RED LENTIL CARROT SOUP

Lentils can be cooked in water until soft! No need to soak!

Just Say Yes
To Fruits & Vegetables
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RED LENTIL CARROT SOUP
SERVES 6 • SERVING: 1 1/2 CUPS

INGREDIENTS:
• 2 tablespoons vegetable oil
• 1 diced medium onion
• 2 finely chopped garlic cloves
• 4 diced carrots
• 2 teaspoons ground cumin
• 3 cans low-sodium vegetable broth (15 oz.)
• 1 cup red lentils
• 1 can low-sodium diced tomatoes, with liquid (15 oz.)
• 4 cups rinsed baby spinach
• Salt and pepper, to taste

DIRECTIONS:
1. Heat oil in a large pot over medium heat.
2. Add onion and garlic and cook for a few minutes, until soft.
3. Add carrots and cook for about 5 mins or until carrots are soft. Add cumin and cook for 1 more minute.
4. Add vegetable broth and lentils. Bring soup to a boil, then turn heat to low and simmer for 15 minutes, or until lentils are soft.
5. Add canned tomatoes and simmer for 5 minutes.
7. Serve warm and enjoy!
8. 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.
BEETS WITH ORANGE SAUCE

Beets can be roasted, pickled, or boiled!

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**BEETS WITH ORANGE SAUCE**
**SERVES 4 • SERVING: ½ CUP**

**INGREDIENTS:**
- 1 can drained and chopped beets
- ½ cup orange juice
- 1 teaspoon canola or vegetable oil
- 2 teaspoons sugar
- 2 teaspoons vinegar

**DIRECTIONS:**
1. Place beets, orange juice, oil, sugar, and vinegar into a medium pot.
2. Heat pot over medium heat until sugar has dissolved.
3. Serve hot or cold. Enjoy!
4. Refrigerate leftovers.

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BRUSSELS SPROUTS WITH APPLES AND ONIONS

Brussels sprouts can be sautéed, boiled, roasted or eaten raw!

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BRUSSELS SPROUTS WITH APPLES AND ONIONS
SERVES 8 • SERVING: ½ CUPS

INGREDIENTS:
• 1 tablespoon vegetable oil
• 1 cup diced onion
• 4 cups sliced Brussels sprouts
• 2 cups diced apple
• 4 tablespoons lemon juice
• 1 teaspoon black pepper
• Salt, to taste

DIRECTIONS:
1. Heat oil in large pan over medium heat
2. Add onion. Cook for 5 minutes, stirring often, until soft.
3. Add Brussels sprouts and cook 5 minutes, stirring often
4. Add the apples and cook 5-10 mins, or until apples are soft.
5. Remove from heat. Add lemon juice, pepper and salt. Mix well.
6. Serve hot and enjoy!
7. 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.
Try this out with other winter squash like acorn or spaghetti squash.
Butternut Squash with Collard Greens
Serves 4 • Serving: 1 1/2 cups

Ingredients:
- 1 tablespoon vegetable oil
- 1 chopped onion
- 1 chopped red bell pepper
- 3 cups peeled, seeded, and cubed butternut squash
- 3 cups chopped collard greens
- 1/4 teaspoon salt
- Black pepper, to taste

Directions:
1. Heat the oil in a large pot over medium-high heat. Stir in onion and bell pepper and cook until soft.
2. Add squash and cook covered for 5 minutes.
3. Add 1/2 cup of water, collard greens, salt and pepper. Cook until vegetables are soft, about 8 - 10 mins.
4. Serve immediately.
5. Refrigerate leftovers.

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CHEESY BROCCOLI AND RICE

Brown rice gives this dish an extra boost of fiber!

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CHEESY BROCCOLI AND RICE
SERVES 6 • SERVING: 1 CUP

INGREDIENTS:
• 3 cups chopped broccoli
• 2 cups uncooked instant brown rice*
• 2 cans (10.75 oz. each) low-sodium cream of mushroom soup
• ½ cup reduced-fat shredded cheddar cheese

*If using instant white rice, cook broccoli in boiling water for 5 minutes. Add rice and cook for 2 more minutes. Stir often.

DIRECTIONS:
1. In a large pot, bring 3 cups of water to a boil.
2. Add broccoli and rice, and cook for 7 minutes over high heat.
3. Reduce heat to medium and add soup. Cook until bubbly (about 2 minutes). Stir often.
4. Remove from heat.
5. Stir in cheese.
6. Refrigerate leftovers.

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SMASHED POTATOES WITH KALE

Try adding turnips, parsnips or rutabaga to the potatoes in this dish!

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SMASHED POTATOES WITH KALE
SERVES 8 • SERVING: ¾ CUPS

INGREDIENTS:
• 1 tablespoon vegetable oil
• 6 cups diced potatoes (¼-inch squares)
• 6 cups diced kale (1-inch pieces)
• 3 tablespoons chopped scallions
• ¼ teaspoon crushed red pepper flakes
• Salt and pepper to taste

DIRECTIONS:
1. Heat oil in a large frying pan over medium heat
2. Add potatoes and cook for 5 mins
3. Add kale and cook for 5 more mins
4. Add 1 cup of water, cover, and cook for 5 more minutes
5. Mash potatoes and kale with a fork until smooth.
6. Add scallions, red pepper flakes, and salt and pepper to taste.
7. Serve hot and enjoy!
8. Refrigerate leftovers.

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SWEET POTATO FRIES

Sprinkle on some garlic powder and chili powder for added flavor!

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SWEET POTATO FRIES
SERVES 6  SERVING: 1 CUP

INGREDIENTS:
• 3 sweet potatoes
• ½ teaspoon salt
• ¼ teaspoon pepper
• 1 tablespoon vegetable oil
• Nonstick cooking spray

DIRECTIONS:
1. Preheat oven to 400°F. Coat baking sheet with nonstick cooking spray.
2. Cut each potato in half lengthwise, then cut each half into wedges.
3. In a large bowl, combine the cut potatoes, salt, pepper, and oil. Toss until potatoes are evenly coated.
4. Arrange potatoes in a single layer on a baking sheet.
5. Bake for 15 minutes. Remove from oven and stir.
6. Place back in the oven until edges are crisp and potatoes are cooked through, about 15-30 minutes.

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