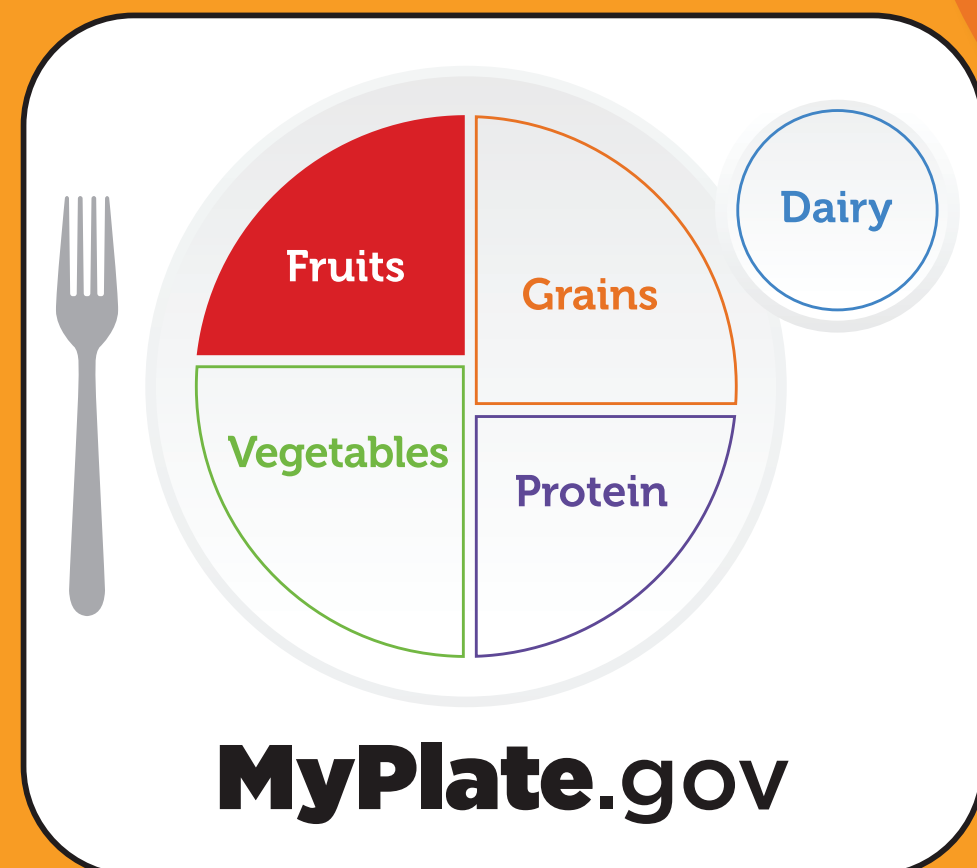


# Apples

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>)



# Bell Peppers

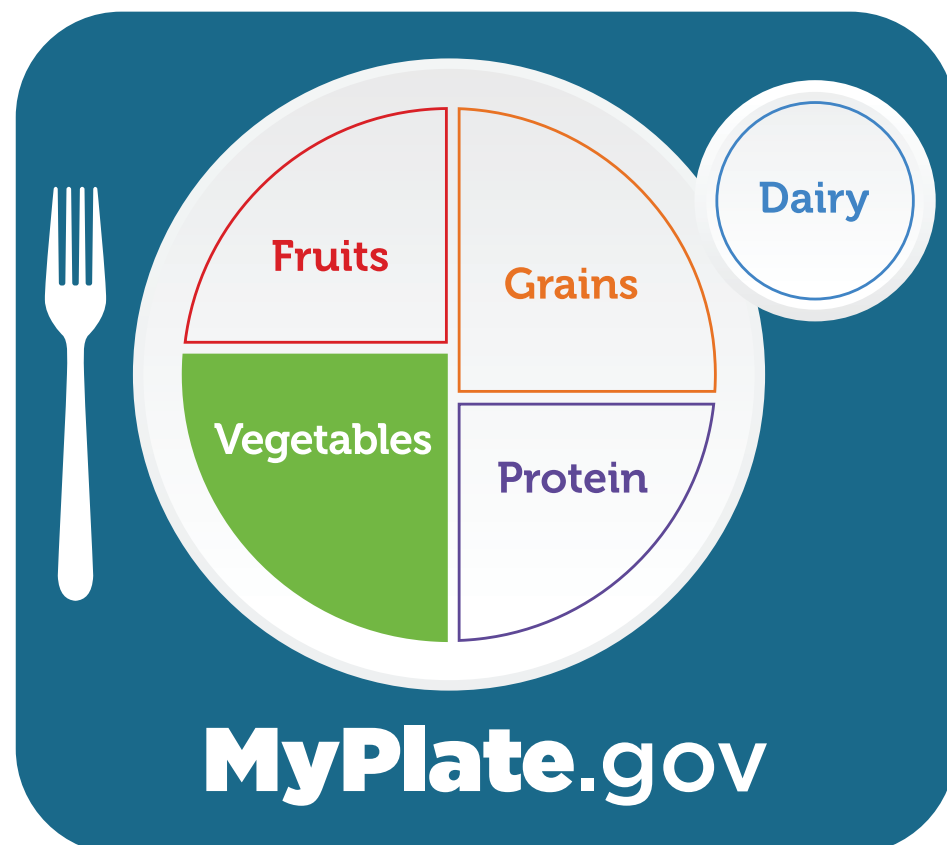
In season  
July – November



**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.**



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



## 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.**



**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

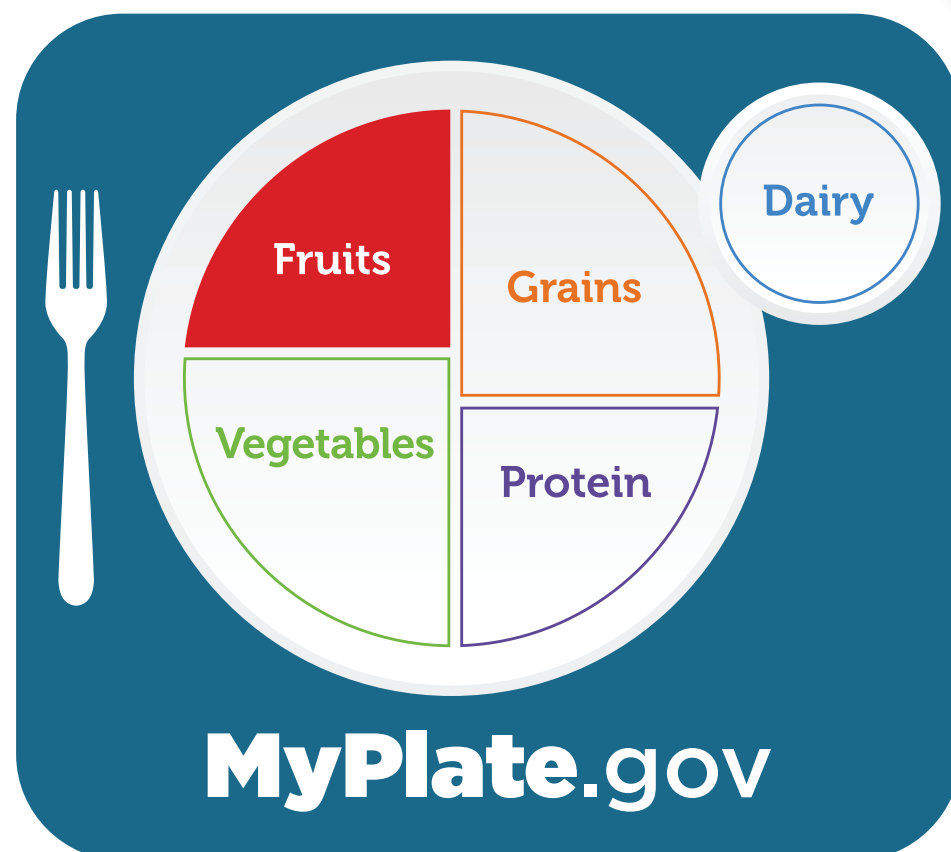
### Ingredients:

- 1 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>.)



**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

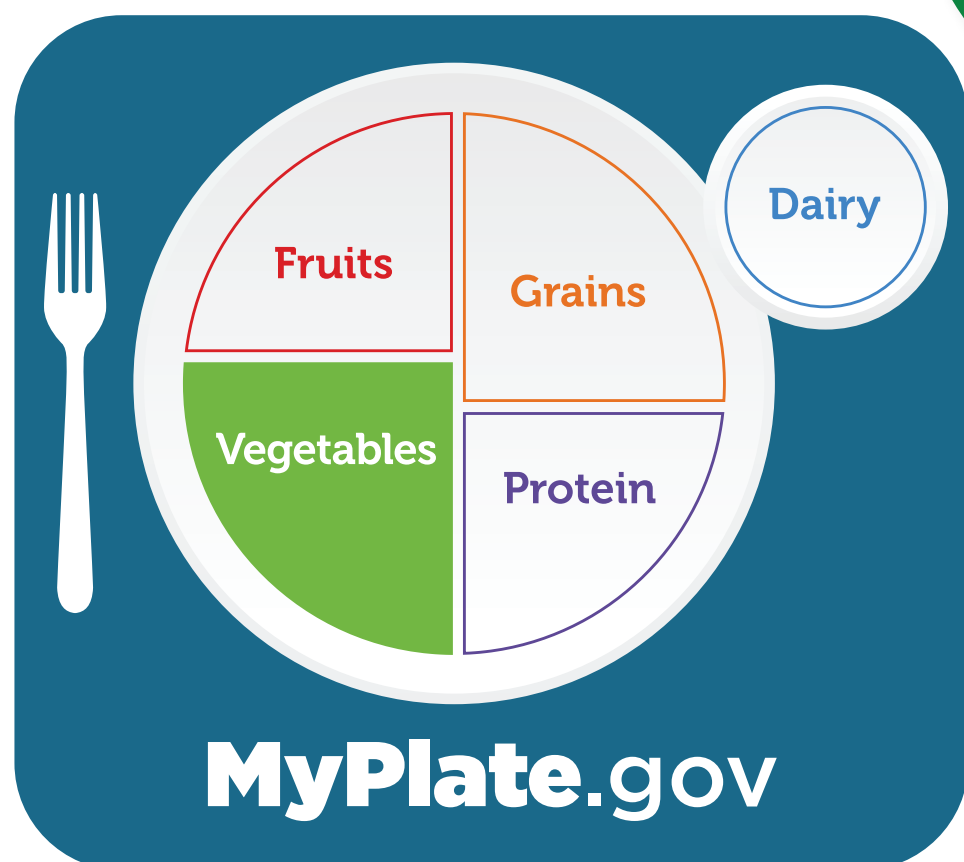
### Ingredients:

- 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

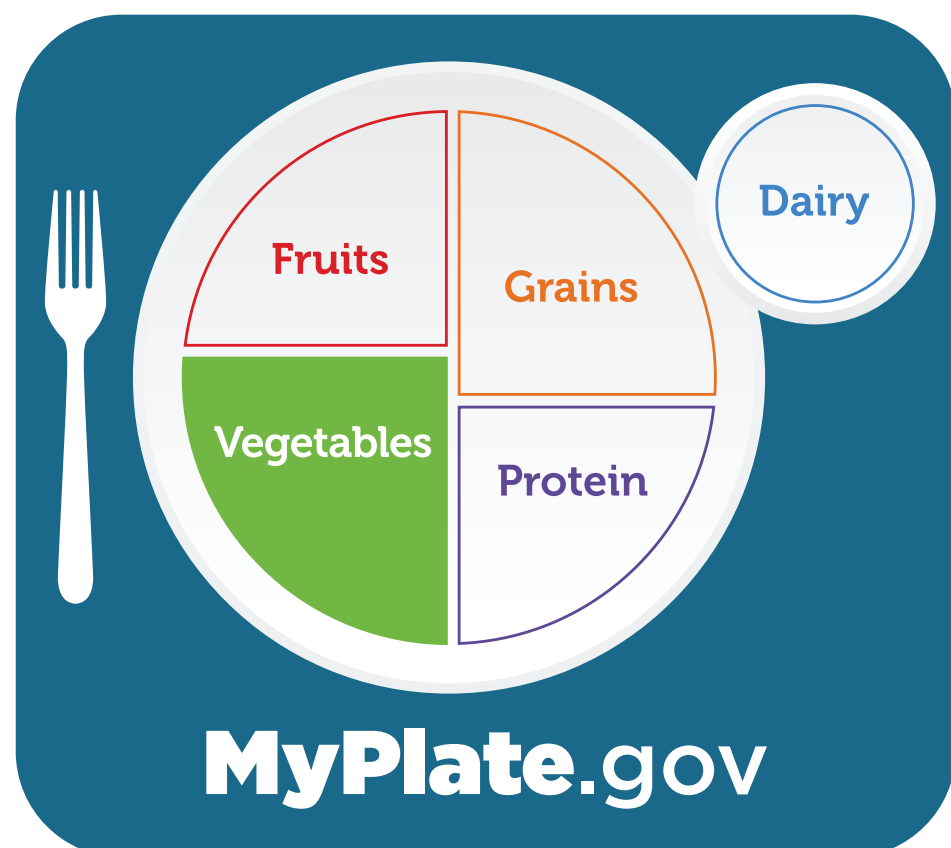
### Ingredients:

- 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
- 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.

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



## Eggplant Ratatouille

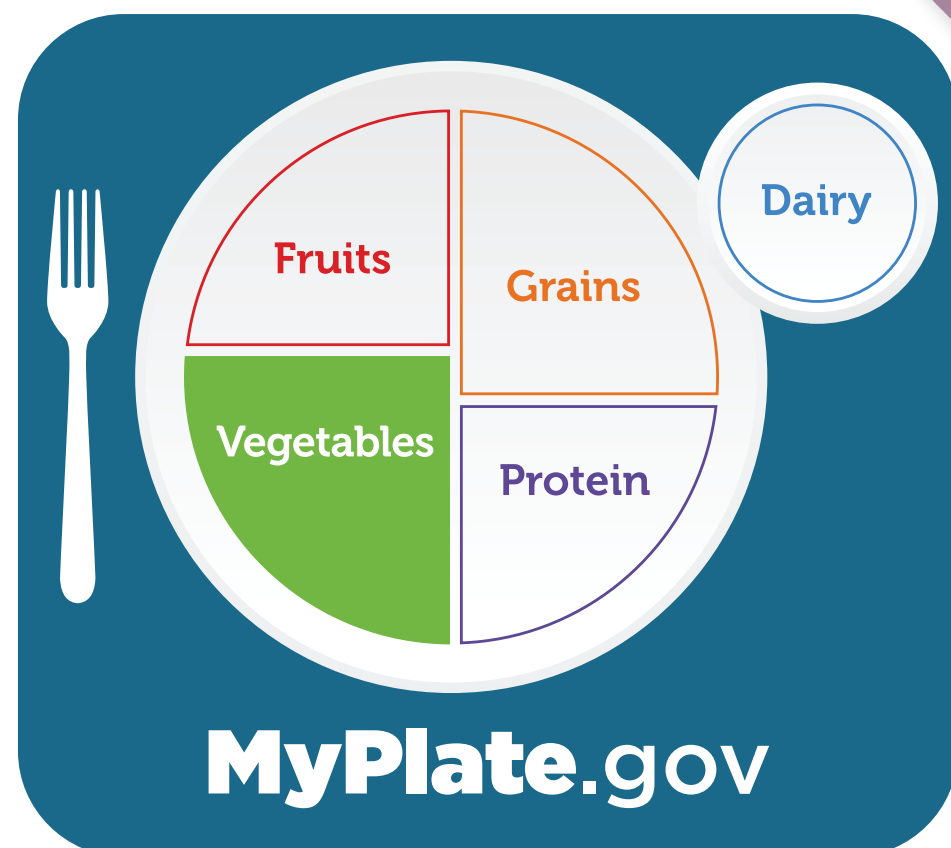
### Ingredients:

- 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>.)



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.**



**Aim to eat 2 ½  
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.**

**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>.)



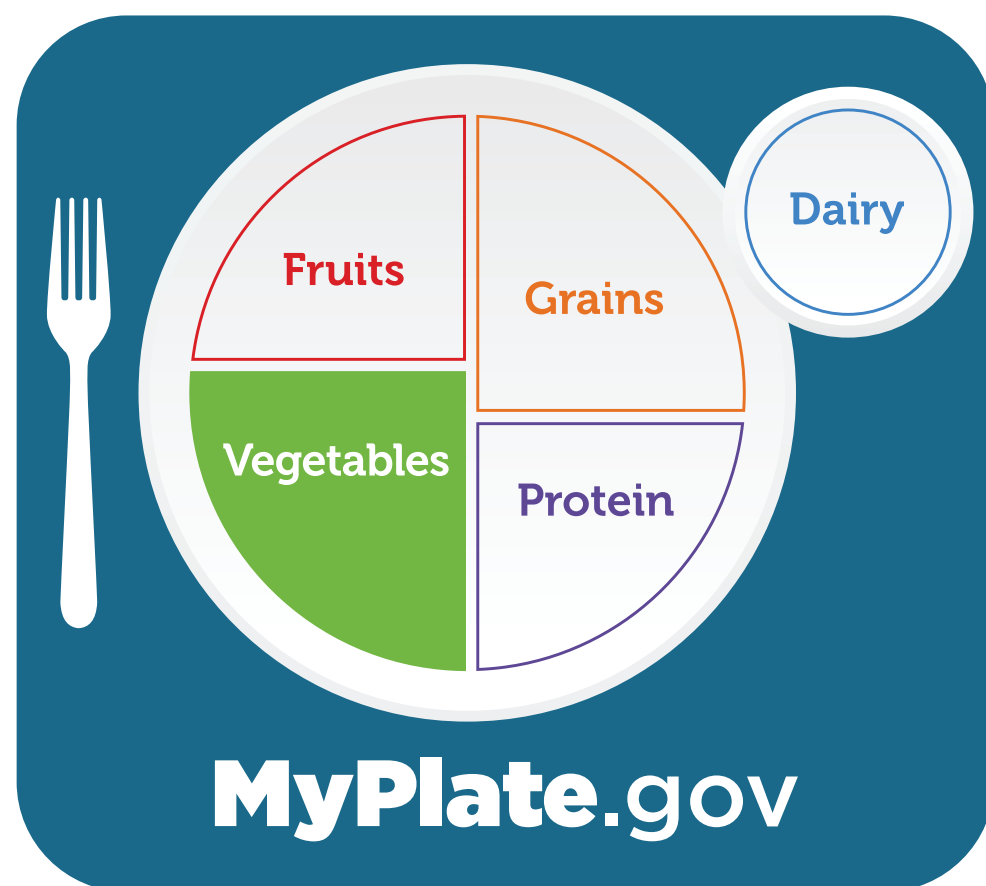
# Pumpkin

**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**

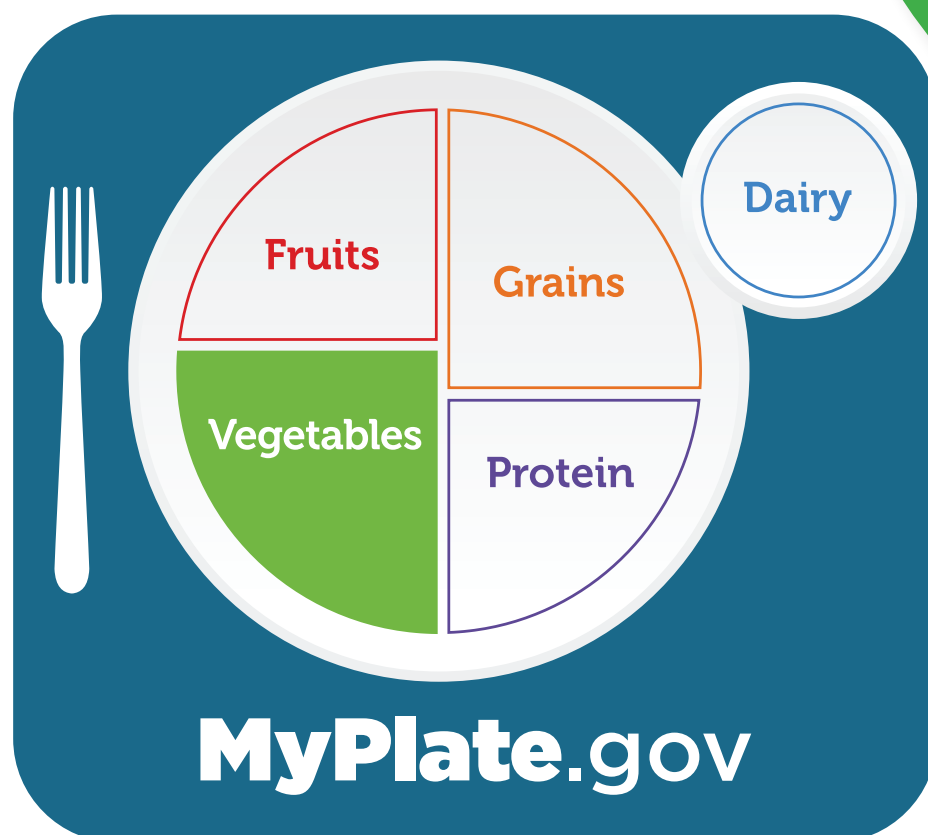
### **Ingredients:**

- 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.**



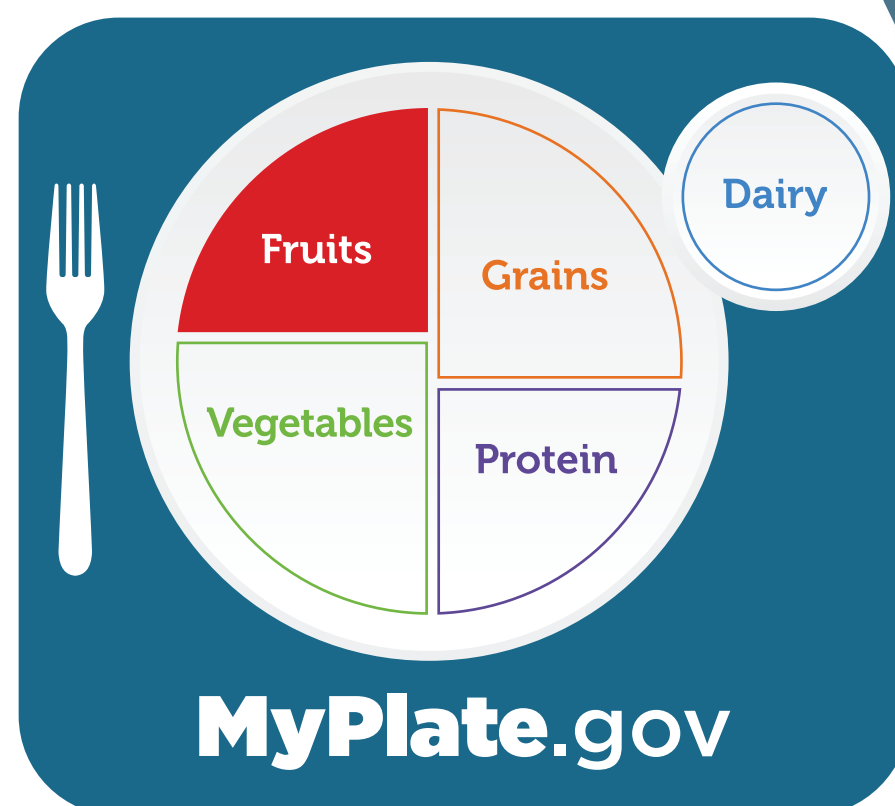
# Strawberry

**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 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.



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.**



**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.



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

## Garlic Mashed Potatoes

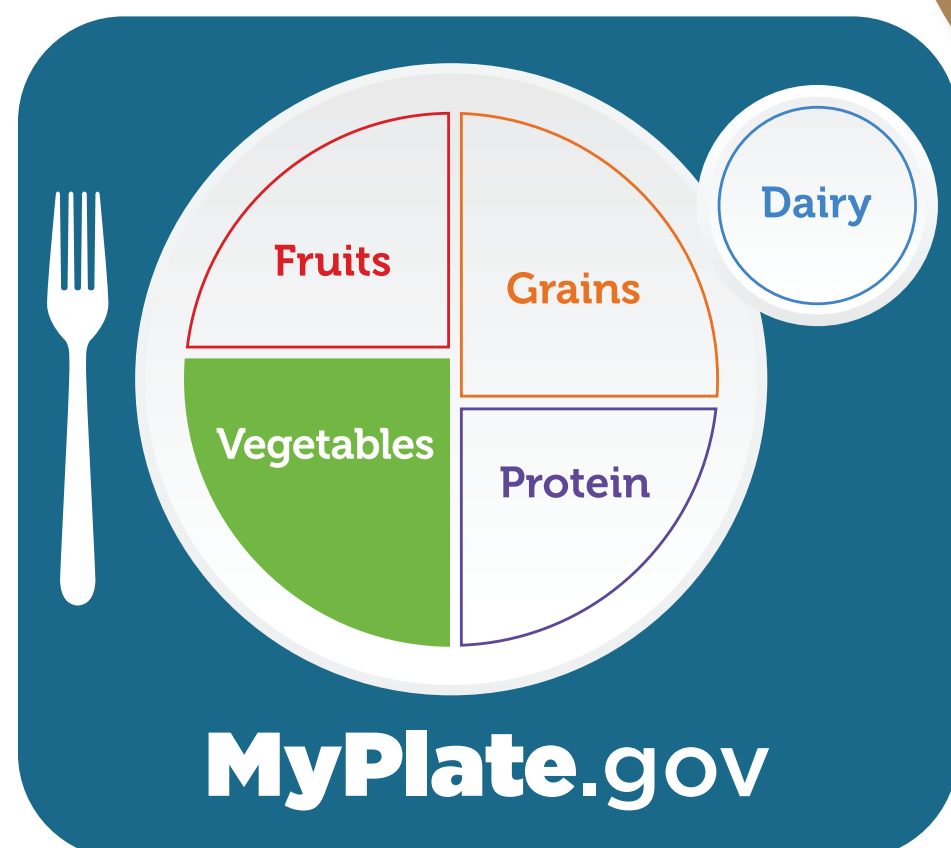
### Ingredients:

8 potatoes, chopped  
1/3 cup 1% milk  
1/4 cup light sour cream  
4 garlic cloves, minced  
1/2 teaspoon salt  
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

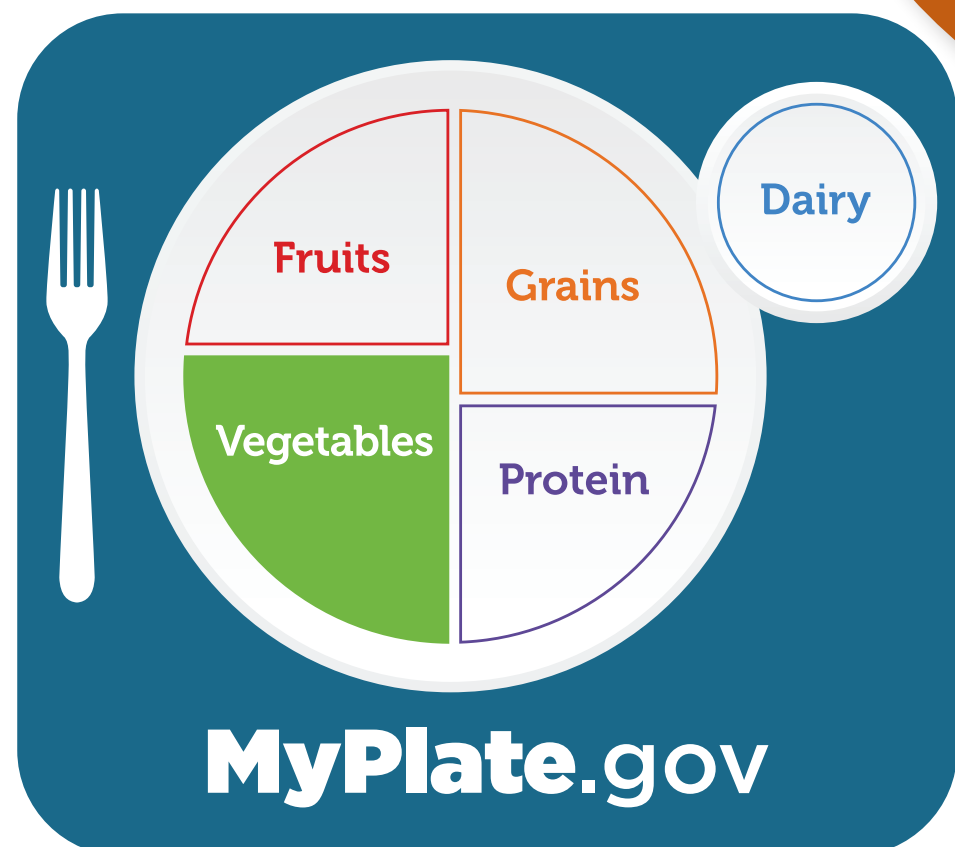
In season  
September –  
February



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



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



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



## 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.



## 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>.)