



Blueberries Tips

- Choose blueberries that are firm, plump and a royal blue color with a silvery frost. Berries should be the same size and free of stems and leaves. Avoid packages that contain mold, bruised or damaged berries.
- Blueberries do not ripen after picking, so avoid green or hard berries.
- Store unwashed blueberries in the refrigerator in a container with a lid for up to one week.
- Rinse blueberries thoroughly under running water just before preparing. Discard any shriveled or moldy berries.
 - Never soak berries water – as berries absorb the water and it affects the flavor.
- Blueberries are fat-free; cholesterol-free; sodium-free; and high in vitamins C and K, magnesium and copper. They are a good source of fiber and low in calories; a half cup of blueberries has 40 calories.

Blueberry Oat Scones

Yield: 16 Servings

Time: 60 Minutes

Ingredients

- 1½ cups oat bran
- 1½ cups flour
- ¼ cup light brown sugar
- 1 teaspoon baking soda
- ¼ cup margarine or butter
- 2 eggs or 2 egg whites
- ¼ cup honey
- ⅓ cup buttermilk
- ½ teaspoon imitation rum extract
- ½ teaspoon pure vanilla extract
- 1 pint fresh blueberries

Instructions

1. Preheat oven to 400° F.
2. Lightly grease one baking sheet.
3. Mix oat bran, flour, brown sugar, and baking soda.
4. Cut in margarine or butter.
5. Beat eggs and beat in honey in a separate bowl.
6. Add buttermilk and extracts to egg mixture.
7. Pour into oat bran mixture and stir only until moistened.
8. Stir in blueberries.
9. Use tablespoon to drop onto baking sheet.
10. Bake 25 to 30 minutes. Serve hot.



Source: <https://ohioline.osu.edu/factsheet/HYG-5511>



Extension
University of Missouri



Blueberry Bling

Yield: 4 Servings

Time: 35 Minutes

Ingredients

- 3 cups frozen or fresh blueberries
- 2 teaspoons margarine (softened)
- 1 tablespoon all-purpose flour
- 1 tablespoon brown sugar
- ½ cup rolled oats
- ½ teaspoon cinnamon

Source: <https://www.mainesnap-ed.org/recipes/blueberry-bling/>

Instructions

1. Preheat the oven to 375° F.
2. Place frozen blueberries in a 9-inch pie plate. If using fresh blueberries, wash and drain before placing in a 9-inch pie plate.
3. In a small bowl, use a fork to mix margarine, flour, sugar, oats and cinnamon.
4. Sprinkle oat mixture over the blueberries.
5. Bake about 25 minutes. Enjoy while warm!
6. Refrigerate leftovers within 2 hours.



Whole Wheat Blueberry Muffins



Yield: 12 Muffins

Time: 35 Minutes

Ingredients

- 1½ cups whole wheat flour
- ¾ cup sugar
- ½ teaspoon salt
- 2 teaspoons baking powder
- ⅓ cup vegetable oil
- 1 egg, slightly beaten
- ⅓ cup nonfat or 1% milk
- ½ cup unsweetened applesauce
- 2 cups blueberries, fresh or frozen

Instructions

1. Preheat oven to 400° F. Lightly coat the bottoms of 12 muffin cups with oil or baking spray.
2. Mix the flour, sugar, salt and baking powder in a large bowl.
3. In a separate bowl, blend vegetable oil, egg, milk and applesauce until smooth. Stir the liquid ingredients into the flour mixture until just moistened. Lightly stir in the blueberries.
4. Fill each muffin cup about ¾ full.
5. Bake about 20 minutes or until the tops are golden brown.

Source: https://foodhero.org/sites/foodhero-prod/files/monthly-magazines/web_blueberry_monthly_july_18.pdf



Eat Well

Kale and Cranberry Stir-Fry



For this take on stir-fry, add some fun flavor to kale using onions, cranberries, and orange juice. The versatility of this dish can make it a hit at any meal!

Yield: 5 Servings

Time: 15 Minutes

Ingredients

- 1 teaspoon vegetable oil
- ¼ cup onion (chopped)
- ¼ cup dried cranberries
- 1 clove minced garlic or ¼ teaspoon garlic powder
- 6 cups kale, chopped (leaf portion, no stems)
- ¼ cup freshly squeezed orange juice (½ orange)

Instructions

1. Wash hands with soap and water.
2. Add oil and onion to large skillet. Stir and sauté over medium-high heat (350° F in an electric skillet) until onion is clear.
3. Add cranberries and garlic. Continue to sauté for 2 to 3 minutes.
4. Add kale. Pour or squeeze orange juice over top of kale. Continue to stir fry for about 5 minutes until kale is wilting and hot.
5. Serve immediately.

Source: <https://www.myplate.gov/recipes/kale-and-cranberry-stir-fry>



Kale Chips

Kale chips are a healthy and satisfying snack.

Yield: 4 Servings

Time: 15 Minutes

Ingredients

- Nonstick cooking spray
- 1 bunch kale (washed and dried)
- 2 tablespoons vegetable oil
- ¼ teaspoon Soulful Seasoning

Soulful Seasoning

- 3 tablespoons onion powder
- 4 tablespoons garlic powder
- 1 tablespoon ground red pepper
- 1 tablespoon chili powder
- 1 tablespoon paprika
- 1 teaspoon black pepper
- 2 teaspoons ground thyme

Instructions

1. Preheat oven to 350° F. Line two baking sheets with aluminum foil and lightly spray with nonstick cooking spray. Set aside.
2. Separate leaves from center ribs of kale leaf. Discard ribs. Tear leaves into small pieces.
3. Lay leaves on prepared sheets, sprinkle with vegetable oil and toss. Sprinkle with Soulful Seasoning.
4. Bake in the oven for about 3 to 5 minutes. Remove tray from oven and turn over each leaf. Cook another 3 to 5 minutes or until crisp but not charred. Transfer leaves to plate and serve.

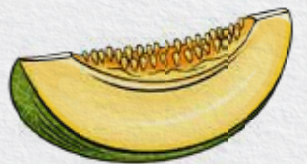


Source: <https://eatfresh.org/recipe/side-dish-snacks/kale-chips/>



Melon Salsa

Exploding with delicious summer flavors, this salsa recipe is amazing with whatever melon you have on hand.



Yield: 12 Serving

Time: 10 Minutes

Ingredients

- 2 cups melon, honeydew, cantaloupe, or watermelon, fresh (seeded and chopped); use one kind or a combination
- 1 cup cucumber (peeled, seeded and chopped)
- ¼ cup onion, red or white (chopped)
- 2 tablespoons cilantro or mint, fresh (chopped); optional
- ½ jalapeño (seeded and finely chopped, or hot sauce to taste)

- ¼ cup lime juice or lemon juice
- 1 tablespoon sugar, white or brown

Instructions

1. Wash hands with soap and water.
2. In a medium size bowl, stir together all ingredients.
3. Taste and season with more lemon or lime juice, sugar if needed.
4. Cover and chill for at least 30 minutes. Serve with grilled or broiled fish or chicken.

Source: <https://www.myplate.gov/recipes/melon-salsa>

Eggplant and Pepper Dip



Vegetables are roasted in the oven and then blended to create a creamy and delicious low-fat dip.

Yield: 8 Serving

Time: 60 Minutes

Ingredients

- 1 medium eggplant
- 2 medium red pepper
- 1 small onion
- ¼ teaspoon garlic powder
- 2 tablespoons vegetable oil
- 1 teaspoon oregano
- 1 teaspoon dried basil
- ¼ teaspoon salt

Instructions

1. Wash hands with soap and water.
2. Use a vegetable peeler to remove the peel from the eggplant.

3. Chop the eggplant into 1-inch cubes.
4. Chop the red peppers.
5. Peel and chop the onion.
6. Put all the ingredients in a large bowl. Stir together.
7. Spread the ingredients on a baking tray.
8. Bake at 400° F for 45 minutes. While vegetables are baking, stir it a few times.
9. When the eggplant is lightly browned and soft, take the vegetables out of the oven.
10. Let cool for at least 10 minutes.
11. Put the dip the blender. Blend until smooth.
12. Serve the dip cold or at room temperature.

Source: <https://www.myplate.gov/recipes/eggplant-and-pepper-dip>

*Rinse fresh fruits
and vegetables under
running water.*



Mediterranean Roasted Eggplant with Tomato Sauce

A wonderful recipe to enjoy in the summer when eggplant is in season. Top this side dish with freshly ground black pepper if desired.

Yield: 4 Serving

Time: 40 Minutes

Ingredients

- 2 eggplants (medium)
- 1 cup pizza sauce (low-sodium, or low-sodium spaghetti sauce)
- ½ cup yogurt (low-fat plain)
- 1 garlic clove (finely chopped)
- vegetable oil spray (as needed)

Instructions

1. Preheat the oven to 350° F.
2. Wash and remove the stem end, and slice the eggplants into ½-inch slices.
3. Spray a baking pan with vegetable oil spray and lay the eggplant in a single layer.
4. Spoon low-sodium pizza or spaghetti sauce on each slice.
5. Bake 30 minutes in the preheated oven.
6. Stir the yogurt and garlic together.
7. Drizzle the sauce in thin lines on each of the eggplant slices before serving.
8. Serve immediately as an entrée or side dish.



Source: <https://www.myplate.gov/recipes/mediterranean-roasted-eggplant-tomato-sauce>



Cantaloupe Melon Kabobs

Yield: 6 Servings

Time: 10 Minutes

Ingredients

- 1 cup fresh cantaloupe (1-inch cubes)
- 1 cup fresh honeydew melon (1-inch cubes)
- 1 cup fresh watermelon (1-inch cubes, no seeds)
- 1 cup low-fat or fat-free vanilla or fruit-flavored yogurt, for dipping or drizzling
- 12 wooden craft sticks

Instructions

1. Wash melons. Cut open and remove seeds. Cut flesh from rind. Cut into 1-inch cubes.
2. Press wooden stick through center of a piece of cantaloupe, leaving 1-inch for a handle.
3. Repeat alternating melons until stick is full.
4. Refrigerate or serve immediately. Offer yogurt as sauce for dipping kabobs.



Source: <https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/cantaloupe-melon-kabobs/>



Eggplant Pizza Snacks

Yield: 8 Servings

Time: 40 Minutes

Ingredients

- 2 medium eggplants (makes 16 slices)
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 cup traditional or tomato mushroom jarred pasta sauce
- 1 cup mozzarella cheese, shredded

Instructions

1. Preheat oven to 350° F.
2. Spray baking sheet with nonstick spray.
3. Gently rub eggplant under cold running water.
4. Slice eggplant into ½-inch thick circular slices. Place eggplant on a plate or cutting board and sprinkle with salt.

5. Let sit with salt on top for 20-25 minutes. Use a paper towel to remove any excess liquid and salt on the eggplant slices.
6. Spray both sides of prepared eggplant slices with nonstick cooking spray and sprinkle with pepper.
7. Place eggplant slices on baking sheet and bake for 5 minutes. Remove from oven and flip eggplant slices. Bake for an additional 3 to 5 minutes or until eggplant is tender.
8. Top each eggplant slice with 1 tablespoon pasta sauce. Sprinkle each slice with 1 tablespoon mozzarella cheese.
9. Bake an additional 3 to 4 minutes or until cheese is melted.

Source: <https://eat-move-save.extension.illinois.edu/eat/recipes/eggplant-pizza-snacks>



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

**Learn
more.
DO MORE.**



Extension
University of Missouri

Issued in furtherance of the Cooperative Extension Work Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Director, Cooperative Extension, University of Missouri, Columbia, MO 65211 • MU Extension provides equal opportunity to all participants in extension programs and activities and for all employees and applicants for employment on the basis of their demonstrated ability and competence without discrimination on the basis of race, color, national origin, ancestry, religion, sex, sexual orientation, gender identity, gender expression, age, genetic information, disability or protected veteran status. • 573-882-7216 • extension.missouri.edu