



Eat Well.

Cucumber Salad With Tomatoes

Servings: 4

Ingredients:

- 2 cups diced cucumbers
- 1 cup seeded and diced tomato
- ¼ cup chopped sweet onion
- 2 cups cooked couscous or rice
- 2 teaspoons dill weed
- ½ cup low-fat Italian dressing

Directions:

1. Wash hands and surfaces.
2. Toss together the cucumber, tomatoes, onion, couscous or rice, dill weed and salad dressing.
3. For best flavor, chill 1 hour before serving.
4. Refrigerate leftovers within 2 hours.

Move More.

Get active outside.

Physical activity is for everyone. No matter what shape you are in, you can find activities that work for you. Small changes can make a big difference!

Running out of money for food?

Contact your local food stamp office or go online to: mydss.mo.gov/food-assistance/food-stamp-program

Funded in part by USDA SNAP.



MU Extension Show Me Nutrition line



We hope you enjoy the recipes and find the family activities fun to do!

For more information on nutrition and physical activities you can do with your family, call **1-888-515-0016**.

Visit us online at [seasonandsimple.info](https://www.seasonandsimple.info) to find more recipe suggestions.

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Your
Life Depends
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Stuffed Bell Peppers Servings: 4

Ingredients:

- 1 cup brown rice
- 2 cans (14.5 ounces each) corn
- 1½ cups chunky salsa
- 4 large bell peppers, top and seeds removed
- 1 cup shredded cheese

Directions:

1. Wash hands and surfaces.
2. In a pan, make rice according to package directions.
3. Mix corn in a bowl with cooked rice and salsa.
4. Poke each pepper three times with a fork. Place peppers in a microwave-safe dish and fill with corn mixture. Cover and microwave for 10 minutes.
5. Sprinkle with cheese.
6. Enjoy! Refrigerate leftovers immediately.

Eat Smart.

