



Market Basket of the Month

Featured Produce: Berries & Summer Squash

Blueberry Waldorf Salad

Serves 4

Ingredients:

- 1 cup fresh or frozen blueberries, thawed, divided
- ¼ cup vegetable oil
- 2 tablespoons orange marmalade
- 2 teaspoons lemon juice
- 1 teaspoon Dijon mustard
- ¼ teaspoon salt
- 1 large Granny Smith apple
- 4 cups (about 4 ounces) baby spinach
- 2 stalks celery, cut into 1 ½ inch matchsticks
- 1/3 cup pecan halves toasted

In a blender container, combine half the blueberries, the oil, marmalade, lemon juice mustard and salt; blend until a smooth, thick dressing forms. Core and slice the apple. Arrange spinach, apple slices, celery and pecans on cold salad plates; top with remaining blueberries if using fresh. Blend dressing again until smooth and drizzle each serving with dressing.

If using frozen berries, fold into dressing and spoon over salads.

Source: www.fruitsandveggiesmorematters

Watermelon with Fresh Raspberry Sauce

Serves: 4

Ingredients:

- 1/3 cup raspberry vinegar
- 2 Tbs. sugar
- 1 cup (1/2 pint) raspberries
- 4 watermelon wedges with their rind, chilled
- Mint springs, for garnish

In a small saucepan, combine the vinegar and sugar and bring to a boil over medium heat, stirring until the sugar dissolves. Place the watermelon wedges on plates and spoon the raspberry mixture over. Garnish with mint sprigs and serve.

Source: www.fruitsandveggiesmorematters.org

Berry Good Milkshakes

Serves 4

Ingredients:

2 cups frozen berries (strawberries, raspberries, blackberries, etc.)

$\frac{3}{4}$ cup vanilla ice cream or frozen yogurt, low fat

$\frac{1}{2}$ cup (4 oz.) skim milk

Put all ingredients in a blender and mix until smooth and thick. Serve and enjoy!

Source: www.fruitandveggiesmorematters.org

Watermelon-Blueberry Banana Split

Serves: 4

Ingredients:

2 large ripe bananas

8 scoops watermelon, seedless

1 pint blueberries

$\frac{1}{2}$ cup low fat vanilla yogurt

$\frac{1}{4}$ cup crunchy cereal nuggets

Cut the bananas crosswise in half; cut each piece lengthwise in half. For each serving, place 2 pieces of banana against the sides of a long shallow dessert dish. Place a scoop of watermelon at each end of the dish. Fill the center with blueberries. Stir the yogurt until smooth; spoon over the fruit. Sprinkle with the cereal nuggets.

Source; www.fruitsandveggiesmorematters.org

The Squash and Basil Salad

3-4 medium summer squash (julieneed)

2-3 tablespoons fresh basil (chopped)

1 large fresh tomato (chopped)

2 cloves garlic (minced)

1 (18oz) can white cannellini or navy beans, rinsed and drained

Toss together

$\frac{1}{4}$ cup red wine vinegar

$\frac{1}{4}$ cup olive oil

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon pepper

$\frac{1}{4}$ teaspoon sugar

Toss together salad ingredients

Combine and pour over the salad. Mix, chill 1 hour, and serve. Can be served with lettuce and chopped green onions.

Nutrition Information:

Calories Per $\frac{1}{2}$ cup serving: 76 Calories; 3g Fat; 0g Sat Fat; 2.5g Protein; 10g Carbohydrates; 2g Dietary Fiber; 0mg Cholesterol; 5mg Sodium

Zucchini Bread

Serving Size: 1 slice

Yield: 16 servings

Ingredients:

3 eggs
1 cup sugar
¼ cup vegetable-oil
2 cups grated zucchini
1 teaspoon vanilla
1 ½ cups all purpose flour
1 ½ cups whole wheat flour
1 teaspoon salt
2 teaspoons baking soda
2 teaspoons cinnamon
½ teaspoon baking powder
½ cup raisins
Lightly grease and flour a 9 x 5 loaf pan.

In a large mixing bowl, beat eggs lightly. Add sugar, oil, zucchini, and vanilla and beat. In a separate bowl, measure dry ingredients and stir to combine. Add nuts and raisins, if desired. Add dry ingredients to the egg mixture. Stir just until all ingredients are moistened. Spoon batter into loaf pan. Bake at 325 degrees for 50 minutes. Test for doneness by inserting a toothpick in the center. It should come out dry.

Allow loaf to cool 5 to 10 minutes before turning out onto a cooling rack. Serve warm or allow to cool before slicing.

Nutrition Information:

Per Serving: 190 calories; 5g Fat; 4g Protein; 35 g Carbohydrates; Dietary Fiber: 2g.

Source: <http://recipefinder.nal.usda.gov>

Veggie Stuffed Pita

Serving Size: 1/12 of recipe

Yield: 12 servings

Ingredients:

2 ½ cups chopped (2 medium) summer squash
1 ¼ cups grated (2 medium) carrots
2 cups chopped broccoli florets
12 ounces cheddar cheese, low fat
½ teaspoon oregano
¼ teaspoon black pepper
¼ teaspoon garlic powder
¼ teaspoon onion powder
2 Tablespoons vegetable-oil
12 – 6 inch mini-pitas

Combine vegetables in a bowl. Grate the cheese and put into a separate bowl. Measure oregano, pepper, garlic powder, onion powder and mix together. Heat oil in a skillet. Put the spices in the heated oil and then add the mixture of vegetables to the pan. Stir vegetables with a wooden spoon and sauté about 5 minutes. When the vegetables are slightly tender, remove from heat. Spoon vegetable mixture into the pita. Top the hot vegetables with 1 ounce grated cheese.

Nutrition Information:

Per serving; 250 calories; 5g fat; 13g protein; 37g carbohydrates.

Source: <http://recipefinder.nal.usda.gov>

Summer Squash, Italian Style

Serving Size: ½ cup

Yield: 4 servings

Ingredients

2 Tablespoons vegetable oil
1 large summer squash, thinly sliced
1 Tablespoon water
Salt and pepper, to taste
1 teaspoon sweet basil, fresh
6 Tablespoons Parmesan cheese or Romano cheese, grated

Using a large, ovenproof frying pan, heat 1 Tablespoon of oil to medium high. Arrange squash in pan, add water and season lightly with salt, pepper and basil. Cover and cook over medium heat for 5 minutes, or until tender crisp. Sprinkle with cheese and drizzle with remaining oil. Place under a preheated broiler and broil until cheese melts and browns slightly.

Tip: Add cut up fresh tomatoes, green peppers, green beans, eggplant, onions, or other vegetables in season.

Nutrition Information (per ½ c):

110 calories; 2g fat; 4g protein; 4g carbohydrates.

Source: <http://recipefinder.nal.usda.gov>