



## Make the Most of Seasonal Produce: Freeze It

Produce that is in season is typically cheaper than during other times of the year. Late summer local fruit includes peaches, berries, and melons.

If you have extra space in your freezer, you can take advantage of the cheaper produce and store it until you're ready to use it.

Freezing foods stops the growth of the microorganisms that spoil food. The National Resource Defense Council says, "It's like pressing the pause button."

Here's how to freeze fruit:

- Wash thoroughly.
- Prepare the fruit like you are about to eat it. Remove any edible parts – like pits or stems. Cut fruit into bite-sized pieces or leave whole if the fruit is small (e.g. berries).
- Freeze fruit in a single layer on a baking sheet. Small pieces freeze better and faster than large chunks or whole fruit.
- Once frozen solid, move the fruit into a plastic storage bag for long-term storage.

Frozen fruit should be used frozen or defrosted in the fridge.

Uses for frozen fruit include blended into a smoothie, used instead of ice to cool a drink, and defrosted as a topping for pancakes or waffles.

## Food Safety Tips

Heat is a major food safety concern in the summer. Here are some tips to deal with it:

- Your fridge should be below 41°F. Put a thermometer in your fridge to check.
- On 90°F+ days, do not leave food out of temperature control for more than 1 hour.



If you need help with food, apply for SNAP today!

The Greater Boston Food Bank can help you apply for SNAP benefits. Contact us to find out if you are eligible, want to apply, or want support on your existing case.

CALL: (617) 598 5022  
OR  
VISIT: [GBFB.org/SNAP](http://GBFB.org/SNAP)



# Smoky Peanut Chicken Tacos

## Ingredients

- 1/2 cup peanut butter
- 1/4 cup water
- 2 cloves garlic
- 1 in chipotle chile in adobo
- 3 tbsp adobo sauce
- 1/2 tsp salt
- 1 lb skinless boneless chicken breasts
- 1 tbsp lime juice
- 4 tortillas
- 1 cup red cabbage shredded
- Cilantro

## Nutrition Facts

Smoky Peanut Chicken Tacos  
Amount Per Serving

<b>Calories</b> 389	Calories from Fat 189
	% Daily Value*
<b>Total Fat</b> 21g	32%
Saturated Fat 4g	20%
Trans Fat 0g	
Polyunsaturated Fat 5g	
Monounsaturated Fat 9g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 764mg	32%
<b>Potassium</b> 488mg	14%
<b>Total Carbohydrates</b> 42g	14%
Dietary Fiber 6g	24%
Sugars 5g	
<b>Protein</b> 13g	26%
Vitamin A	19%
Vitamin C	52%
Vitamin D	0%
Calcium	5%
Iron	17%

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

## Directions

1. Puree peanut butter, water, garlic, chipotle, adobo sauce and salt until smooth. Pour into 2-quart baking dish. Add chicken, turning to coat.
2. Cover with foil; bake at 400 degrees F 30 minutes or until chicken is cooked (165 degrees F).
3. Slice chicken, then drizzle with lime juice. Serve with tortillas, cilantro, and red cabbage.

Makes 4 servings

*Recipe adapted from Good Housekeeping Test Kitchen*

### LOOKING FOR RECIPE INSPIRATION?

Check out Click 'N Cook®, our online recipe database at [clickncook.org](http://clickncook.org)



## What can you do with: Zucchini



**Choosing:** Choose zucchini that are firm without any soft spots. Zucchini come in a variety of shapes and colors including solid yellow, dark green, and green with ridges. Very large zucchini can be less tasty and are better used for baking.

**Storing:** Store in an open plastic bag in the fridge. For best taste, use before they become soft or wrinkly (usually about 3 days).

**Preparing:** Wash zucchini to remove dirt. Cut the ends off each side. Typically, the skin is left on. Cut into spears, circles, or dice.

**Cooking:** Zucchini can be eaten raw or cooked in a variety of ways. Grilled, sautéed, and spiralized zucchini are delicious switches from the old standby of steaming. Zucchini can become watery if overcooked.

**Uses:** Try swapping spiralized zucchini for some of your spaghetti to add extra veggies to dinner. If you don't have a spiralizer, use a vegetable peeler and make zucchini ribbons instead. Shred zucchini and add into omelets or baked goods. Zucchini is mild-flavored so you can toss it into stir fry or pasta dishes without impacting the flavor much.

**A CLICK N' COOK RECIPE**  
MORE AT: [CLICKNCOOK.ORG](http://CLICKNCOOK.ORG)

## Roasted Zucchini and Shallot Salad with Herbs



### Ingredients

- 4 shallots (or 1 large white onion)
- 3 tbsp olive oil
- 2 zucchini
- 3 sprigs fresh thyme (or 1 tsp dried)
- 3 sprigs fresh oregano (or 1 tsp dried)
- 1 tsp Italian seasoning
- 2 tsp minced garlic
- 2 tbsp white wine vinegar

### Directions

1. Preheat the oven to 425°F. Peel the shallots and halve the larger ones. Toss with 2 tbsp olive oil in a small bowl. Season with salt and pepper,. Stir to combine.
2. Set the shallots on a foil-lined baking sheet and roast, 20 min.
3. Meanwhile quarter the zucchini lengthwise and cut into 1½-inch chunks. Roughly chop the thyme and oregano.
4. Toss zucchini with the thyme, oregano, remaining olive oil, Italian seasoning, garlic, and white wine vinegar.
5. After 10 min., add zucchini to the shallots and roast together for the remaining 10 min. Remove from oven and allow to cool slightly before seasoning with salt and pepper to taste.



## Bean Benefits

Beans are an affordable and easy-to-store source of protein, fiber, and iron. One serving of beans is 1/2 cup. Depending on the type of bean, this provides between 7-15 grams of protein. Beans are high in fiber. One serving can provide between 10-20 grams. Americans should get at least 25 grams of fiber per day. So, depending on the type of bean, one serving can get you half or more of your daily fiber needs.

Beans can be incorporated into almost any meal or snack. Try out some of these ideas to add beans to your diet!

**Breakfast:** Add 1/2 cup of beans as a side to a fried egg.

**Lunch:** Top a garden salad with your favorite bean.

**Dinner:** Substitute beans for ground meat in recipes like tacos. You can also add black beans to nachos.

**Snacks:** Use a food processor or blender to make a bean dip. Serve with veggies or whole grain crackers.



## August 2022

**National Peach Month**

**National Sandwich Month**

**National Watermelon Day**  
August 3

**National Zucchini Day**  
August 8

**National S'mores Day**  
August 10

**National Trail Mix Day**  
August 31