

# FARMERS' MARKET COOKBOOK



## TAKE ADVANTAGE OF SUMMER'S BOUNTY

FROM PICKING YOUR  
PRODUCE TO PUTTING  
IT ON YOUR PLATE

**Inside this Edition:**

**22 New Recipes**

**Fun with Food! Kids' Activities**

**What's in Season? Guide to Picking Produce**

**Keeping your Fruits & Veggies Fresh!**

2020



EVERY YEAR, MARYLAND WIC HELPS

# 140,000

WOMEN, INFANTS AND CHILDREN GET THE NUTRITION  
THEY NEED TO GROW HEALTHY AND STRONG



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# WHAT'S IN SEASON?

## A MONTH-BY-MONTH GUIDE TO BUYING THE FRESHEST FRUITS AND VEGETABLES AT YOUR FARMERS' MARKET

MAY



Asparagus  
Broccoli  
Cauliflower  
Cucumbers  
Green Beans  
Green Peas  
Greens  
Lettuces  
Mushrooms  
Onions  
Radishes  
Strawberries  
Tomatoes  
Turnips

JUNE



Apricots  
Asparagus  
Blueberries  
Broccoli  
Cabbage  
Cauliflower  
Cherries  
Corn  
Cucumbers  
Green Beans  
Lettuces  
Mushrooms  
Onions  
Potatoes  
Radishes  
Raspberries  
Strawberries  
Summer Squash  
Tomatoes  
Turnips

JULY



Apricots  
Beets  
Blackberries  
Black-eyed Peas  
Blueberries  
Carrots  
Cherries  
Corn  
Cucumbers  
Eggplant  
Green Beans  
Green Peas  
Greens  
Lettuces  
Lima Beans  
Melons  
Mushrooms  
Nectarines  
Okra  
Onions  
Peaches  
Peppers  
Plums  
Potatoes  
Raspberries  
Summer Squash  
Tomatoes

AUGUST



Apples  
Beets  
Blackberries  
Black-eyed Peas  
Blueberries  
Carrots  
Corn  
Cucumbers  
Eggplant  
Grapes  
Green Beans  
Greens  
Lettuces  
Lima Beans  
Melons  
Mushrooms  
Nectarines  
Okra  
Onions  
Peaches  
Pears  
Peppers  
Plums  
Potatoes  
Raspberries  
Summer Squash  
Tomatoes  
Winter Squash

SEPTEMBER



Apples  
Beets  
Blackberries  
Brussel Sprouts  
Cabbage  
Carrots  
Cauliflower  
Corn  
Cucumbers  
Eggplant  
Grapes  
Green Beans  
Greens  
Lettuces  
Lima Beans  
Mushrooms  
Melons  
Okra  
Onions  
Peaches  
Pears  
Peppers  
Plums  
Potatoes  
Pumpkins  
Raspberries  
Summer Squash  
Sweet Potatoes  
Tomatoes  
Turnips  
Winter Squash

OCTOBER



Apples  
Broccoli  
Brussel Sprouts  
Cabbage  
Cauliflower  
Cucumbers  
Greens  
Lettuces  
Mushrooms  
Onions  
Pumpkins  
Radishes  
Sweet Potatoes  
Tomatoes  
Turnips  
Winter Squash

NOVEMBER



Apples  
Broccoli  
Brussel Sprouts  
Cauliflower  
Cucumbers  
Greens  
Lettuces  
Mushrooms  
Onions  
Pumpkins  
Radishes  
Sweet Potatoes  
Tomatoes  
Turnips  
Winter Squash

# WHAT'S ON YOUR PLATE?



### Focus on whole fruits

Include fruit at breakfast! Top whole-grain cereal with your favorite fruit, add berries to pancakes, or mix dried fruit into hot oatmeal.



### Vary your veggies

Cook a variety of colorful veggies. Make extra vegetables and save some for later. Use them for a stew, soup, or a pasta dish.



### Make half your grains whole grains

Add brown rice to your stir-fry dishes. Combine your favorite veggies and protein foods for a nutritious meal.



### Move to low-fat or fat-free milk or yogurt

Enjoy a low-fat yogurt parfait for breakfast. Top with fruit and nuts to get in two more food groups.



### Vary your protein routine

Next taco night, try adding a new protein, like shrimp, beans, chicken, or beef.



### Drink and eat less sodium, saturated fat, and added sugars

Cook at home and read the ingredients to compare foods.

Based on the Dietary Guidelines for Americans.  
Go to [ChooseMyPlate.gov](https://www.ChooseMyPlate.gov) for more information.



## BROCCOLI AND RICE CASSEROLE

TIME TO MAKE: 30 MIN

SERVINGS: 8

### INGREDIENTS:

- 1 tablespoon unsalted butter or olive oil
- 8 ounces fresh cremini mushrooms, stemmed and chopped
- 1 cup chopped yellow onion
- 4 cloves garlic, minced
- 1 tablespoon finely chopped fresh thyme
- 3 ½ cups cooked brown rice
- 1 cup unsalted chicken broth
- ½ cup plain yogurt
- 2 tablespoons mayonnaise
- 1 teaspoon Dijon or brown mustard
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 3 tablespoons cornstarch
- 3 cups broccoli florets
- 1 cup shredded extra sharp Cheddar cheese



### DIRECTIONS:

1. Preheat broiler and position a rack 6 to 8 inches from the heat source. Melt butter or oil in a large ovenproof pan over medium-high heat. Add mushrooms and onion; cook, stirring often, until browned and tender, about 7 minutes. Add garlic and thyme; cook, stirring constantly, about 1 minute. Add rice, stirring to coat and break up clumps.
2. Whisk broth, yogurt, mayonnaise, mustard, salt and pepper in a bowl until smooth. Whisk in cornstarch. Add the mixture to the pan and stir to combine. Stir in broccoli; let the mixture come to a boil.
3. Cover, reduce heat to medium and cook until the broccoli is bright green and tender, about 7 minutes. Remove from heat; sprinkle with cheese.
4. Transfer the pan to the oven; broil until the cheese melts, about 2 minutes. Serve hot.

## CUCUMBER SALAD

TIME TO MAKE: 15 MIN

SERVINGS: 8

### INGREDIENTS:

- 2 English cucumbers or 4 medium cucumbers
- ½ cup low-fat sour cream, plain yogurt, or Greek yogurt\*
- 1 tablespoon white vinegar
- 1 teaspoon sugar
- 1 tablespoon chopped fresh dill or 1 teaspoon dried dill
- Salt and black pepper to taste

### DIRECTIONS:

1. Peel the cucumbers if desired and thinly slice them with a knife or a mandolin slicer. Put them in a large salad bowl.
2. In a medium bowl whisk together the yogurt, vinegar, sugar, and dill. Add salt and pepper to taste.
3. Pour dressing over cucumber slices and toss until combined. Cover and let chill in the fridge for at least 4 hours or overnight.
4. Serve with a slotted spoon.

\* Thicker yogurt works better in this recipe. To make Greek yogurt from regular yogurt: Place yogurt in a small strainer lined with a coffee filter, cheesecloth, or sturdy paper towel. Place the strainer on a bowl with enough space to hold the dripping liquid under it. Cover with plastic wrap and leave it in the refrigerator for 3-4 hours or until thickened like Greek yogurt.

CHECK OUT  
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INFORMATION  
ON PICKING  
CUCUMBERS!







**Maryland Hunger Solutions**

*Ending hunger and promoting well-being*



Maryland is one of the wealthiest states in the nation, but not all Marylanders share in the prosperity. Nearly 10 percent of Marylanders are food insecure. Maryland Hunger Solutions works to end hunger and poverty in the state by expanding participation in the federal nutrition programs, including the Supplemental Nutrition Assistance Program (SNAP), WIC, school meals, and afterschool and summer meals.

Over the last decade, Maryland Hunger Solutions, with our local, state, and national partners, has promoted and advocated for long-term solutions to eliminate hunger for all Maryland residents. Our history of advocacy success- bolstered by trusted research and analysis, and a committed network of stakeholders- helps reduce hunger and improve health in communities across the state.

**If you or someone you know is experiencing food insecurity, contact Maryland Hunger Solutions at our toll-free number (866) 821-5552.**

Help up end hunger in Maryland!

[info@mdhungersolutions.org](mailto:info@mdhungersolutions.org) | 410.528.0021

## SUMMER MELON COOLER

**TIME TO MAKE: 10 MIN**

**SERVINGS: 3**

**INGREDIENTS:**

- 2 cups cantaloupe, cubed
- 1 cup low-fat plain yogurt
- 1 cup orange juice

**DIRECTIONS:**

1. Blend all ingredients until smooth.
2. Refrigerate leftovers within 2 hours.
3. Serve chilled.

*Options: Try honeydew melon instead of cantaloupe*

*Boost the citrus flavor by adding 2 teaspoons of lemon or lime juice*



## QUICK BLUEBERRY COBBLER

**TIME TO MAKE: 10 MIN**

**SERVINGS: 1**

**INGREDIENTS:**

- 4 teaspoons quick cooking oats (not instant)
- 1 ½ teaspoons whole wheat flour
- 1 ½ teaspoons packed brown sugar
- ½ teaspoon ground flaxseeds, optional
- ¼ teaspoon ground cinnamon
- Pinch salt
- 1 ½ teaspoons cold, unsalted butter
- 2/3 cup fresh blueberries
- ½ teaspoon cornstarch
- vanilla yogurt, cinnamon (optional)

**DIRECTIONS:**

1. In a small microwave safe bowl, combine the oats, flour, 1 teaspoon of the brown sugar, flaxseeds (if using), ¼ teaspoon cinnamon, and the salt. Add butter. Using your fingers, knead together until thoroughly combined. Set aside.
2. In an 8-10-ounce microwave-safe mug or small casserole dish, combine the blueberries, remaining ½ teaspoon brown sugar, and corn starch. Using a fork, mash the berry mixture.
3. Place the oat mixture and berry mixture side by side in the microwave. Cook on 50% (medium) power for 1 ½ minutes. Remove berry mixture from microwave. Cook oat mixture an additional 10 to 15 seconds on 100% (high) power. Let cool 1 minute. Stir oat mixture.
4. Pour oat mixture over berry mixture.
5. If desired, top with vanilla yogurt and sprinkle with cinnamon.

## ROASTED DELICATA SQUASH

**TIME TO MAKE: 35 MIN DIRECTIONS:**

**SERVINGS: 4**

**INGREDIENTS:**

2 seeded delicata squash,  
cut into half-moon shape

2 thinly sliced red onions  
(optional)

2 tablespoons extra-virgin  
olive oil

¼ cup pumpkin seeds or  
chopped nuts

Salt and pepper to taste

1. Preheat the oven to 450 degrees F. Toss the squash and red onion, if using, with the oil. Add salt and pepper to taste.
2. Roast on a rimmed sheet pan for 30 minutes.
3. Top with pumpkin seeds or chopped nuts.



## ROSY ROASTED RADISHES

**TIME TO MAKE: 30 MIN**

**SERVINGS: 4**

**INGREDIENTS:**

1 pound radishes, leaves and ends  
removed (about two bunches)

1 tablespoon olive oil

1/8 teaspoon salt or ¼ teaspoon kosher  
salt

1 tablespoon red wine  
vinegar or balsamic  
vinegar (depending on  
how sweet you want  
the radishes to be)

1 tablespoon minced fresh parsley or 1 teaspoon  
dried parsley

Pepper to taste

**DIRECTIONS:**

1. Preheat oven to 425 degrees F.
2. Cut radishes in half and toss in a bowl with olive oil, salt and pepper, if using. Place radishes, cut-side-down, on a lightly greased baking sheet.
3. Roast for 10 minutes, stir, place cut side up, then roast for an additional 10 minutes.
4. In a large bowl, stir together roasted radishes, vinegar and parsley. Serve warm or at room temperature.



CHECK OUT  
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INFORMATION  
ON PICKING  
RADISHES!

# Health Coverage is Always in Season.



So head over to [MarylandHealthConnection.gov](https://MarylandHealthConnection.gov) to learn more or call **1-855-642-8572** to see if you qualify for free or low-cost coverage.

maryland  health  
connection



## MEDITERRANEAN LENTIL SOUP

TIME TO MAKE: 30 MIN

SERVINGS: 4

### INGREDIENTS:

- |                                                                    |                                                                                      |
|--------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| 1 tablespoon olive oil                                             | ¼ teaspoon salt, or to taste                                                         |
| 2 celery stalks, chopped                                           | ½ teaspoon pepper, or to taste                                                       |
| 2 carrots, peeled and chopped                                      | 8 cups water                                                                         |
| 1 onion, chopped                                                   | 1 cup dry lentils                                                                    |
| 2 garlic cloves, minced                                            | 2 tablespoons fresh lemon juice (about 1 lemon)                                      |
| 2 teaspoons dried oregano or 1-2 tablespoons chopped fresh oregano | 4 whole-grain pitas, bread or tortillas; cut into 4 triangles and toasted (optional) |



### DIRECTIONS:

1. Heat oil in a large pot over medium heat. Add celery, carrot, onion, garlic, oregano, salt, and pepper. Cook 5 minutes.
2. Add 8 cups water and lentils. Simmer, partially covered, for 15 minutes, until lentils are soft.
3. With a hand blender or potato masher, puree soup until semi-smooth and thick.
4. Drizzle with lemon juice; serve with toasted pita or bread slices.

## SWEET POTATO AND PEANUT SOUP

TIME TO MAKE: 30 MIN

SERVINGS: 5

### INGREDIENTS:

- |                                                                    |                                                                                |
|--------------------------------------------------------------------|--------------------------------------------------------------------------------|
| 2 large sweet potatoes (10-12 ounces each)                         | 1 (4 ounce) can diced green chilis, drained                                    |
| 1 tablespoon canola or olive oil                                   | 2 teaspoons minced or grated fresh ginger, or 1/8 - 1/4 teaspoon ground ginger |
| 1 small yellow onion, chopped                                      | 1 teaspoon ground allspice                                                     |
| 1 large clove garlic, minced                                       | 1 (15 ounce) can low-sodium vegetable broth                                    |
| 3 cups reduced-sodium tomato-vegetable juice blend or tomato juice | ½ cup smooth peanut butter                                                     |
|                                                                    | Freshly ground pepper to taste                                                 |
|                                                                    | Chopped fresh cilantro leaves for garnish                                      |

### DIRECTIONS:

1. Prick sweet potatoes in several places with a fork. Microwave on high until just cooked through, about 7 to 10 minutes. Set aside to cool.
2. Meanwhile, heat oil in a large saucepan or Dutch oven over medium-high heat. Add onion and cook, stirring, until it just begins to brown, 2 to 4 minutes. Add garlic and cook, stirring, for 1 minute more. Stir in juice, green chilis, ginger and allspice. Lower the heat so the mixture boils gently. Cook for 10 minutes.
3. Meanwhile, peel the sweet potatoes and chop into bite-size pieces. Add half to the pot. Place the other half in a food processor or blender along with broth and peanut butter. Puree until completely smooth. Add the puree to the pot and stir well to combine. Thin the soup with water, if desired. Season with pepper. Heat until hot. Garnish with cilantro, if desired.

*To make ahead: Cover and refrigerate for up to 3 days. Thin with water before reheating, if desired.*





# Sign up for Text4HealthyTots!

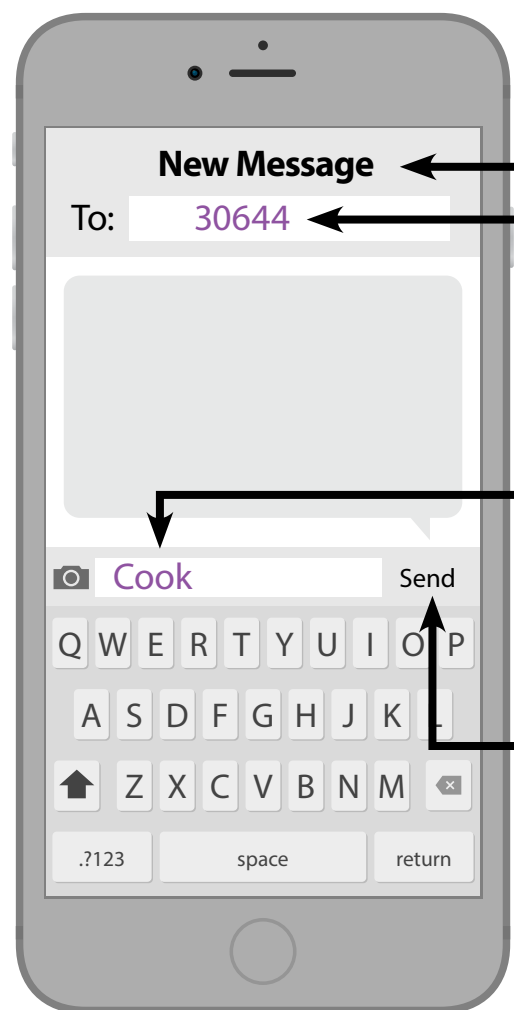
**Text4HealthyTots helps parents of children ages 3-5 try fruits and vegetables and be active together.**

Sign up and get 1-2 messages a week with tips on how to:

- Cook with your child
- Feed a picky eater
- Practice letters, colors, and numbers using food and physical activity



**Text Cook to 30644 to sign up!**



**Step 1:** Start a new message.


**Step 2:** Enter 30644 for the phone number.

**Step 3:** Enter the word Cook in the message box.

**Step 4:** Hit Send.

**Or Scan the QR Code**



1. Open camera app 
2. Scan the QR Code
3. Click on the website link ([www.text4healthytots.com/cook](http://www.text4healthytots.com/cook))
4. Fill out the information to sign up!

Recurring messages. Text STOP to quit; HELP for info. Message and data rates may apply.



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# FREE SUMMER MEALS

**For youth 18 and under**



To find the closest summer meals site:  
Call 211 • Text 'FOOD' to 877-877 •  
[MDsummerMeals.org](http://MDsummerMeals.org)



MSDE and USDA are equal opportunity providers



## VEGGIE SALMON OR TUNA SALAD

**TIME TO MAKE: 10 MIN**

**SERVINGS: 4 - 6**

**INGREDIENTS:**

2 (7.5 ounce) cans salmon or  
3 (5 ounce) cans tuna

1/3 cup finely diced carrots  
or celery

1/4 cup finely chopped purple  
cabbage

2 tablespoons mayonnaise

2 tablespoons plain yogurt

1 tablespoon Dijon or brown  
mustard

1 tablespoon capers or olives  
(optional)

Juice from half a lemon or  
lime

1/2 teaspoons ground black  
pepper

1 large tomato, sliced

Lettuce or other leafy greens

Optional: fresh or dried herbs  
such as dill, sliced avocado



**DIRECTIONS:**

1. Mix all ingredients (except lettuce, tomato and avocado) in a small bowl until combined.
2. Serve on whole wheat bread with lettuce and tomato slices, and sliced avocado, if using.

## VEGETABLE & ARUGULA SALAD WITH YOGURT VINAIGRETTE

**TIME TO MAKE: 15 MIN**

**SERVINGS: 4**

**INGREDIENTS:**

1 bulb fennel

2 carrots

1 small rutabaga

1 shallot

1 tart apple, cored

3 cups baby arugula

1 avocado, thinly sliced  
(optional)

Fresh basil, mint, and/or dill  
leaves, torn into small pieces

Coarse salt or regular salt, to  
taste

Ground black pepper

*For Vinaigrette*

1/4 cup extra-virgin olive oil

1 lemon, juiced and zest  
removed with a fine grater

1/2 garlic cloves (or 1/2 tsp  
minced garlic)

2 tablespoons white wine  
vinegar or apple cider  
vinegar

1/4 cup plain yogurt

1/2 teaspoon Dijon or Brown  
mustard

Salt and ground black pepper  
to taste

**DIRECTIONS:**

*To make the vinaigrette:* Add ingredients to a jar. Seal and shake until very well combined. Season with more salt and pepper to taste, if desired.

*To make the salad:* Using a mandolin or sharp knife, slice the fennel, carrots, rutabaga, shallot, and apple very thinly. Add them to a large bowl with arugula, avocado (if using), and herbs. Season with salt and pepper; drizzle with the vinaigrette and toss to coat.

Divide salad among plates and sprinkle lemon zest on top.









## KIDS IN THE KITCHEN!

There are a number of ways kids can help in the kitchen! Read below to find age-appropriate activities that can help your child become familiar with new foods and feel good about mastering new skills for independence. Encourage your child to help at whatever level they feel comfortable!



### SHOW ME HOW!

- Wipe tables
- Hand items to adult to put away (such as after grocery shopping)
- Place things in trash
- Tear lettuce and greens
- Help "read" a cookbook by turning the pages
- Make "faces" out of fruits and vegetables
- Rinse fruits and vegetables
- Snap green beans



### I CAN DO IT!

- Add ingredients
- Talk about cooking
- Scoop or mash potatoes
- Squeeze citrus fruits
- Stir pancake batter
- Knead and shape dough
- Name and count foods
- Help assemble a pizza



### WATCH ME COOK!

- Peel boiled eggs and some fruits, such as oranges and bananas
- Set the table
- Crack eggs
- Help measure dry ingredients
- Help make sandwiches and tossed salads
- Cut soft fruit with a dull knife
- Use an egg beater or whisk

## SWEET & SPICY ROASTED CARROTS

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ON PICKING  
CARROTS!

**TIME TO MAKE: 30 MIN**

**SERVINGS: 4**

### INGREDIENTS:

- 1 pound bag of whole carrots, peeled
- 1 tablespoon olive oil
- ½ teaspoon turmeric
- ½ teaspoon cinnamon
- Pinch of cayenne pepper, optional
- 2 tablespoons brown sugar, packed
- Optional: sea salt

### DIRECTIONS:

1. Preheat oven to 425 degrees F. Line a large baking sheet with parchment paper, or rub with extra oil.
2. Slice carrots in ½-inch pieces, on a diagonal angle and add to a medium bowl.
3. Mix oil, spices and brown sugar in a small dish, then pour over the bowl of carrots. Toss well to coat. Transfer to baking sheet.
4. Cook 18-20 minutes, or until carrots are just tender and slightly browned.
5. Top with a pinch of sea salt, if desired.



# PUMPKIN ENERGY BITES

TIME TO MAKE: 15 MIN

MAKES 30 - 35 BITES  
(SERVING SIZE 2 BITES)

## INGREDIENTS:

½ cup canned pumpkin

½ cup peanut butter (or other nut/  
sunflower butter)

½ cup honey (or maple or pancake syrup)

2 teaspoons pumpkin pie spice (or  
cinnamon)

¼ teaspoon salt

1 teaspoon vanilla (optional)

3 cups quick oats

½ cup raisins (or dried cranberries),  
optional

1 cup shredded coconut, unsweetened,  
optional

## DIRECTIONS:

1. In a large bowl, add pumpkin, peanut butter, honey, salt, pumpkin pie spice, and vanilla. Stir well until smooth.

2. Add oats and raisins. Stir until combined.

**Note: Raisins may be left out if you have young children as dried fruit is a choking hazard.**



3. Wash your hands. Use a tablespoon to scoop mixture into your hand, one tablespoon at a time.

4. Shape into a one-inch ball and place on a baking sheet.

Storage: Store the energy bites in the refrigerator, in a plastic container or plastic bag for up to one week.

Energy bites can also be stored in the freezer for up to two months.

*Optional: For added texture, roll energy bites in coconut using these instructions:*

1. In a small bowl, add 1 cup shredded coconut.
2. Drop each ball into the bowl of shredded coconut and roll the ball around until it is lightly covered.

Recipe credit: FSNE

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## SNAP + WIC + Farmers Markets = More Nutritious Foods!

*"Without SNAP benefits, I don't think I would have been able to keep my own place or have enough food so my daughter Jady and I could both eat."*

– Stephanie

Formerly known as Food Stamps, the Supplemental Nutrition Assistance Program (SNAP) provides much-needed benefits to many of the nearly 1.3 million people who face hunger in Maryland (including 650,200 that live below the FPL).

Did you know you can use both your SNAP and eWIC benefits at certain farmers markets in Maryland? Some even offer matching money on eligible foods! Find out more: [marylandfma.org/markets](http://marylandfma.org/markets)

Need help applying for SNAP benefits? MFB's SNAP Outreach team is ready and available to help enroll potentially eligible Marylanders!

**Contact us today: 1-888-808-7327**  
[snapteam@mdfoodbank.org](mailto:snapteam@mdfoodbank.org)



## CHICKEN VEGETABLE TORTILLA SOUP



**TIME TO MAKE: 35 MIN**

**SERVINGS: 4**

### INGREDIENTS:

- 4 soft corn tortillas, cut into 1-by-2 inch strips
- 1 tablespoon extra-virgin olive oil
- 1 pound boneless, skinless chicken breast, diced and fat removed
- 2 cups chopped fresh bell peppers and 1 cup chopped onion or 3 cups frozen bell pepper and onion mix (about 10 ounces)

- 1 tablespoon ground cumin
- 2 (14 ounce) cans reduced-sodium chicken broth
- 1 (15 ounce) can diced tomatoes, preferably with green chilis
- ¼ teaspoon freshly ground pepper
- 2 tablespoons lime juice
- ½ cup chopped fresh cilantro
- ¾ shredded reduced-fat Cheddar or Monterey Jack cheese

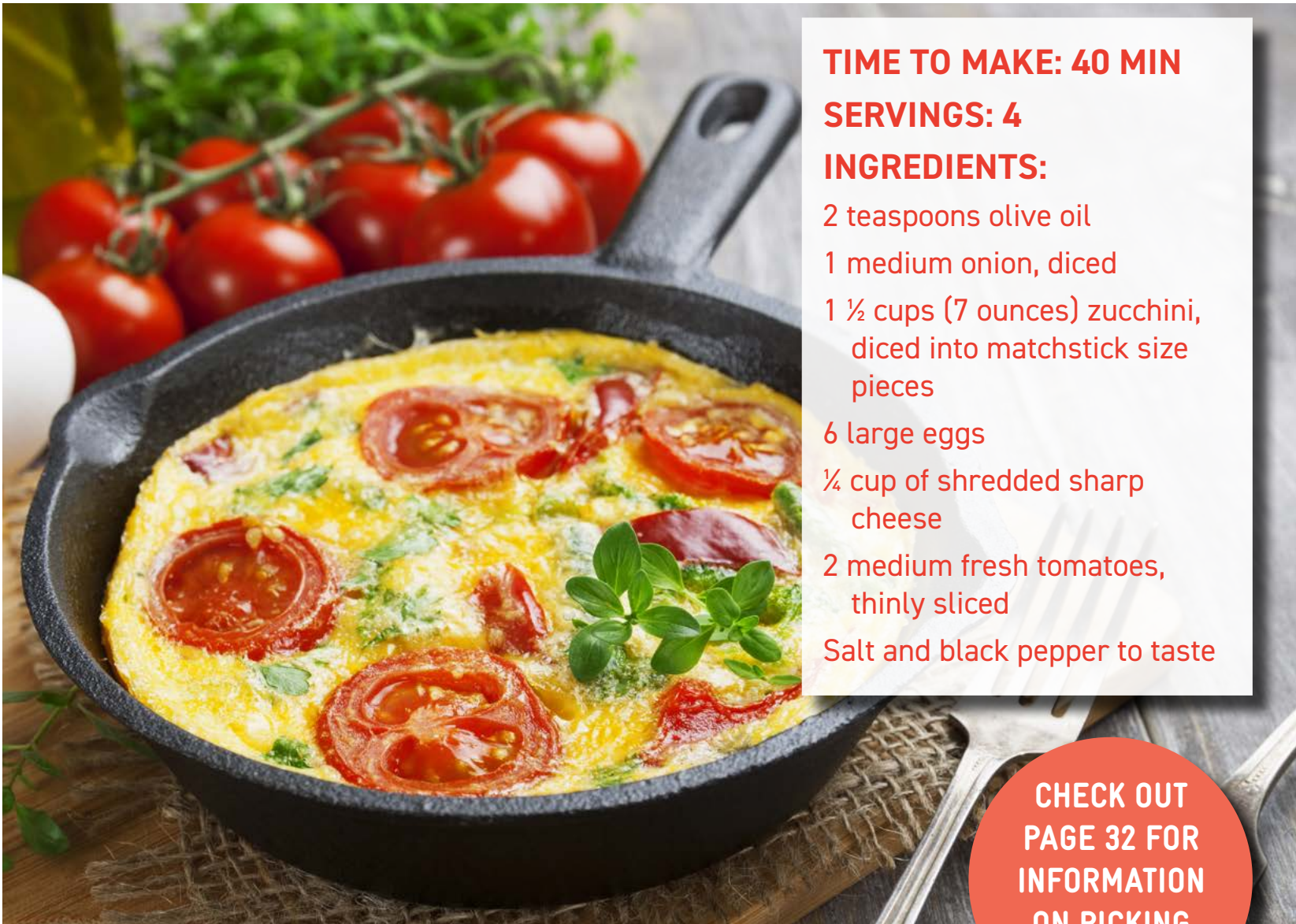
### DIRECTIONS:

1. Preheat oven to 350 degrees F. Spread tortillas in a single layer on a baking sheet. Bake until lightly browned and crisp, 10 to 12 minutes.
2. Heat oil in a Dutch oven over medium-high heat. Add chicken and cook, stirring occasionally, until lightly browned, 3 to 4 minutes. Transfer to a plate using a slotted spoon. Add peppers, onions, and cumin to the pot. Cook, stirring occasionally, until the onions are lightly browned, about 4 minutes.
3. Add broth, tomatoes, pepper, and lime juice; bring to a simmer and cook, stirring, until the vegetables are tender, about 3 minutes more. Return the chicken and any juice to the pot and cook, stirring, until heated through, about 1 minute.
4. Remove from the heat; stir in cilantro. Serve topped with the toasted tortilla strips and cheese.

*Make ahead tip: Cover and refrigerate, without the tortilla strips, for up to two days. Top with toasted tortilla strips just before serving.*



## ZUCCHINI AND TOMATO FRITTATA



**TIME TO MAKE: 40 MIN**

**SERVINGS: 4**

### INGREDIENTS:

2 teaspoons olive oil

1 medium onion, diced

1 ½ cups (7 ounces) zucchini,  
diced into matchstick size  
pieces

6 large eggs

¼ cup of shredded sharp  
cheese

2 medium fresh tomatoes,  
thinly sliced

Salt and black pepper to taste

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ON PICKING  
ZUCCHINI!**

### DIRECTIONS:

1. Preheat oven to 400 degrees F.
2. Heat oil in a 10-inch skillet over medium-low heat. Stir in onion, cook until lightly browned, about 8 minutes. Add zucchini, increase heat to medium high and season with salt and pepper. Cook 2 to 3 minutes or until less moist.
3. In a medium bowl, whisk eggs, cheese, salt and pepper.
4. Pour eggs into an oven-proof frying pan or cast-iron skillet, covering the vegetables. Arrange tomato slices on top and season with salt and pepper. When eggs begin to set (about 2 minutes) move pan to the oven. Cook about 17 minutes or until it is cooked through.
5. Serve warm, cut into 4 pieces.

## GREEK CHOPPED SALAD WITH CHICKEN



**TIME TO MAKE: 25 MIN**

**SERVINGS: 4**

### INGREDIENTS:

½ cup red wine vinegar

2 tablespoons extra virgin olive  
oil

1 tablespoon chopped fresh dill or  
oregano, or 1 teaspoon dried

1 teaspoon garlic powder or 1  
Tablespoon fresh minced garlic

¼ teaspoon salt

¼ teaspoon freshly ground pepper

6 cups chopped romaine lettuce  
or other lettuce

2 ½ cups chopped cooked chicken  
(about 12 ounces)

2 medium tomatoes, chopped

1 medium cucumber, peeled,  
seeded and chopped

½ cup finely chopped red onion

½ cup sliced ripe black olives

½ cup crumbled feta cheese

### DIRECTIONS:

1. Whisk vinegar, oil, dill (or oregano), garlic or garlic powder, salt, and pepper in a large bowl. Add lettuce, chicken, tomatoes, cucumber, onion, olives and feta; toss to coat.
2. Tip: If you don't have cooked chicken, you can poach or roast 1 pound of boneless, skinless chicken breasts for this recipe. To poach, place chicken breasts in a medium skillet or saucepan. Add lightly salted water (or chicken broth) to cover and bring to a boil. Cover, reduce heat to low and simmer gently until the chicken is cooked through and no longer pink in the middle, 10 to 15 minutes.



If you receive a PRAMS survey in the mail, please take a few minutes to fill it out and send it in. Your answers can help make Maryland a healthier place for mothers and babies.



For more information, please visit the PRAMS website at:  
[www.marylandprams.org](http://www.marylandprams.org)



## SNAP PEA AND BERRY SALAD

**TIME TO MAKE: 50 MIN**

**SERVINGS: 6**

**INGREDIENTS:**

- ½ pound sugar snap peas, trimmed
- 1 cup fresh raspberries
- 2 tablespoons raspberry vinegar, red wine vinegar, or balsamic vinegar
- 2 tablespoons olive oil
- ¼ teaspoon sugar
- Salt and pepper to taste
- 1 cup fresh blueberries
- 2 cups mixed salad greens

**DIRECTIONS:**

1. Boil water in a pot large enough to hold the snap peas. Place snap peas in pot and cook 1 to 2 minutes. Drain, rinse under cold water, and set aside.
2. Place about 1 ½ tablespoons of raspberries in a small strainer over a bowl, and crush with a spoon. Discard pulp. Mix vinegar, olive oil, sugar, salt, and pepper with the strained raspberry juice.
3. In a large bowl, gently toss the dressing with the snap peas, remaining raspberries, and blueberries. Cover, and chill at least 30 minutes in the refrigerator. Toss with greens just before serving.





# SPINACH AND TOMATO MAC & CHEESE

**TIME TO MAKE: 45 MIN**

**SERVINGS: 4**

**INGREDIENTS:**

- 8 ounces whole wheat elbow, or any shape, macaroni (about 1 ¾ cups)
- 1 tablespoon olive oil
- 1 cup finely chopped onion
- 4 cloves garlic, minced
- ½ teaspoon salt, divided
- 10 ounces baby spinach (about 6 cups)
- 1 cup grape tomatoes, halved
- 1 tablespoon butter
- 1 tablespoon all-purpose flour
- ½ teaspoon ground pepper
- 1/3 cup 1% milk
- 1/3 cup low-sodium vegetable or chicken broth
- 1 cup reduced-fat Cheddar cheese, shredded and divided

**DIRECTIONS:**

1. Preheat oven to 350 degrees F.
2. Cook macaroni according to package directions, but without salt. Drain and set aside.
3. Meanwhile, heat oil in a large skillet over medium-high heat. Add onion, garlic and ¼ teaspoon salt; cook, stirring often, until the onion is tender, 3 to 4 minutes. Gradually add spinach, stirring until wilted and adding 1 tablespoon water at a time, if needed. Transfer the mixture to a large bowl.
4. Add tomatoes and cook over medium-high heat until they begin to soften, about 1 minute. Transfer to the bowl with the spinach mixture.
5. Reduce heat to medium and add butter to the pan. When the butter has melted, whisk in flour, pepper and the remaining ¼ teaspoon salt. Cook, whisking constantly, for 2 minutes. Gradually whisk in milk and broth. Cook, whisking, until thickened and bubbly, 1 to 2 minutes. Gradually whisk in ¾ cup cheese until melted.
6. Add the macaroni and sauce to the bowl with the spinach mixture; mix well. Transfer to an 11x17-inch baking dish and sprinkle with the remaining ¼ cup cheese.
7. Bake until the cheese is melted, about 10 to 15 minutes.



## Visit the Farmers' Market



Shop for fresh fruits and vegetables grown by local farmers.

Visit the market manager to learn how to make the most of your market dollars.

Ask about shopping with SNAP/EBT, WIC, FMNP, Senior Vouchers.

Visit [www.eatsmart.umd.edu](http://www.eatsmart.umd.edu) for tasty fruit and vegetable recipes and to locate the farmers' market near you!

Nearest Farmers' Market:

Open:





## WHAT TO LOOK FOR WHEN BUYING VEGETABLES:

## YOUR GUIDE TO FEATURED NUTRITION & FRESHNESS



### What to Look for When Buying Carrots:

If the tops are on, look for crisp leaves with no moldy or mushy parts to them, cracks or nicks on the carrots.

### Nutrition Facts:

Carrots are high in Beta Carotene, a form of Vitamin A, which helps with healthy vision. Carrots are also high in fiber and Vitamin C.



### What to Look for When Buying Cucumbers:

Pick cucumbers that are firm and green. Some can be long and thin, and others are short and round. Avoid cucumbers that are soft or have nicks or cracks.

### Nutrition Facts:

Cucumbers are high in Vitamin A, Vitamin C, calcium and potassium. They are low in calories and great for digestion.



### What to Look for When Buying Summer Squash:

Choose firm squash that are heavy for their size and a good color according to the variety.

### Nutrition Facts:

Summer squash are high in fiber, manganese, Vitamin C, magnesium and Vitamin A. They are good for healthy digestion and blood sugar levels.



### What to Look for When Buying Radishes:

Buy radishes that are firm with crisp leaves. Avoid ones that are soft.

### Nutrition Facts:

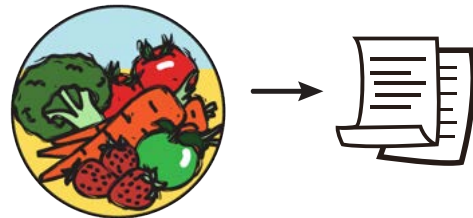
Radishes contain Vitamin B6, riboflavin, Vitamin C and Vitamin K. They are also a good source of folate, calcium, potassium and fiber, which are all important for good health.



1. Grab your FMNP checks or eWIC card & head to a Maryland Market Money Market \*



2. Use FMNP checks or eWIC card to buy produce & get a receipt from the vendor

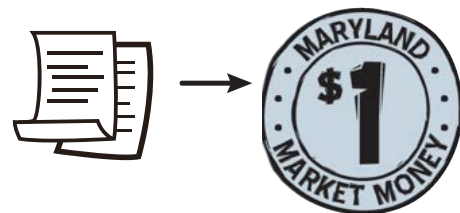


3. Take receipt to "Market Info" tent, show it to staff & ask for your Maryland Market Money match



\* find a market: [www.marylandfma.org](http://www.marylandfma.org)

4. Exchange receipt for FREE Maryland Market Money tokens to spend at market!



## How to Use Your FMNP & eWIC Benefits at a Maryland Market Money Market & Get FREE Matching Dollars

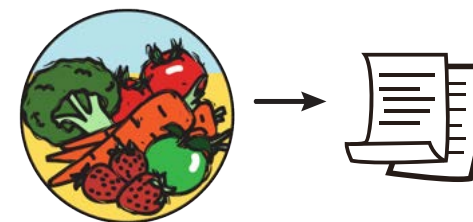


741 Generals Highway  
Millersville, MD 21108  
Questions?  
[info@marylandfma.org](mailto:info@marylandfma.org)

1. Toma sus cheques de FMNP o su tarjeta eWIC y visita un Maryland Market Money mercado\*



2. Usa sus cheques de FMNP o su tarjeta eWIC para comprar productos agricolas y recibir un recibo desde el vendedor

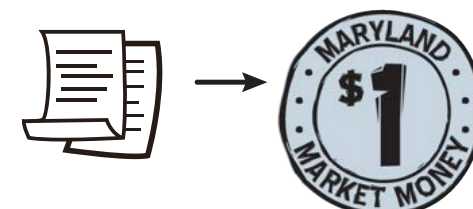


3. Tomas su recibo al "Informacion del Mercado" y pregunta por su partido de Maryland Market Money



\* Encontrar un mercado: [www.marylandfma.org](http://www.marylandfma.org)

4. Cambia su recibo por tokens de Maryland Market Money GRATIS para gastar en el mercado!!



## Como Usar su Beneficios de FMNP y eWIC en un Maryland Market Money Mercado y Recibir Dolares "Matching" GRATIS



741 Generals Highway  
Millersville, MD 21108  
¿Preguntas?  
[info@marylandfma.org](mailto:info@marylandfma.org)



**LEARN.  
START.  
OVERCOME.  
THRIVE.**



ICULTURE  
**WIC  
BREASTFEEDING  
SUPPORT**  
LEARN TOGETHER. GROW TOGETHER.

**BREASTFEEDING GETS  
EASIER. WIC CAN HELP.**

For tips and support, visit [WICBreastfeeding.fns.usda.gov](http://WICBreastfeeding.fns.usda.gov)

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a program of the USDA, Food and Nutrition Service.

FNS-744  
August 2018  
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