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Get the Most out of Your Fruits and Vegetables

To get the most out of fresh produce make sure to store and prepare them properly to help them last longer. Read more below for some helpful information.

At the store or farmer's market

- Choose produce without any bruises or damage.
- If buying packaged produce look over for mold.
- Think about how much your family will eat. Most fruits are best if eaten within 3 days of purchase. Some will continue to ripen more on the counter.



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For more information on stretching your food dollars, contact your local SDSU Extension office or the State office at 605-688-4440.

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Learn more at iGrow.org.

Recipes from: <http://www.whatscooking.fns.usda.gov>

Content from: <http://www.extension.org>; <http://doe.sd.gov/cans/sfsp.aspx>; <https://choosemyplate.gov/>

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Storing Fruits and Vegetables

- For the best taste and quality make sure to store fresh fruits and vegetables appropriately.
- Most fruits and vegetables should be stored in the refrigerator and eaten within 3 days
- Use the drawers at the bottom of the refrigerator to separate fruits and vegetables.
- Always refrigerate cut produce within 2 hours.

Store only at room temperature

Bananas, citrus, melons, pineapple,
tomatoes, pumpkins.



Store garlic, onions, and potatoes in a cool, dry place.



Ripen these on the counter first and then refrigerate

Avocados, kiwi, nectarines,
Peaches, pears, plums

Keep Produce Separate

- Keep fruits and vegetables away from raw meat, fish and poultry.
- At the store put them in separate areas of the cart and separate bags
- At home store separately in refrigerator
- Use different cutting boards and knives for meat and fresh produce

Before Eating...

- Always begin with clean hands
- Wash all produce before cutting or eating (even if you're going to peel it)
- Wash under cool, running water
- Use a vegetable brush to scrub produce with tough skins (melons, cucumbers, potatoes)
- Cut any bruised or damaged parts away before eating or preparing
- Dry produce with a clean cloth or paper towel
- Never wash produce with soap





Potato and Ham Skillet with Eggs

Yield: 6 servings

Ingredients:

- 2 potatoes (peeled and diced)
- 2 tablespoons vegetable oil
- 2 onions (small, chopped)
- 1 green pepper (chopped)
- 6 eggs (beaten)
- 1/4 teaspoon black pepper
- 6 ounces frozen ham (thawed and chopped, about 1 cup)
- 1 cup reduced fat cheddar cheese (shredded)

Instructions:

In a medium-size skillet, cook potatoes in oil over medium heat until just soft, about 5 to 10 minutes. Stir in onion, green peppers, and ham, and cook 5 minutes. Pour eggs and black pepper over potato mixture in pan, and sprinkle with cheese. Cook for 5 minutes, stirring occasionally, or until eggs are firm and cheese is melted.

Nutritional Information per serving:

Total Calories 290; Total Fat 15 g; Protein 19 g; Carbohydrates 19 g; Dietary Fiber 3 g; Saturated Fat 5 g; Sodium 540 mg



Grilled Vegetable Foil Packets

Yield: 5 servings

Ingredients:

- 2 zucchini, small (sliced)
- 2 yellow squash, small (sliced)
- 4 red potatoes, small (scrubbed well and sliced)
- 1/2 red onion (sliced)
- 1/2 bell pepper (red or green, seeded and sliced)
- 1/4 cup Italian salad dressing, light
- salt and pepper (optional, to taste)

**Don't have a grill?
This recipe can also
be made in the oven.**

Instructions:

Heat grill to medium heat or 350 degrees. If you don't have a grill bake Veggie Packets in the oven at 400 degrees for 20-30 minutes. Wash vegetables and slice. Toss in a large bowl. Add dressing and toss until all vegetables are coated. 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. Place on heated grill for 20-30 minutes or until the potatoes are tender.

Nutritional Information per serving:

Total Calories 160; Total Fat 3 g; Protein 5 g; Carbohydrates 30 g; Dietary Fiber 4 g; Saturated Fat 0 g; Sodium 130 mg

Try using green beans, mushrooms, broccoli, or whatever vegetables you have on hand.





Fresh or canned corn and green beans can be used in this recipe.



Beef and Vegetables

Yield: 6 servings

Ingredients:

4 cups water
2 cups uncooked rice
1 pound ground beef (or 1 can, about 24 ounces, canned beef)
2 cups steamed green beans (or 1 can, about 15 ounces, low-sodium green beans)
1 1/2 cups fresh cooked corn kernels (or 1 can, about 15 ounces, low-sodium corn)
1 can low-sodium tomato sauce
1/2 teaspoon garlic powder
1/2 teaspoon onion powder

Instructions:

In a large pot, add water to rice and bring to a boil. Cover and cook on low heat for 15 minutes (do not remove the lid) until water is gone. While the rice is cooking, put ground beef in a large pan and cook over medium heat on the stove for 8 to 10 minutes. Drain fat. Let rice stand for about 3 minutes. Arrange rice on a platter like a doughnut ring. Set aside. Add green beans, corn, tomato sauce, garlic powder, and onion powder to pan with meat. Cook until steaming hot. Pour into center of rice ring and serve.

Nutritional Information per serving:
Total Calories 154; Total Fat 2 g; Protein 5 g; Carbohydrates 31 g; Dietary Fiber 3 g; Saturated Fat 1 g; Sodium 233 mg

Banana Cocoa Pops

Yield: 4 servings

Ingredients:

3 banana (peeled and sliced)
1 apple (cored and sliced, with peel)
4 cups yogurt (nonfat vanilla)
1/16 teaspoon cinnamon (pinch)
1/8 cup walnuts (ground)

Instructions:

Mash banana with a fork. Mix banana and yogurt well. Stir in cocoa powder. Divide into 4 small paper cups (or 8 mini muffin cups) and place in popsicle sticks (or cut paper straws). Freeze. Enjoy as a frozen treat!

Nutritional Information per serving:
Total Calories 312; Total Fat 2 g; Protein 12 g; Carbohydrates 66 g; Dietary Fiber 3 g; Saturated Fat 1 g; Sodium 151 mg