



Watermelon Tips

- Seedless watermelons have few or no seeds. Seeded watermelons have numerous black or brown seeds.
- Choose a melon that has a definite yellowish spot where the watermelon rested on the ground before harvested. Choose a round or oblong melon that feels heavy for its size.
- Wash watermelon under cool running water to clean or use a clean wet cloth or paper towel to wipe clean.
- If watermelon is cut, store in an airtight container in refrigerator for up to 5 days. If watermelon is whole, store at room temperature.
- Watermelon can be frozen 8-12 months. Keep in mind when it is thawed, it may be mushy. So consume when slightly frozen.
- Watermelon is a low calorie snack with only 46 calories per one cup. Watermelon is also a good source of dietary fiber, which supports a healthy digestive tract. Watermelon is also low in saturated fat and cholesterol making it heart healthy; it also contains vitamins A and C.

Peach Cooler

A cool, creamy, and refreshing drink. Try it on a hot day or as a quick and easy on-the-go breakfast.

Yield: 1 Serving

Time: 10 Minutes

Ingredients

- 1/3 cup nonfat dry milk
- 1 cup chopped frozen peaches
- 1/2 cup cold water
- 1/2 cup orange juice (juice from 1 orange)



Instructions

1. Wash hands with soap and water.
2. Put all ingredients into a blender. Blend until smooth and serve right away.
3. Refrigerate leftovers within 2 hours.

Source: <https://foodhero.org/recipes/peach-cooler>





Grilled Vegetable Packets

Veggies are wrapped in foil and cooked on the grill for an easy side dish to your cookout. Don't have a grill? This recipe can also be made in the oven.

Yield: 5 Servings

Time: 40 Minutes

Ingredients

- 2 zucchinis, small (sliced)
- 2 yellow squashes, small (sliced)
- 4 red potatoes, small (scrubbed well and sliced)
- ½ red onion (sliced)
- ½ bell pepper (red or green, seeded and sliced)
- ¼ cup Italian salad dressing, light salt and pepper (optional, to taste)



Instructions

1. Wash hands with soap and water.
2. Heat grill to medium heat or 350 °F.
3. Wash vegetables and slice.
4. Toss in a large bowl. Add dressing and toss until all vegetables are coated.
5. Tear 2 large squares of aluminum foil and place half of the vegetable mixture on each piece. Place an equal piece of foil over the top of vegetable mixture and fold bottom piece with top sheet to form a packet.
6. Place on heated grill for 20 to 30 minutes or until the potatoes are tender. If you don't have a grill, bake Veggie Packets in the oven at 400 °F for 20 to 30 minutes.
7. Before you open the packets, poke holes in the foil with a fork. Be very careful opening the foil as the steam will be very hot and could burn you!
8. Empty vegetables onto serving plate or serve from foil packets.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/grilled-vegetable-packets>



Mushroom Beef Sloppy Joes

Chopped mushrooms, when sautéed, blend seamlessly with ground meats. Swapping or adding mushrooms to a recipe can add an extra serving of vegetables to the plate.

Yield: 4 Servings

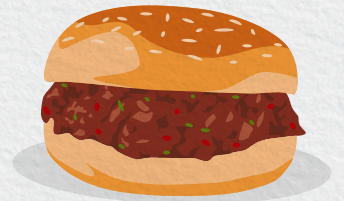
Time: 40 Minutes

Ingredients

- ½ pound white button mushrooms
- ½ pound cremini mushrooms
- ¼ pound 90% lean ground beef
- 1 ½ tablespoons canola oil
- ½ cup chopped onion
- 1 clove garlic (minced)
- 1 can 8oz no-salt-added tomato sauce
- 1 tablespoon chili powder
- 3 teaspoons brown sugar
- 1 teaspoon cider vinegar
- ⅛ teaspoon ground black pepper
- 4 whole-wheat buns

Instructions

1. Chop mushrooms to approximate size and texture of cooked ground beef.
2. Heat a sauté pan over medium-high heat.
3. Add ground beef and mushrooms, and cook.
4. Sauté until ground beef is done.
5. Remove mushroom-beef mixture from pan.
6. Add onions and garlic to pan; cook until golden.
7. Return mushroom-beef mixture to pan, along with remaining ingredients.
8. Simmer about 10 minutes; remove from heat.



Source: <https://www.myplate.gov/recipes/myplate-cnpp/mushroom-beef-sloppy-joes>



Black Bean and Corn Pitas

A protein-packed mixture of seasoned vegetables, black beans, and cheese.

Yield: 4 Servings

Time: 15 Minutes

Ingredients

- 15 ounces Black Beans canned, low-sodium
- 1 cup Corn Frozen, thawed
- 1 cup Tomatoes Fresh or no salt added canned
- 1 Avocado chopped
- 1 clove Garlic finely chopped
- 1 teaspoon Parsley Fresh, chopped
- 1/8 teaspoon Cayenne Pepper or more to taste
- 2 teaspoons Lemon Juice
- 1/2 teaspoon Chili Powder
- 2 Pita Pockets Medium, whole wheat
- 1/3 cup Mozzarella Cheese Part-skim, shredded

Instructions

1. Drain and rinse beans. In a medium bowl, combine beans, corn, tomatoes, avocado, and garlic. Add parsley, cayenne pepper, lemon juice, and chili powder.
2. Cut pita bread in half to form 4 pockets, and spoon equal amounts of filling into each half. Top with cheese and serve.



Source: <https://eatfresh.org/recipe/main-dish/black-bean-and-corn-pitas>



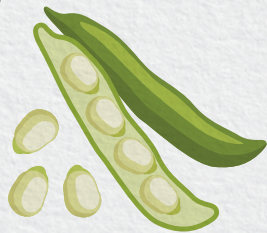
Roasted Green Beans

Yield: 6 Servings

Time: 30 Minutes

Ingredients

- 1 pound fresh green beans
- 1 Tablespoon vegetable oil
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper



Instructions

1. Wash hands with soap and water.
2. Preheat oven to 425 degrees F.
3. Snap or cut ends off the green beans, if desired, and rinse the beans in water.
4. Lay beans on a metal baking sheet.
5. Drizzle oil, salt and pepper over the beans. Toss to coat.
6. Roast in the oven for 15 to 18 minutes. Stir the beans a couple times while roasting.
7. Refrigerate leftovers within 2 hours.

Source: <https://foodhero.org/recipes/roasted-green-beans>



Honey Mustard Dressing

Homemade yogurt-based honey mustard dressing, sweet and tangy!

Yield: 4 Servings

Time: 5 Minutes

Ingredients

- ½ cup low-fat plain yogurt
- 3 Tablespoons 1% or nonfat milk
- 1 Tablespoon honey
- 2 teaspoons prepared mustard (any type)

Source: <https://foodhero.org/recipes/honey-mustard-dressing>



Instructions

1. Wash hands with soap and water.
2. Combine all ingredients in a small bowl and stir until smooth. Cover and chill for 30 minutes before serving.
3. Refrigerate leftovers within 2 hours.

*Rinse fresh fruits
and vegetables under
running water.*



Corn Salad with Fresh Basil and Lemon

This is a great way to use fresh corn when it's in season. Make it the night before your next BBQ or family gathering.

Yield: 6 Servings

Time: 40 Minutes

Ingredients

- 6 ears of corn (about 3 cups)
- 2 tablespoons chopped red onion
- 2 tablespoons lemon juice
- 1 teaspoon sugar (pinch)
- 2 tablespoons olive oil
- 1 tablespoon chopped fresh basil (or 1 tsp dried basil)

Instructions

1. Wash hands with soap and water.
2. Cook corn in boiling water or in the microwave.
3. Cut corn from the cob. Add onion.
4. In a small bowl, whisk together lemon juice and sugar. Add oil and combine.
5. Stir the oil/lemon mixture, basil, and salt and pepper to taste (optional).
6. Refrigerate at least 30 minutes.



Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/corn-salad-fresh-basil-and-lemon>



Fresh Fruit with Cinnamon Yogurt Dip

Vanilla yogurt with cinnamon makes a delicious dip for your favorite fruits. Use low-fat yogurt for an even healthier option.

Yield: 4 Servings

Time: 5 Minutes

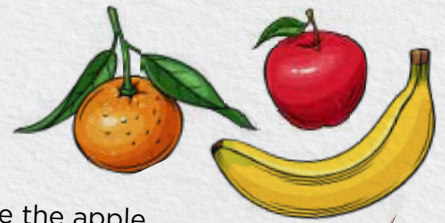
Ingredients

- 1 apple
- 1 banana
- 1 orange
- ¼ cup orange juice
- 1 cup vanilla yogurt (low-fat)
- ½ teaspoon cinnamon

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/fresh-fruit-cinnamon-yogurt-dip>

Instructions

1. Core and slice the apple.
2. Slice banana into thin circles.
3. Peel the orange and break it into sections.
4. Pour the orange juice into a small bowl.
5. Dip the fruit pieces into the orange juice to prevent browning.
6. Arrange on a plate.
7. Mix the yogurt and cinnamon in a small bowl.
8. Put the bowl of yogurt and cinnamon next to the fruit. Use it as a dip for the fruit.



Beef and Bean Chile Verde

This recipe blends flavors and packs a nutritional punch as a source of iron, vitamin C, and fiber. Bell pepper, onion, and tomatoes bring color to the dish.

Yield: 6 Servings

Time: 30 Minutes

Ingredients

- 2/3 pound ground beef (90% lean)
- 1 bell pepper, large (chopped)
- 1 onion, large (chopped)
- 6 garlic cloves (chopped)
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 can diced tomatoes, low-sodium (14.5 ounces)
- 1 3/4 cups green salsa (or enchilada sauce, 1-16 ounce jar)
- 1 can pinto or kidney beans (rinsed and drained, 15 ounces)



Instructions

1. Place meat, bell pepper, tomatoes, and onion in large sauce pan. Heat on medium 8-10 minutes, stirring frequently until the meat is browned; drain fat.
2. Add garlic, chili powder and cumin; cook until fragrant (15 seconds).
3. Stir in salsa and bring to a boil.
4. Reduce heat and simmer; cover and cook 10-15 minutes, stirring occasionally.
5. Add beans and cook until heated.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/beef-and-bean-chile-verde>

**Eat
Well**



Funded in part by USDA SNAP.
For more information, call MU Extension's
Show Me Nutrition Line at 1-888-515-0016.
Need help stretching your food dollars?
Contact your local resource center or go
online to mydss.mo.gov/food-assistance