

Apples

In season
July – February



MyPlate.gov

Aim to make half your plate fruits and vegetables.

This institution is an equal opportunity provider. This material is funded by USDA's Supplemental Nutrition Assistance Program (SNAP).



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

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



Apple Cinnamon Crisp

Ingredients:

Nonstick cooking spray
 $\frac{1}{4}$ cup brown sugar, divided and packed
1 tablespoon all-purpose flour
 $\frac{3}{4}$ 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, $\frac{1}{2}$ 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>)

Bell Peppers

In season
July - November



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

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Aim to make half your plate fruits and vegetables.



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.

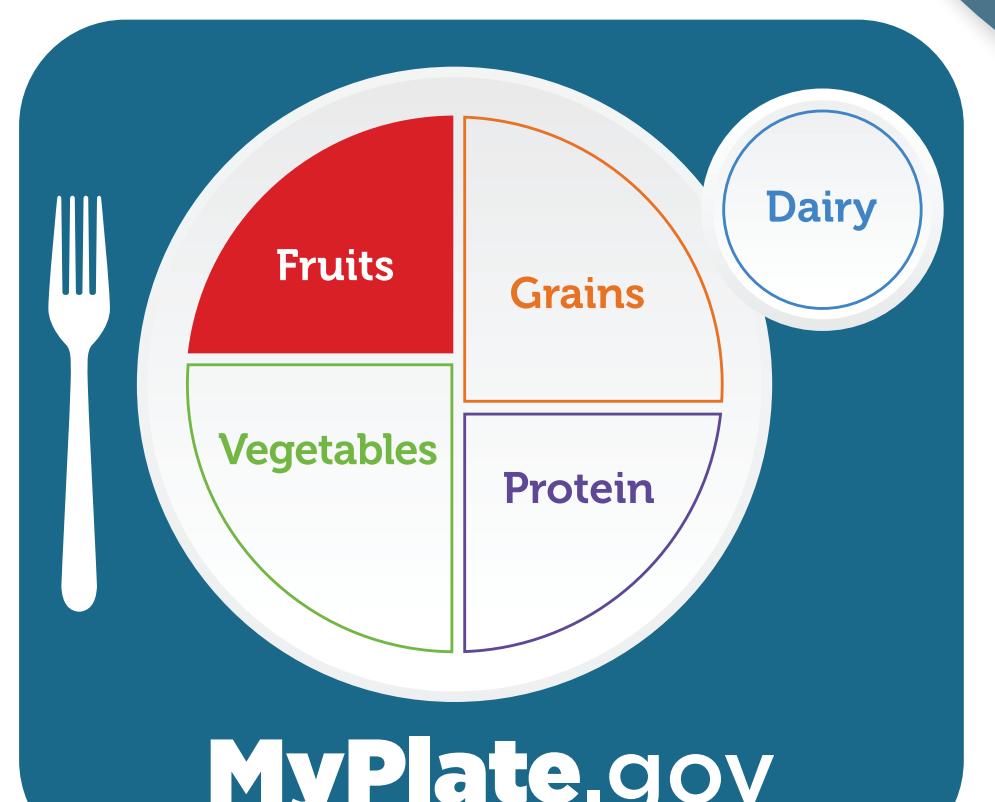
(Recipe adapted from: <http://www.layersofhappiness.com.>)

Blueberries

In season
May - August



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



Aim to make half
your plate fruits and
vegetables.



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.

Berry Purple Smoothie

Ingredients:

1 $\frac{1}{4}$ pounds pineapple
chunks canned in juice,
drained

2 cups frozen blueberries

1 $\frac{1}{2}$ 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.

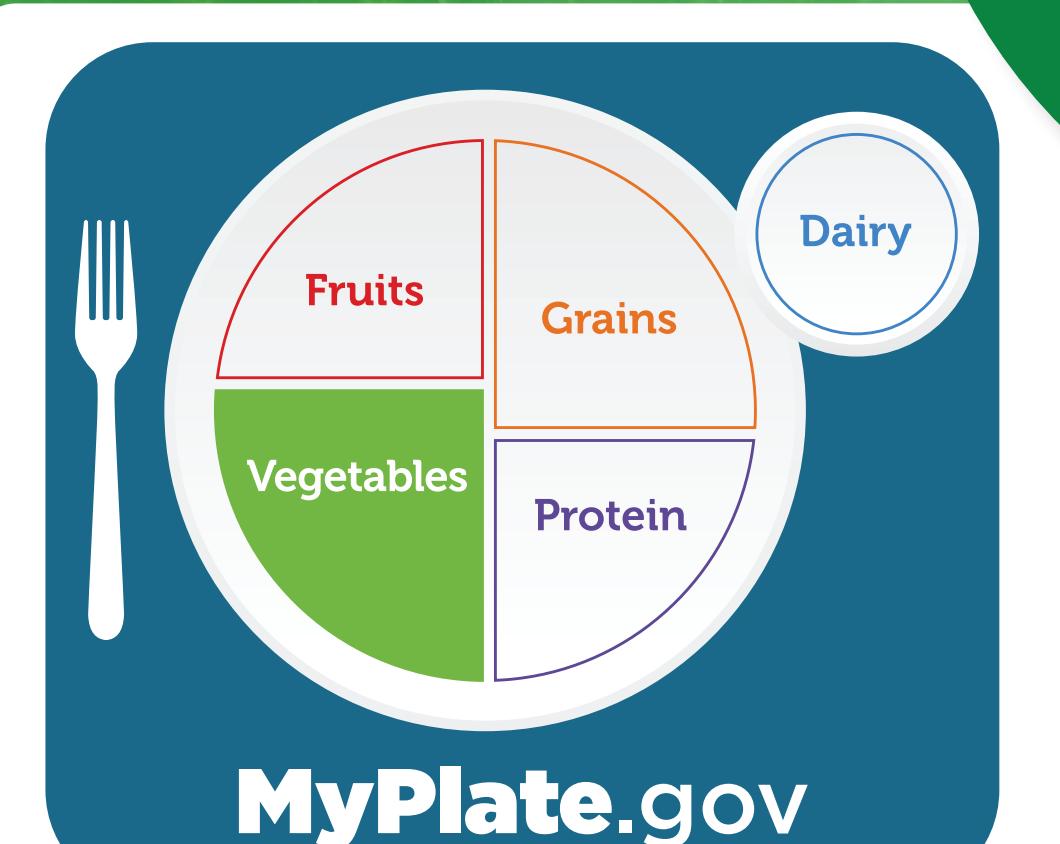
(Recipe adapted from: <http://blog.katescarlata.com/>)

Cabbage

In season
May – November



Cabbage
is always
a budget
friendly
food.



Aim to make half
your plate fruits and
vegetables.



Colorful Coleslaw

Ingredients:

2 tablespoons honey
1 $\frac{1}{2}$ tablespoons vinegar
1 tablespoon canola oil
 $\frac{1}{2}$ teaspoon ground black pepper
 $\frac{1}{4}$ head green cabbage, shredded
 $\frac{1}{8}$ head red cabbage, shredded
 $\frac{1}{2}$ bell pepper, finely chopped
1 carrot, grated
 $\frac{1}{6}$ 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.>)

Citrus

In season
November -
December



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



Aim to eat 2
cups of fruits
every day.



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



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.>)

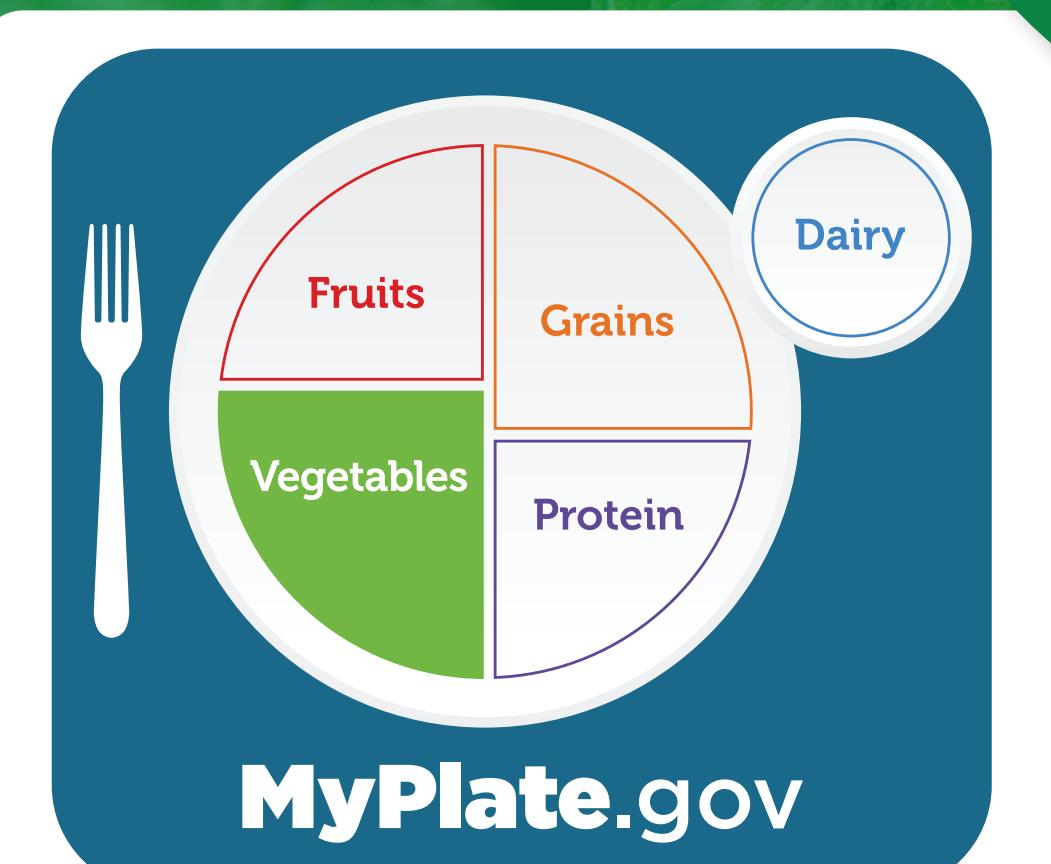
Cucumbers

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!



Aim to make half your plate fruits and vegetables.



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.>)

Dark Leafy Greens

In season
March - December



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



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



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



Sausage, Bean, and Kale Soup

Ingredients:

1 teaspoon olive oil
½ 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.

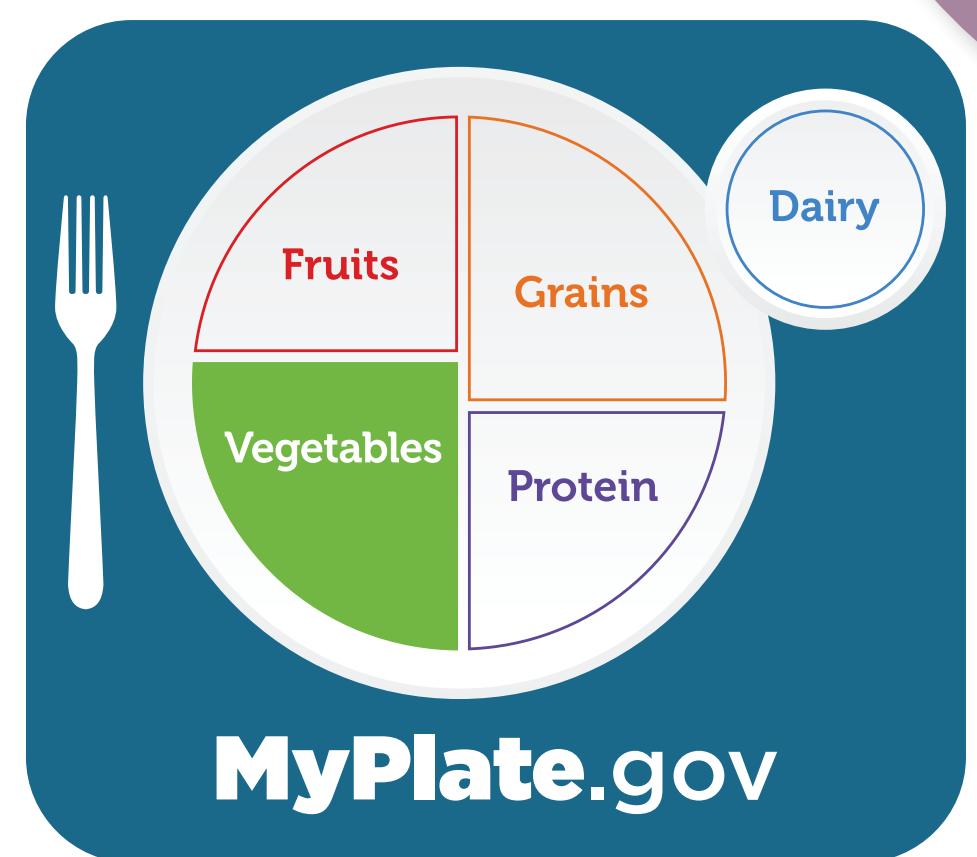
(Recipe adapted from: <https://www.delish.com/>)

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.



Aim to make half your plate fruits and vegetables.



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 at: <https://www.whatscooking.fns.usda.gov/>)

Green Beans

In season June – November



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



**Aim to eat 2 1/2
cups of vegetables
every day.**



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

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

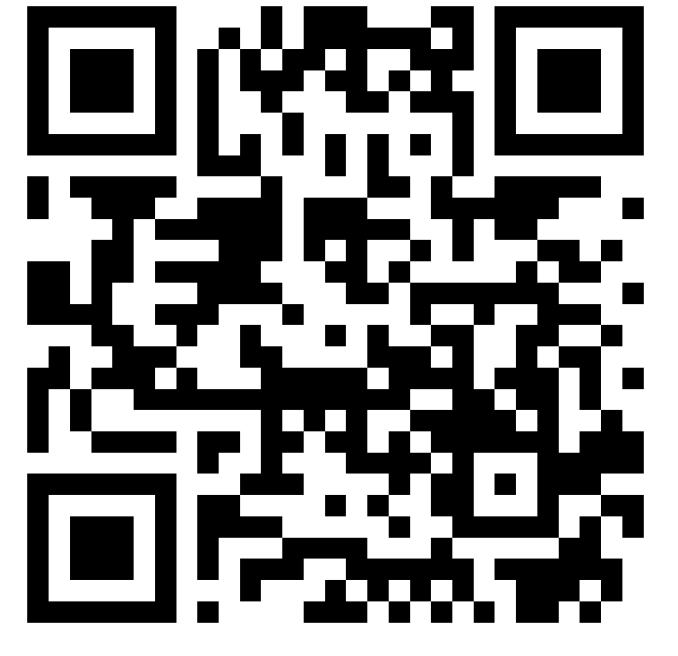
Directions:

- 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.



Aim to eat 2 cups of fruits every day.



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



Peach and Tomato Salad

Ingredients:

- 2 peaches, sliced
- 2 tomatoes, cut into chunks
- $\frac{1}{3}$ onion, thinly sliced
- 1 tablespoon distilled vinegar
- 1 $\frac{1}{2}$ teaspoons olive oil
- 1 teaspoon honey
- $\frac{1}{8}$ teaspoon ground black pepper
- $\frac{1}{4}$ 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

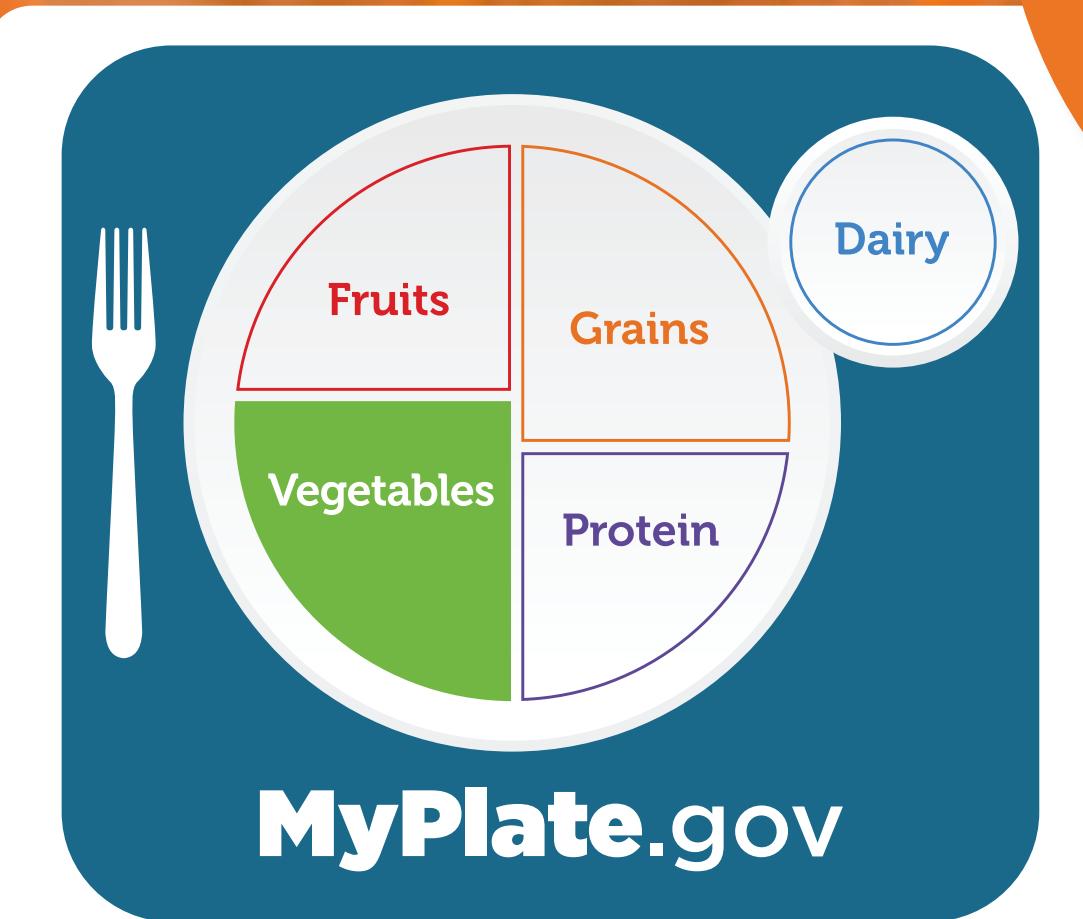
In season

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
2/3 onion, chopped
2 celery stalks, chopped
2 garlic cloves, minced
2 teaspoons sugar
1/2 teaspoon ground ginger
1/4 teaspoon ground nutmeg
1/8 teaspoon ground black pepper
1/8 teaspoon ground cinnamon
1/8 teaspoon salt
4 cups water
4 reduced sodium vegetable bouillon cubes
1 potato, peeled and cubed
14 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.

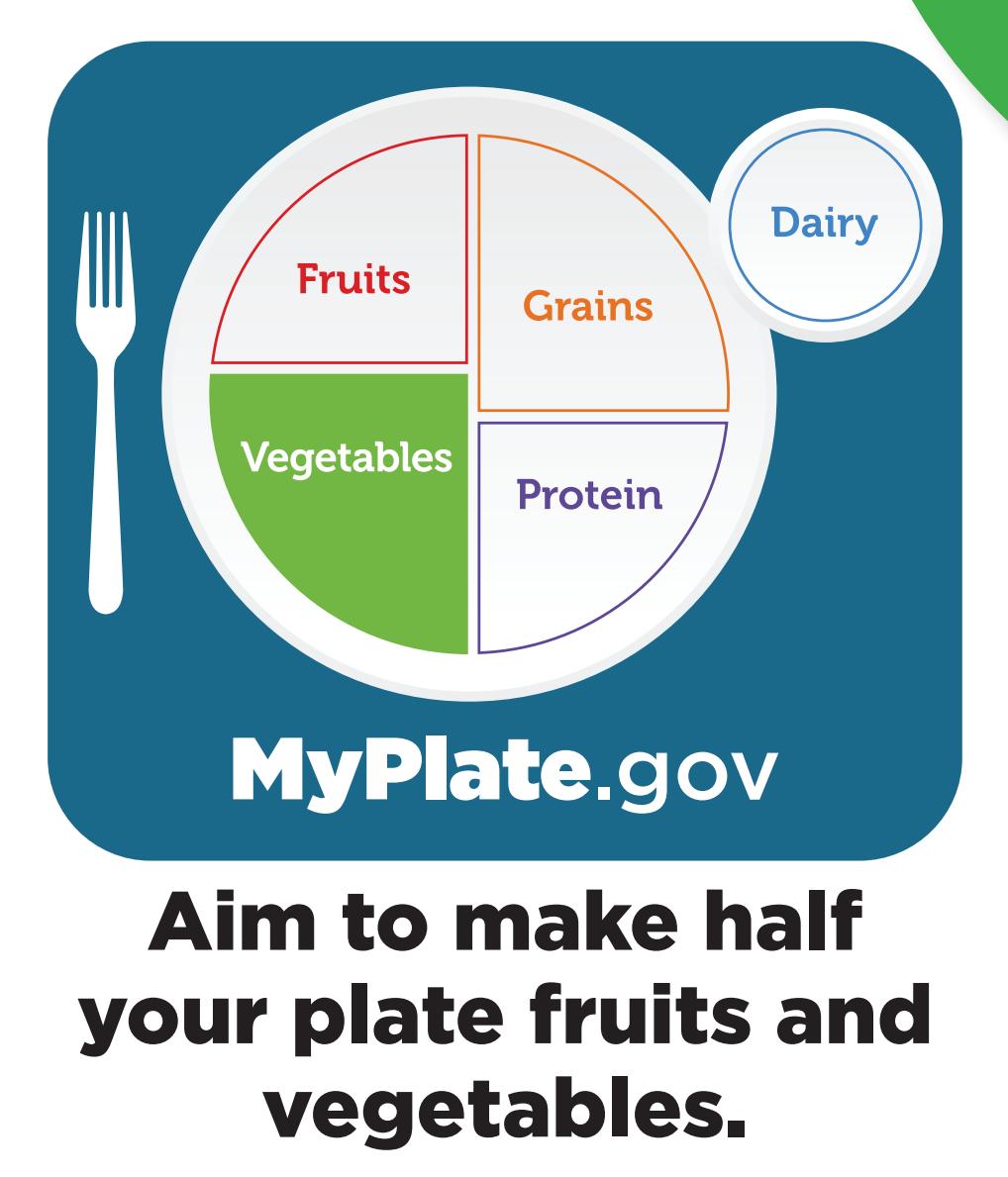
(Recipe from: Faithful Families, North Carolina State University, 2019.)

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

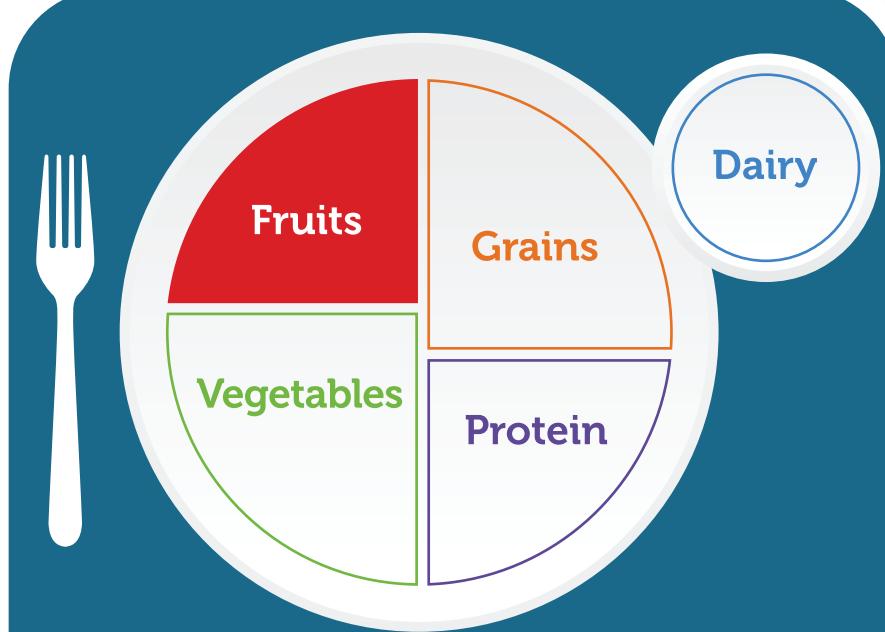
Directions:

- 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>)

Strawberry

In season
April - July



Aim to make half
your plate fruits and
vegetables.



**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**



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



Aim to eat **2 1/2 cups of vegetables every day.**



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

Buying in bulk may reduce the cost of sweet potatoes.



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.



Aim to eat 2 1/2 cups of vegetables every day.



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

Kale and Tomato Spaghetti

Ingredients:

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

Directions:

- Cook the pasta according to the package directions. Reserve 1/4 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 1/2 cups of vegetables every day.



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.



Aim to eat 2 cups of fruits every day.



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.

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.

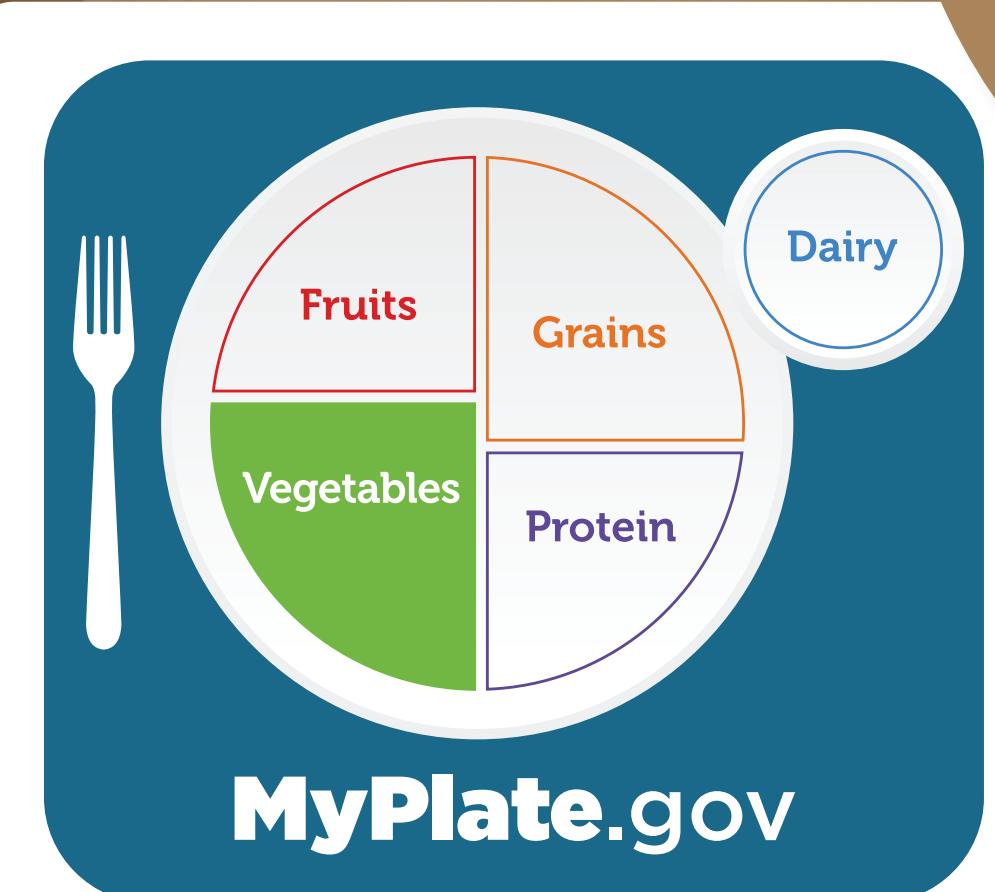
(Recipe adapted from Food and Health Communications, Inc., as listed at: <https://whatscooking.fns.usda.gov/>)

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.



Aim to make half your plate fruits and vegetables.



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.

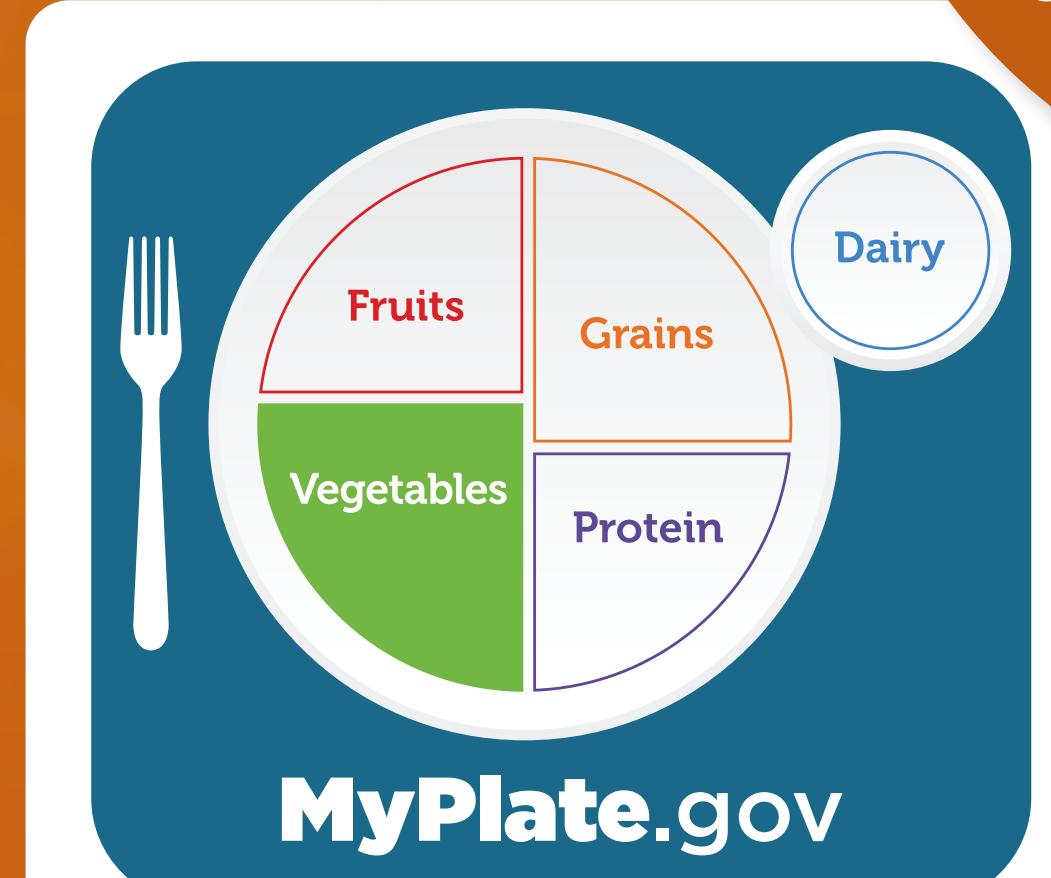
(Recipe adapted from: <https://www.tastefulselections.com.>)

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 at: <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.



Aim to eat 2½ cups of vegetables every day.



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



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/>)