

Maryland **WIC**

Farmers' Market

COOKBOOK

Make every meal
count with these

Fast and Fresh Solutions!

What's Cooking?

22 new recipes for you
and your family to enjoy!

Count me in!

Special Kids Section on page 17

2019



Health Coverage is Always in Season.



So head over to MarylandHealthConnection.gov to learn more or call **1-855-642-8572** to see if you qualify for free or low-cost coverage.

Cooking by the numbers!



follow the directions



use the right amount



measure accurately



set the temperature



time it right



enjoy!

H healthy eating is as easy as 1, 2, 3!

Fit healthy eating and cooking into your lifestyle and make each meal count. Including fresh fruits and vegetables in your diet does not have to be complicated or take a long time to prepare.

When visiting Farmers' Markets, shop and cook with numbers in mind and follow the recipes found in our **2019 Farmers' Market Cookbook**.

Whether you want meals that are quick to prepare or only require a few simple ingredients, we have something for you!

Make every meal count!

— Your friends at WIC

Maryland WIC

1-800-242-4942 www.mdwic.org



Use your Farmers' Market Nutrition Program (FMNP) checks and eWIC card at the Farmers' Market.
page 3

Cooking Class 101
page 4

What's In Season?
page 8

Storage Tips
page 10

Ready, Set, Go...
recipes starting on page 11

Freezing Tips
page 12

Pasta Pronto
pages 14-15

Kids in the Kitchen
page 16

Kids Activity Pages
page 17-20

Visit the Farmers' Market



Shop for fresh fruits and vegetables grown by local farmers.

.....
Visit the market manager to learn how to make the most of your market dollars.

.....
Ask about shopping with SNAP/EBT, eWIC, FMNP and Senior FMNP checks.

Visit www.eatsmart.umd.edu for tasty fruit and vegetable recipes and to locate the farmers' market near you!



You can use your **Farmers' Market Nutrition Program (FMNP) Checks** at the Farmers' Market where you see this sign.

It's as easy as...

1

Pick out the fruits and vegetables that you want to buy.

2

Tell the farmer you are paying with your **FMNP Check**.

3

Sign your check and give it to the farmer.



Be sure to use your **FMNP Checks** at the Farmers' Market anytime from **June 1 to November 30**.



You can use your **Maryland eWIC card** to redeem fresh fruits and vegetables at the Farmers' Market wherever you see the **Maryland eWIC Accepted Here** sign.



Cooking Class 101

Want to make healthy and delicious meals for your family?
Use these cooking tips, charts, and lists to help you get started.

LESSON 1:

Be PREP-ared!

- Prepare ingredients ahead of time. Follow the directions to wash, chop, mince, and measure BEFORE you start to cook.
- Use small containers to group your ingredients in the order they will be added.

LESSON 2:

Watch the clock!

- Read the recipe first and organize your time accordingly.
- Use a timer to keep you on track.
- Get a timer to carry with you or use your phone.



LESSON 3: Freezing, ready when you are!

- Freeze fresh fruits and vegetables to have your favorites on hand.
- Buy and freeze fresh produce when it is in season at the farmers' market.
- Double recipes and store leftovers in the freezer to save time and money.

- Freeze leftover cooked meats and add them to another meal.
- Tomato paste, stock, and sauces can be frozen into ice cubes and easily defrosted for recipes.

LESSON 4:

Mind the heat!

- Use a meat thermometer to know that meats reach a safe minimum internal temperature – you can't always tell by looking!



Here are a few examples. For more information, go to www.foodsafety.gov.

- **Ground meat & meat mixtures:** 160° F.
- **Fresh beef, veal & lamb:** 145° F.
- **Poultry (chicken, turkey, and duck):** 165° F.
- **Fresh pork and ham:** 145° F.
Precooked ham: 140° F.
- **Fresh fish:** 145° F. or until flesh is opaque and flakes easily with a fork
- **Leftovers & casseroles:** 165° F.
- **Eggs:** cook until yolk and white are firm

LESSON 5:

All washed up!

- Start by washing hands and work surfaces.
- Rinse all fresh fruits and vegetables under cold water to remove dirt and germs. Do not use soap or bleach.
- Use a strainer or paper towels to dry freshly washed ingredients. Water and heat make steam so be sure to dry your foods before frying or they will not brown properly.

LESSON 6:

Measuring matters!

- Use measuring cups and measuring spoons for best results.
- Make sure your spoon or cup is level when measuring. Place measuring cups on a flat surface to get an accurate reading.
- Kitchen scales can be very useful for measuring whole and chopped ingredients.



LESSON 7: Cooking Terms

- Bake or Roast** • Cook with heat in oven, usually uncovered.
- Boil** • Heat liquids on a stovetop until bubbles rise rapidly to the surface.
- Chop** • Cut food into pieces about 1 inch square.
- Dice** • Cut food into pieces that are about ½" square.
- Fry** • Use an open pan with oiled surface on stovetop.
- Grate** • Shred ingredients such as cheese or carrots, carefully rubbing chunks against a metal grater.
- Grill** • Cook outside over a gas or charcoal grill.
- Juice** • Squeeze the juice from citrus fruit by cutting in half and pressing the halves on a juicer or squeezing by hand.
- Mince** • Cut food, such as herbs, into tinier pieces than chopping or dicing. Use a small knife or scissors.
- Mix** • Use a spoon or electric mixer to combine ingredients in a bowl until everything is evenly mixed.
- Process** • Blend to desired texture in a food processor, blender, or with a hand-held immersion blender.
- Saute** • Cook lightly in a frying pan or skillet with just a little oil.
- Simmer** • Turn heat to low so that bubbles rise slowly to the surface.
- Slice** • Cut food into pieces using a smooth-bladed knife, serrated knife, or pizza cutter.
- Toast** • Brown lightly on both sides on griddle or grill pan or regular toaster.
- Whisk** • Mix dry and/or wet ingredients until they are combined with a whisk.

LESSON 8: Cooking Measurement Equivalents

Exact Measurements

- 1 teaspoon (tsp) = .166 ounces (oz)
- 3 teaspoons (tsp) = 1 tablespoon (tbsp)
- 1/16 cup (c) = 1 tablespoon = .5 ounce
- 1/8 cup = 2 tablespoons
- 1/6 cup = 2 tablespoons + 2 teaspoons
- 1/4 cup = 4 tablespoons = 2 ounces
- 1/3 cup = 5 tablespoons + 1 teaspoon
- 3/8 cup = 6 tablespoons
- 1/2 cup = 8 tablespoons = 4 ounces
- 2/3 cup = 10 tablespoons + 2 teaspoons
- 3/4 cup = 12 tablespoons
- 1 cup = 16 tablespoons
= 1/2 pint = 8 ounces
- 2 cups = 1 pint (pt) = 16 ounces
- 4 cups = 1 quart (qt) = 32 ounces
2 pints =
- 4 quarts = 1 gallon (gal)
- 16 ounces (oz) = 1 pound (lb)

Approximate Measurements

- dash / pinch = less than 1/8 teaspoon
- splash = 1-5 drops
- scant = slightly less than a dash
- heaping = filled over the top
- level = even with the top, filled and leveled with a straight edge



Need help paying for child care?

You may qualify for help
from the Child Care
Subsidy program.

For more information,
call 1-866-243-8796

Visit www.MarylandEXCELS.org/Subsidy for more information.



Quality child care and early
education matter. Find local
programs and providers for
your family.

www.MARYLANDEXCELS.org



Download the Quality Finder App today!





Banana Pancakes

Makes **4** small pancakes

Simple and Delicious
2 Ingredient Pancakes

Ingredients

- 1 medium-sized ripe banana (or ½ banana and ¼ cup cooked mashed carrot, winter squash, or pumpkin)
- 1 large egg, lightly beaten

Fluffy and Yummy
3 Ingredient Pancakes

- + ⅛ teaspoon baking powder to the batter for fluffier pancakes.

Thick and Rich
4 Ingredient Pancakes

- + 2 tablespoons of flour or oats for drier, less “eggy” pancakes.

Optional Ingredients

- ⅛ teaspoon salt
- ¼ teaspoon vanilla extract
- ½ teaspoon cinnamon or any spice combination (such as ginger, nutmeg, allspice)
- 1 tablespoon sugar or sweetener
- 1-2 tablespoons of peanut butter
- ½ cup chopped fresh fruit or berries

Directions

1. Mash banana with a fork in a medium bowl until it has a pudding-like consistency. You should have about ½ cup of mashed banana. (If using carrot, squash, or pumpkin, add it to the bowl with the ½ banana and mash until no large lumps remain.)
2. Pour the egg over banana mixture and stir until combined.
3. If making 3 or 4 ingredient pancakes, add those dry ingredients to this mixture.
4. Add any of the optional ingredients. If adding fruit, wait until step 7.
5. Heat a lightly greased or non-stick griddle or pan on medium heat.
6. Pour 3 tablespoons of batter per pancake into the pan leaving 1 inch between pancakes.
7. If adding fruit, sprinkle some on each pancake while the first side is cooking. Cook for about 1 minute, until edges start to set and bottoms look golden brown. Flip gently and cook about 1 minute on the other side until browned.
8. Serve warm with your toppings of choice.



What's in Season at the Farmers' Market?

	MAY	JUN	JUL	AUG	SEP	OCT	NOV
Apples				●	●	●	●
Apricots		●	●				
Asparagus	●	●					
Beets			●	●	●		
Blackberries			●	●	●		
Black-eyed Peas			●	●			
Blueberries			●	●			
Broccoli	●					●	●
Brussels Sprouts					●	●	●
Cabbage		●			●	●	
Carrots			●	●	●		
Cauliflower	●	●			●	●	●
Cherries		●	●				
Corn		●	●	●	●		
Cucumbers	●	●	●	●	●	●	●
Eggplant			●	●	●		
Grapes				●	●		
Green Beans	●	●	●	●	●		
Green Peas	●	●	●				
Greens	●	●	●	●	●	●	●
Lettuce	●	●	●	●	●	●	●
Lima Beans				●	●		
Melons			●	●	●		
Mushrooms	●	●	●	●	●	●	●
Nectarines			●	●			
Okra			●	●	●		
Onions	●	●	●	●	●	●	●
Peaches			●	●	●		
Peppers			●	●	●		
Plums			●	●	●		
Potatoes		●	●	●	●		
Pumpkins					●	●	●
Radishes	●	●				●	●
Raspberries		●	●	●	●		
Summer Squash		●	●	●	●		
Sweet Potatoes					●	●	●
Tomatoes	●	●	●	●	●	●	●
Turnips	●	●			●	●	●
Winter Squash				●	●	●	●

How many fruits and vegetables should you try to eat each day? *

	Child 2–3 years	Child 4–5 years	Women
Fruits	1 cup	1–1½ cups	2 cups
Vegetables	1 cup	1½ cups	2½ cups

* Offer these amounts to your children and let them decide how much to eat. SOURCE: choosemyplate.gov

How much is a half (½) cup serving?

Fruits	½ cup serving	
Apple	½ of a large apple (3½" diameter)	
Cantaloupe	1 wedge (⅛ of a medium melon)	
Green Grapes	16 seedless grapes	
Peach	1 small (2" diameter)	
Strawberry	4 whole large berries	
Watermelon	6 melon balls	
Vegetables	½ cup serving	
Broccoli	1½ spears (5" long)	
Celery	1 large stalk	
Corn	1 small ear (6" long)	
Lettuce & Greens	1 cup, shredded raw	
Sweet Potato	½ large baked (2½" diameter)	
Tomatoes	1 small raw (2¼" diameter)	



Simple Sweet Potato Toast

Total time: **25 minutes**

Makes **4–5 slices**

Ingredients

1 large sweet potato

Topping ideas:

- Peanut butter and sliced banana
- Hummus and sliced cucumbers, radishes or fresh herbs
- Mashed avocado with lime juice and salt
- Tomato sauce and cheese
- Ricotta cheese and honey and/or fresh berries

Directions

1. Preheat oven to 400 degrees.
2. Line a baking sheet with parchment paper or foil to prevent sticking or place a wire rack on a baking sheet with a rim.
3. Slice off the ends of the sweet potato, then cut it lengthwise into ½-inch thick slices. Place slices in a single layer on baking sheet or rack.
4. Bake 15 to 20 minutes, or until the slices are tender and easily pierced with a fork, but not too soft. Remove from oven and cool. (Store in refrigerator up to 4 days.)
5. Place sweet potato slices in a toaster or toaster oven and toast until hot and edges are crispy.
6. Top with any of the above toppings or make up your own.



Crunchy Roasted Chickpeas

Total time: **35 minutes**

Makes **4 servings**

Ingredients

- 2 (15-ounce) cans chickpeas (garbanzo beans)
- 2 tablespoons olive oil (or other vegetable oil)
- ¼ teaspoon salt
- ½ teaspoon pepper

Seasoning ideas:

Add 1 teaspoon of any of these spices:

- Garlic, onion or chili powder
- Paprika or ½ teaspoon of cayenne pepper
- Dried parsley or dill

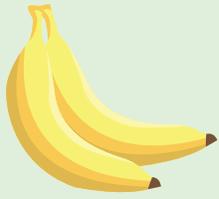
Directions

1. Preheat oven to 425 degrees.
2. Rinse and drain 2 cans of chickpeas.
3. Pat very dry with paper towels.
4. Put chickpeas, olive oil, salt, pepper, and optional seasonings on a rimmed baking sheet and toss to coat.
5. Roast for 30 minutes, shaking occasionally. Let cool.

These go great with the Kale Caesar Salad recipe on page 11!



TIPS FOR KEEPING YOUR Fruits & Vegetables FRESH!

in a cool dark place / pantry			on the counter top	
 <p>onions & garlic good for 7+ days</p>	 <p>potatoes good for 7+ days</p>	 <p>winter squash good for 7+ days</p>	 <p>bananas good for 2 - 5 days</p>	 <p>tomatoes good for 7 - 10 days</p>
ripen on counter top / then store in the refrigerator				
 <p>avocados good for 3 - 4 days</p>	 <p>mangoes good for 1 - 2 days</p>	 <p>melons good for 5 - 7 days</p>	 <p>nectarines & peaches good for 1 - 2 days</p>	 <p>pears & plums good for 1 - 2 days</p>
in the refrigerator				
 <p>apples & oranges good for 7+ days</p>	 <p>asparagus good for 5 - 7 days</p>	 <p>blueberries good for 7+ days</p>	 <p>broccoli & cauliflower good for 5 - 6 days</p>	 <p>carrots good for 7+ days</p>
 <p>celery good for 7+ days</p>	 <p>corn good for 1 - 2 days</p>	 <p>cucumbers good for 7+ days</p>	 <p>grapes good for 5 - 7 days</p>	 <p>greens & kale good for 7+ days</p>
 <p>lettuce & spinach good for 5 - 6 days</p>	 <p>mushrooms good for 2 - 6 days</p>	 <p>bell peppers good for 5 - 6 days</p>	 <p>strawberries good for 3 - 5 days</p>	 <p>summer squash & eggplants good for 1 - 2 days</p>

Green Julius Shake

Makes 3–4 servings



Ingredients

- 1 cup fresh baby spinach
- 1 cup 100% orange juice concentrate
- 1 cup (8 oz.) milk
- 1 large peeled banana, cut into chunks, frozen
- ½ cup (4 oz.) plain yogurt
- 1 teaspoon vanilla extract (optional)

Directions

1. Pour milk and yogurt into a blender container, then add the remaining ingredients.
2. Place lid on blender and blend on high until smooth.



Kale Caesar Salad

Makes 4 servings



Ingredients

- 1 large bunch fresh kale, washed, with tough stems removed
- 2 small bell peppers, seeded and thinly sliced (optional)
- ¼ cup low-fat mayonnaise
- 2 tablespoons lemon juice
- 2 tablespoons finely grated parmesan cheese
- 1 tablespoon dijon or brown mustard
- 2 cloves garlic, finely chopped
- 1 teaspoon anchovy paste (optional)
- Salt to taste (optional)

Directions

1. In a large bowl, whisk to combine all ingredients except kale and peppers (if using).
2. Add kale and peppers (if using) and toss to coat.

Top your salad with [Crunchy Roasted Chickpeas](#).
Recipe on page 9!

The Fresh Way To Freeze Fruits & Vegetables

Preparation

1. Wash and dry fruit and vegetables.
2. Remove cores and pits.
3. Cut to desired size.

Blanching Vegetables

1. Bring a large pot of water to a boil. Add vegetables.
2. Once water returns to boil, cook vegetables 1-3 minutes. Blanching time varies by size and vegetable. Monitor closely, being careful not to overcook.
3. Remove from the boiling water and transfer immediately to a bowl of ice water.
4. Once completely chilled, drain, and dry well.

Packing

1. Freeze one layer of fruit or vegetables on a cookie sheet.
2. Once the produce is frozen, transfer it to a storage container.
3. Seal the container. Ensure there is no moisture or food left on the edges that will prevent a proper seal.
4. Label each container with the name and date. Be sure to use within 3 months of packaging.

Watermelon and Tomato Salad



Makes 4 servings

Ingredients

- 2 cups cherry tomatoes, washed, cut in half
- 2 cups watermelon, washed and cut in cubes
- ½ cup fresh basil, washed and chopped
- ½ cup reduced-fat mozzarella cheese, cut in cubes
- 1 tablespoon lemon juice
- 1 tablespoon vegetable oil
- Salt and pepper to taste

Directions

1. In a large bowl, add tomatoes and watermelon.
2. Add basil, cheese, lemon juice, and oil.
3. Mix to combine and season with salt and pepper to taste.
4. Chill in refrigerator before serving.

Note: Wash melon before slicing.



Confetti Apple Slaw



Makes 6 servings

Ingredients

- 2 tablespoons orange juice concentrate, defrosted or 1 tablespoon orange juice
- 1 apple, washed, cored and diced
- ½ head cabbage, washed, cored and diced
- 1 small red onion, washed and finely chopped
- 1 red or green sweet pepper, washed, seeded, and chopped
- 3 tablespoons raisins
- 1 tablespoon reduced fat mayonnaise
- ½ cup plain low-fat yogurt
- ⅓ teaspoon mustard powder or 1 teaspoon of mustard
- ½ teaspoon paprika
- ¼ teaspoon black pepper

Directions

1. In a large bowl, stir together juice or juice concentrate and diced apple.
2. Add cabbage, onion, red or green sweet pepper, and raisins.
3. In a small bowl stir together mayonnaise, yogurt, mustard or mustard powder, paprika, and black pepper to make dressing.
4. Add vegetable mixture to dressing and mix well.
5. Cover tightly and refrigerate until ready to serve.

Recipes credit: FSNE

UNIVERSITY OF
MARYLAND
EXTENSION



This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP in cooperation with Maryland's Department of Human Services and University of Maryland Extension. The University of Maryland Extension will not discriminate against any person because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry or national origin, marital status, genetic information, political affiliation, and gender identity or expression.



Pasta Pronto

• IN 30 MINUTES OR LESS •



Pasta with Fresh Tomato Sauce

Makes 4–6 servings

Ingredients

- 1 pound whole wheat pasta, any shape
- 8 large, ripe, firm red tomatoes (about 6 cups chopped into small pieces)
- 3 tablespoons olive oil
- 2 cloves fresh garlic, thinly sliced (about 2 tablespoons)
- 1 large onion, chopped fine (about 1 cup chopped)
- 2 tablespoons brown sugar
- 4 tablespoons tomato paste
- ½ teaspoon dried thyme leaves (or 2 tablespoons fresh)
- 4 tablespoons fresh basil, chopped
- ½ teaspoon dried oregano (or 4 tablespoons fresh)
- 4 large bay leaves
- Salt and pepper to taste

Directions

1. Cook pasta according to package instructions.
2. Add oil and garlic into a large pot and heat on low for about 1 minute, making sure not to brown or burn the garlic.
3. Add the dried oregano and thyme, followed by the diced onions, bay leaves and cook, stirring for 2 to 3 minutes.
4. Gently move the onions to one side of the pan keeping the center open. Add in the brown sugar. Let it cook slowly until it browns, but not burns. Mix the onions back in.
5. Add the chopped tomatoes and tomato paste and continue to cook on medium-high for 5 minutes.
6. Add salt and pepper to taste. Cover the pan, lower the heat, and let simmer gently for 15 minutes until sauce is thick.
7. Remove the bay leaves, stir in the fresh basil leaves, and serve over hot pasta.

Mushroom Pasta

Makes 4–6 servings

Ingredients

- 8 ounces whole wheat pasta, any shape
- 2 tablespoons unsalted butter or olive oil, divided
- 2 tablespoons olive oil
- 1 pound fresh mushrooms, sliced
- 6 cloves fresh garlic, minced
- ¼ teaspoon red pepper flakes (optional)
- ½ cup grated Parmesan or Romano cheese (optional, more cheese for serving)
- 2 tablespoons fresh parsley leaves, coarsely chopped
- Salt and pepper to taste

Directions

1. Cook pasta according to package instructions.
2. While pasta is cooking, heat 1 tablespoon of the butter and the 2 tablespoons of olive oil in a large skillet over medium heat until butter melts. Add the mushrooms, season with salt and pepper, and cook until browned and tender, about 5 minutes.
3. Add the garlic, red pepper flakes, if using, and remaining tablespoon of butter and cook for 1 minute more.
4. When the pasta is ready, remove $\frac{3}{4}$ cup of the cooking water and pour it into the skillet with the mushrooms, then drain the pasta.
5. Add the pasta and cheese to the skillet. Toss over medium heat until the cheese is melted and the sauce thickens and coats the pasta, about 2 minutes. Add the parsley and toss to combine.
6. Serve in shallow bowls, sprinkle with more cheese, if desired.



Easy Peanut Noodles

Makes 4 servings

Ingredients for sauce

- ½ cup peanut butter, smooth or crunchy
- ½ cup warm water
- 3 tablespoons low sodium soy sauce
- 2 cloves garlic, minced
- 2 tablespoons fresh lime juice
- 1 tablespoon brown sugar, honey or maple syrup
- 1 tablespoon fresh minced ginger or ¼ teaspoon ground dry ginger
- 1 teaspoon sesame oil (optional)
- 2 teaspoons any type of hot sauce (optional)

Ingredients for pasta “noodles”

- 6 ounces whole wheat spaghetti or linguine
- 1 bell pepper, chopped
- 1 medium carrot, peeled and cut into thin strips or shredded
- 2 green onions (scallions), chopped
- Fresh cilantro, chopped (optional)

Directions

1. Cook pasta according to package instructions.
2. While pasta is cooking, whisk together the peanut butter and warm water in a small bowl until blended and smooth.
3. Add all other sauce ingredients and whisk to combine.
4. Drain pasta and return to the pot. Add the peanut sauce, pepper, carrot, and green onion. Toss well to combine.
5. Top with optional cilantro.

Kids in the Kitchen

There are a number of ways kids can help in the kitchen! Read below to find age appropriate activities that can help your child become familiar with new foods and feel good about mastering new skills for independence. Encourage your child to help at whatever level they feel comfortable!



Show me how!

- Wipe tables
- Hand items to adult to put away (such as after grocery shopping)
- Place things in the trash
- Tear lettuce and greens
- Help "read" a cookbook by turning the pages
- Make "faces" out of fruits and vegetables
- Rinse fruits and vegetables
- Snap green beans



I can do it!

- Add ingredients
- Talk about cooking
- Scoop or mash potatoes
- Squeeze citrus fruit
- Stir pancake batter
- Knead and shape dough
- Name and count foods
- Help assemble a pizza



Watch me cook!

- Peel boiled eggs and some fruits, such as oranges and bananas
- Set the table
- Crack eggs
- Help measure dry ingredients
- Help make sandwiches and tossed salads
- Cut soft fruit with a dull knife
- Use an egg beater or whisk



Peanut Butter Cereal Bars

Gather up your ingredients and your family to get started!

Total time: 25–35 minutes • Makes 12 bars

Step 1. Gather these ingredients:

- 1½ cups crisp rice cereal (like Rice Krispies)
- ¾ cup Cheerios or flaked cereal, like Wheaties, Corn Flakes or Total
- 1 cup rolled oats (old-fashioned)
- ¼ cup + 2 tablespoons of peanut butter
- 1 tablespoon butter or margarine
- ¼ cup + 2 tablespoons of honey

Optional ingredients: (use one or a combination)

- 1 teaspoon vanilla extract
- ½ teaspoon cinnamon
- ⅛ teaspoon salt
- ½ cup dried fruit and/or nuts (chopped into small pieces)



Step 2. Line an 8- or 9-inch baking pan.

Use 2 pieces of foil or parchment paper (one going each way) and set aside.



Step 3. In a large bowl, lightly crush the cereals and mix with nuts or dried fruit, if using.



Step 4. Make the peanut butter mixture.

Put butter, peanut butter, and honey in a small pot and heat on the stovetop, stirring with a whisk until smooth. **OR**, place in a

small microwave safe bowl and microwave for 45 seconds to 1 minute, take out and stir with a whisk until smooth. If using, stir in vanilla, cinnamon, and/or salt.



Step 5. Pour the peanut butter mixture over the cereal in the bowl and stir to combine.



Step 6. Put the mixture into your prepared baking pan. Using a spatula, press the mixture into the pan and flatten evenly, making

sure you press the edges down well.

Step 7. Put the pan in the refrigerator for at least 30 minutes or freeze for 10 to 15 minutes to harden.

For crunchier bars, skip the refrigerator step and bake in the oven at 350 degrees for 10 to 15 minutes until golden brown. Cool completely, before cutting.

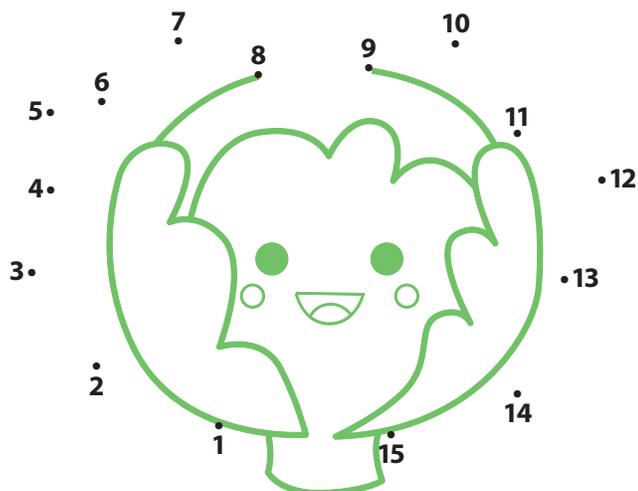
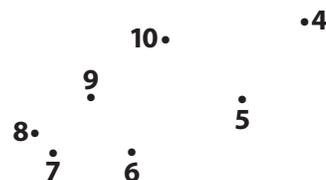
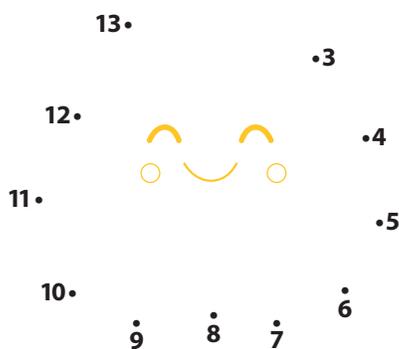
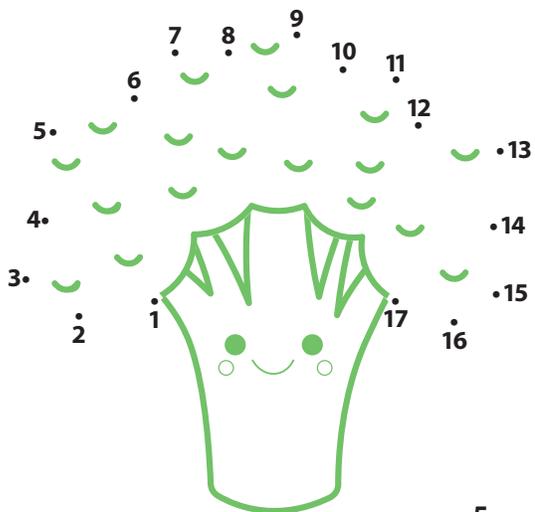
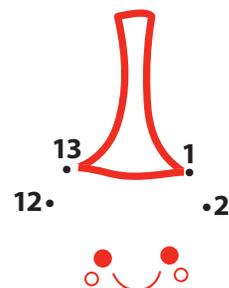
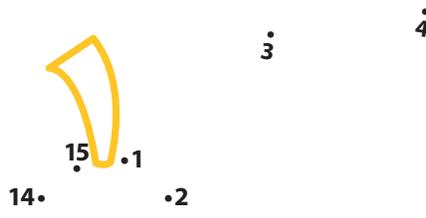
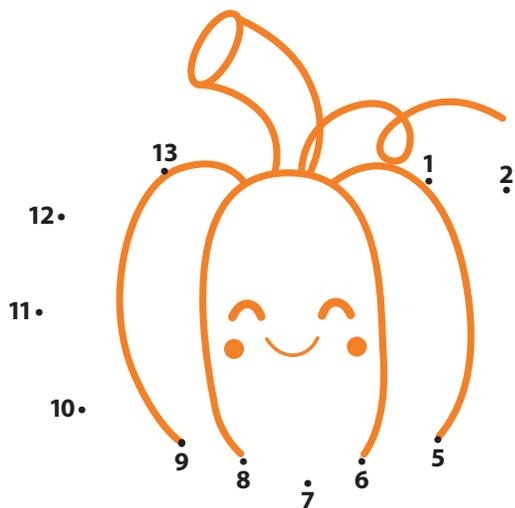


Step 8. Cut into bars and enjoy!

Lift bars using the foil or parchment paper, then use a pizza cutter or knife to cut it into 6 rows. Next, cut each row in half to make 12 bars.

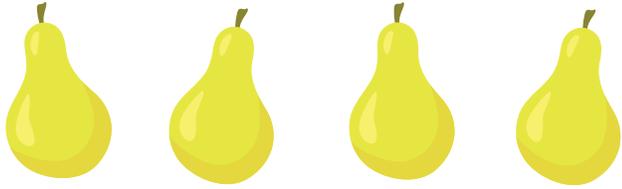
Draw by number!

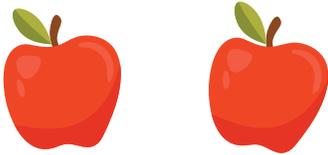
Connect the dots to see what you can find at the Farmers' Market. Then color your fruits and vegetables!

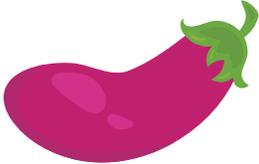


Match the number!

Count the number of fruits and vegetables in each box and draw a line to match it up with the correct number.





6

2

4

3

1

5

Zucchini Pizza Bites

These tiny pizzas are quick, easy, and a kid-friendly way to serve zucchini!

Total time: 15 to 20 minutes • Makes 4 servings

Step 1. Gather these ingredients:

- 1 large zucchini washed and sliced in ¼-inch thick circles
- 1 teaspoon of Italian seasoning (or ¼ teaspoon each of oregano, basil, parsley, and garlic powder)
- ½ cup pizza sauce or tomato sauce
- ½ cup part skim mozzarella cheese, shredded
- Cooking oil or cooking oil spray

Step 2. Preheat the oven to broil.

Step 3. Place zucchini slices on a baking sheet, in a single layer.



Sprinkle Italian seasoning (or mix of seasonings) on top of zucchini slices.



Step 4. Spray each zucchini slice lightly with cooking oil spray, or brush on a thick coating of oil. Flip each slice and repeat on other side.

Step 5. Broil the slices for 2 minutes. Remove from the oven, flip slices over, return to the oven and broil 2 minutes more.



Step 6. Top each zucchini slice with 1 teaspoon of sauce. Then sprinkle 1 teaspoon of cheese on each slice.

Step 7. Return the baking sheet to the oven and broil for 1 or 2 minutes more, until cheese melts and begins to brown.



Step 8. Using a spatula, transfer pizza slices to a tray or plate to cool a bit before serving.

Recipe credit: FSNE



text4healthytots

Text COOK to 30644

or visit: www.text4healthytots.com

Learn how to:

- Cook with your child
- Feed a picky eater
- Practice letters, colors, and numbers using food and physical activity

Sign up for Text4HealthyTots and get 1-2 messages a week with tips!

Sample text messages:

Children like to choose their own foods to eat. Offer 2-3 healthy foods to eat at mealtime. Give your child control by letting them put food on their own plate.

Your child loves being active with you. Take them outside for a walk around the neighborhood. Have your child look for different shapes and colors when you walk.



Sign Up Now!

Reply STOP to quit, HELP for info. Message and data rates may apply.

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP in cooperation with Maryland's Department of Human Services and University of Maryland Extension. The University of Maryland Extension will not discriminate against any person because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry or national origin, marital status, genetic information, political affiliation, and gender identity or expression.

UNIVERSITY OF
MARYLAND
EXTENSION





SNAP and Farmers' Markets are a Win-Win for Maryland!

Formerly known as Food Stamps, the Supplemental Nutrition Assistance Program (SNAP) provides much-needed benefits to many of the 665,420 people in Maryland who face hunger.

SNAP also benefits the local economy. Every \$1 spent at Maryland's farmers' markets and other retailers can expand the local economy by as much as \$1.70.

The Maryland Food Bank's SNAP Outreach team is ready and available to help enroll eligible Marylanders in this highly beneficial program that's a win for all of us!

**Contact us today: 1-888-808-7327
snapteam@mdfoodbank.org**



"Without SNAP benefits, I don't think I would have been able to keep my own place or have enough food so my daughter Jady and I could both eat."

– Stephanie

Better Than Take-Out Beef and Broccoli



Makes 4 servings

Ingredients

- 3 tablespoons cornstarch, divided
- 1 pound lean flank steak (or other lean steak), cut into thin 1-inch pieces
- ¼ cup low sodium soy sauce
- ¼ cup water or low-sodium beef broth
- 1 tablespoons packed brown sugar
- 1 tablespoon garlic, chopped small
- 2 teaspoons fresh ginger, grated (or ⅛ to ¼ teaspoon powdered ginger)
- 2 tablespoons vegetable oil, divided
- 4 cups broccoli, chopped
- ½ cup white onions, sliced
- 2 scallions, sliced (optional)

Directions

1. In a large bowl, whisk together 2 tablespoons of the cornstarch with 3 tablespoons of water. Add beef and toss to combine.
2. In a separate small bowl, whisk remaining 1 tablespoon of cornstarch with the soy sauce, ¼ cup water or broth, brown sugar, garlic and ginger. Set aside.
3. Heat 1 tablespoon of vegetable oil in a large nonstick pan over medium heat. Add beef and cook, stirring until it's almost cooked through. Using a slotted spoon, remove the beef and set aside.
4. Add the remaining 1 tablespoon of oil to the pan. When the oil is hot, add the broccoli and onions. Cook for about 4 minutes, stirring occasionally, until broccoli is tender.
5. Return the beef to the pan and add the prepared sauce. Bring the mixture to a boil and cook, stirring, for 1 minute or until the sauce thickens slightly. Serve over brown rice or noodles. Top with optional sliced scallions.



The Health of Your Mouth is Important During Pregnancy



The health of your teeth and gums can affect the health of you and your baby.

It is safe to get dental care during pregnancy.

Make an appointment to see your dentist as soon as you know you are pregnant.



In Maryland, Medicaid covers dental care during pregnancy. For more information or to find a dentist, visit: HealthyTeethHealthyKids.org.

This project was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS), Grant Number: H47MC28476*. Information/content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.

Quick Roasted Fish with Lemon, Green Beans and Tomato



Makes 4 servings

Ingredients

- 1 pound fish fillets such as trout, sole, catfish, tilapia, red snapper, cod, or turbot fillets
- ½ pound green beans, trimmed
- 1 heaping cup cherry tomatoes
- 2 teaspoons extra-virgin olive oil
- 2 tablespoons fresh herbs (basil, parsley, cilantro, or dill)
- 1 lemon, quartered
- Salt and pepper to taste

Directions

1. Preheat oven to 400 degrees.
2. Spray a large rimmed baking sheet with vegetable cooking spray or a light coating of vegetable oil.
3. Lay fish, green beans, and tomatoes in a single layer on baking sheet. Drizzle with the oil and lightly sprinkle with salt and pepper.
4. Shake pan to evenly distribute. Set pan on bottom oven rack.
5. Bake until fish flakes with a fork and vegetables are tender-crisp, 15 to 17 minutes.
6. Remove from oven. Sprinkle herbs evenly over fish. Serve immediately with lemon wedges.



Crunchy Crusted Vegetables



Makes 4 servings

Ingredients

- ½ pound fresh vegetables (see list below)*
- ½ cup all-purpose flour
- 2 large eggs
- ¼ cup milk
- 1 cup cornmeal
- 1 teaspoon each: salt and black pepper
- 1 teaspoon paprika
- ½ teaspoon garlic powder

* **Vegetable options:** Asparagus, green beans (stems cut off), eggplant strips, carrot or bell pepper sticks, cauliflower or broccoli florets, or okra

Directions

1. Heat the oven to 450 degrees.
2. Spread the flour out on a plate. Crack both eggs into a bowl, add the milk, and beat lightly with a fork. On another plate, spread the cornmeal, salt, black pepper, paprika, and garlic powder and mix them up well.
3. Spread a small amount of oil or butter on a baking sheet or spray with cooking spray.
4. Dip the vegetables into the flour, a few at a time, to coat. Next, put them in the egg mixture, to lightly coat them. Shake off any extra egg then roll them in the cornmeal mixture to coat evenly.
5. Carefully place them onto the baking sheet. If you run out of any of the three mixtures, simply mix up a little more.
6. Bake for 10 to 15 minutes, until golden and crispy.

Serve with your favorite dipping sauce, or try them with the peanut or tomato sauce on pages 14 and 15!



Maryland Hunger Solutions

Ending hunger and promoting well-being



Maryland is the wealthiest state in the nation, but not all Marylanders share in the prosperity. Nearly 10 percent of Marylanders are food insecure. Maryland Hunger Solutions works to end hunger and poverty in the state by expanding participation in the federal nutrition programs, including the Supplemental Nutrition Assistance Program (SNAP, known as the Food Supplement Program, or FSP, in Maryland), WIC, school meals, and afterschool and summer meals.

Over the last decade, Maryland Hunger Solutions, with our local, state, and national partners, has promoted and advocated for long-term, sustainable solutions to eliminate hunger for all of Maryland's residents. Our history of advocacy successes — bolstered by trusted research and analysis, and a committed network of diverse stakeholders — helps reduce hunger and improve health in communities across the state.



If you or someone you know is experiencing food insecurity, contact Maryland Hunger Solutions at our toll-free number (866) 821 -5552. Help us to end hunger in Maryland.

Blackberry and Rice Salad with Chicken



Makes 4–5 servings

Ingredients

- 2 cups of cooked brown rice (about ½ cup uncooked)
- 1 cup cooked lentils
- 1 pound boneless chicken tenders (or chicken breasts, cut into strips)
- ¼ cup olive oil
- 4 green onions, sliced into small pieces
- 2 tablespoons red wine vinegar
- 1 pint fresh blackberries
- 2 cups watercress or other salad greens
- 8 ounces of cooked beets, chopped into ½-inch cubes (optional)
- ½ cup walnuts, chopped (optional)
- Salt and pepper to taste



Directions

1. Prepare rice and lentils according to package directions. (This can be done ahead of time and cooled.)



2. Place chicken in a bowl and coat with 2 tablespoons of oil. Season with a small amount of salt (or salt-free seasoning) and pepper. Cook in a frying pan over medium heat for 10 to 12 minutes, turning over halfway.



3. In a small bowl or jar, whisk remaining oil with the vinegar to make dressing.



4. Place the cooked rice and lentils, green onion, beets (if using), blackberries, and salad greens into a large bowl. Add dressing and toss to coat.

5. Top with chicken and sprinkle with walnuts (if using) and serve.



PREGNANT & SMOKING?



**The Maryland Tobacco Quitline
is here to help. Call today!**

- Call Quit Coaches 24/7
- Get extra help online and by text message
- Earn gift cards* for calling while pregnant and after your baby is born

*While supplies last



Maryland's SmokingStopsHere.com

1-800  QUIT NOW

A tobacco-free life is just a phone call away

1-800-784-8669

**ALL SERVICES ARE
PRIVATE AND FREE**



MARYLAND
Department of Health



Tex Mex Tofu Scramble



Makes 4 servings

Ingredients

- 3 teaspoons vegetable oil
- 1 14-ounce package of firm tofu, rinsed and crumbled*
- 1½ teaspoons chili powder
- 1 teaspoon ground cumin
- ¼ teaspoon salt, divided (adjust to taste)
- 1 small zucchini, cut in small slices or cubes
- ¾ cup fresh or frozen corn, cooked
- 4 scallions, sliced
- ½ cup Monterey Jack or other similar cheese, shredded
- ¼ cup fresh cilantro or fresh parsley
- ½ cup prepared salsa

***Note:** The tofu can be replaced with shrimp, chicken, cooked or canned black beans. Adjust cooking time to make sure that it is cooked through.

Directions

1. Heat 1½ teaspoons oil in a large skillet over medium heat. Add tofu, chili powder, cumin and ⅛ teaspoon salt and cook, stirring, until the tofu begins to brown, about 4 to 6 minutes. Transfer to a bowl.
2. Add the remaining 1½ teaspoons oil to the pan. Add zucchini, corn, scallions and the remaining ⅛ teaspoon salt. Cook, stirring, until the vegetables are just tender, about 3 minutes.
3. Return the tofu to the pan and cook, stirring, until heated through, about 2 minutes more. Remove from the heat and stir in cheese until just melted.
4. Top each serving with 2 tablespoons salsa and 1 tablespoon cilantro. Serve with warmed corn or whole wheat tortillas.

Fruit Tortilla Pies



Makes 4 servings

Ingredients

- 4 whole wheat tortillas
- 2 medium apples, pears or peaches, peeled and chopped in small pieces or 2 cups fresh berries
- 1-2 tablespoons brown or white sugar
- 1 tablespoon of lemon juice
- 5 teaspoons cornstarch, divided
- 2 tablespoons milk
- 1-2 teaspoons sugar (raw or regular sugar)

Directions

1. Preheat oven or toaster oven to 350 degrees.
2. Warm tortillas in microwave to soften.
3. Toss cut fruit or berries with sugar, lemon juice, and 4 teaspoons of cornstarch so that all the fruit is covered.
4. Rub additional cornstarch on half of each tortilla. Working with one tortilla at a time, place fruit on one half of tortilla. Wet the outside edge (½-inch) of tortilla with a small amount of water.
5. Fold tortilla in half, and using a fork, firmly press the edges together so they seal to form a half circle shape pie. (You can cover them and refrigerate or freeze at this point for baking later.)
6. Brush the tops with milk and lightly sprinkle with sugar.
7. Bake on parchment paper or foil lined baking sheet in lower third of the oven for 8 to 12 minutes or until lightly browned.





Egg and Veggie Stuffed Peppers



Makes 6 servings

Ingredients

- 1 tablespoon olive oil
- ½ tablespoon garlic, minced
- ¼ cup onion, finely diced
- 3 large bell peppers
- 2 cups kale leaves (or other greens), chopped, tough stems and ribs removed
- 1 cup mushrooms or other vegetable of choice (optional)
- 6 large eggs
- 6 tablespoons part-skim mozzarella or cheddar cheese, or other cheese, shredded
- Salt and pepper to taste

Directions

1. Slice peppers in half lengthwise and remove seeds.
2. The peppers can be either microwaved or broiled.
To microwave: Place pepper halves in a microwave safe baking dish, put a small amount of water in the dish and microwave, covered for about 4 minutes or until tender.
To broil: Place peppers, open side **down**, on a baking sheet and put them under the broiler in the oven for 10 minutes. Once they are finished, remove them from the oven and flip them over.
3. Set oven to 375 degrees.
4. Whisk eggs in a small bowl and set aside.
5. Heat the olive oil in a skillet on medium-high heat. Add garlic, onion and kale (and mushrooms or other vegetables, if using.) Cook, stirring, for 3 to 5 minutes, until vegetables are softened.
6. Evenly divide egg mixture among the 6 halves, top with sautéed veggies, then top with cheese.
7. Bake for 15 to 20 minutes, or until tops are golden brown and the egg is no longer runny.

Winter Harvest Soup



Makes 5–6 servings

Ingredients

- 2 tablespoons olive oil or other cooking oil
- 1 medium onion, diced
- 2 garlic cloves, coarsely chopped
- 1 pound acorn squash, peeled, seeded, and cut into small chunks
- 1 bunch kale (3/4 pound), ribs removed, and leaves torn
- 5½ cups (43.5 ounces) low-sodium chicken broth
- 1 can (14 ounces) cannellini beans, rinsed
- 3 sprigs thyme
- Salt and pepper to taste
- Grated parmesan cheese, for serving (optional)

Directions

1. In a large heavy pot, heat oil over medium. Cook onion and garlic for about 3 minutes.
2. Add squash and kale and cook until kale is wilted, about 3 minutes; season with salt and pepper.
3. Add broth, beans, and thyme. Bring to a simmer and cook until squash and kale are tender, about 12 minutes.
4. Season soup with salt and pepper to taste and serve with parmesan cheese, if desired.



Cream of Cauliflower Soup

Makes 4–5 servings



Ingredients

- 2 tablespoons olive oil
- 1 medium white onion, chopped
- 2 cloves garlic, chopped small or crushed
- 1 head cauliflower, chopped
- 2 cups low-sodium chicken or vegetable broth
- 1-2 cups low-fat milk (use 1 cup for thicker soup, 2 cups for thinner soup)
- Salt and pepper to taste
- 2 tablespoons fresh parsley or chives, chopped (optional)

Directions

1. Heat olive oil in a large pot on medium heat. Add onion. Cook until softened, about 5 minutes. Add garlic and cook for about 1 minute.
2. Add cauliflower and broth and stir to combine. Bring to a boil. Lower heat to simmer for about 15 minutes or until the cauliflower is soft.
3. Puree the soup with a hand-held blender or blend it in batches in a regular blender* until smooth. Return soup to pot, add milk and stir to combine. Cook on medium-low heat for about 5 minutes.
4. Season with salt and pepper to taste. Sprinkle with parsley or chives. Serve hot.

* **Note:** If using a regular blender, pour only 1/3 to 1/2 of the soup in at a time and hold a kitchen towel over the blender cover to keep it on and prevent hot soup from splashing out.



United States
Department of
Agriculture

**MONTH-BY-MONTH.
DAY-BY-DAY.
FEEDING-
BY-FEEDING.**



U.S. DEPARTMENT OF AGRICULTURE

**WIC
BREASTFEEDING
SUPPORT**

LEARN TOGETHER. GROW TOGETHER.

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a program of the USDA, Food and Nutrition Service.

**GET BREASTFEEDING HELP
WHEN YOU NEED IT FROM WIC.**

For more tips and support, visit WICBreastfeeding.fns.usda.gov

FNS-745

August 2018

USDA is an equal opportunity provider, employer, and lender.

Roasted Sheet Pan Chicken, Potatoes and Brussels Sprouts



Makes 4 servings

Ingredients

- 1 pound baby red potatoes, cut in half (larger ones cut in quarters)
- 1 pound fresh brussels sprouts, cut in half and stems trimmed
- 1 pound skinless chicken breast or thighs
- 3 tablespoons olive oil
- 1-2 tablespoons garlic, minced or chopped
- 1 tablespoon fresh rosemary or thyme (optional)
- Salt and pepper, ½ teaspoon each, or to taste

Directions

1. Preheat oven to 425 degrees.
2. Mix the oil, garlic, salt, pepper and herbs (if using) in a small bowl.
3. Spread chicken, potatoes and brussels sprouts on a rimmed baking sheet. Add the oil mixture and toss to coat the chicken and vegetables.
4. Bake for about 30 minutes or until the internal temperature of the chicken is 165 degrees. (Cooking times will vary depending on the size of your chicken pieces.)



HAVE YOU EVER HAD GESTATIONAL DIABETES?

IF SO, YOU COULD BE AT
RISK FOR TYPE 2 DIABETES.



You have the power to fight it!
The first step is finding out if
you're at risk. Take a simple quiz
at BeHealthyMaryland.org.

If you are at risk, the next step
is to ask your doctor to test
you for diabetes. Often, simple
lifestyle changes can help you
stop diabetes in its tracks.

Be your own hero... It's easier
than you think.

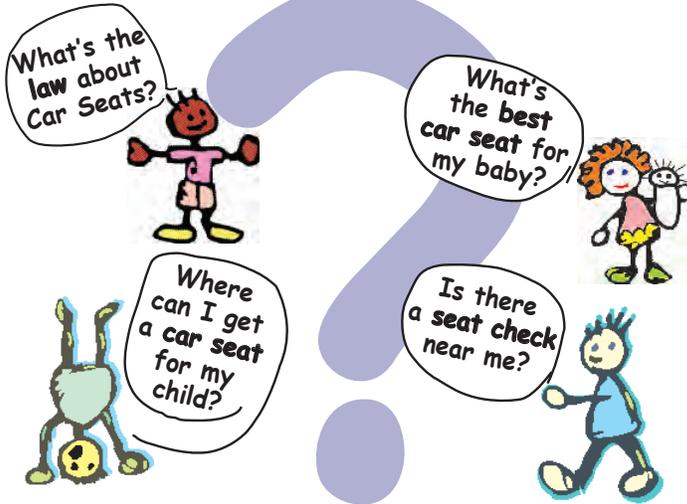
POWER TO PREVENT DIABETES

VISIT: BeHealthyMaryland.org



MARYLAND
Department of Health

Have questions about **Car Seat Safety??**



Maryland **Kids In Safety Seats** has answers!

Helpline: **800-370-SEAT** E-mail: MDH.kiss@maryland.gov Website: www.mdkiss.org KISS Skype: **MDKISS2**



If you receive a PRAMS survey in the mail, please take a few minutes to fill it out and send it in. Your answers can help make Maryland a healthier place for mothers and babies.



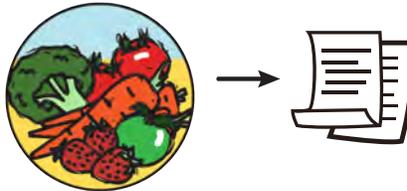
For more information, please visit the PRAMS website at: www.marylandprams.org



1. Grab your FMNP checks or eWIC card & head to a Maryland Market Money Market *



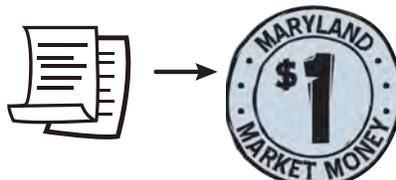
2. Use FMNP checks or eWIC card to buy produce & get a receipt from the vendor



3. Take receipt to "Market Info" tent, show it to staff & ask for your Maryland Market Money match



4. Exchange receipt for FREE Maryland Market Money tokens to spend at market!



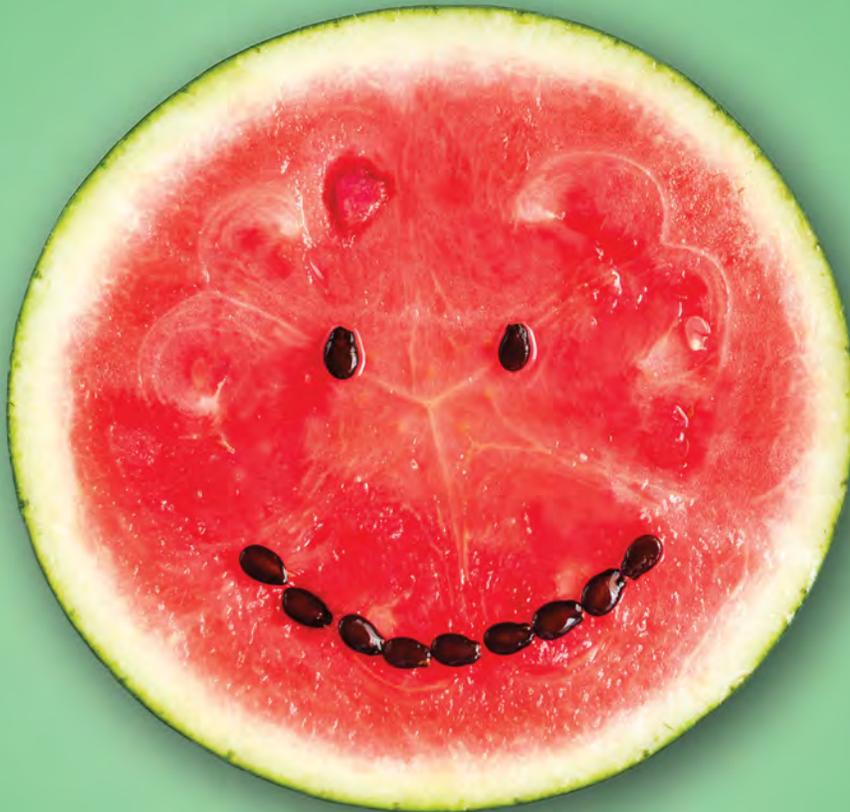
* find a market: www.marylandfma.org

How to Use Your FMNP & eWIC Benefits at a Maryland Market Money Market & Get FREE Matching Dollars



741 Generals Highway
Millersville, MD 21108
Questions?
info@marylandfma.org

FRIENDS AND FREE MEALS



FOR YOUTH 18 AND UNDER

To find the closest summer meals site:

Call 211
Text 'FOOD' to 877 877
MDSummerMeals.org



MDE and USDA are equal opportunity providers.



Everyone deserves a healthy relationship. We can help.

THE NATIONAL DOMESTIC VIOLENCE HOTLINE

1-800-799-SAFE (7233)

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C.
20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

The following photos and illustrations are rights-managed and not in the public domain. Copying or usage of these images without appropriate licensing is strictly prohibited. Photos pages 7, 11, 13; vector art page 18 ©Shutterstock.com. Photos page 16 ©iStock.com. Kitchen pattern and icon vector art ©Vectorstock.com.



Talk To Your Doctor When Being Prescribed Opioid Medication For Pain.

Speak Up. Ask Questions. Express Concerns.

TalkToYourDoctor.org



MARYLAND DEPARTMENT OF HEALTH
Behavioral Health Administration



Maryland **WIC**

YOU GOT THIS, MOM. WE'RE WITH YOU ALL THE WAY.

In Maryland, WIC provides healthy food, nutrition education, and breastfeeding help to more than 140,000 moms and children.

If you are pregnant or care for a child under 5, you can get support for you and your family. Call to see if you qualify.

1-800-242-4942

This institution is an equal opportunity provider.