

# Fresh Produce Guide

Eating a wide variety of fruits and vegetables each day is great for your health!  
Check out these tips & recipes from the Nutrition Education Team using the produce in your box!

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## apples & oranges

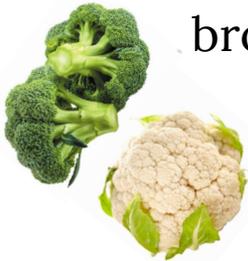


Store these fruits in the fridge to maximize their shelf-life. Wash under cold water before eating or using in a recipe. Prevent apple slices from browning by soaking them in lemon juice for 5 minutes.

## blueberries



Store fresh blueberries in the fridge. Rinse immediately before eating. To freeze, place rinsed blueberries in a single layer on a plate and freeze until solid, then transfer to a sealed plastic bag. Use in smoothies, oatmeal, or to bake with!



## broccoli & cauliflower

Store these vegetables in the fridge. Tear the broccoli and cauliflower into smaller florets using your hands or a small knife. Rinse the florets before cooking or eating raw. Try roasting the florets in the oven for a new twist on cooking these classic veggies.

## carrots & celery



Store carrots & celery in the fridge. Rinse and scrub these vegetables well before using in a recipe or eating raw. Keep sliced carrot and celery sticks in an air-tight container in the fridge for an easy snack for kids! Save celery ends & carrot peels for veggie stock.



## romaine lettuce & spinach

Store these greens in the fridge in an air-tight container or bag and rinse the leaves when ready to eat. Use fresh spinach in smoothies or add to soups & stews. Chopped romaine makes a great addition to sandwiches and burrito bowls!

## potatoes, onions, & garlic



Store potatoes, onions, & garlic in a cool, dry, dark place such as a pantry or cellar. Scrub potatoes well in cold water before using. Save onion and garlic peels to make homemade veggie stock! Cover onion, garlic, carrot, and celery scraps with water and simmer for an hour before straining & using the liquid.



## cabbage

Store cabbage in the fridge. To use, discard the first outer leaves and cut the cabbage in half, then cut each half into wedges. Carefully, cut out the white core.

## SPINACH PESTO

### Ingredients:

- 2 cups spinach leaves
- 1/4 cup chopped walnuts or almonds
- 1/2 cup grated Parmesan cheese (optional)
- 4 cloves garlic, peeled and quartered
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper
- Zest and juice of 1/2 a lemon
- 1/2 cup olive oil

### Method:

1. Using a food processor or a blender, blend all of the ingredients except the oil, into a thick paste. Slowly pour in the oil in a thin stream until the pesto has reached a spreadable texture.
2. To make this pesto by hand, finely chop all the ingredients, except the oil, and add to a bowl. Slowly pour in the oil and stir well. Making it by hand may result in a chunkier texture.

### Serving Suggestions:

1. Mix the spinach pesto into cooked pasta noodles, reserving some of the pasta water from cooking to thin out the pasta.
2. Marinate chicken breasts in the spinach pesto. Mix together 1-2 pounds of chicken with the pesto in an airtight container or bag. Allow to marinate for 1-2 hours before cooking.
3. Serve on toast or a slice of toasted french bread with fresh mozzarella cheese and sliced tomatoes.



## ROASTED CAULIFLOWER & BROCCOLI TACOS

### Ingredients:

- 1 large head cauliflower
- 1 large head broccoli
- 3 tablespoons oil
- 2 tablespoon cumin
- 1 tablespoon chili powder
- 2 teaspoons paprika
- 2 teaspoons salt
- 12 corn tortillas, warmed
- Optional Toppings: Spinach Pesto, Cabbage Slaw, salsa, shredded cheese, sour cream, shredded romaine

### Method:

1. Preheat oven to 400 degrees F. Spray a baking sheet with cooking spray or line with parchment paper. Tear the cauliflower and broccoli into small florets. Place the florets into a large bowl.
2. Add the oil, cumin, chili powder, paprika, and salt to the bowl with the florets. Mix well to coat the vegetables. Spread the cauliflower and broccoli florets on the prepared baking sheet.
3. Roast for 20-25 minutes, flipping halfway through, until the vegetables are beginning to crisp and are tender, but not mushy.
4. Scoop a portion of the roasted cauliflower and broccoli into a warmed corn tortilla. Top your taco with whatever toppings you choose, such as our Spinach Pesto and Cabbage Slaw (recipes above)!

*Skip the tacos and serve these roasted vegetables on top of rice or alone as a side dish!*



## CABBAGE SLAW

### Ingredients:

- 4 cups thinly shredded green or purple cabbage
- 1 cup shredded or grated carrot
- 1/4 cup chopped cilantro leaves
- 2 tablespoons fresh lime or lemon juice
- 2 teaspoons honey
- 2 tablespoons oil
- 1/2 teaspoon salt
- Pinch black pepper

### Method:

1. Use a large chef's knife or a food processor fitted with the shredding attachment to shred the cabbage. Add the cabbage to a large bowl.
2. To the bowl, add the chopped cilantro, lime/lemon juice, honey, oil, salt, and pepper. Mix well.
3. Serve the slaw immediately or cover and keep in the fridge until ready to serve.

### Serving Suggestions:

1. Serve with your favorite taco recipes.
2. Add to a burrito bowl made of brown rice, chopped chicken, shredded romaine lettuce, and salsa!
3. Serve on top of baked fish or alongside grilled chicken.
4. Stuff into a wrap or pita.



## SPINACH, WHITE BEAN, & POTATO SOUP

### Ingredients:

- 2 tablespoons oil
- 1 medium onion, small diced
- 2 carrots, small diced
- 2 celery stalks, small diced
- 2 potatoes, small diced
- 2 cloves garlic, minced
- 3 cups spinach, roughly chopped
- 1 tablespoon tomato paste (optional)
- 2 teaspoons Italian seasoning
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 4 cups low sodium chicken or vegetable broth
- 2 cups water
- 1 (14.5 oz) can diced tomatoes
- 2 (14.5 oz) cans white beans, drained & rinsed
- Grated Parmesan cheese, for garnish

### Method:

1. Heat the oil in a large pot. Add in the diced onion, carrot, celery, and potatoes. Cook on medium heat for 5-10 minutes, stirring frequently until the onions are beginning to brown. Stir in the minced garlic, chopped spinach, tomato paste (if using), Italian seasoning, salt, and pepper. Cook for another 2-3 minutes or until the spinach has wilted.
2. Pour in the broth, water, and diced tomatoes. Bring to a boil, then reduce to a simmer. Simmer for 20-25 minutes or until the potatoes are fork-tender. Stir in the drained and rinsed white beans and cook for an additional 5 minutes.
3. Turn off the heat. Serve in bowl and garnish with freshly grated Parmesan cheese!

