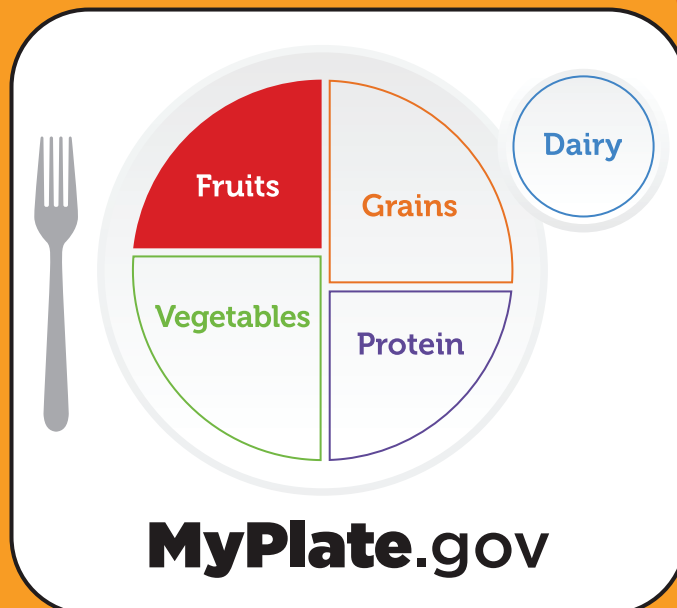


Apples

In season
July – February



Look for sales where you can buy in bulk. Bags of apples may be more cost-effective than buying individually.



Aim to make half your plate fruits and vegetables.



TRY IT!
Sauté cubed apples and cinnamon in a pan to add on top of oatmeal.

Apple Cinnamon Crisp

Ingredients:

Nonstick cooking spray
¼ cup brown sugar, divided and packed
1 tablespoon all-purpose flour
¾ teaspoon cinnamon, divided
2 tablespoons water
4 apples, cored and sliced
1 cup quick cooking oats
2 tablespoons butter

Directions:

- Heat oven to 350°F. Spray a baking dish with nonstick cooking spray. Set aside.
- Add 2 tablespoons brown sugar, flour, ½ teaspoon cinnamon, and water to a mixing bowl and mix well. Next, add the apple slices and mix until apples are coated. Then pour into the baking dish.
- In a separate mixing bowl, combine oats, remaining brown sugar, and cinnamon. Cut in the butter to the oat mixture. Mix until all ingredients are evenly distributed. Sprinkle over fruit mixture.
- Bake 30-35 minutes or until fruit is tender and topping is golden brown.

(Recipe adapted from: <https://whatscooking.fns.usda.gov>.)

Avocado



**Look for
avocados
sold in bulk to
reduce the
cost per
avocado.**



**Aim to eat 2
cups of fruits
every day.**



**Blend pieces of
avocado into
a smoothie to
make it creamier
or add slices on
top of a breakfast
sandwich.**



Radish and Avocado Toast

Ingredients:

- 1 avocado**
- 2 ounces reduced fat feta cheese**
- 4 whole grain bread slices, toasted**
- ½ onion, thinly sliced**
- 4 ounces snow peas, thinly sliced**
- 10 radishes, thinly sliced**

Directions:

- Halve the avocado and scoop the flesh into a mixing bowl. Smash the avocado flesh and feta cheese into a creamy mixture.**
- Spread the mixture onto the slices of toast.**
- Top with onion, snow peas, and radishes.**

(Recipe adapted from: <https://www.blissfulbasil.com>)

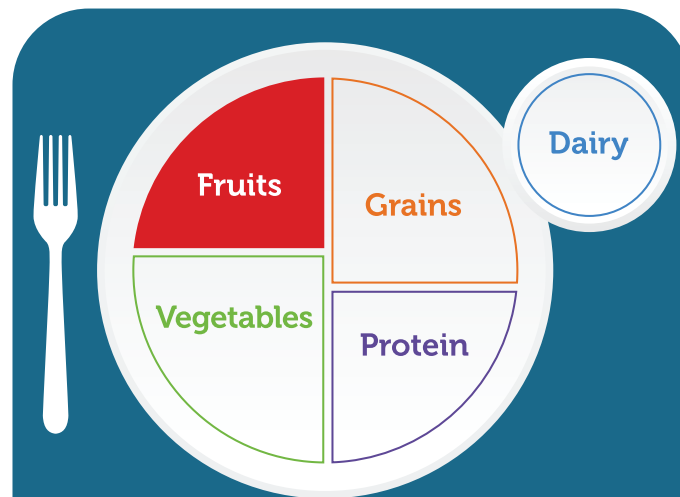
Blueberries

**In season
May – August**



**Add blueberries,
fresh or frozen,
to make baked
blueberry
oatmeal bars for
breakfast or a
snack.**

**To reduce the
cost, stock up on
blueberries when
they are in season
in the summer
months or purchase
them frozen at all
times of the year.**



MyPlate.gov

**Aim to make half
your plate fruits and
vegetables.**



Berry Purple Smoothie

Ingredients:

- 1 ¼ pounds pineapple chunks
canned in juice, drained**
- 2 cups frozen blueberries**
- 1 ½ cups ice**
- 6 ounces low-fat vanilla yogurt**

Directions:

- Combine all ingredients in
a blender and process until
smooth.**
- Serve immediately. NOTE:
The smoothie can also be
stored in a refrigerator. Cover
and place in the refrigerator
for up to 24 hours.**

(Recipe adapted from: <http://blog.katescarlata.com>.)

Bell Peppers: All Colors In season July – November



**Make stuffed
bell peppers
filled with rice,
your favorite
vegetables and
ground chicken
topped with
cheese then
baked.**



**Frozen bell
peppers are a
great alternative
to fresh bell
peppers, which
can reduce the
cost.**

Vegetable Stir-Fry

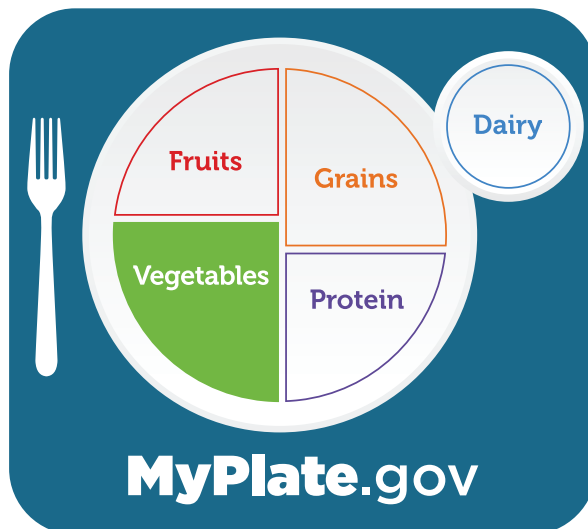
Ingredients:

- 2 teaspoons canola oil
- 1 head broccoli, chopped
- 1 head cauliflower, chopped
- 2 carrots, sliced
- 2 celery stalks, sliced
- 1 bell pepper, sliced
- $\frac{3}{4}$ cup pineapple juice
- 1 tablespoon lemon juice
- 1 tablespoon sugar
- 1 $\frac{1}{2}$ teaspoons cornstarch
- 1 teaspoon less sodium soy sauce
- 2 cups brown rice, cooked

Directions:

- Heat oil in a skillet over medium-high heat. Add broccoli, cauliflower, carrots, and celery. Cook for 2 minutes. Add bell pepper and cook for 2 more minutes.
- In a mixing bowl, combine pineapple juice, lemon juice, sugar, cornstarch, and soy sauce. Next, add the sauce to the skillet. Bring to a boil and cook for 1 minute or until the sauce thickens. Pour sauce over vegetables.
- Serve over brown rice.

(Recipe adapted from: <http://www.layersofhappiness.com>)



**Aim to make half
your plate fruits and
vegetables.**



Cabbage

In season
May – November



**Cabbage
is always
a budget
friendly
food.**

**Cabbage can be
sautéed or grilled
in wedges to
bring out different
flavors. Season
with your favorite
spices and serve
as a side dish.**



Colorful Coleslaw

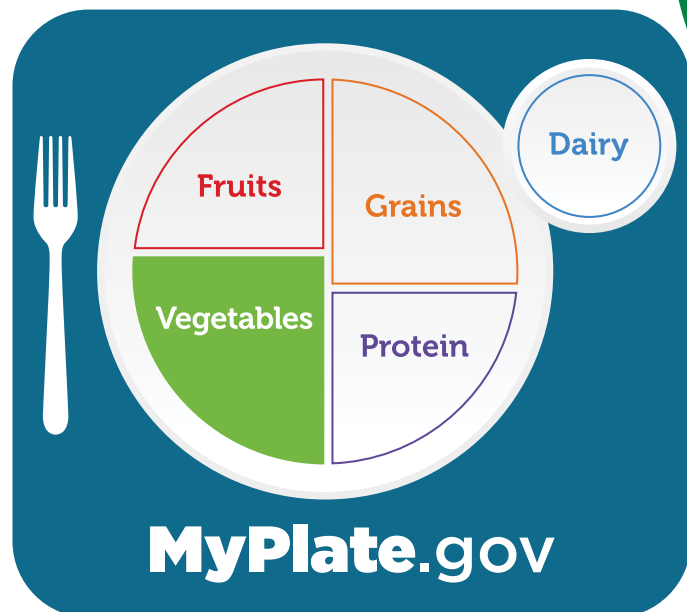
Ingredients:

- 2 tablespoons honey
- 1 ½ tablespoons vinegar
- 1 tablespoon canola oil
- ½ teaspoon ground black pepper
- ¼ head green cabbage, shredded
- ⅛ head red cabbage, shredded
- ½ bell pepper, finely chopped
- 1 carrot, grated
- ⅙ onion, finely chopped

Directions:

- Mix together honey, vinegar, oil, and black pepper in a bowl and stir well.
- Add cabbage, bell pepper, carrot, and onion to a bowl and stir well.
- Cover and refrigerate until chilled.

(Recipe adapted from: <https://downshiftology.com>.)



**Aim to make half
your plate fruits and
vegetables.**

Citrus

**In season
November –
December**



**Purchase
citrus in bulk
for the best
bang for your
buck!**



**Citrus fruits
like oranges
and grapefruit,
are durable,
making them a
great on-the-
road snack.**



**Aim to eat 2
cups of fruits
every day.**



Water Sparklers

Ingredients:

- $\frac{1}{2}$ cup ice (optional)
- $\frac{3}{4}$ cup unflavored sparkling water
- $\frac{1}{4}$ cup 100% fruit juice, such as orange or grape

Directions:

- Add ice to a cup, if using.
- Stir in water and fruit juice to the cup. Enjoy!

(Recipe from Summer Foods, Summer Moves, as listed at:
<https://fns-prod.azureedge.net.>)

Cucumbers

In season
June – November



Try adding
sliced
cucumbers to a
sandwich for
extra crunch,
or cutting them
into sticks to
dip.

Cucumbers
are in season
during summer into
early fall, which
may make them
more cost effective
to buy during this
time!



Cool Cucumber Yogurt Dip

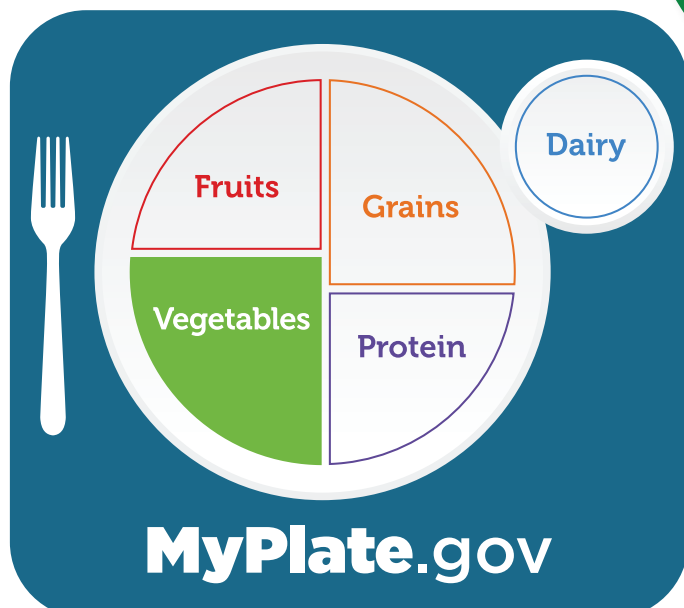
Ingredients:

- 1 cup plain low-fat yogurt
- ½ cup light sour cream
- 1 cucumber, divided
- 1 tablespoon lemon juice
- ¼ teaspoon dried dill weed
- ¼ teaspoon garlic powder
- ¼ teaspoon ground black pepper
- ¼ teaspoon salt
- 2 carrots, sliced
- ¼ head broccoli, cut into florets

Directions:

- Place the yogurt and sour cream in a mixing bowl.
- Peel ½ of the cucumber and cut in half lengthwise. Remove the seeds by scraping them out with a spoon. Grate ½ of cucumber that has been peeled, until you have ½ cup. Set aside remaining ½ cucumber. Place the grated cucumber in the mixing bowl with the yogurt and sour cream.
- Add lemon juice, dill weed, garlic powder, black pepper, and salt to the mixing bowl. Stir until evenly mixed.
- Cover and refrigerate for at least 1 hour prior to serving. Stir again just before using.
- Cut the remaining cucumber into ¼-inch slices. Serve dip with cucumber, carrots, and broccoli florets.

(Recipe from Summer Foods, Summer Moves, as listed at:
<https://fns-prod.azureedge.net.>)



**Aim to make half
your plate fruits and
vegetables.**



Dark Leafy Greens

In season

March – December



Compare prices for fresh, canned or frozen leafy greens. They are all great options!

Sautee leafy greens in a splash of broth for a quick side dish.

Aim to eat 2½ cups of vegetables every day.



Sausage, Bean, and Kale Soup

Ingredients:

1 teaspoon olive oil
1/2 pound sweet Italian turkey sausage links
16 ounces canned low-sodium white beans, drained and rinsed
2 potatoes, diced
1 onion, diced
1 carrot, diced
2 garlic cloves, minced
4 cups kale, roughly chopped
8 cups water
2 reduced sodium chicken bouillon cubes
¼ cup reduced fat grated Parmesan cheese

Directions:

- Heat oil in a stockpot over medium heat. Add sausage and sauté until browned.
- Add beans, potatoes, onion, carrots, and garlic to the pot and cook until beginning to soften, about 5 minutes.
- Add kale and cook until wilted.
- Add bouillon cubes and water to the pot. Bring to a boil. Reduce heat, cover with lid, and simmer 15-30 minutes or until potatoes are soft and fully cooked.
- Serve with Parmesan cheese.

(Recipe adapted from: : <https://www.delish.com.>)

Eggplant

In season
June – August



Toss cubed eggplant with olive oil, salt, and pepper then roast them in the oven. Add them to sauces, salads, or eat as is.



Eggplant is in season during the summer, which makes it more cost effective to buy during this time!

Eggplant Ratatouille

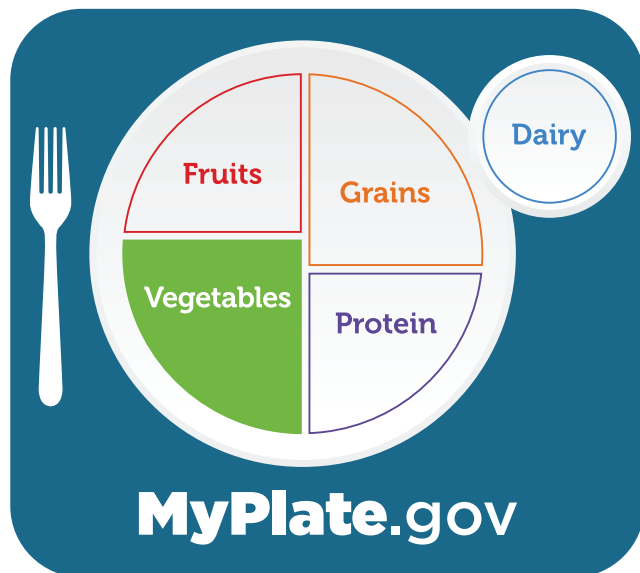
Ingredients:

- 1 eggplant, sliced
- 2 zucchini, sliced
- 1 teaspoon salt
- 1 teaspoon olive oil
- 1 onion, sliced
- 3 tomatoes, diced
- 1 bell pepper, cored and sliced
- 1 garlic clove, diced
- 1 teaspoon dried basil
- 1 teaspoon dried oregano

Directions:

- Put eggplant and zucchini in a colander, sprinkle with salt and toss lightly. Allow to drain for at least 30 minutes. Rinse and pat dry with paper towels.
- In a skillet, heat olive oil over medium-high heat on stove. Add onions and sauté until translucent, about 3 minutes.
- Stir in eggplant, zucchini, tomatoes, bell pepper, garlic, basil, and oregano. Reduce heat, cover and simmer 30-45 minutes until vegetables are thoroughly cooked.

(Recipe adapted from ONIE Project - Oklahoma Nutrition Information and Education. Simple Healthy Recipes, as listed on: <https://www.whatscooking.fns.usda.gov>)



**Aim to make half
your plate fruits and
vegetables.**



Green Beans

In season
June – November



Keep it simple by
sautéing green
beans in a little
oil with some
garlic, salt, and
pepper.

Compare
prices for
fresh, canned,
or frozen
green beans.
They are all
great options!



Aim to eat 2 ½
cups of vegetables
every day.



Hearty Beef & Vegetable Soup

Ingredients:

- 1 pound lean ground beef
- 1 teaspoon canola oil
- 6 carrots, sliced
- 2 potatoes, chopped
- 2 onions, chopped
- 2 celery stalks, sliced
- 5 cups water
- 48 ounces canned low-sodium diced tomatoes
- 15 ounces canned low-sodium green beans, drained and rinsed
- 15 ounces canned low-sodium mixed vegetables, drained and rinsed
- 1 cup low-sodium tomato juice
- 1 teaspoon ground black pepper
- 1 teaspoon Italian seasoning

Directions:

- In a pot, sauté ground beef until browned. Remove from pot and set aside.
- Heat oil in the pot and sauté carrots, potatoes, onions, and celery until softened.
- Add cooked ground beef, water, tomatoes, green beans, mixed vegetables, tomato juice, black pepper, and Italian seasoning to the pot and bring to a boil. Reduce heat, cover, and simmer for 30 minutes.
- Serve warm.

(Recipe adapted from: <http://www.epicurious.com>)

Peaches

**In season
July – August**



**Grilling
peaches
gives this
fruit an even
sweeter taste
and is a great
dessert.**

**Compare
prices for fresh,
canned or
frozen peaches.
They are all
great options!**



**Aim to eat 2
cups of fruits
every day.**



Peach and Tomato Salad

Ingredients:

- 2 peaches, sliced**
- 2 tomatoes, cut into chunks**
- 1/3 onion, thinly sliced**
- 1 tablespoon distilled vinegar**
- 1 1/2 teaspoons olive oil**
- 1 teaspoon honey**
- 1/8 teaspoon ground black pepper**
- 1/4 cup part-skim mozzarella cheese, shredded**
- 2 tablespoons basil, torn**

Directions:

- Combine peaches, tomatoes, and onion in a mixing bowl.**
- Combine vinegar, oil, honey, and black pepper into a separate mixing bowl. Whisk together and drizzle over the onion, tomatoes, and peaches. Toss to combine.**
- Sprinkle with cheese and basil.**

(Recipe adapted from: <http://jessicaseinfeld.com>.)

Pumpkin

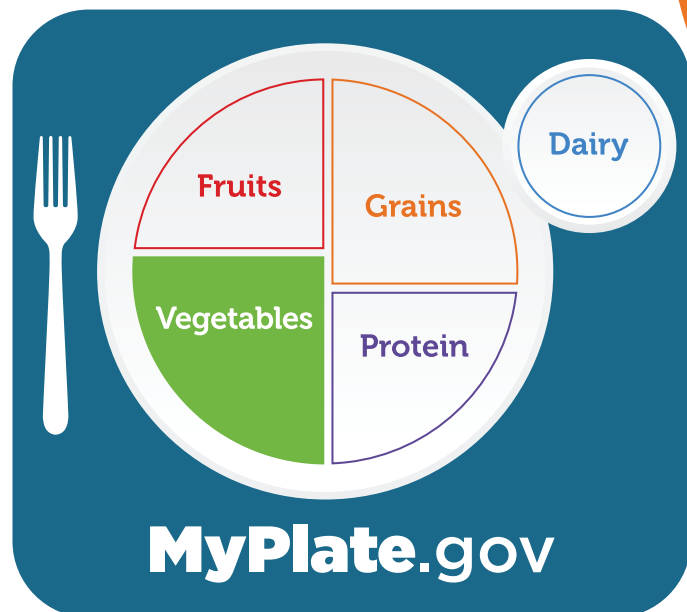
In season

September – November



To reduce the cost, look for fresh pumpkins during the fall months or canned pumpkin options all times of the year.

Boost the nutrients in your chili recipe by adding pumpkin puree alongside all your other favorite ingredients.



Aim to make half your plate fruits and vegetables.



Pumpkin Soup

Ingredients:

- 2 teaspoons olive oil
- $\frac{2}{3}$ onion, chopped
- 2 celery stalks, chopped
- 2 garlic cloves, minced
- 2 teaspoons sugar
- $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{4}$ teaspoon ground nutmeg
- $\frac{1}{8}$ teaspoon ground black pepper
- $\frac{1}{8}$ teaspoon ground cinnamon
- $\frac{1}{8}$ teaspoon salt
- 4 cups water
- 4 reduced sodium vegetable bouillon cubes
- 1 potato, peeled and cubed
- 14 $\frac{1}{2}$ ounces canned pumpkin puree

Directions:

- In a stockpot, heat oil over medium-high heat. Add onion, celery, garlic, and sugar and cook 4 minutes or until tender.
- Add ginger, nutmeg, black pepper, cinnamon, and salt. Stir to coat. Add water, bouillon cubes, potato, and pumpkin. Bring to a boil.
- Reduce heat to medium-low, partially cover, and simmer for 20 minutes, until potato is tender.
- Serve warm. NOTE: Top with light sour cream, green onions, or pumpkin seeds (the recipe analysis did not include toppings). Refrigerate leftovers within 2 hours.

(Recipe from: Faithful Families, North Carolina State University, 2019.)

Radish

In season
March – November



**Radishes
are always
a budget
friendly
food.**

**If the peppery
taste of raw
radishes is not
your favorite, try
roasting them
in the oven with
spices and oil.**

Radish and Avocado Toast

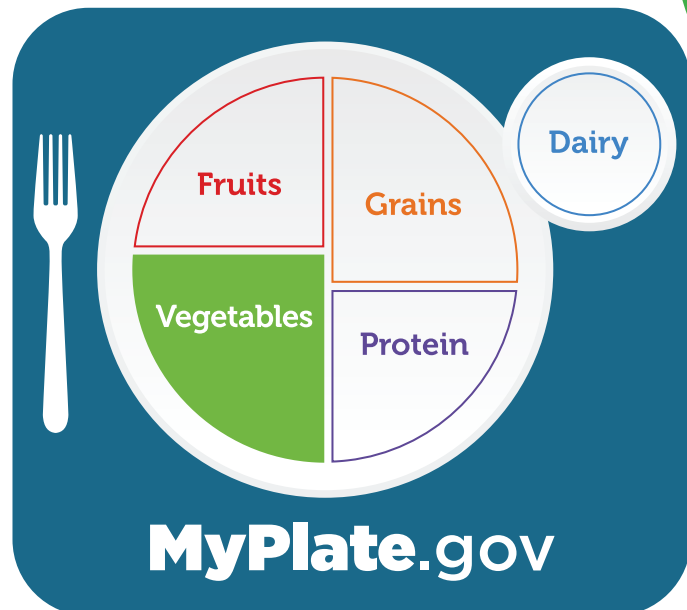
Ingredients:

- 1 avocado
- 2 ounces reduced fat feta cheese
- 4 whole grain bread slices, toasted
- ½ onion, thinly sliced
- 4 ounces snow peas, thinly sliced
- 10 radishes, thinly sliced

Directions:

- Halve the avocado and scoop the flesh into a mixing bowl. Smash the avocado flesh and feta cheese into a creamy mixture.
- Spread the mixture onto the slices of toast.
- Top with onion, snow peas, and radishes.

(Recipe adapted from: <https://www.blissfulbasil.com>)



**Aim to make half
your plate fruits and
vegetables.**



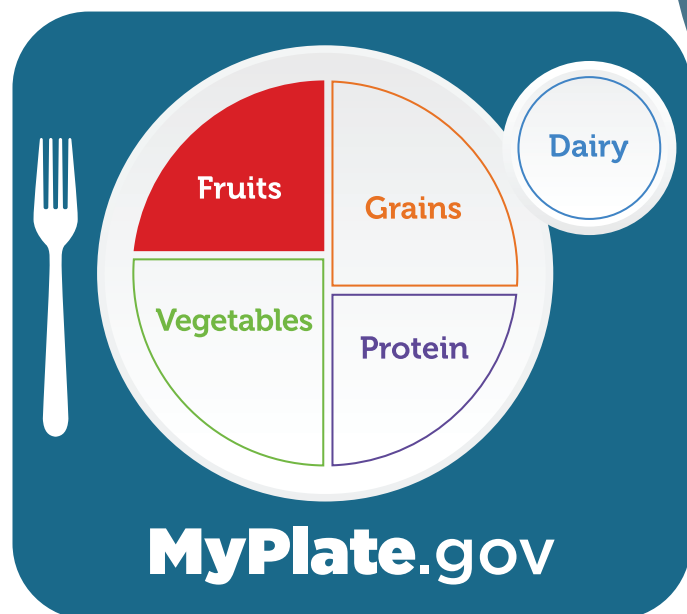
Strawberry

**In season
April – July**



**Buying
frozen
strawberries
can reduce
their cost.**

**Strawberries
are great just by
themselves. They
can be added to a
smoothie, cereals,
or even on top of a
salad**



**Aim to make half
your plate fruits and
vegetables.**



Strawberry Spinach Salad

Ingredients:

- 1 pound spinach, torn**
- 1 pint strawberries, diced**
- ½ onion, diced**
- ¼ cup sugar**
- ¼ cup white distilled vinegar**
- 2 tablespoons canola oil**
- ½ teaspoon Worcestershire sauce**
- ½ teaspoon yellow mustard**
- ¼ teaspoon paprika**
- ¼ cup pecans, chopped (optional)**

Directions:

- For the salad, add spinach and strawberries to a mixing bowl.**
- To make the dressing, add onion, sugar, vinegar, oil, Worcestershire sauce, mustard, and paprika to a separate bowl. Whisk until sugar is dissolved.**
- Drizzle dressing lightly over the salad and toss to coat. Sprinkle pecans on top, if using.**

(Recipe adapted from: <https://extension.unh.edu>.)

Sweet Potatoes

In season
October – February



Cut the sweet potato in cubes and add them to your favorite chili recipe for a little sweetness.



Buying in bulk may reduce the cost of sweet potatoes.



Aim to eat 2 ½ cups of vegetables every day.

Oven Baked Sweet Potato Fries

Ingredients:

- 1 ½ tablespoons olive oil, divided
- 1 ½ pounds sweet potatoes, sliced into ¼-inch strips
- ½ teaspoon salt
- ⅛ teaspoon ground black pepper

Directions:

- Heat oven to 400°F.
- Brush baking sheet with half of oil. Place potatoes on baking sheet in a single layer.
- Season the potatoes with salt and pepper. Drizzle remaining oil on top of potatoes.
- Bake for 20 minutes, rotating the baking dish every 10 minutes, until crispy. Cook for additional time if sides are not browned. NOTE: For crispier fries, the potatoes can be placed under the broiler for about 3 minutes on each side.

(Recipe from: <https://whatscooking.fns.usda.gov>)

Tomatoes

**In season
July – November**



Canned tomatoes are an all year around option that is a budget friendly choice.

Blend tomatoes with other vegetables (peppers, onions, cucumbers) to make gazpacho, a cold soup originating from Spain.



Aim to eat 2 ½ cups of vegetables every day.



Kale and Tomato Spaghetti

Ingredients:

- 6 ounces whole grain pasta
- 2 tablespoons olive oil
- 1 onion, chopped
- 4 garlic cloves, minced
- ¼ teaspoon ground black pepper
- 1 bunch of kale, torn
- 28 ounces canned low-sodium diced tomatoes
- 14 ounces canned low-sodium northern beans
- ¼ cup reduced fat grated Parmesan cheese

Directions:

- Cook the pasta according to the package directions. Reserve ¼ cup of the cooking water. Drain the pasta and return it to the pot.
- Meanwhile, heat the oil in a skillet over medium-high heat. Add the onion, garlic, and black pepper. Cook for about 4-5 minutes, until beginning to brown, stirring occasionally.
- Add the kale in batches and cook, tossing frequently, until tender, about 3-4 minutes.
- Add the tomatoes and beans. Cook for 3-5 minutes, stirring occasionally, until heated through.
- Add the kale mixture, cheese, and reserved cooking water to the pasta and stir to combine.

(Recipe adapted from: <http://bellalimento.com>.)

Turnips

**In season
September – March**



**Use turnips
any way you
would use a
potato. Try
them baked or
boiled or lightly
steamed.**



**Aim to eat 2 ½
cups of vegetables
every day.**



**To make the
most of turnips,
you can cook
and eat both
the greens and
root of the
vegetable.**



Roasted Root Vegetables

Ingredients:

- 1 sweet potato, chopped
- 1 rutabaga, chopped
- 1 onion, chopped
- 1 potato, chopped
- 2 carrots, chopped
- 1 turnip, chopped
- 1 tablespoon olive oil
- 3 tablespoons reduced fat grated Parmesan cheese
- 1 teaspoon garlic powder
- 1 teaspoon ground sage
- 1 teaspoon dried rosemary

Directions:

- Heat oven to 350°F.
- Evenly spread all vegetables on a baking sheet or baking dish. Drizzle oil and seasonings over vegetables. Toss to combine. Bake 30-40 minutes or until all vegetables are tender.
- Sprinkle with Parmesan cheese before serving.

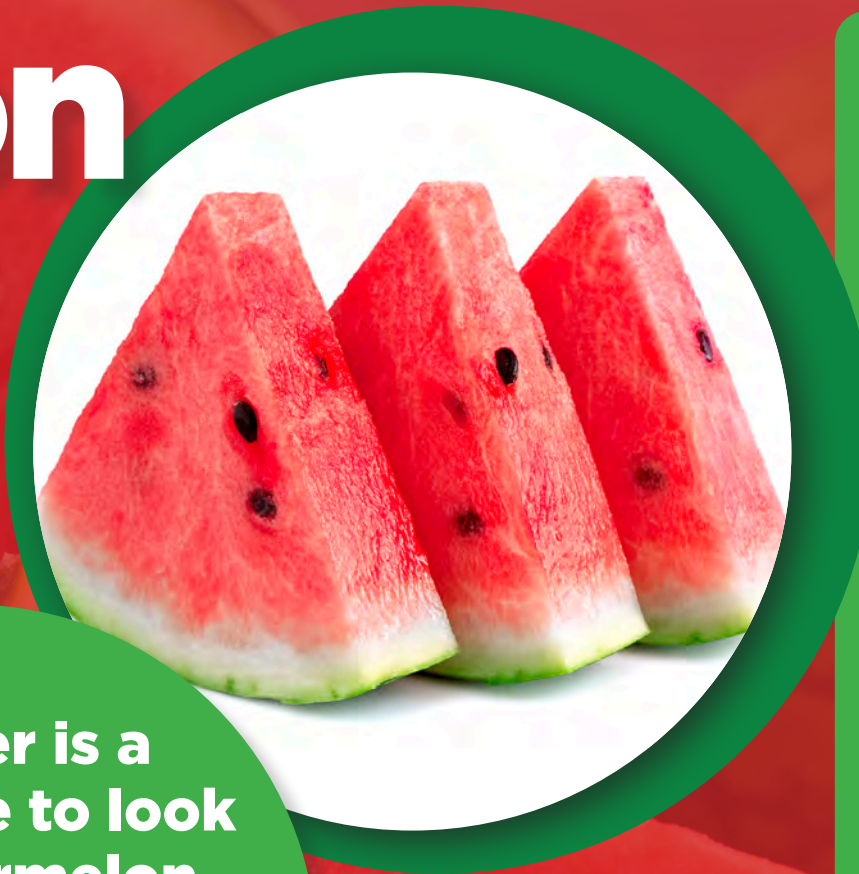
(Recipe adapted from: <https://www.thekitchn.com>)

Watermelon

**In season
June –
September**



Summer is a great time to look for watermelon because they are in season, making them more budget friendly.



For a sweet and savory side dish you can make a salad with cubed watermelon, cucumber pieces, sliced onion and feta with a vinegar and oil dressing.



**Aim to eat 2
cups of fruits
every day.**

Fruit Kabobs with Yogurt Dip

Ingredients:

- 2 kiwis, peeled and sliced
- 1 cup precut pineapple, cut into chunks
- 1 cup seedless grapes
- 1 cup strawberries, hulled
- 1 cup watermelon, seeded and cut into chunks
- 6 ounces low-fat vanilla yogurt

Directions:

- Arrange fruit chunks on the skewers.
- Serve kabobs alongside yogurt as dip.

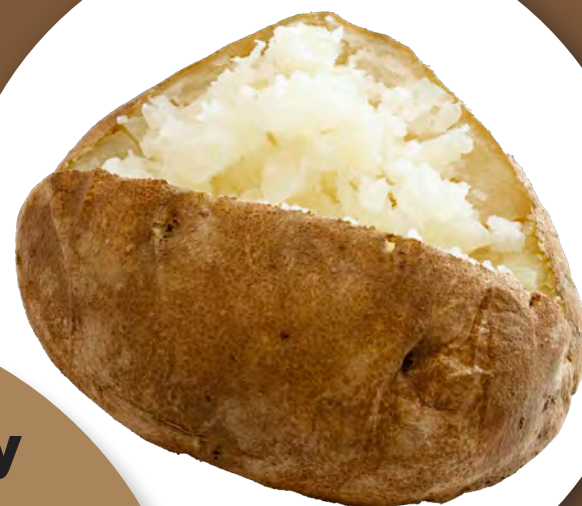
(Recipe adapted from Food and Health Communications, Inc., as listed at: <https://whatscooking.fns.usda.gov>.)

White Potatoes

In season
June – November



Grate or thinly slice white potatoes and add them to the bottom of a pie dish to be a substitute crust for a quiche.



White potatoes are a budget friendly veggie that is great to have in your pantry all times of the year.

Garlic Mashed Potatoes

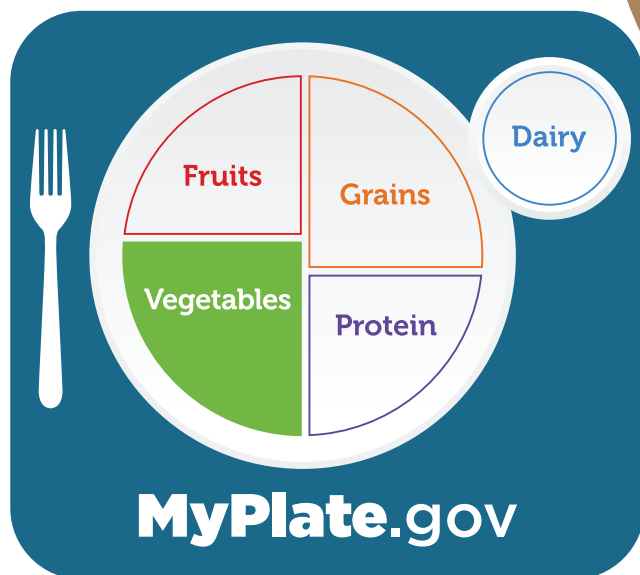
Ingredients:

- 8 potatoes, chopped
- $\frac{1}{3}$ cup 1% milk
- $\frac{1}{4}$ cup light sour cream
- 4 garlic cloves, minced
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon ground black pepper

Directions:

- Place potatoes in a stockpot. Add enough water to cover.
- Cover and bring to a boil until potatoes are tender, about 10-15 minutes.
- Drain and transfer potatoes to a mixing bowl. Add remaining ingredients.
- Mash until desired texture is achieved.

(Recipe adapted from: <https://www.tastefulselections.com>)



Aim to make half
your plate fruits and
vegetables.



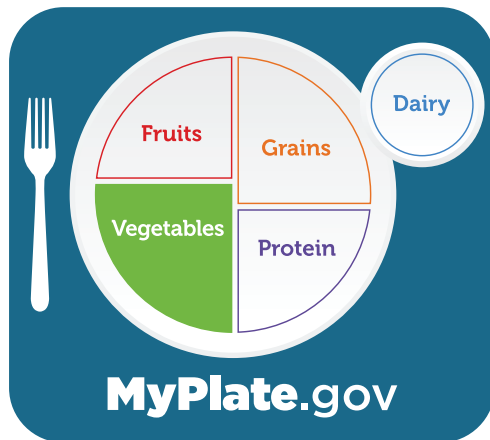
Winter/Butternut Squash

In season

September – February



Try a different lasagna recipe using pureed butternut squash instead of tomato sauce.



Aim to make half your plate fruits and vegetables.



Butternut squash is in season in early fall and winter, which makes it more cost effective to buy during this time!

Creamy Butternut Squash

Ingredients:

- 1 tablespoon olive oil
- ¼ teaspoon ground black pepper
- ¼ teaspoon salt
- 1 butternut squash, halved lengthwise and seeded
- ¾ cup plain Greek yogurt
- ½ cup reduced fat grated Parmesan cheese, divided

Directions:

- Heat oven to 425°F.
- Rub olive oil, pepper, and salt evenly over both butternut squash halves. Place halves cut side up in a baking dish large enough to hold both halves.
- Bake squash for 35-45 minutes, or until fork tender. Remove squash from the oven and let it cool slightly, until you can handle it safely.
- Using a spoon, carefully (trying not to break the outer shell) scoop out most of the flesh from the squash into a bowl. Add yogurt and ¼ cup Parmesan cheese to the bowl. Mash and mix thoroughly to combine everything together.
- Spoon the squash mixture back into the shell, and sprinkle the tops with remaining Parmesan cheese.
- NOTE: For a crunchier texture, broil for a couple of minutes until golden brown. Serve warm.

(Recipe adapted from @cleanfoodcrush, as listed on: <https://www.instagram.com/p/B5lvIDEJKNc/>)

Zucchini and Yellow Squash

**In season
May -
November**



**Look for
squash and
zucchini when
they are in
season or
frozen options
to reduce the
cost.**



TRY IT!
**Grate squash or
zucchini to add to
pasta sauces or
baked goods like
muffins.**



**Aim to eat 2½ cups
of vegetables
every day.**



Summer Squash and Zucchini Casserole

Ingredients:

Nonstick cooking spray
3 summer squash, diced
1 onion, diced
1 cup instant brown rice
1 ½ cups 1% milk
1 egg
½ teaspoon Italian seasoning
⅛ teaspoon ground black pepper
1 cup reduced fat cheddar cheese,
shredded

Directions:

- Heat oven to 375°F. Spray a baking dish with nonstick cooking spray.
- Add summer squash, onion, and brown rice to the baking dish and stir to combine.
- In a mixing bowl, whisk together milk, egg, Italian seasoning, and pepper. Pour mixture over ingredients in the baking dish and gently stir to combine. Sprinkle cheddar cheese over top of casserole.
- Bake for 35 minutes or until liquid is absorbed. Let casserole set 5 minutes before serving.

(Recipe adapted from: <https://whatscooking.fns.usda.gov>.)