peeler. Wash. Cook in boiling water for 20-30 minutes, until tender. Refrigerate until cold.

2) Cut turnips into one inch cubes and put in bowl.

3) Peel eggs and chop, then add to turnips.

4) Add onion, celery, mayonnaise, mustard, salt and pepper. Mix.

Variations: Use olive oil based mayonnaise to reduce the fat.

Recipe from Ideas for Cooking Vegetables.
Snacks

For nutrient packed refueling during the middle of the day!
Cauliflower Poppers

Serves 6 | 20 minutes from start to finish

• 1 HEAD OF CAULIFLOWER
• Olive oil spray
• ½ TEASPOON GROUND CUMIN
• ½ TEASPOON CHILI POWDER
• ½ TEASPOON SALT
• ½ TEASPOON PEPPER

A delicious and healthy alternative to French fries!

1) Preheat oven to 400° F
2) Divide cauliflower into bite-size florets
3) In a bowl, spritz cauliflower with olive oil spray and toss with spices.
4) Spread evenly on a baking sheet. Bake for 10 minutes, rotating half way through.

Recipe from Weight Watchers International.

Vitamin C
Crunchy Vegetable Wraps

Serves 4 | 15 minutes from start to finish

- 4 TABLESPOONS CREAM CHEESE
- 2 FLOUR TORTILLAS
- ½ TEASPOON RANCH DRESSING OR SEASONING MIX
- ¼ CUP BROCCOLI, CHOPPED
- ¼ CUP CARROTS, GRATED
- ¼ CUP ZUCCHINI, CUT IN STRIPS
- ¼ CUP YELLOW SUMMER SQUASH, CUT IN STRIPS
- ½ TOMATO, DICED
- 2 TABLESPOONS GREEN PEPPER, DICED
- 2 TABLESPOONS CHIVES (OPTIONAL)

This is a great after school snack! Plus, it can be made earlier in the day and refrigerated until after school or daycare.

1) In a small bowl, stir ranch dressing into cream cheese
2) Wash and prepare vegetables. Steam broccoli in microwave for 1 minute with 1 tablespoon of water, if desired.
3) Spread cream cheese mixture on tortillas and add vegetables. Roll tortilla tightly and insert a toothpick to help keep its shape.

Variations: Use or substitute any kind of vegetable in your refrigerator—spinach, radishes, watercress, or sugar snap peas would all make good additions!

Recipe from the Connecticut Food Policy Council via SNAP-Ed

Folate
Vitamin C
Vitamin A
Protein
Cucumber Canoes

Serves 4 | 5 minutes from start to finish

- 2 MEDIUM CUCUMBERS
- 1 CUP LOW-FAT COTTAGE CHEESE
- 1 1/2 CUP CARROTS, COARSELY CHOPPED

1) Slice cucumbers in half, lengthwise
2) Using a spoon, scoop out the seeds carefully
3) Fill the cucumber “canoes” with cottage cheese.
4) Have the kids help place carrot “people” inside the canoe!

Variations: Use chopped vegetables, raisins, or almonds to make a more diverse canoe!

THINK outside the box!

For other healthy canoes, try hollowed bell peppers. Add flags using spinach or cauliflower, or a paddle using celery.

Recipe adapted from the University of Maine Cooperative Extension. Accessed from Fruits and Veggies More Matter.

Vitamin A
Protein
Vitamin D
Calcium
**English Muffin Pizzas**

*Serves 4 | 25 minutes from start to finish*

- 2 English muffins
- 4 tablespoons tomato sauce
- 1/4 cup shredded cheese
- Assorted vegetables, sliced

1) Preheat oven to 350° F

2) On each English muffin half, spread 1 tablespoon of tomato sauce.

3) Sprinkle shredded cheese on top of muffin.

4) Let each person choose their own toppings. Bake on a baking sheet for 10 minutes, until cheese is melted and vegetables are slightly toasted.

**Variations:** Suggested toppings include sliced bell peppers, spinach, tomatoes, or onions. Offer an unusual pizza topping occasionally, such as broccoli, asparagus heads, or sweet potatoes to let kids experiment.

*Original recipe by Kate Beard*

- Vitamin C
- Vitamin A
- Folate
Kale Chips

Serves 4 | 15 minutes from start to finish

- 1 BUNCH OF KALE LEAVES
- 2 TABLESPOONS OLIVE OIL
- SEA SALT

A very nutrient dense alternative to potato chips!

1) Preheat oven to 400°F
2) Rinse and dry kale. Discard stems and tear leaves into pieces the size of potato chips.
3) Toss kale in olive oil and spread out on a baking sheet.
4) Sprinkle with salt and roast for 12-15 minutes, until lightly browned and crispy.

Recipe from My Father's Daughter: Delicious, Easy Recipes Celebrating Family & Togetherness

Calcium
Vitamin C
Vitamin A
Iron
Phyllo Wrapped Asparagus

Serves 4 | 25 minutes from start to finish

- 9 ASPARAGUS SPEARS
- 16 OZ FROZEN PHYLLO DOUGH OR PUFF PASTRY SHEETS
- 2 TABLESPOONS BUTTER, MELTED
- ¼ CUP OF SHREDDED CHEDDAR CHEESE

1) Preheat oven to 375 °F.
2) Cut the phyllo dough in half, lengthwise.
3) Paint melted butter on one side of dough. Sprinkle cheese on top.
4) Place 2-3 spears of asparagus on top and roll up the dough. Repeat until all are finished.
5) Place bundle seam down on a baking sheet. Paint with butter and sprinkle more cheese on top. Bake for 15 minutes.

Variations: Substitute strips of crescent roll or biscuit dough instead of phyllo dough.

Recipe adapted from Paula Deen of the Food Network
Superpower Smoothie

Serves 2 | 5 minutes from start to finish

- 1 CUP FROZEN BANANAS, CUT IN THIRDS
- ½ CUP FRESH SPINACH, RINSED
- ¼ CUP FRESH STRAWBERRIES, SLICED
- 1 TEASPOON ALMOND BUTTER
- 1 ½ CUPS OF MILK

1) Add all ingredients to a blender and blend for 30 seconds to a minute.

Variations: Substitute the strawberries for frozen grapes, blueberries, or blackberries. This will make the smoothie even colder and give a thicker consistency! If you do not have almond butter, substitute for equal parts peanut butter.

Original recipe by Kate Beard

Spinach is a Super Star! It is high in Vitamin A, Calcium, Folate, Vitamin C and provides some Iron as well!

Folate
Vitamin A
Vitamin C
Calcium
Protein
Vitamin D
Iron
Sweet Potato Puff
Serves 8 | 50 minutes from start to finish

- 2 MEDIUM SWEET POTATOES
- 1 EGG, BEATEN
- ½ CUP BROWN SUGAR
- 1 TABLESPOON MILK
- ¼ TEASPOON CINNAMON
- ⅛ TEASPOON NUTMEG
- ⅛ TEASPOON CLOVES
- ⅛ TEASPOON SALT
- 12 MARSHMALLOWS

1) Preheat oven to 350° F.

2) Peel potatoes, dice and cook in boiling water until tender. Drain.

3) Mash and add milk to get rid of lumps.

4) Beat in egg and seasonings

5) Put in greased 9 inch square baking pan and cover with marshmallows.

6) Bake 20 minutes, until marshmallows are golden.

Variations: Instead of a baking dish, place mixture into a pre-baked pie shell.

Recipe from Everybody Eats!

Vitamin A
Toasted Pumpkin Seeds

Serves 4 | 12 minutes from start to finish

- SEEDS FROM 1 PUMPKIN (~ 1 CUP), WASHED AND DRIED
- 2 TABLESPOONS OLIVE OIL
- ¼ CUP OLIVE OIL
- SALT AND PEPPER, TO TASTE

It is very important that you wash and dry the seeds shortly after removing them from the pumpkin, or they will rot!

1) Preheat the oven to 375°F
2) Scatter pumpkin seeds on a baking sheet in a single layer
3) Drizzle with olive oil and sprinkle with salt and pepper. Toss to coat evenly
4) Bake for 7 minutes. Seeds will be light brown and crispy.

Recipe from “Easy Entertaining with Michael Chairello” of the Food Network.

Protein
Iron