



Sweet Corn Tips

- Top-quality sweet corn ears have fresh green husks and ears well-filled with bright-colored, plump, and milky kernels.
- Ears should be free of insect and disease damage. Cut out any sections that appear damaged.
- Tassels should be slightly tacky and brown—avoid black or brittle tassels.
- Husks should still be damp from the field and tightly wrapped around the ear.
- Corn is overripe if indentions have formed in the kernels or kernel contents resemble glue.
- Harvest and store ears promptly to maintain the highest quality. If unable to use immediately, store sweet corn unhusked in the refrigerator and use within two days.
- Wash - Rinse corn thoroughly in cold water to remove dirt. Do not use soap, detergent, or bleach because these liquids absorb into the vegetable.
- Corn is an excellent source of thiamin and a good source of fiber, vitamin C, folate, niacin, phosphorus, and manganese. Corn is low in sodium and fat. One medium size cooked ear has 85 calories. 1 cup of sweet corn has 125 calories.

Corn and Green Chili Salad

Cilantro, lime juice, and green onions add a delightful taste to this corn side dish. Use in-season, fresh corn when possible.

Yield: 4 Servings

Time: 10 Minutes

Ingredients

- 2 cups corn (frozen and thawed)
- 1 can diced tomatoes with green chilies (10 ounce)
- ½ tablespoon vegetable oil
- 1 tablespoon lime juice
- ⅓ cup green onion (sliced)
- 2 tablespoons cilantro (fresh chopped)

Instructions

1. Combine all ingredients in a medium bowl.
2. Mix well.

Source: <https://ohioline.osu.edu/factsheet/hyg-5516>





Strawberry Cucumber Salad

Yield: 4 Servings

Time: 20 Minutes

Ingredients

- 2 Tablespoons low-fat or nonfat plain yogurt
- 4 teaspoons apple cider vinegar
- 1 Tablespoon honey or brown sugar
- $\frac{1}{4}$ teaspoon onion powder
- $\frac{1}{4}$ teaspoon prepared mustard
- $\frac{1}{4}$ teaspoon salt
- 1 Tablespoon lemon juice
- $1\frac{1}{2}$ teaspoons vegetable oil
- $\frac{3}{4}$ teaspoon poppy seeds (optional)
- 2 cups sliced strawberries
- $2\frac{1}{2}$ cups thinly sliced cucumber

Source: <https://foodhero.org/recipes/strawberry-cucumber-salad>



Instructions

1. Wash hands with soap and water.
2. In a small bowl, combine yogurt, vinegar, honey, onion powder, mustard, salt, lemon juice, oil and poppy seeds, if desired. Mix well.
3. In a large bowl, add the strawberry and cucumber slices. Pour the dressing over and gently mix until evenly coated.
4. Refrigerate leftovers within 2 hours.



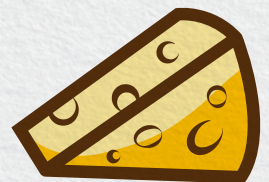
Potato Nachos

Yield: 5 Servings

Time: 60 Minutes

Ingredients

- 1 pound potatoes, skins on
- 2 teaspoons vegetable oil or cooking spray
- 8 ounces lean ground turkey (15% fat or less)
- ½ teaspoon chili powder
- ½ cup shredded cheddar cheese
- 1 cup shredded lettuce
- 1 medium tomato, diced
- ¾ cup peeled and diced cucumber
- 1 Tablespoon chopped cilantro
- ¾ cup salsa



Instructions

1. Wash hands with soap and water.
2. Slice potatoes into small circles about ¼ inch thick.
3. Lightly coat the potato slices with oil (or spray for 3 seconds with cooking spray).
4. Arrange slices on a baking sheet in a single layer. Bake in the oven at 450 degrees F for 25 to 30 minutes, depending on desired darkness.
5. Meanwhile, add ground turkey and chili powder to a skillet. Cook, stirring over medium heat (300 degrees F in an electric skillet) for 8 to 10 minutes or until turkey browns.
6. Remove potatoes from the oven.
7. Transfer baked potatoes to an oven-safe dish. Top with turkey and sprinkle with cheese. Put back in the oven to melt the cheese, about 2 minutes.
8. Remove from oven and top with lettuce, tomato, cucumber, cilantro and salsa.
9. Refrigerate leftovers within 2 hours.

Source: <https://foodhero.org/recipes/potato-nachos>

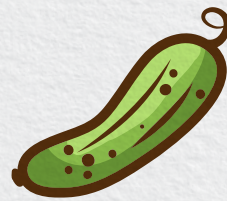
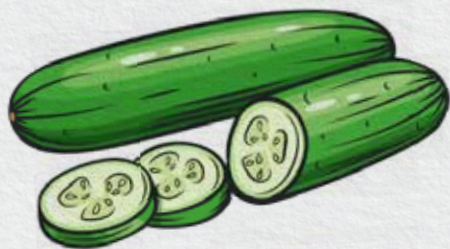
Refrigerator Pickled Cucumbers

Yield: 1 Pint

Time: 20 Minutes

Ingredients

- $\frac{2}{3}$ cup vinegar (any type)
- $\frac{1}{3}$ cup water
- 1 teaspoon salt
- 2-4 teaspoons sugar
- 1-2 Tablespoons seasonings
- 1 $\frac{1}{2}$ cups cucumber slices



Instructions

1. In a small saucepan, heat the vinegar, water, salt and sugar until the mixture simmers. Stir until the salt and sugar are dissolved and remove from heat.
2. Place the seasonings in the bottom of a clean pint-sized glass jar. Add the cucumber slices, packing them closely together. Leave about $\frac{1}{2}$ inch space at the top of the jar.
3. Fill the jar with the warm vinegar mixture to cover the cucumbers. Close the jar with a clean lid and refrigerate for 1 to 3 days to allow flavors to develop.
4. Store pickles in the refrigerator. Use within 3 months.

Source: <https://foodhero.org/recipes/refrigerator-pickled-cucumbers>



Chicken Quesadillas

Yield: 4 Servings

Time: 15 Minutes

Ingredients

- 1 cup boneless skinless chicken thighs, cooked and shredded
- ¼ cup bell pepper, chopped
- ¼ cup onion, chopped
- 2 tablespoons salsa
- 4 whole-wheat tortillas
- ½ cup reduced-fat Monterey Jack cheese, shredded



Instructions

1. In a medium bowl, mix chicken, bell pepper, onion, and salsa together.
2. Place a skillet on the stove at medium heat until hot (cooking spray optional).
3. Place a quarter of the chicken mixture on half of each tortilla and top each with 1 tablespoon of the cheese.
4. Fold tortillas in half, covering filling.
5. Place tortillas in heated pan and brown for approximately 2-4 minutes. Turn tortillas over and brown other side.
6. Cut each folded tortilla into 3 wedges. Serve immediately.



Source: <https://efnep.ifas.ufl.edu/media/efnepifasufledu/pdfs/tc-recipes/Chicken-Quesadillas.pdf>



Green Beans with Tomatoes and Basil

Green beans get a flavor boost from parsley and basil, tomatoes, and onion.

Yield: 6 Servings

Time: 15 Minutes

Ingredients

- 6 cups green beans (about 1 pound, ends snipped)
- 1 tablespoon olive oil
- 1 onion (medium, finely chopped)
- 1 can tomatoes (14.5 ounce can, drained and chopped)
- 1 tablespoon basil (fresh or ½ teaspoon dried)
- 1 tablespoon parsley (fresh or ½ teaspoon dried)
- salt and pepper (to taste, optional)

Instructions

1. Cook beans in a large saucepan of boiling water for 5 minutes; beans will still be crisp. Drain and rinse under cold running water. Set aside.
2. In a large frying pan, heat olive oil over medium heat. Add onion and cook 2-3 minutes until softened.
3. Add tomatoes, basil and parsley. Cook 3 minutes to heat and combine flavors.
4. Stir beans into pan and cook 5-6 minutes. Season with salt and pepper (optional).



Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/green-beans-tomatoes-and-basil>

**Eat
Well**



Un-beet-able Berry Smoothie

Kid-approved recipe with berries, pineapple and colorful beets is quick and fun to make!

Yield: 4 Servings

Time: 5 Minutes

Ingredients

- 1 cup pineapple juice
- 1 cup low-fat plain or vanilla yogurt
- 1 ½ cup fresh or frozen berries (any type)
- ½ cup beets (cooked from fresh or canned and drained)
- 1 small frozen banana (optional)

Instructions

1. Wash hands with soap and water.
2. Combine all ingredients in a blender.
3. Blend until smooth and serve right away.
4. Refrigerate or freeze leftovers within 2 hours.



Source: <https://foodhero.org/recipes/un-beet-able-berry-smoothie>



Greens with Carrots

A fresh and crunchy salad using your favorite greens.

Yield: 4 Servings

Time: 35 Minutes

Ingredients

- 8 cups greens (try kale, bok choy, chard, collard, mustard or others)
- 2 teaspoons vegetable oil
- 2 large carrots, peeled and cut in thin strips or coarsely shredded
- 1 clove garlic, minced or ¼ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 teaspoon ground coriander (optional)
- 1 pinch cayenne pepper (optional)
- 1 Tablespoon vinegar
- 1 ½ teaspoons low-sodium soy sauce



Instructions

1. Wash hands with soap and water.
2. Wash greens and separate leaves from stems if needed. Slice stems crosswise, if using. Chop or slice leaves into thin strips.
3. Heat oil in large skillet over medium-high heat (350 degrees F in an electric skillet).
4. Add carrots and stems, if desired; cook for 2 minutes. Add garlic and cook for 1 minute.
5. Add greens, salt, pepper, coriander and cayenne, if desired. Stir often.
6. When greens have turned bright green and begun to wilt, remove from heat. Sprinkle vinegar and soy sauce over the top. Toss gently and serve.
7. Refrigerate leftovers within 2 hours.

Source: <https://foodhero.org/recipes/greens-carrots>



Baked Zucchini Sticks

Healthier version of fried zucchini topped with parmesan and Italian herbs!

Yield: 8 Servings

Time: 35 Minutes

Ingredients

- 4 medium zucchini
- 2 eggs
- ½ cup water
- ¼ cup finely grated parmesan cheese
- 1 ½ cups bread crumbs
- 1 Tablespoon dry Italian herbs



Source: <https://foodhero.org/recipes/baked-zucchini-sticks>

Instructions

1. Wash hands with soap and water.
2. Cut zucchini into sticks about 3 inches long.
3. Microwave zucchini for about 3 minutes. Pat dry with a paper towel.
4. Mix eggs and water together in a small bowl. Mix cheese, bread crumbs and herbs together in another small bowl.
5. Dip zucchini sticks first into the egg mixture and then into the bread crumb mixture.
6. Arrange zucchini in rows on a lightly greased baking sheet. Broil until golden brown, about 12 to 15 minutes. Turn while cooking, after about 8 minutes.
7. Refrigerate leftovers within 2 hours.



Funded in part by USDA SNAP.
For more information, call MU Extension's
Show Me Nutrition Line at 1-888-515-0016.
Need help stretching your food dollars?
Contact your local resource center or go
online to mydss.mo.gov/food-assistance