Curry Pumpkin and Potato Saute

Instead of throwing out the pumpkin seeds, roast them in the oven!

Just Say Yes To Fruits & Vegetables

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CURRY PUMPKIN AND POTATO SAUTE
SERVES 6 • SERVING: 1 CUP

INGREDIENTS:
• 1 tablespoon vegetable oil
• 1 diced onion
• 1 chopped garlic clove
• 2½ teaspoons curry powder
• 1 pumpkin or acorn squash - peeled, seeds removed and chopped
• 2 chopped potatoes
• Salt and pepper, to taste
• 1½ cups water
• ¾ cup raisins
• Chopped fresh cilantro, to taste (optional)

DIRECTIONS:
1. Heat oil in a medium pot over medium heat.
2. Add the onion and cook for 5 minutes. Add garlic and cook for 1 more minute.
3. Add curry, pumpkin (or squash), potatoes, salt, and pepper. Cook for 5 minutes, stirring often.
4. Add water and raisins, cover, and cook until the pumpkin and potatoes are soft, about 5 to 10 minutes.
5. Add cilantro, serve and enjoy!
6. Refrigerate leftovers.

For more great recipes visit www.foodbankst.org/jsy

Recipe provided in partnership by the Food Bank’s Just Say Yes to Fruits & Vegetables Program as funded through the USDA’s Supplemental Nutrition Assistance Program – SNAP.
Brussels sprouts can be boiled, roasted, sauteed, or eaten raw.
BRUSSELS SPROUTS WITH PEANUT DRESSING
SERVES 5 • SERVING: ¾ CUP

INGREDIENTS:
• 5 cups sliced Brussels sprouts
• 1 tablespoon creamy peanut butter
• 1 tablespoon vegetable oil
• 1 tablespoon honey
• 1 tablespoon vinegar
• 1 tablespoon low-sodium soy sauce
• Black pepper, to taste

DIRECTIONS:
1. Place Brussels sprouts in a large bowl.
2. Mix peanut butter, oil, honey, vinegar, and soy sauce in a small bowl.
3. Pour dressing over Brussels sprouts.
4. Place coated brussel sprouts in a saute pan or skillet on low-medium heat.
5. Stir frequently to avoid sticking and burning and cook until brussel sprouts are soft and wilted.
6. Add black pepper to taste.
7. Serve and enjoy! Refrigerate leftovers.

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Recipe provided in partnership by the Food Bank's Just Say Yes to Fruits & Vegetables Program as funded through the USDA's Supplemental Nutrition Assistance Program – SNAP.
CABBAGE APPLE SLAW

Use a box grater or food processor to shred the cabbage and apples!
CABBAGE APPLE SLAW
SERVES 6 • SERVING: 1 CUP

INGREDIENTS:
• 4 cups cabbage (red or green), chopped small
• 2 chopped apples
• 1 chopped bell pepper
• 1 ½ tablespoons low fat mayonnaise
• ½ cup low fat sour cream
• 1 tablespoon brown sugar
• 1 teaspoon lemon juice
• Salt and pepper, to taste

DIRECTIONS:
1. In a large bowl, combine cabbage, apple, and bell pepper.
2. In a small bowl, combine mayo, sour cream, brown sugar, & lemon juice.
3. Add mayonnaise mixture to large bowl (cabbage mixture). Mix well.
4. Season with salt and pepper.
5. Can be served immediately or cover and chill before serving.
6. Refrigerate leftovers.

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GARBANZO BEAN STIR FRY

Beans are an inexpensive source of protein and fiber!

Just Say Yes to Fruits & Vegetables

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Food Bank of the Southern Tier

Fidelis Care®
Garbanzo Bean Stir Fry
Serves 4 • Serving: ¾ cup

**Ingredients:**
- 1 tablespoon vegetable oil
- 1 chopped onion
- 3 finely chopped garlic cloves
- 2 cups cooked chickpeas (garbanzo beans)
- 4 cups chopped kale leaves
- 1 tablespoon chopped fresh oregano, or 1 teaspoon dried
- 2 teaspoons parsley (optional)
- 2 tablespoons lemon juice
- Salt and pepper, to taste

**Directions:**
1. In a large frying pan, heat the oil over medium heat.
2. Add onions and garlic and cook until soft.
3. Add chickpeas and cook about 5 mins.
4. Add kale, oregano, and parsley, and cook for 6 more minutes.
5. Remove from heat and add lemon juice. Mix well.
6. Season with salt and pepper.
7. Serve immediately.
8. Refrigerate leftovers.

For more great recipes visit [www.foodbankst.org/jsy](http://www.foodbankst.org/jsy)
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PUMPKIN STEW

You can also use butternut squash instead of pumpkin.

www.foodbankst.org/jsy
PUMPKIN STEW  
SERVES 6 • SERVING: 2 CUPS

INGREDIENTS:
• 1 chopped onion  
• 2 chopped garlic cloves  
• 2 teaspoons chili powder  
• 1 teaspoon cinnamon (optional)  
• 2 cups chopped tomatoes  
• 3 cups chopped cooked pumpkin  
• 1 ½ cups corn  
• 4 cups cooked pinto beans  
• 2 cups low sodium chicken broth  
• Salt and pepper, to taste

DIRECTIONS:
1. In a large pot over medium heat, cook the onion in ½ cup water until soft, 5-10 minutes.
2. Add the garlic, chili powder, and cinnamon. Stir and cook 1 minute.
3. Add the tomatoes and cook 5 mins. Add the pumpkin, corn, beans, and chicken broth. Cover & cook 15 mins or until the pumpkin is very soft, add ½ cup water if stew is too thick.
4. Season with salt & pepper to taste.
5. Refrigerate leftovers.

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Recipe provided in partnership by the Food Bank’s Just Say Yes to Fruits & Vegetables Program as funded through the USDA’s Supplemental Nutrition Assistance Program – SNAP.
ROASTED BEET SALAD

Don't throw out the beet greens! Rinse, chop and add them to soups and stir fry dishes!
ROASTED BEET SALAD
SERVES 6 • SERVING: 1¼ CUPS

INGREDIENTS:
• 4 beets, greens removed
• 2 tablespoons mustard
• 1 tablespoon vinegar
• 2 teaspoons vegetable oil
• 1 teaspoon sugar
• Salt and pepper, to taste
• 4-6 cups lettuce

DIRECTIONS:
1. Preheat oven to 400°F. Place beets on large square of foil. Close foil tightly. Place on baking sheet.
2. Roast beets for one hour or until beets are tender when poked with a fork.
3. Let cool slightly and remove beets from foil. Rub off beet skins with a paper towel. Slice beets.
4. In a large bowl, mix together the mustard, vinegar, oil, sugar, salt, and pepper.
5. Add beets to bowl. Serve over lettuce.
6. Refrigerate leftovers.

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SWEET POTATO AND APPLE BAKE

Use any kind of apple for this recipe.

food bank of the Southern Tier

Just Say Yes to Fruits & Vegetables

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Fidelis Care®
SWEET POTATO AND APPLE BAKE
SERVES 5 • SERVING: 1 CUP

INGREDIENTS:
- 2 15 oz. cans cut sweet potatoes, drained
- 2 cored and chopped apples
- 2 tablespoons (orange or apple) juice
- ¼ cup brown sugar
- 1 tablespoon vegetable oil

DIRECTIONS:
1. Preheat oven to 375°F.
2. Place sweet potatoes and apples in baking dish and add the fruit juice.
3. Sprinkle brown sugar on top of apples and potatoes and drizzle with vegetable oil.
4. Bake for 30 minutes.
5. Serve hot as a side dish or a dessert.
6. Refrigerate leftovers.

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