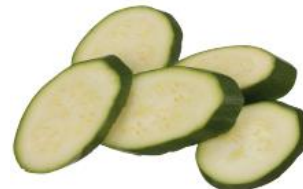




July Recipes



Very Berry Smoothie

Makes 2 servings

Ingredients

- 1 cup frozen strawberries
- 1 cup frozen raspberries
- 1 cup pineapple chunks
- 1 banana
- 1 cup skim milk (or almond milk)
- 1 1/2 cups ice

Directions

1. Peel and slice the banana.
2. Gather all ingredients and combine in a blender.
3. Cover and blend until smooth.
4. Serve right away or pour into ice cube trays and freeze. During the week, pop out the cubes for a quick on-the-go breakfast.

Notes

- Get an additional food group in your smoothie by adding 1 cup of spinach or kale.

Nutrition Facts: 252 Calories, 1g Total Fat, 0g Saturated Fat, 2mg Cholesterol, 56mg Sodium, 59g Carbohydrates, 37g Total Sugars (0g added sugars), 7g Protein.

Source: www.myplate.gov

Squash Salsa

Makes 12 servings

Ingredients

- 1 can (15 ounces) low-sodium black beans, rinsed
- 6 medium tomatoes, seeded and diced
- 1/2 medium green pepper, seeded and diced
- 1 medium red onion, minced
- 1 medium summer squash, peeled, seeds removed, and diced
- 2 tablespoons red wine vinegar
- 1 teaspoon Adobo seasoning (combination of garlic, coriander, salt, and cumin)
- lemon or lime juice (2 tablespoons, optional)
- 4 tablespoons part-skim mozzarella cheese, grated
- fresh cilantro or dried parsley (optional)

Directions

1. Combine all ingredients except cheese in a large bowl. Let sit for 30 minutes.
2. Spoon over tortilla chips, cooked rice, or noodles.
3. Top with grated, part-skim mozzarella cheese and cilantro (optional). Serve hot or cold!

Notes

- Out of season idea - Use 1 can tomatoes in place of fresh tomatoes.
- Quick salsa - Combine black beans, chopped summer squash, and a jar or your favorite salsa.
- Hot Salsa - Add chopped, fresh hot peppers or canned jalapeño peppers. Remember to wash your hands well after handling hot peppers.
- Nutrient analysis for recipe does not include cooked rice, tortilla chips, or noodles.

Nutrition Facts (1/2 cup, 1/12 of recipe): 58 Calories, 1g Total Fat, 0g Saturated Fat, 1mg Cholesterol, 157mg Sodium, 10g Carbohydrates, 3g Total Sugars (0g added sugars), 4g Protein.

Source: www.myplate.gov

PA Harvest of the Month

The PA Harvest of the Month program features beets in July. For recipes, visit PAHarvestoftheMonth.org.



Market Basket of the Month is a WellSpan Community Health and Engagement initiative.

