



Women, Infants and Children Program

In cooperation with



Presents

Eat Fresh for 15 or Less

With

Certified Executive Chef Paul Higgins

And

Kenyon College intern Casey Griffin

A look at the late spring, early summer growing season and how to utilize the bounty of fresh produce in different ways and maintain a healthy budget as well

Tami Ruhl R.D., LD

Program Supervisor

Recipes provided by Certified Executive Chef, Paul Higgins through OSU Extension Knox County *Get Fresh with Chef Paul* farm to table initiative. Chef Higgins is member of the American Culinary Federation, and former member of the National Research Chefs Association.

In 2011 Mr. Higgins received a lifetime Fellowship in The Honorable Order of the Golden Toque.

Mr. Higgins is the producer and creator of *A Journey in Taste* and *Senior-dining.com*.

Mr. Higgins works with local community organizations and educators at the Mount Vernon Schools to share his knowledge, experience and expertise to promote the use of *fresh, local foods*.



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Knox County WIC
Women, Infants & Children



This institution is an equal opportunity provider.

Eat Fresh for 15 or less

This workshop incorporates WIC Authorized Foods and fresh vegetables from local growers. This is an interactive session that will give the participants ideas on how to be creative and come with up menus of their own to introduce fresh, local produce for the entire family.

We will explore developing several menu options using tortillas, zucchini, yellow squash and red or yellow peppers as the primary ingredients. With the addition of tomatoes, cucumbers, green peppers, garlic and onion our market basket is complete.

To complement the recipes we will use a variety of WIC approved cheeses, fresh and dried herbs and our imagination.

The primary ingredients will be the foundation for creating wraps, nachos, pizza and quesadillas.

All recipes will feed a minimum of 4 persons and will be within our budget guidelines.

Additional costing will be provided for recipes from the “Here We Grow Again...” handout.

Grilled Vegetable Rollups (Wraps, Tortillas)

Ingredients:

1 medium zucchini, cut lengthwise into 1/2-inch slices
1 yellow squash, cut lengthwise into 1/2-inch slices
1 small sweet red or yellow pepper cut in half
2 tbsp salad oil
1/2 tsp salt
1 large tomato, seeded and chopped
6 flour tortillas (8-10-inch)
4-6 oz Monterey Jack cheese (or other approved cheese)

Directions:

Brush the zucchini, yellow summer squash and red pepper with 1 tablespoon of oil. Sprinkle with salt

Grill vegetables over medium heat for 4-5 minutes on each side or until tender (can also be roasted in the oven at 425 degrees for 6-8 mi)

When cooked, cut into 1/2-in. cubes and place in a small bowl; stir in tomato.

Place 1/4 cup of mixture down the center of each tortilla, top with 1/4 cup of the cheese (shredded or cut in narrow strips)

Fold the tortilla into thirds

Heat 2 tsp of oil in a skillet

Place the rolls into the pan, three at a time, and cook for 3 minutes, turning until golden brown. (If making large batches place on cookie sheet and brown in oven, can also be placed on foil on the grill)

Veggie Tortilla Pizza

Ingredients:

1 tbsp olive oil
1 medium zucchini, finely chopped
1 medium yellow squash, finely chopped
2 cloves garlic, minced
1/2 medium onion, finely chopped
1/2 small red, yellow or green peppers
1 medium tomato seeded and small diced
1 package tortillas
4-6 oz Monterey Jack cheese
6-8 oz mozzarella cheese
1 bunch fresh basil, chopped

Directions:

Preheat oven to 375 degrees
In a medium skillet, heat oil, add veggies, (except tomatoes), garlic and cook until just softened, about 6 to 8 minutes. Salt and pepper to taste
Lay tortillas on a baking sheet
Top each one with veggies, cheese (Shred or cut in thin strips) and fresh basil
Bake for 8 to 10 minutes, or until cheese is melted

Homemade Nachos

Ingredients:

Flour tortillas, corn tortillas, or wheat tortillas
Nonstick cooking spray
Seasoning of your choice, Salt, seasoning salt, garlic salt,
paprika, chili powder, and/or cayenne pepper.

Directions:

Preheat oven to 400 degrees F.
Lay the tortillas out on a cutting board
Spray with nonstick oil on both sides
Season both sides
Stack the tortillas in piles of eight (8) cut the pile of
tortillas into 4 equal triangles.
Arrange the triangles in a single layer on baking sheet
Bake for approximately 6 to 7 minutes until crisp
Remove from the oven to cool

Vegetable Quesadillas Baked or Pan Fried

Ingredients:

1 medium onion, chopped
1 medium zucchini, chopped
1 medium sweet red pepper, chopped
1 tablespoon olive oil
1/2 teaspoon ground cumin
4 flour tortillas
1 medium tomato seeded and small diced
4- 6 oz Cheddar and Monterey Jack cheese blended (shred together)

Directions:

In a large bowl, combine the vegetables, oil and cumin; toss to coat

Arrange in a single layer in an ungreased baking pan

Bake, uncovered, at 425° for 10-15 minutes or until tender

Reduce heat to 350°.

Divide vegetable mixture evenly between two tortillas

Sprinkle with cheese. Top with remaining tortillas.

Place on an ungreased baking sheet; bake for 8-10 minutes or until cheese is melted

To prepare on top of the stove place one tortilla in the skillet, add vegetable mixture to one half of the tortilla sprinkle with cheese and fold the other half to cover. With a spatula flip the quesadilla over and cook until cheese melts, 2-3 minutes

Fresh Tomato Salsa

INGREDIENTS:

2-3 medium sized fresh tomatoes (from 1 lb to 1 1/2 lb),
stems removed, finely diced
1/2 red onion, finely diced
1/2 cucumber, peeled, seeded and small diced
1 chili pepper (stems, ribs, seeds removed), finely diced
1/4 cup lime juice
1/2 cup chopped cilantro
Salt and pepper to taste

METHOD:

Combine all of the ingredients in a medium sized bowl.

Taste

If the chilies make the salsa too hot, add more chopped tomato. Be careful while handling hot peppers. Use a paper towel to protect your hands. Wash your hands thoroughly with soap and hot water after handling and avoid touching your eyes for several hours.

Let salsa sit for an hour for the flavors to combine



Extension FactSheet

Family and Consumer Sciences, 1787 Neil Avenue, Columbus, Ohio 43210

Fruits and Vegetables Are a Convenience for Busy People!

Updated 2006 by **Jaime Foster**, Extension Associate, Human Nutrition
Susan Zies, Extension Educator, Family and Consumer Sciences, Lucas County

Who has time to think about what they're eating? Everyone—according to the National Cancer Institute, especially with the variety of convenient fruit and vegetable choices on the market today.

As more families feel increased time constraints from jobs, family, and other commitments, a healthful diet is easy to overlook. In our hurried days, we don't always make the best food choices. However, it is possible to meet the demands of our busy lives and still make healthful food choices.

Did you know that eating enough fruits and vegetables each day is important to help you maintain your health? The 2005 Dietary Guidelines for Americans suggests consuming enough fruits and vegetables, while staying within your caloric needs. The guidelines also recommend choosing a variety of fruits and vegetables each day. The recommended daily amounts vary, depending on your age, sex, and physical activity level.

Along with tasting great, fruits and vegetables are low in calories and fat and high in vitamins, minerals, and fiber. Eating lots of fruits and vegetables as part of a low-fat, high-fiber diet may help reduce blood pressure, manage weight, and reduce risk of heart disease, stroke, diabetes, and cancer.

Here are some ways to help you and your family.

Get Enough Fruits and Vegetables!

Have fruits and veggies on hand! It's hard to choose grapes over cookies for a snack if they aren't around. Studies show that households that have fruits and vegetables available for meals and snacks will eat more of them! Put a few extra fruits and vegetables into your shopping cart this week.

Commuting with Fruits and Vegetables

Drink fruit juice instead of soda or coffee in the car. Be careful—Remember one cup of 100% fruit juice can be considered a cup from the fruit group. Try to keep the amount of fruit juice you drink to less than half of your daily fruit intake. You can keep eight to twelve-ounce cans or bottles in your refrigerator, chilled and ready to go! Or you can buy them at gas stations and fast food chains. Bring with you fruits and vegetables that are in the can or can be eaten by hand. Try these convenience foods—apricots, grapes, apples, nectarines, bananas, orange segments, broccoli, pears, carrots, plums, celery stalks, strawberries, and cherries.

Shopping for Fruits and Vegetables

Take advantage of easy options such as precut, cleaned, and packaged fresh fruit and vegetables.

Frozen, diced, or canned fruits and vegetables are also easy to use.

Buy low-fat yogurt, fruit juice, and fresh, canned, or frozen fruit to blend a quick smoothie in the morning. Drink it at home—or pour it into an insulated cup to keep it cold and take it with you.

Buy pre-cut vegetables (packaged or from the salad bar) for brown bag lunches and try dipping in low-fat salad dressing.

Buy frozen bags of berries, peaches, or melon balls and use as needed.

What Counts as a Cup of Fruit or Vegetables?

- 1 cup (8 ounces) of 100% fruit or vegetable juice
- 1 cup cooked or canned vegetables or fruit

- 2 cups raw leafy vegetables is equivalent to 1 cup of vegetables
- 1 cup dried beans or peas, cooked
- 1/2 cup dried fruit

Remember, the more fruits and vegetables, the better!

References

Produce for Better Health Foundation, 5ADay the Color Way. Accessed February 2006 at: <http://www.5aday.org>

U.S. Department of Agriculture, MyPyramid. Accessed February 2006 at: <http://www.mypyramid.gov/index.html>

U.S. Department of Agriculture, U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2005. 6th Ed. U.S. Government Printing Office. Washington, D.C., January 2005.

Visit Ohio State University Extension's web site "Ohioline" at: <http://ohioline.osu.edu>

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Keith L. Smith, Associate Vice President for Agricultural Administration and Director, OSU Extension

Eating Fresh for \$15.00 or Less

The fresh ingredients listed were priced at a recent Mount Vernon Farmer's Market. Prices will fluctuate some throughout growing the season due to weather, and crop conditions. Generally as the season peaks quantities are high and prices are low.

Tomatoes 5 oz	.50 -.75 ea	Cucumber	.75 ea
Zucchini 12 oz	1.00 ea	Garlic scapes 7 oz	2.50 bunch
Spring onions 12 oz	.75 bunch	Peppers	.75 – 1.00 ea
Beets 3-5, 12 oz	1.00 basket	Sweet peas 9 oz	1.50 pt
Lettuce greens 2 lbs	1.00	Cabbage	1.25 ea

Other menu items: Corn tortillas, 4 inch to 10 inch various package sizes .98 to 2.64 (.06-.13.ea) Assorted block cheeses under 5.00 (.27 you .32 oz), limes .33 ea

To calculate the receipt cost per person; add together the cost for each ingredient and divide by the number of persons. This cost may change based on the age and eating habits of your family, but will give you an idea of what it cost to feed your family and manage your food dollars.

Being creative and watching the **Home Grown** calendar will allow you to enjoy fresh, local foods for your family at reasonable costs. Provide them with a good source of vitamins and nutrients which is important for the development of strong healthy bodies.



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Saturdays 9:00 am- 12:00 Noon thru October
<https://www.facebook.com/mountvernonfarmersmarket>
Cheryl Johnson, Market Coordinator



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