



Strawberry Tips

- **Strawberries should have a full red color, bright luster, and firm, plump flesh. Strawberries do not ripen after being picked, so choose fully ripe and fragrant berries. The caps should be bright green, fresh-looking, and fully attached. Berries should be dry and clean. Medium to small berries usually have better-eating quality than large ones. Avoid berries with large uncolored or seedy areas or those with a dull, soft look. If purchasing at a grocery store, visually check the packaging, making sure there are no signs of mold growth. If even one berry is molded, mold spores will have traveled throughout the entire package.**
- **Store in the refrigerator. Consume strawberries within one to three days. Wash only as many berries as you intend to eat or prepare at that time. Wash them in gently flowing cool water in a colander. Drain and remove caps by giving them an easy twist with a strawberry huller or sharp knife. Do not soak berries in water, they will lose color and flavor.**
- **Strawberries are a great source of vitamin C, folate, and potassium. One cup of unsweetened berries provides 50 calories, 11 grams of carbohydrates, and 3 grams of fiber.**



Broccoli Strawberry Orzo Salad

Fresh broccoli and strawberries are colorful additions to this refreshing summer delight. Lemon dressing brings a bright flavor to this pasta dish.

Yield: 6 Servings

Time: 15 Minutes

Ingredients

- ¾ cup orzo pasta (uncooked)
- 2 cups fresh broccoli (chopped)
- 2 cups fresh strawberries (diced)
- ¼ cup sunflower seeds

Lemon Poppy Seed Dressing

- 1 tablespoon lemon juice (fresh or bottled)
- 2 tablespoons apple cider vinegar
- 2 tablespoons olive oil
- 1 teaspoon sugar (or honey)
- 1 teaspoon poppy seeds (optional)

Instructions

1. Wash hands with soap and water.
2. Cook orzo pasta according to directions. Drain and rinse with cold water.
3. In a large bowl, combine orzo pasta, broccoli, strawberries, and sunflower seeds. Drizzle with lemon poppy seed vinaigrette and toss to combine.
4. Season with salt and pepper. Chill in the refrigerator until ready to serve.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/broccoli-strawberry-orzo-salad>





Fruit Pizza

The crust for this dessert cooks in the oven and is covered with a cream cheese mix and topped with strawberries. For variety, try using any combination of colorful fruits.

Yield: 12 Servings

Time: 20 Minutes

Ingredients

Cookie Crust

- ½ cup margarine
- ½ cup sugar
- 1 teaspoon vanilla extract
- 1 egg
- 2 cups flour, all-purpose
- 2 teaspoons baking powder

Cheese Spread

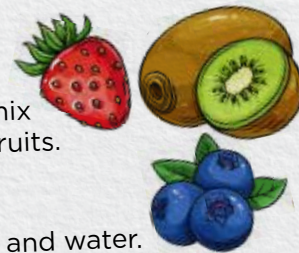
- 8 ounces cream cheese, nonfat (or light)
- ½ cup sugar
- 1 teaspoon vanilla extract

Fruit Topping Ideas

Sliced strawberries, kiwi, bananas, pineapple, oranges, pears, peaches, or blueberries.

Instructions

1. Wash hands with soap and water.
2. Preheat oven to 375 °F.
3. For crust, cream margarine, sugar, vanilla, and egg until light and fluffy. Add flour and baking powder, mixing well.
4. Spread mixture about ⅛ inch thick on a pizza pan, baking sheet, or 9x13 inch pan.
5. Bake for 10 to 12 minutes or until lightly browned. Cool.
6. For spread, mix together cream cheese, sugar, and vanilla. Spread on cooled cookie crust.
7. Arrange fruit on top of pizza. Refrigerate until serving time.



Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/fruit-pizza>



Spaghetti Squash with Tomatoes, Basil, and Parmesan

Here is a delicious late summer side dish bursting with fresh flavors. This dish would go well with a grilled entrée.

Yield: 4 Servings

Time: 25 Minutes

Ingredients

- 1½ pounds spaghetti squash (about 1 squash)
- 1 tablespoon olive oil
- 3 tablespoons Parmesan cheese
- ¼ teaspoon dried oregano
- 2 teaspoons dried basil (or ½ cup fresh basil, chopped)
- 1 cup cherry tomatoes (thinly sliced)
- salt and pepper (to taste, optional)

Instructions

1. Wash hands with soap and water.
2. Place the 2 squash halves, cut side down, in a glass baking dish. Add about ¼ cup water and cover with plastic wrap. Microwave on high for 12 minutes or until soft when pressed. Let stand covered for 3 minutes.
3. In a large bowl, whisk oil, basil, oregano and 2 tablespoons Parmesan cheese. Stir in tomatoes and season lightly with salt and pepper to taste.
4. Scrape squash out with a fork, add strands to the tomato mixture, and toss until combined. Sprinkle with remaining 1 tablespoon Parmesan cheese.



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



Parsley, Almond, and Lemon Pesto

Instead of basil, this recipe uses fresh parsley to make a pesto that is simply delicious!



Yield: 4 Servings

Time: 5 Minutes

Instructions

Ingredients

- 6 tablespoons almonds, sliced
- 6 tablespoons Parmesan cheese
- 1 cup parsley, fresh
- ½ lemon, juiced
- ¼ cup olive oil
- salt & pepper to taste, optional

1. Wash hands with soap and water.
2. In a food processor, combine the almonds, cheese, parsley, and lemon juice.
3. Slowly pour in oil and mix it with the rest of the ingredients.
4. Season with salt and pepper.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/parsley-almond-and-lemon-pesto>



Angel Food Pastry with Fresh Berries and Whipped Cream

Light and fluffy angel food cake is mixed with yogurt and a sprinkle of berries on top.

Yield: 1 Servings

Time: 5 Minutes

Ingredients

- 1 ounce angel food cake mix (3 tablespoons)
- 1/8 cup yogurt, low-fat vanilla (2 tablespoons)
- 1/4 cup raspberries
- 2 strawberries, sliced
- 1 1/2 tablespoons lite whipped topping



Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/angel-food-pastry-fresh-berries-and-whipped>

Instructions

1. Wash hands with soap and water.
2. Scoop 3 tablespoons of angel food cake mix into a microwave-safe cup or mug.
3. Add 2 tablespoons of vanilla yogurt and stir.
4. Place in the center of the microwave oven and microwave for 1 minute.
5. Take out of microwave and let cool for 1 minute.
6. Using a knife, cut around the sides of the cup to loosen the cake and "dump" it on a plate.
7. Dole 1 tablespoon of whipped topping on top of the cake.
8. Sprinkle raspberries around the angel cake and add sliced strawberries to the top.
9. Enjoy.



Summer Squash Stir Fry

Jazz up this summer dish by adding cumin, garlic powder, or fresh basil.

Yield: 4 Servings

Time: 20 Minutes

Ingredients

- 1 tablespoon olive oil (or other vegetable oil)
- 1 small onion, chopped
- 2 cups summer squash (washed and sliced)
- 1 cup carrots, thinly sliced
- seasonings, to taste, optional (suggested seasonings: garlic powder, pepper, cumin, thyme, basil, or oregano)



Instructions

1. Wash hands with soap and water.
2. In a skillet (the larger the better), heat oil on medium-high heat.
3. Add onion and stir fry until onion is clear and begins to brown.
4. Add carrots and stir until carrots are tender and crisp. Add squash and cook for about 2 minutes. Lower heat.
5. Add seasonings of choice. Cook for 2 more minutes. Serve as a side dish.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/summer-squash-stir-fry>

Cucumber, Yogurt and Herb Dip

Lemon and dill combined with low-fat yogurt make this a flavorful and healthy dip. Serve it with your favorite vegetables.



Yield: 6 Servings

Time: 15 Minutes

Instructions

Ingredients

- 2 cups yogurt (plain, low-fat)
- 2 cucumbers (medium, peeled, seeded, and grated)
- ½ cup sour cream (non-fat)
- 1 tablespoon lemon juice
- 1 tablespoon dill (fresh)
- 1 garlic clove (chopped)
- 1 cup cherry tomatoes
- 1 cup broccoli florets
- 1 cup carrots (baby)

1. Wash hands with soap and water.
2. Peel, seed, and grate one cucumber. Slice other cucumber and set aside.
3. Mix yogurt, grated cucumber, sour cream, lemon juice, dill, and garlic in a serving bowl. Chill for 1 hour.
4. Arrange tomatoes, cucumbers, broccoli, and carrots on a colorful platter. Serve with cucumber dip.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cucumber-yogurt-and-herb-dip>

Easy Greek Salad

While feta cheese is the star of any Greek salad, this recipe contains all of the must-have ingredients for a classic salad that is sure to please.

Yield: 6 Servings

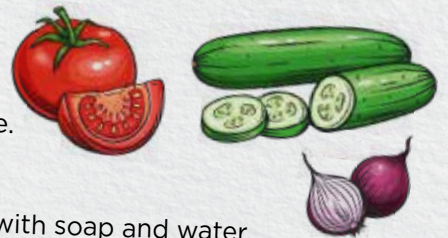
Time: 15 Minutes

Instructions

Ingredients

- 6 romaine lettuce leaves (torn into 1½-inch pieces)
- 1 cucumber (medium, peeled and sliced)
- 1 tomato (medium, chopped)
- ½ cup red onion (sliced)
- ⅓ cup feta cheese (crumbled)
- 2 tablespoons olive oil (extra-virgin)
- 2 tablespoons lemon juice
- 1 teaspoon oregano (dried)
- ½ teaspoon salt

1. Wash hands with soap and water.
2. Combine lettuce, cucumber, tomato, onion, and cheese in a large serving bowl. Whisk together oil, lemon juice, oregano, and salt in a small bowl.
3. Pour over the lettuce mixture; toss until coated. Serve immediately.



Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/easy-greek-salad>



Broiled Tomatoes and Cheese

This recipe is especially tasty when using tomatoes that are fresh from the garden or farmers market.

Yield: 3 Servings

Time: 15 Minutes

Ingredients

- 3 tomatoes (large, firm)
- 8 ounces cottage cheese, low-fat
- ½ teaspoon basil (dried)
- ⅛ teaspoon black pepper
- ¼ cup bread crumbs (plain)
- 2 sprays of cooking spray (or vegetable oil)



Instructions

1. Wash hands with soap and water.
2. Wash tomatoes and cut them in half.
3. Mix cottage cheese, basil, and pepper.
4. Spread cheese on tomato halves.
5. Sprinkle with bread crumbs and spray with cooking spray.
6. Spray the broiler pan with cooking spray. Place prepared tomatoes in a pan and broil for about 10 minutes.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/broiled-tomatoes-and-cheese>



Tomato Basil and Bean Pasta Salad

Beans, tomatoes, and basil are mixed with pasta and a tasty vinaigrette to give you an easy and tasty meal. Bring this pasta salad to your next cookout or gathering. Add whatever vegetables you have on hand.

Yield: 12 Servings

Time: 30 Minutes

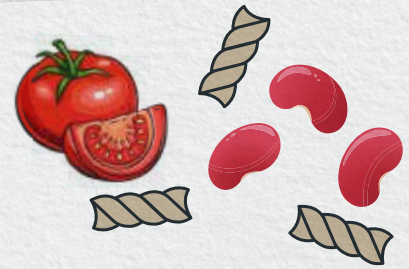
Ingredients

- 1 pound ziti pasta (or bow tie pasta)
- 2 tablespoons vegetable oil
- ¼ cup vinegar
- 2 teaspoons Dijon mustard
- ¼ teaspoon ground black pepper
- 1 cup fresh basil leaves (chopped)
- 3 tomatoes (large, coarsely chopped)
- 1 cup kidney beans (cooked or low-sodium canned drained, or try garbanzo beans or black beans)
- 1 cup mozzarella cheese, fat-free (or provolone cheese, cubed or shredded, optional)
- ½ cup walnuts (chopped, optional)

Instructions

1. Wash hands with soap and water.
2. Cook pasta according to package directions. Drain and cool.
3. In a small mixing bowl, whisk together vegetable oil, vinegar, Dijon-style mustard, and pepper to make vinaigrette.
4. In a large mixing bowl, combine pasta, beans, basil, and tomatoes. Pour vinaigrette over top and toss together. Cover and chill for at least 1 hour.
5. If desired, add nuts and cheese just before serving, tossing again to combine.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/tomato-basil-and-bean-pasta-salad>



**Eat
Well**

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