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FOOD SAFETY TIP



Store cut-up, peeled, or cooked fruits and veggies in the fridge within 2 hours of preparation or within 1 hour if temperatures outside are exceeding 90 °F.

Celebrate Fresh Fruit & Vegetable Month

June is National Fresh Fruit and Vegetable Month, which brings awareness to an alarming statistic: Only 1 in 10 adults get enough fruits or vegetables. What better time to improve intake of fresh fruits and vegetables than the peak of growing season? Not sure how to add more fruits and veggies to your meals this summer? See the tips below for some ideas.



Save on Produce. To get the best prices on seasonal produce, try these suggestions:

- Buy Local: For the freshest, tastiest produce, check out your local Farmer's market.
- Ask about "number 2" produce -- These items have some type of physical imperfection making them less appealing and harder for vendors to sell. You can enjoy as much as 50 percent off these ugly but edible items.
- Steer clear of 'hot commodity' items. If blueberries are just hitting the shelves for the first day of the season, they are likely to be on the pricier side. Wait a couple weeks for that "hot" item to cool down in price.



Get More Fresh Fruit and Veggies

1. Veg out at breakfast – Try adding spinach, mushrooms, or diced peppers to a veggie scramble or omelet to get those veggies in first thing in the morning.
2. The Rule of 1- By adding at least 1 fruit or veggie at every meal and snack, you can reach the 5 a day recommendation without even thinking about it.
3. Double trouble - Double the fruit or veggies called for in a recipe. Fruit and vegetables add little to the calorie count and increase flavor and nutrients.

Strawberry Salsa

This recipe is a spin on traditional salsa fresca and can be served with chips, on crusty bread, or as a topping for chicken or fish.

Ingredients

- 1 pint fresh strawberries, sliced
- 2 large tomatoes, chopped
- 1 medium jalapeno pepper, seeded and minced
- 2 cloves garlic, minced
- 1 lime, juiced
- 1 tablespoon olive oil



Directions

1. Combine all ingredients in a large bowl.
2. Toss together gently.
3. Cover and refrigerate at least 2 hours.

Yield: 8 servings; 1 cup each

Recipe sourced from ClickNCook.org

Nutrition Facts	
Amount Per Serving	
Calories 40	Calories from Fat 17
	% Daily Value*
Total Fat 1.9g	3%
Saturated Fat 0.3g	1%
Trans Fat 0g	
Polyunsaturated Fat 0.3g	
Monounsaturated Fat 1.3g	
Cholesterol 0mg	0%
Sodium 3mg	0%
Potassium 188mg	5%
Total Carbohydrates 5.9g	2%
Dietary Fiber 1.5g	6%
Sugars 3.5g	
Protein 0.8g	
Vitamin A	8.1%
Vitamin C	60%
Calcium	1.4%
Iron	1.9%

* Percent Daily Values are based on a 2000 calorie diet.

LOOKING FOR RECIPE INSPIRATION?
Check out Click 'N Cook®,
our online recipe database
at GBFB.org/clickncook



What Can You Do With ... Cauliflower?

Cauliflower is part of the cruciferous vegetable family that also includes: broccoli, cabbage, Brussels sprouts, and kale. Cauliflower has a mild, nutty flavor making it a versatile ingredient in many recipes.

Choosing: Look for a firm, creamy white head with tightly bound florets. The head should be free of brown or wet spots. ***For purple, orange, or green types, their color should also be uniform.*

Storing: If wrapped in tight plastic, remove plastic and transfer to a loose plastic bag. Wrap in a paper towel to absorb excess moisture. Keep refrigerated. Will keep for about one 1 week.

Preparing: Wait to wash until *after* cutting. For bite-sized pieces, cut the head in half then quarter. Remove the core from each slice and the cauliflower will naturally start to crumble into pieces. Dice into desired size. Thoroughly rinse and pat dry before cooking and/or serving.



Cooking: Cauliflower can be baked, sautéed, roasted, grilled, pureed, mashed or served raw with good results.

Uses: Cauliflower can be used as a substitute for rice, potatoes, or flour. Cauliflower also makes an excellent meat substitute in meals like buffalo bites, breaded fishless tacos, and more.

Nutrition: Cauliflower is an excellent source of vitamin C and vitamin K, as well as a good source of vitamin B6 and Folate.

Magic Mashed “Potatoes”

Ingredients

- 2 cups cauliflower, chopped into small florets
- 2 teaspoons canola oil
- 3 cloves garlic, minced
- 1/4 cup low fat milk
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Directions

1. Place cauliflower on a microwavable plate and sprinkle with water. Cover with a paper towel and microwave until tender, about 4 minutes each.
2. Heat 2 teaspoons canola oil in a small, non-stick pan over low heat. Add garlic and sauté until soft, about 3 minutes. Add milk and heat until hot. Do not allow milk to come to a boil.
3. Transfer milk/garlic mixture to a blender or food processor. Add 1 tablespoon oil. Add cauliflower and purée until smooth.

Sourced from ClickNCook.org
(Makes 7 servings; 1 cup each)

Nutrition Facts	
Amount Per Serving	
Calories 74	Calories from Fat 55
% Daily Value*	
Total Fat 6.1g	9%
Saturated Fat 0.8g	4%
Trans Fat 0g	
Polyunsaturated Fat 1.1g	
Monounsaturated Fat 4g	
Cholesterol 0.8mg	0%
Sodium 281mg	12%
Potassium 122mg	3%
Total Carbohydrates 4.1g	1%
Dietary Fiber 1.5g	6%
Sugars 2.1g	
Protein 1.8g	
Vitamin A	0.8%
Vitamin C	47%
Calcium	3.4%
Iron	1.5%

* Percent Daily Values are based on a 2000 calorie diet.

Preparation Tip

Making Fruit more Appealing

Not a fruit fan? Is it a challenge getting a variety of fresh fruit in your diet? Here are a few ideas to help get your fruit on this summer.



- **Dip it:** Try dipping sliced fruit in flavored yogurt for added flavor.
- **Bake it:** Try baking fruit and serving with cream for a lighter dessert.
- **Combine it:** Combine fruit with different textures (soft, crunchy, and juicy) and different levels of sweetness (ex: bananas and grapefruit)
- **Blend it:** Try blending into smoothies or serving as a berry puree in a fruit salad. This will amplify the sweetness without adding sugar.
- **Freeze it:** Combine fruit with yogurt or 100% fruit juice and freeze in molds to make popsicles.



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June 2018

National Fresh Fruits and Vegetables Month

National Dairy Month

National Egg Day

June 3

National Cheese Day

June 4

National Lobster Day

June 15

**Everyone has a role in ending hunger
in our community. SM**

JOIN US ON

