FARMERS’ MARKET COOKBOOK

TAKE ADVANTAGE OF SUMMER’S BOUNTY
FROM PICKING YOUR PRODUCE TO PUTTING IT ON YOUR PLATE

Inside this Edition:
22 New Recipes
Fun with Food! Kids' Activities
What’s in Season? Guide to Picking Produce
Keeping your Fruits & Veggies Fresh!

2020
## WHAT’S IN SEASON?

### What’s on your plate?

<table>
<thead>
<tr>
<th>MAY</th>
<th>JUNE</th>
<th>JULY</th>
<th>AUGUST</th>
<th>SEPTEMBER</th>
<th>OCTOBER</th>
<th>NOVEMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
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<td>Blueberries</td>
<td>Broccoli</td>
<td>Cabbage</td>
<td>Cauliflower</td>
<td>Cherries</td>
<td>Corn</td>
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<td>Cucumbers</td>
<td>Greaves</td>
<td>Onions</td>
<td>Mushrooms</td>
<td>Radishes</td>
<td>Strawberries</td>
<td>Tomatoes</td>
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<td>Beets</td>
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<td>Eggplant</td>
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<td>Lettuces</td>
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<td>Okra</td>
<td>Onions</td>
<td>Peaches</td>
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<td>Raspberries</td>
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<td>Mushrooms</td>
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<td>Radishes</td>
<td>Sweet Potatoes</td>
<td>Tomatoes</td>
<td>Turnips</td>
<td>Winter Squash</td>
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### What’s on your plate?

- **Focus on whole fruits**: Include fruit at breakfast! Top whole-grain cereal with your favorite fruit, add berries to pancakes, or mix dried fruit into hot oatmeal.
- **Vary your veggies**: Cook a variety of colorful veggies. Make extra vegetables and save some for later. Use them for a stew, soup, or a pasta dish.
- **Make half your grains whole grains**: Add brown rice to your stir-fry dishes. Combine your favorite veggies and protein foods for a nutritious meal.
- **Move to low-fat or fat-free milk or yogurt**: Enjoy a low-fat yogurt parfait for breakfast. Top with fruit and nuts to get in two more food groups.
- **Vary your protein routine**: Next taco night, try adding a new protein, like shrimp, beans, chicken, or beef.
- **Drink and eat less sodium, saturated fat, and added sugars**: Cook at home and read the ingredients to compare foods.

Based on the Dietary Guidelines for Americans. Go to ChooseMyPlate.gov for more information.
**BROCCOLI AND RICE CASSEROLE**

**TIME TO MAKE: 30 MIN**
**SERVINGS: 8**

**INGREDIENTS:**
- 1 tablespoon unsalted butter or olive oil
- 8 ounces fresh cremini mushrooms, stemmed and chopped
- 1 cup chopped yellow onion
- 4 cloves garlic, minced
- 1 tablespoon finely chopped fresh thyme
- 3 1/2 cups cooked brown rice
- 1 cup unsalted chicken broth
- 1/2 cup plain yogurt
- 2 tablespoons mayonnaise
- 1 teaspoon Dijon or brown mustard
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper
- 3 tablespoons cornstarch
- 3 cups broccoli florets
- 1 cup shredded extra sharp Cheddar cheese

**DIRECTIONS:**

1. Preheat broiler and position a rack 6 to 8 inches from the heat source. Melt butter or oil in a large ovenproof pan over medium-high heat. Add mushrooms and onion; cook, stirring often, until browned and tender, about 7 minutes. Add garlic and thyme; cook, stirring constantly, about 1 minute. Add rice, stirring to coat and break up clumps.

2. In a medium bowl whisk together the yogurt, mayonnaise, mustard, salt and pepper. Stir in cornstarch. Add the mixture to the pan and stir to combine. Stir in broccoli; let the mixture come to a boil.

3. Cover, reduce heat to medium and cook until the broccoli is bright green and tender, about 7 minutes. Remove from heat; sprinkle with cheese.

4. Transfer the pan to the oven; broil until the cheese melts, about 2 minutes. Serve hot.

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**CUCUMBER SALAD**

**TIME TO MAKE: 15 MIN**
**SERVINGS: 8**

**INGREDIENTS:**
- 2 English cucumbers or 4 medium cucumbers
- 1/2 cup low-fat sour cream, plain yogurt, or Greek yogurt*
- 1 tablespoon white vinegar
- 1 teaspoon sugar
- 1 tablespoon chopped fresh dill or 1 teaspoon dried dill
- Salt and black pepper to taste

**DIRECTIONS:**

1. Peel the cucumbers if desired and thinly slice them with a knife or a mandolin slicer. Put them in a large salad bowl.

2. In a medium bowl whisk together the yogurt, vinegar, sugar, and dill. Add salt and pepper to taste.

3. Pour dressing over cucumber slices and toss until combined. Cover and let chill in the fridge for at least 4 hours or overnight.

4. Serve with a slotted spoon.

* Thicker yogurt works better in this recipe. To make Greek yogurt from regular yogurt: Place yogurt in a small strainer lined with a coffee filter, cheesecloth, or sturdy paper towel. Place the strainer on a bowl with enough space to hold the dripping liquid under it. Cover with plastic wrap and leave it in the refrigerator for 3-4 hours or until thickened like Greek yogurt.

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**CHECK OUT PAGE 32 FOR INFORMATION ON PICKING CUCUMBERS!**
Maryland is one of the wealthiest states in the nation, but not all Marylanders share in the prosperity. Nearly 10 percent of Marylanders are food insecure. Maryland Hunger Solutions works to end hunger and poverty in the state by expanding participation in the federal nutrition programs, including the Supplemental Nutrition Assistance Program (SNAP), WIC, school meals, and afterschool and summer meals.

Over the last decade, Maryland Hunger Solutions, with our local, state, and national partners, has promoted and advocated for long-term solutions to eliminate hunger for all Maryland residents. Our history of advocacy success—bolstered by trusted research and analysis, and a committed network of stakeholders—helps reduce hunger and improve health in communities across the state.

If you or someone you know is experiencing food insecurity, contact Maryland Hunger Solutions at our toll-free number (866) 821-5552.

Help up end hunger in Maryland!

info@mdhungersolutions.org | 410.528.0021

**SUMMER MELON COOLER**

**TIME TO MAKE:** 10 MIN

**SERVINGS:** 3

**INGREDIENTS:**
- 2 cups cantaloupe, cubed
- 1 cup low-fat plain yogurt
- 1 cup orange juice

**DIRECTIONS:**
1. Blend all ingredients until smooth.
2. Refrigerate leftovers within 2 hours.

*Options: Try honeydew melon instead of cantaloupe*

*Boost the citrus flavor by adding 2 teaspoons of lemon or lime juice*

**QUICK BLUEBERRY COBBLER**

**TIME TO MAKE:** 10 MIN

**SERVINGS:** 1

**INGREDIENTS:**
- 4 teaspoons quick cooking oats (not instant)
- 1 ½ teaspoons whole wheat flour
- 1 teaspoon packed brown sugar, optional
- ½ teaspoon ground flaxseeds, optional
- ¼ teaspoon ground cinnamon
- Pinch salt
- 1 ½ teaspoons cold, unsalted butter
- 2/3 cup fresh blueberries
- ½ teaspoon cornstarch
- vanilla yogurt, cinnamon (optional)

**DIRECTIONS:**
1. In a small microwave safe bowl, combine the oats, flour, 1 teaspoon of the brown sugar, flaxseeds (if using), ¼ teaspoon cinnamon, and the salt. Add butter. Using your fingers, knead together until thoroughly combined. Set aside.
2. In an 8-10-ounce microwave-safe mug or small casserole dish, combine the blueberries, remaining ½ teaspoon brown sugar, and corn starch. Using a fork, mash the berry mixture.
3. Place the oat mixture and berry mixture side by side in the microwave. Cook on 50% (medium) power for 1 ½ minutes. Remove berry mixture from microwave. Cook oat mixture an additional 10 to 15 seconds on 100% (high) power. Let cool 1 minute. Stir oat mixture.
4. Pour oat mixture over berry mixture.
5. If desired, top with vanilla yogurt and sprinkle with cinnamon.
ROASTED DELICATA SQUASH

TIME TO MAKE: 35 MIN
SERVINGS: 4

INGREDIENTS:
- 2 seeded delicata squash, cut into half-moon shape
- 2 thinly sliced red onions (optional)
- 2 tablespoons extra-virgin olive oil
- ¼ cup pumpkin seeds or chopped nuts
- Salt and pepper to taste

DIRECTIONS:
1. Preheat the oven to 450 degrees F. Toss the squash and red onion, if using, with the oil. Add salt and pepper to taste.
2. Roast on a rimmed sheet pan for 30 minutes.
3. Top with pumpkin seeds or chopped nuts.

ROSY ROASTED RADISHES

TIME TO MAKE: 30 MIN
SERVINGS: 4

INGREDIENTS:
- 1 pound radishes, leaves and ends removed (about two bunches)
- 1 tablespoon olive oil
- 1/8 teaspoon salt or ¼ teaspoon kosher salt
- 1 tablespoon red wine vinegar or balsamic vinegar (depending on how sweet you want the radishes to be)
- 1 tablespoon minced fresh parsley or 1 teaspoon dried parsley
- Pepper to taste

DIRECTIONS:
1. Preheat oven to 425 degrees F.
2. Cut radishes in half and toss in a bowl with olive oil, salt and pepper, if using. Place radishes, cut-side-down, on a lightly greased baking sheet.
3. Roast for 10 minutes, stir, place cut side up, then roast for an additional 10 minutes.
4. In a large bowl, stir together roasted radishes, vinegar and parsley. Serve warm or at room temperature.

Health Coverage is Always in Season.

So head over to MarylandHealthConnection.gov to learn more or call 1-855-642-8572 to see if you qualify for free or low-cost coverage.
MEDITERRANEAN LENTIL SOUP

TIME TO MAKE: 30 MIN
SERVINGS: 4

INGREDIENTS:
1 tablespoon olive oil
2 celery stalks, chopped
2 carrots, peeled and chopped
1 onion, chopped
2 garlic cloves, minced
2 teaspoons dried oregano or 1-2 tablespoons chopped fresh oregano

½ teaspoon salt, or to taste
½ teaspoon pepper, or to taste
8 cups water
1 cup dry lentils
2 tablespoons fresh lemon juice (about 1 lemon)
4 whole-grain pitas, bread or tortillas; cut into 4 triangles and toasted (optional)

DIRECTIONS:
1. Heat oil in a large pot over medium heat. Add celery, carrot, onion, garlic, oregano, salt, and pepper. Cook 5 minutes.
2. Add 8 cups water and lentils. Simmer, partially covered, for 15 minutes, until lentils are soft.
3. With a hand blender or potato masher, puree soup until semi-smooth and thick.
4. Drizzle with lemon juice; serve with toasted pita or bread slices.

SWEET POTATO AND PEANUT SOUP

TIME TO MAKE: 30 MIN
SERVINGS: 5

INGREDIENTS:
1 (4 ounce) can diced green chilis, drained
2 teaspoons minced or grated fresh ginger, or 1/8 - 1/4 teaspoon ground ginger
1 teaspoon ground allspice
1 (15 ounce) can low-sodium vegetable broth
½ cup smooth peanut butter
Freshly ground pepper to taste
Chopped fresh cilantro leaves for garnish

DIRECTIONS:
1. Prick sweet potatoes in several places with a fork. Microwave on high until just cooked through, about 7 to 10 minutes. Set aside to cool.
2. Meanwhile, heat oil in a large saucepan or Dutch oven over medium-high heat. Add onion and cook, stirring, until it just begins to brown, 2 to 4 minutes. Add garlic and cook, stirring, for 1 minute more. Stir in juice, green chilis, ginger and allspice. Lower the heat so the mixture boils gently. Cook for 10 minutes.
3. Meanwhile, peel the sweet potatoes and chop into bite-size pieces. Add half to the pot. Place the other half in a food processor or blender along with broth and peanut butter. Puree until completely smooth. Add the puree to the pot and stir well to combine. Thin the soup with water, if desired. Season with pepper. Heat until hot. Garnish with cilantro, if desired.

To make ahead: Cover and refrigerate for up to 3 days. Thin with water before reheating, if desired.
Sign up for Text4HealthyTots!

**Text4HealthyTots** helps parents of children ages 3-5 try fruits and vegetables and be active together.

Sign up and get 1-2 messages a week with tips on how to:

- Cook with your child
- Feed a picky eater
- Practice letters, colors, and numbers using food and physical activity

**Text Cook to 30644 to sign up!**

**Recurring messages. Text STOP to quit; HELP for info. Message and data rates may apply.**

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**FREE SUMMER MEALS**

For youth 18 and under

To find the closest summer meals site:
Call 211 • Text ‘FOOD’ to 877-877 • MDsummerMeals.org

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This institution is an equal opportunity provider.

This material was funded by USDA’s Supplemental Nutrition Assistance Program - SNAP in cooperation with Maryland’s Department of Human Services and University of Maryland Extension. The University of Maryland Extension will not discriminate against any person because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry or national origin, marital status, genetic information, political affiliation, and gender identity or expression.
**VEGGIE SALMON OR TUNA SALAD**

**TIME TO MAKE: 10 MIN**  
**SERVINGS: 4 - 6**

**INGREDIENTS:**  
- 2 (7.5 ounce) cans salmon or 3 (5 ounce) cans tuna  
- 1/3 cup finely diced carrots or celery  
- ¼ cup finely chopped purple cabbage  
- 2 tablespoons mayonnaise  
- 2 tablespoons plain yogurt  
- 1 tablespoon Dijon or brown mustard  
- 1 tablespoon capers or olives (optional)  
- Juice from half a lemon or lime  
- ¼ teaspoons ground black pepper  
- 1 large tomato, sliced  
- Lettuce or other leafy greens  
- Optional: fresh or dried herbs such as dill, sliced avocado  

**DIRECTIONS:**  
1. Mix all ingredients (except lettuce, tomato and avocado) in a small bowl until combined.  
2. Serve on whole wheat bread with lettuce and tomato slices, and sliced avocado, if using.

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**VEGETABLE & ARUGULA SALAD WITH YOGURT VINAIGRETTE**

**TIME TO MAKE: 15 MIN**  
**SERVINGS: 4**

**INGREDIENTS:**  
- 1 bulb fennel  
- 2 carrots  
- 1 small rutabaga  
- 1 shallot  
- 1 tart apple, cored  
- 3 cups baby arugula  
- 1 avocado, thinly sliced (optional)  
- Fresh basil, mint, and/or dill leaves, torn into small pieces  
- Coarse salt or regular salt, to taste  
- Ground black pepper  

**For Vinaigrette:**  
- ¼ cup extra-virgin olive oil  
- 1 lemon, juiced and zest removed with a fine grater  
- ½ garlic cloves (or ½ tsp minced garlic)  
- 2 tablespoons white wine vinegar or apple cider vinegar  
- ½ cup plain yogurt  
- ½ teaspoon Dijon or Brown mustard  
- Salt and ground black pepper to taste  

**DIRECTIONS:**  
To make the vinaigrette: Add ingredients to a jar. Seal and shake until very well combined. Season with more salt and pepper to taste, if desired.  
To make the salad: Using a mandolin or sharp knife, slice the fennel, carrots, rutabaga, shallot, and apple very thinly. Add them to a large bowl with arugula, avocado (if using), and herbs. Season with salt and pepper; drizzle with the vinaigrette and toss to coat.  
Divide salad among plates and sprinkle lemon zest on top.
SUPER FRUITY CROSSWORD

1. PEAR
2. LEMON
3. CHEESE
4. PINEAPPLE
5. WATERMELON

COLOR THE FRUITS AND VEGGIES!
KIDS IN THE KITCHEN!

There are a number of ways kids can help in the kitchen! Read below to find age-appropriate activities that can help your child become familiar with new foods and feel good about mastering new skills for independence. Encourage your child to help at whatever level they feel comfortable!

SHOW ME HOW!

• Wipe tables
• Hand items to adult to put away (such as after grocery shopping)
• Place things in trash
• Tear lettuce and greens
• Help “read” a cookbook by turning the pages
• Make “faces” out of fruits and vegetables
• Rinse fruits and vegetables
• Snap green beans

I CAN DO IT!

• Add ingredients
• Talk about cooking
• Scoop or mash potatoes
• Squeeze citrus fruits
• Stir pancake batter
• Knead and shape dough
• Name and count foods
• Help assemble a pizza

WATCH ME COOK!

• Peel boiled eggs and some fruits, such as oranges and bananas
• Set the table
• Crack eggs
• Help measure dry ingredients
• Help make sandwiches and tossed salads
• Cut soft fruit with a dull knife
• Use an egg beater or whisk

SWEET & SPICY ROASTED CARROTS

TIME TO MAKE: 30 MIN
SERVINGS: 4

INGREDIENTS:
1 pound bag of whole carrots, peeled
1 tablespoon olive oil
½ teaspoon turmeric
½ teaspoon cinnamon
Pinch of cayenne pepper, optional
2 tablespoons brown sugar, packed
Optional: sea salt

DIRECTIONS:
1. Preheat oven to 425 degrees F. Line a large baking sheet with parchment paper, or rub with extra oil.
2. Slice carrots in ½-inch pieces, on a diagonal angle and add to a medium bowl.
3. Mix oil, spices and brown sugar in a small dish, then pour over the bowl of carrots. Toss well to coat. Transfer to baking sheet.
4. Cook 18-20 minutes, or until carrots are just tender and slightly browned.
5. Top with a pinch of sea salt, if desired.
**PUMPKIN ENERGY BITES**

**TIME TO MAKE:** 15 MIN  
**MAKES 30 - 35 BITES**  
**(SERVING SIZE 2 BITES)**

**INGREDIENTS:**
- 2 teaspoons pumpkin pie spice (or cinnamon)  
- ¼ teaspoon salt  
- 1 teaspoon vanilla (optional)  
- 3 cups quick oats  
- ½ cup raisins (or dried cranberries), optional  
- 1 cup shredded coconut, unsweetened, optional

Optional: For added texture, roll energy bites in coconut using these instructions:

1. In a small bowl, add 1 cup shredded coconut.  
2. Drop each ball into the bowl of shredded coconut and roll the ball around until it is lightly covered.

**DIRECTIONS:**

1. In a large bowl, add pumpkin, peanut butter, honey, salt, pumpkin pie spice, and vanilla. Stir well until smooth.

2. Add oats and raisins. Stir until combined.

**Note:** Raisins may be left out if you have young children as dried fruit is a choking hazard.

3. Wash your hands. Use a tablespoon to scoop mixture into your hand, one tablespoon at a time.

4. Shape into a one-inch ball and place on a baking sheet.

Storage: Store the energy bites in the refrigerator, in a plastic container or plastic bag for up to one week.

Energy bites can also be stored in the freezer for up to two months.

Optional: For added texture, roll energy bites in coconut using these instructions:

1. In a small bowl, add 1 cup shredded coconut.
2. Drop each ball into the bowl of shredded coconut and roll the ball around until it is lightly covered.

**Recipe credit: FSNe**
SNAP + WIC + Farmers Markets = More Nutritious Foods!

Formerly known as Food Stamps, the Supplemental Nutrition Assistance Program (SNAP) provides much-needed benefits to many of the nearly 1.3 million people who face hunger in Maryland (including 650,200 that live below the FPL).

Did you know you can use both your SNAP and eWIC benefits at certain farmers markets in Maryland? Some even offer matching money on eligible foods! Find out more: marylandfma.org/markets

Need help applying for SNAP benefits? MFB’s SNAP Outreach team is ready and available to help enroll potentially eligible Marylanders!

Contact us today: 1-888-808-7327 snapteam@mdfoodbank.org

“Without SNAP benefits, I don’t think I would have been able to keep my own place or have enough food so my daughter Jadyn and I could both eat.”
– Stephanie

CHICKEN VEGETABLE TORTILLA SOUP

TIME TO MAKE: 35 MIN
SERVINGS: 4

INGREDIENTS:
- 4 soft corn tortillas, cut into 1-by-2 inch strips
- 1 tablespoon extra-virgin olive oil
- 1 pound boneless, skinless chicken breast, diced and fat removed
- 2 cups chopped fresh bell peppers and 1 cup chopped onion or 3 cups frozen bell pepper and onion mix (about 10 ounces)
- 1 tablespoon ground cumin
- 2 (14 ounce) cans reduced-sodium chicken broth
- 1 (15 ounce) can diced tomatoes, preferably with green chilies
- ¼ teaspoon freshly ground pepper
- 2 tablespoons lime juice
- ½ cup chopped fresh cilantro
- ¾ shredded reduced-fat Cheddar or Monterey Jack cheese

DIRECTIONS:
1. Preheat oven to 350 degrees F. Spread tortillas in a single layer on a baking sheet. Bake until lightly browned and crisp, 10 to 12 minutes.

2. Heat oil in a Dutch oven over medium-high heat. Add chicken and cook, stirring occasionally, until lightly browned, 3 to 4 minutes. Transfer to a plate using a slotted spoon. Add peppers, onions, and cumin to the pot. Cook, stirring occasionally, until the onions are lightly browned, about 4 minutes.

3. Add broth, tomatoes, pepper, and lime juice; bring to a simmer and cook, stirring, until the vegetables are tender, about 3 minutes more. Return the chicken and any juice to the pot and cook, stirring, until heated through, about 1 minute.

4. Remove from the heat; stir in cilantro. Serve topped with the toasted tortilla strips and cheese.

Make ahead tip: Cover and refrigerate, without the tortilla strips, for up to two days. Top with toasted tortilla strips just before serving.
ZUCCHINI AND TOMATO FRITTATA

TIME TO MAKE: 40 MIN
SERVINGS: 4
INGREDIENTS:
2 teaspoons olive oil
1 medium onion, diced
1 ½ cups (7 ounces) zucchini, diced into matchstick size pieces
6 large eggs
¼ cup of shredded sharp cheese
2 medium fresh tomatoes, thinly sliced
Salt and black pepper to taste

DIRECTIONS:
1. Preheat oven to 400 degrees F.
2. Heat oil in a 10-inch skillet over medium-low heat. Stir in onion, cook until lightly browned, about 8 minutes. Add zucchini, increase heat to medium high and season with salt and pepper. Cook 2 to 3 minutes or until less moist.
3. In a medium bowl, whisk eggs, cheese, salt and pepper.
4. Pour eggs into an oven-proof frying pan or cast-iron skillet, covering the vegetables. Arrange tomato slices on top and season with salt and pepper. When eggs begin to set (about 2 minutes) move pan to the oven. Cook about 17 minutes or until it is cooked through.
5. Serve warm, cut into 4 pieces.

GREEK CHOPPED SALAD WITH CHICKEN

TIME TO MAKE: 25 MIN
SERVINGS: 4
INGREDIENTS:
½ cup red wine vinegar
2 tablespoons extra virgin olive oil
1 tablespoon chopped fresh dill or oregano, or 1 teaspoon dried garlic powder or 1 Tablespoon fresh minced garlic
¼ teaspoon salt
¼ teaspoon freshly ground pepper
6 cups chopped romaine lettuce or other lettuce
2 ½ cups chopped cooked chicken (about 12 ounces)
2 medium tomatoes, chopped
1 medium cucumber, peeled, seeded and chopped
¼ cup finely chopped red onion
¼ cup sliced ripe black olives
½ cup crumbled feta cheese

DIRECTIONS:
1. Whisk vinegar, oil, dill (or oregano), garlic or garlic powder, salt, and pepper in a large bowl. Add lettuce, chicken, tomatoes, cucumber, onion, olives and feta; toss to coat.
2. Tip: If you don’t have cooked chicken, you can poach or roast 1 pound of boneless, skinless chicken breasts for this recipe. To poach, place chicken breasts in a medium skillet or saucepan. Add lightly salted water (or chicken broth) to cover and bring to a boil. Cover, reduce heat to low and simmer gently until the chicken is cooked through and no longer pink in the middle, 10 to 15 minutes.
SNAP PEA AND BERRY SALAD

TIME TO MAKE: 50 MIN
SERVINGS: 6

INGREDIENTS:
½ pound sugar snap peas, trimmed
1 cup fresh raspberries
2 tablespoons raspberry vinegar, red wine vinegar, or balsamic vinegar
2 tablespoons olive oil
¼ teaspoon sugar
Salt and pepper to taste
1 cup fresh blueberries
2 cups mixed salad greens

DIRECTIONS:
1. Boil water in a pot large enough to hold the snap peas. Place snap peas in pot and cook 1 to 2 minutes. Drain, rinse under cold water, and set aside.
2. Place about 1 ½ tablespoons of raspberries in a small strainer over a bowl, and crush with a spoon. Discard pulp. Mix vinegar, olive oil, sugar, salt, and pepper with the strained raspberry juice.
3. In a large bowl, gently toss the dressing with the snap peas, remaining raspberries, and blueberries. Cover, and chill at least 30 minutes in the refrigerator. Toss with greens just before serving.

For more information, please visit the PRAMS website at: www.marylandprams.org
SPINACH AND TOMATO MAC & CHEESE

TIME TO MAKE: 45 MIN
SERVINGS: 4

INGREDIENTS:
8 ounces whole wheat elbow, or any shape, macaroni (about 1 ¾ cups)
1 tablespoon olive oil
1 cup finely chopped onion
4 cloves garlic, minced
½ teaspoon salt, divided
10 ounces baby spinach (about 6 cups)
1 cup grape tomatoes, halved
1 tablespoon butter
1 tablespoon all-purpose flour
½ teaspoon ground pepper
1/3 cup 1% milk
1/3 cup low-sodium vegetable or chicken broth
1 cup reduced-fat Cheddar cheese, shredded and divided

DIRECTIONS:
1. Preheat oven to 350 degrees F.
2. Cook macaroni according to package directions, but without salt. Drain and set aside.
3. Meanwhile, heat oil in a large skillet over medium-high heat. Add onion, garlic and ¼ teaspoon salt; cook, stirring often, until the onion is tender, 3 to 4 minutes. Gradually add spinach, stirring until wilted and adding 1 tablespoon water at a time, if needed. Transfer the mixture to a large bowl.
4. Add tomatoes and cook over medium-high heat until they begin to soften, about 1 minute. Transfer to the bowl with the spinach mixture.
5. Reduce heat to medium and add butter to the pan. When the butter has melted, whisk in flour, pepper and the remaining ¼ teaspoon salt. Cook, whisking constantly, for 2 minutes. Gradually whisk in milk and broth. Cook, whisking, until thickened and bubbly, 1 to 2 minutes. Gradually whisk in ¾ cup cheese until melted.
6. Add the macaroni and sauce to the bowl with the spinach mixture; mix well. Transfer to an 11x17-inch baking dish and sprinkle with the remaining ¼ cup cheese.
7. Bake until the cheese is melted, about 10 to 15 minutes.
What to Look for When Buying Carrots:
If the tops are on, look for crisp leaves with no moldy or mushy parts to them, cracks or nicks on the carrots.

Nutrition Facts:
Carrots are high in Beta Carotene, a form of Vitamin A, which helps with healthy vision. Carrots are also high in fiber and Vitamin C.

What to Look for When Buying Summer Squash:
Choose firm squash that are heavy for their size and a good color according to the variety.

Nutrition Facts:
Summer squash are high in fiber, manganese, Vitamin C, magnesium and Vitamin A. They are good for healthy digestion and blood sugar levels.

What to Look for When Buying Cucumbers:
Pick cucumbers that are firm and green. Some can be long and thin, and others are short and round. Avoid cucumbers that are soft or have nicks or cracks.

Nutrition Facts:
Cucumbers are high in Vitamin A, Vitamin C, calcium and potassium. They are low in calories and great for digestion.

What to Look for When Buying Radishes:
Buy radishes that are firm with crisp leaves. Avoid ones that are soft.

Nutrition Facts:
Radishes contain Vitamin B6, riboflavin, Vitamin C and Vitamin K. They are also a good source of folate, calcium, potassium and fiber, which are all important for good health.
How to Use Your FMNP & eWIC Benefits at a Maryland Market Money Market & Get FREE Matching Dollars

1. Grab your FMNP checks or eWIC card & head to a Maryland Market Money Market *

2. Use FMNP checks or eWIC card to buy produce & get a receipt from the vendor

3. Take receipt to “Market Info” tent, show it to staff & ask for your Maryland Market Money match

4. Exchange receipt for FREE Maryland Market Money tokens to spend at market!

741 Generals Highway Millersville, MD 21108
Questions? info@marylandfma.org

* find a market: www.marylandfma.org

Como Usar su Beneficios de FMNP y eWIC en un Maryland Market Money Mercado y Recibir Dólares “Matching” GRATIS

1. Toma sus cheques de FMNP o su tarjeta eWIC y visita un Maryland Market Money mercado*

2. Usa sus cheques de FMNP o su tarjeta eWIC para comprar productos agrícolas y recibir un recibo desde el vendedor

3. Tomas su recibo al “Informacion del Mercado” y pregunta por su partido de Maryland Market Money

4. Cambia su recibo por tokens de Maryland Market Money GRATIS para gastar en el mercado!!

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¿Preguntas? info@marylandfma.org

* Encontrar un mercado: www.marylandfma.org

For tips and support, visit WICBreastfeeding.fns.usda.gov
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