BLUEBERRY THYME FRUIT SALAD

If your peaches aren’t ripe yet, place in a paper bag to speed up the process.

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BLUEBERRY THYME FRUIT SALAD
SERVES 5 • SERVING: 1 CUP

INGREDIENTS:
• 2 cups blueberries
• 4 chopped peaches or nectarines
• 1 tablespoon chopped fresh thyme leaves
• 1 teaspoon peeled and grated ginger
• ¼ cup lemon juice
• 1 teaspoon grated lemon peel

DIRECTIONS:
1. In a large bowl, combine all ingredients. Mix well.
2. Chill in the refrigerator for at least 1 hour.
3. 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.
CUCUMBER DIP with PITA CHIPS

Use whole grain pita bread to get your serving of whole grains in!

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CUCUMBER DIP WITH PITA CHIPS
SERVES 4 • SERVING: 1 CUP

INGREDIENTS:

• 2 chopped cucumbers
• 1 peeled and chopped carrot
• 2 minced garlic cloves
• 1 cup plain, low fat yogurt
• Salt and pepper, to taste
• 2 pita breads
• 2 teaspoons vegetable oil

DIRECTIONS:

1. Preheat oven to 400°F.
2. In a small bowl, stir together cucumbers, carrot, garlic, yogurt, salt, and pepper. Chill until ready to serve.
3. Cut each pita bread into 8 wedges and place on baking sheet.
4. Brush pita bread with oil.
5. Bake for 10 minutes or until crispy and lightly browned. Cool.
6. Serve pita chips with the dip.

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Garbanzo Bean Salad

Also known as chickpeas, garbanzo beans give this salad healthy protein that will keep you fuller, longer!

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Garbanzo Bean Salad
Serves 7 • Serving: ¾ cup

Ingredients:
• 2 cups cooked chickpeas
• ½ cup diced red onion
• 1 diced cucumber
• ⅓ cup diced bell pepper
• 2 chopped tomatoes
• 1 tablespoon vegetable oil
• ⅓ cup vinegar
• 1 tablespoon chopped fresh oregano (or 1 teaspoon dried)
• Salt and pepper, to taste

Directions:
1. In a large bowl, combine chickpeas, onion, cucumber, bell pepper, and tomatoes.
2. In a small bowl, combine oil, vinegar, oregano, salt, and pepper.
3. Add oil and vinegar dressing to chickpea mixture. Mix well.
4. Serve immediately or chill before serving.
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.
GREEN BEAN AND CHERRY TOMATO SALAD

To prepare fresh green beans, rinse and remove ends before eating!
GREEN BEAN AND CHERRY TOMATO SALAD
SERVES 8 • SERVING: 1 CUP

INGREDIENTS:
• 4 cups sliced green beans
• 4 cups halved cherry tomatoes
• ¼ cup sliced fresh basil
• 3 tablespoons vegetable oil
• 2 tablespoons apple cider vinegar
• 3 tablespoons finely chopped shallots
• ½ teaspoon crushed red pepper flakes (optional)

DIRECTIONS:
1. Bring 4 cups of water to boil in a large pot over high heat.
2. Add green beans and cook 5-10 mins or until softened.
3. Rinse green beans under cold water until cool.
4. Combine cooled green beans, tomatoes, and basil in a bowl.
5. In a small bowl, make the dressing: combine oil, vinegar, shallots, and red pepper flakes. Mix well.
6. Add dressing to vegetables, mix well.
7. Serve and enjoy!
8. Refrigerate leftovers.

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PLUM CUCUMBER SALAD

Allow plums to sit and reach room temperature for peak sweetness and juiciness!

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PLUM CUCUMBER SALAD
SERVES 7 • SERVING: 1 CUP

INGREDIENTS:
• 6 diced plums
• 1½ cups diced cucumbers
• ½ diced red onion
• 1 diced bell pepper
• ¼ cup chopped fresh cilantro (optional)
• 2 tablespoons balsamic vinegar or other vinegar
• 1 tablespoon vegetable oil
• Salt and pepper, to taste

DIRECTIONS:
1. In a large bowl, combine plums, cucumber, onion, pepper, and cilantro.
2. In a small bowl, whisk vinegar, oil, salt, and pepper.
3. Add dressing to the large bowl and mix well.
4. Serve and enjoy!
5. Refrigerate leftovers.

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STRAWBERRY PEPPER SALSA

Choose strawberries that are bright in color and firm to the touch!
STRAWBERRY PEPPER SALSA
SERVES 6 • SERVING: 1 CUP

INGREDIENTS:
• 2 cups chopped strawberries
• ½ diced red onion
• 1 diced jalapeño pepper
• ½ chopped green bell pepper
• ½ orange bell pepper, chopped
• ½ red bell pepper, chopped
  (may use 1 full orange pepper instead of red and orange)
• 2 tablespoons lemon juice
• 1 tablespoon vegetable oil
• Salt, pepper, and cilantro to taste
  (optional)

DIRECTIONS:
1. Combine all ingredients in a bowl and mix well.
2. Serve and enjoy!
3. 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.
SUMMER SQUASH AND WHITE BEAN SALAD

You can use yellow or green squash (zucchini) or a mixture of the two!

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SUMMER SQUASH AND WHITE BEAN SALAD
SERVES 10 • SERVING: ¾ CUP

INGREDIENTS:
• 4 cups diced summer squash
• 1 cup chopped red onion
• 1 19-ounce can drained and rinsed cannellini beans
• 2 tablespoons vegetable oil
• ¼ cup apple cider vinegar
• ½ tablespoon chopped rosemary
• Salt and pepper to taste

DIRECTIONS:
1. In a large bowl, combine summer squash, onion, and beans.
2. In a small bowl, mix oil, vinegar, rosemary, salt, and pepper.
3. Pour oil mixture over bean-squash mixture and toss.
4. Chill, serve and enjoy!
5. Refrigerate leftovers.

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