

FARMERS' MARKET COOKBOOK

2021

EAT FRESH ALL YEAR

19 recipes featuring Maryland's
best produce!

KALE & APPLE SALAD

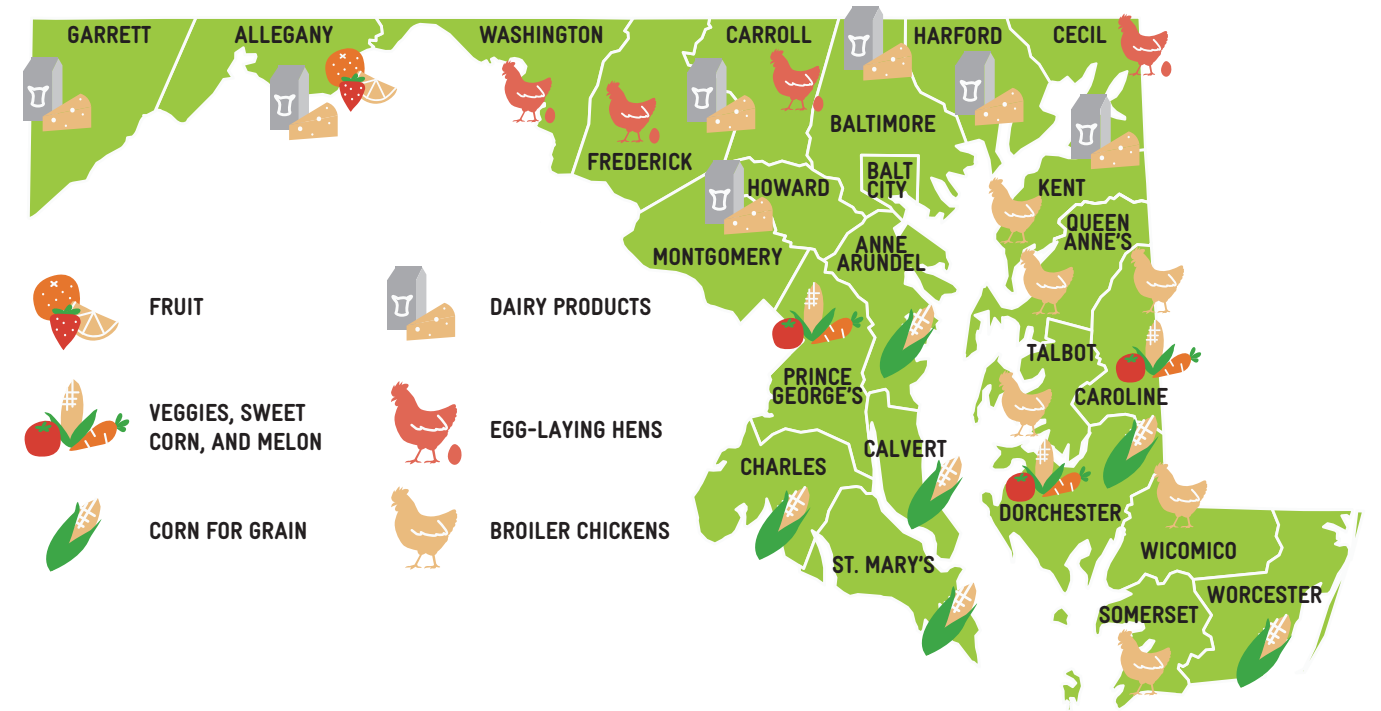
A Sweet, Savory, and Yummy Meal - Page 42



FAMILY-FRIENDLY DINNERS

Chicken and Green Beans Skillet - page 33

Turkey and Zucchini Enchiladas - page 38



CELEBRATE 20 YEARS OF MARYLAND'S BEST FRESH, LOCAL FOODS!



Did you know that there are more than 12,000 farms in Maryland? Growing and producing food is Maryland's largest industry. Farmers grow a variety of fruits and vegetables, grains, and also farm-raise and fish for fresh-caught seafood like rockfish and blue crabs. Maryland farmers raise chickens, dairy and beef cattle, sheep, goats, honey bees, flowers and more! Farmers bring this fresh local food to community farmers' markets and farm stands across Maryland. Support Maryland farmers and buy local. To find a farmers' market near you, visit marylandsbest.net.





TABLE OF CONTENTS

What's in Season?.....	6
Spinach Pie.....	9
Italian Panzanella Salad.....	11
Your Choice Yogurt Sauce.....	12
Easy Gazpacho.....	14
Eat the Rainbow Chopped Salad.....	16
Chicken Salad Over Greens.....	19
Shakshuka.....	20
Simple Sweet Potato Hash Browns.....	23
Cherry Puff Pancakes.....	25
Frozen Yogurt Bark with Berries.....	26
Eggplant Dip.....	29
Creamy Carrot Soup.....	30
Chicken and Green Bean Skillet.....	33
Power Grilled Cheese.....	35
Tuna P. Wiggle.....	36
Turkey and Zucchini Enchiladas.....	38
Spicy Apple-filled Squash.....	40
Kale and Apple Salad.....	42
Cauliflower Salad.....	45

WHAT'S IN SEASON?

A MONTH-BY-MONTH GUIDE TO BUYING THE FRESHEST FRUITS AND VEGETABLES AT YOUR FARMERS' MARKET

MAY

Asparagus	Green Peas	Radishes
Broccoli	Greens	Strawberries
Cauliflower	Lettuces	Tomatoes
Cucumbers	Mushrooms	Turnips
Green Beans	Onions	



JUNE

Apricots	Corn	Potatoes
Asparagus	Cucumbers	Radishes
Blueberries	Green Beans	Raspberries
Broccoli	Green Peas	Strawberries
Cabbage	Lettuces	Summer Squash
Cauliflower	Mushrooms	Tomatoes
Cherries	Onions	Turnips



JULY

Apricots	Eggplant	Okra
Beets	Green Beans	Onions
Blackberries	Green Peas	Peaches
Black-eyed Peas	Greens	Peppers
Blueberries	Lettuces	Plums
Carrots	Lima Beans	Potatoes
Cherries	Melons	Raspberries
Corn	Mushrooms	Summer Squash
Cucumbers	Nectarines	Tomatoes



AUGUST

Apples	Green Beans	Pears
Beets	Greens	Peppers
Blackberries	Lettuces	Plums
Black-eyed Peas	Lima Beans	Potatoes
Blueberries	Melons	Raspberries
Carrots	Mushrooms	Summer Squash
Corn	Nectarines	Tomatoes
Cucumbers	Okra	Winter Squash
Eggplant	Onions	
Grapes	Peaches	



SEPTEMBER

Apples	Green Beans	Plums
Beets	Greens	Potatoes
Blackberries	Lettuces	Pumpkins
Brussels Sprouts	Lima Beans	Raspberries
Cabbage	Mushrooms	Summer Squash
Carrots	Melons	Sweet Potatoes
Cauliflower	Okra	Tomatoes
Corn	Onions	Turnips
Cucumbers	Peaches	Winter Squash
Eggplant	Pears	
Grapes	Peppers	



OCTOBER

Apples	Greens	Sweet Potatoes
Broccoli	Lettuces	Tomatoes
Brussels Sprouts	Mushrooms	Turnips
Cabbage	Onions	Winter Squash
Cauliflower	Pumpkins	
Cucumbers	Radishes	



NOVEMBER

Apples	Greens	Radishes
Broccoli	Lettuces	Sweet Potatoes
Brussels Sprouts	Mushrooms	Tomatoes
Cauliflower	Onions	Turnips
Cucumbers	Pumpkins	Winter Squash



WHAT'S ON YOUR PLATE?

Focus on whole fruits

Include fruit at breakfast! Top whole-grain cereal with your favorite fruit, add berries to pancakes or mix dried fruit into hot oatmeal.

Vary your veggies

Cook a variety of colorful veggies. Make extra vegetables and save for later. Use them for a stew, soup or pasta dish.

Make half of your grains whole grains

Add brown rice to your stir-fry dishes. Combine your favorite veggies and protein food for a nutritious meal.

Move to low-fat or fat-free milk or yogurt

Enjoy a low fat yogurt parfait for breakfast. Top with fruit and nuts to get two more food groups.

Vary your protein routine

Next taco night, try adding a new protein, like shrimp, beans, or chicken.

Drink and eat less sodium, saturated fat, and added sugars

Cook at home and read the ingredients to compare foods.

Based on the Dietary Guidelines for Americans
Go to [ChooseMyPlate.gov](https://www.choosemyplate.gov) for more information.

FREE SUMMER MEALS

For youth 18 and under



To find the closest summer meals site:
Call 211 • Text 'FOOD' to 877-877 •
MDsummerMeals.org



MSDE and USDA are equal opportunity providers



SPINACH PIE

Time to make: 40 min | Servings: 6

Ingredients:

1 to 2 tablespoons olive oil or cooking spray

3 eggs

1 cup flour

1 cup low fat milk

1 teaspoon garlic powder

1 teaspoon baking powder

12 ounces cheddar cheese, shredded (or other similar cheese)

4 cups chopped, fresh spinach (or other greens)

Salt and pepper to taste

Directions:

1. Preheat oven to 350 degrees F.
2. Coat a 9 x 13-inch baking pan or casserole dish with the olive oil or spray well with cooking spray.
3. Beat eggs well, add flour, milk, garlic powder, baking powder and salt and pepper, if using. Add to the pan. Stir in cheese and spinach.
4. Bake for 35 minutes.



ITALIAN PANZANELLA SALAD

Time to make: 30 min | Servings: 12 Small or 6 Large

Ingredients:

- 8 to 9 slices whole wheat bread cut into bite-sized cubes
- 1 clove garlic, minced
- ½ cup extra virgin olive oil
- 3 tablespoons red wine vinegar
- 2 teaspoons Dijon or brown mustard
- ½ teaspoon salt, or to taste
- ¼ teaspoon pepper
- ½ cup chopped fresh basil
- 1 large ripe red tomato, cored and cut into bite-sized chunks
- 1 large ripe yellow tomato, cored and cut into bite-sized chunks
- 1 bell pepper, any color, chopped into bite size pieces (optional)
- ½ red onion, root removed, peeled, and sliced from stem end to root end
- 1 cucumber, peeled, seeded, and cut into small bite-sized chunks
- ½ cup sliced pitted olives (optional)

Directions:

1. Preheat oven to 350 degrees F.
2. Spread bread out on a large baking sheet and transfer to the oven. Bake until crispy and starting to brown, 12 to 14 minutes.
3. Meanwhile, whisk garlic, olive oil, red wine vinegar, mustard, salt, and pepper in a large bowl. Whisk in basil.
4. Add the hot croutons and tomatoes to the dressing and toss to coat. Let sit, tossing occasionally until the bread has absorbed the dressing and tomato juices, 5 to 10 minutes.
5. Stir in bell pepper (if using), onion, cucumber, and olives (if using).
6. Serve at room temperature, immediately or within two hours. If not serving within two hours, cover and refrigerate.

Notes:

To make one day ahead:

- Toast the bread and keep it out on a sheet pan, loosely covered with foil.
- Then chop up the veggies (except the tomatoes) and keep them in a glass container in the fridge.
- Mix the dressing and put it in a jar in the fridge.
- Up to four hours before serving, toss the bread, tomatoes and dressing together, and let soak for 20 to 30 minutes. Then add in the remaining ingredients.



YOUR CHOICE YOGURT SAUCE

Time to make: 15 min | Servings: 6-8

Ingredients:

2 cups plain yogurt

All or any combination of the following flavorings:

2 tablespoons mustard or tahini

Up to 1 teaspoon of cumin, coriander or paprika

Up to a ¼ cup chopped fresh parsley, dill, mint, or cilantro

Up to 2 tablespoons lemon or lime juice

Up to 2 teaspoons minced fresh garlic or onion (or 1/8 teaspoon of garlic or onion powder)

Directions:

1. Put yogurt in a bowl.
2. Add any combination of the flavorings listed and mix well.
3. Taste and add more flavorings as needed.
4. Optional: Add salt and pepper to taste.
5. Add a drizzle of olive oil if you like.

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.

EASY GAZPACHO

Time to make: 10 min | Servings: 4



Ingredients:

2 large ripe tomatoes, cored and cut into quarters (about 1 ½ pound)

1 cucumber, cut into quarters

1 red or green bell pepper, cored and cut into large chunks

½ red onion, peeled, cored, and cut into quarters

½ to 1 clove garlic, chopped

1 cup water

2 slices whole wheat bread

½ cup olive oil

2 tablespoons red wine vinegar

½ teaspoon salt (or to taste)

½ teaspoon pepper

Additional flavor boosters:

1 small handful basil or cilantro leaves, 1 jalapeno chili, stemmed

Optional garnish ideas:

Plain yogurt, lettuce greens, chopped cilantro or basil, sliced cherry tomatoes, diced avocado, toasted seeds or nuts.

Directions:

1. Set out chopped vegetables, blender, and a large bowl or pitcher for the final soup.
2. Add about half of the ingredients to the blender. If using any additional flavor boosters, add half of them to the blender. Pulse until the mixture liquefies, then run the motor continuously until desired smoothness. Transfer the gazpacho to the bowl or pitcher.
3. Repeat with the remaining ingredients and process to desired smoothness. Add to the bowl or pitcher with the first batch and mix well to allow all flavors to blend. Chill if desired.
4. Divide among 4 bowls and top with optional garnishes, if using.





EAT THE RAINBOW CHOPPED SALAD

Time to Make: 30 minutes | Servings: 8

Ingredients:

- ¼ cup white balsamic vinegar or red wine vinegar
- ¼ cup olive oil
- ¼ teaspoon salt, or to taste
- ¼ teaspoon ground pepper
- 2 large carrots, diced
- 1 large yellow bell pepper, diced
- 2 cups chopped dark leafy salad greens like spinach, kale, or romaine lettuce
- 1 ½ cups chopped red cabbage
- 1 cup quartered grape tomatoes
- 1 cup mozzarella cheese, cut in small chunks, or fresh mozzarella pearls
- ½ cup thinly sliced fresh basil
- 2 scallions, sliced fine

Directions:

1. Whisk vinegar, oil, salt, and pepper in a large bowl until combined.
2. Add the rest of the ingredients and toss to coat.



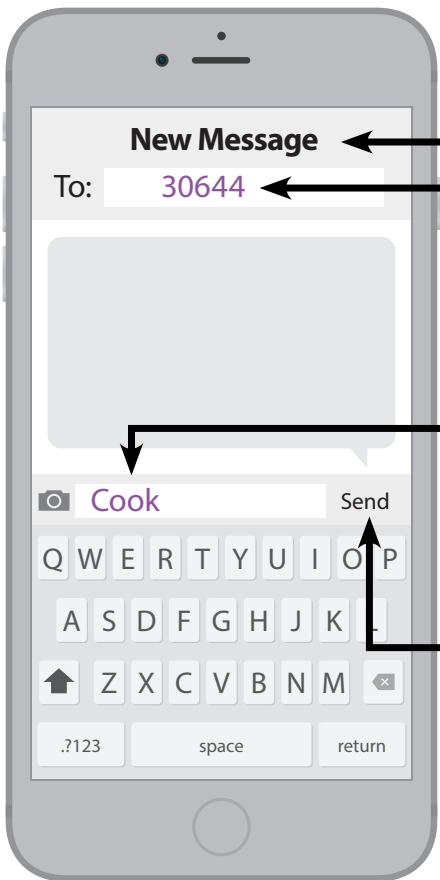
Sign up for Text4HealthyTots!

Text4HealthyTots helps parents of children ages 3-5 try fruits and vegetables and be active together.

Sign up and get 1-2 messages a week with tips on how to:

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

Text Cook to 30644 to sign up!



Step 1: Start a new message.

Step 2: Enter 30644 for the phone number.

Step 3: Enter the word Cook in the message box.

Step 4: Hit Send.

Or Scan the QR Code



1. Open camera app (📷)
2. Scan the QR Code
3. Click on the website link (www.text4healthytots.com)
4. Fill out the information to sign up!

Recurring messages. Text STOP to quit; HELP for info. Message and data rates may apply.



CHICKEN SALAD OVER GREENS

Time to Make: 15 minutes | Servings: 4

Ingredients:

- 2 cups cooked chicken breasts, cut into bite-size pieces or shredded with a fork
- 1 hard-boiled egg, chopped (optional)
- ½ cup grapes, cut into quarters
- ¼ cup chopped celery
- 1 or 2 green onions, chopped
- ¼ cup mayonnaise
- 2 tablespoons plain yogurt
- 2 teaspoons yellow mustard
- 1 teaspoon seasoned salt OR ½ teaspoon regular salt
- ¼ teaspoon black pepper
- ½ teaspoon dry mustard
- ½ teaspoon paprika

Directions:

1. In a mixing bowl, add chicken, egg (if using), grapes, celery, and green onion.
2. In a separate bowl, mix the mayonnaise, yogurt, mustard, salt, and spices with a spoon.
3. Pour mayonnaise mixture into the mixing bowl with the chicken and mix everything together.
4. Serve on top of lettuce or other leafy greens or on whole wheat bread for sandwiches.

SHAKSHUKA

Time to Make: 30 minutes | Servings: 4

Ingredients:

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 1 medium red bell pepper, chopped
- 2 garlic cloves, minced
- 2 cups jarred low-sodium, marinara sauce
- ¼ teaspoon cayenne pepper
- 1/8 teaspoon freshly ground black pepper
- 4 large eggs
- ½ cup basil leaves, stems trimmed
- 4 slices whole wheat bread, toasted

Directions:

1. In a large skillet, heat the oil over medium heat. Add the onion and red pepper and cook, stirring, for 6 to 7 minutes, until soft. Add the garlic and cook for 1 minute.
2. Add the marinara sauce, cayenne and black pepper. Turn the heat to low and simmer for 10 minutes.
3. Using the back of a spoon, make 4 “holes,” spaced out from each other in the sauce. Gently crack an egg into each one. Cover the pan and let the eggs cook until set but still soft, about 10 to 12 minutes. Sprinkle the basil leaves over the mixture in the skillet, cover, and cook for 1 minute. The eggs should be set, not runny.
4. Spoon 1 egg and ½ cup of sauce over each slice of the toasted bread to serve.





SIMPLE SWEET POTATO HASH BROWNS

Time to make: 30 min | Servings: 6

Ingredients:

- 5 cups peeled and shredded sweet potato (from about 2 medium sweet potatoes)
- ¼ cup finely chopped shallot or onion
- 1 medium garlic clove, grated or chopped fine
- 3 tablespoons extra-virgin olive oil, divided
- ¼ to ½ teaspoon salt
- ¼ to ½ teaspoon ground pepper

Directions:

1. Combine sweet potato, shallot or onion, garlic, 1 tablespoon oil, salt, and pepper in a large bowl.
2. Heat 1 tablespoon oil in a frying pan over medium-high heat.
3. Form three sweet potato patties using ½ cup of the mixture for each and place in the pan, flattening them with a spatula.
4. Cook the patties, turning once until browned on both sides, 6 to 8 minutes total. Lower the heat to medium if the pan gets too hot.
5. Transfer to a baking sheet and cover to keep warm (or keep in a 200 degrees F oven). Repeat with the other 1 tablespoon oil and the rest of the sweet potato mixture.



CHERRY PUFF PANCAKES

Time to Make: 15 minutes | Servings: 4

Ingredients:

- 3 eggs
- ½ cup nonfat or 1% milk
- 1 teaspoon vanilla
- ½ cup all purpose flour
- 1 tablespoon sugar
- 1 dash of cinnamon
- 2 tablespoons margarine or butter
- 2 cups halved, pitted, sweet cherries, fresh or frozen, thawed, and drained.
- ¼ cup sliced almonds

Directions:

1. Preheat oven to 450 degrees F.
2. In a medium bowl or blender, beat the eggs, milk and vanilla together until well blended.
3. Mix the flour, sugar and cinnamon together. Add to the liquid ingredients and mix until there are no lumps.
4. Put 2 tablespoons of margarine or butter in a 10- or 11-inch oven proof skillet or a 2.5 to 3 quart baking dish. Place the skillet or dish in the hot oven until the margarine or butter is melted and bubbly. Remove from the oven. Quickly spread the cherries across the bottom of the hot skillet or dish.
5. Pour the batter over the cherries and sprinkle with almond slices, if using.
6. Return to the oven and bake for 15 to 20 minutes until the edges are browned and the puffs in the middle are golden. Cool slightly before cutting into 4 pieces. The center puffs will flatten during cooling.
7. Refrigerate leftovers within 2 hours.



FROZEN YOGURT BARK WITH BERRIES

Time to make: 10 min (plus freezing time) | Servings: 8

Ingredients:

- 2 cups nonfat plain yogurt
- 2 tablespoons honey* or pure maple syrup
- ½ teaspoon vanilla extract
- Strawberries, sliced
- Blueberries
- Raspberries

Directions:

1. Mix the yogurt with honey or maple syrup and vanilla. Then place onto a waxed paper lined cookie sheet.
2. Top yogurt with berries.
3. Freeze until very firm, at least 3 hours.
4. Break up and serve.

Notes:

* Do not give honey to babies under 1 year old.



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



EGGPLANT DIP

Time to make: 45 min | Servings: 8

Ingredients:

- 6 tablespoons olive oil
- 2 pounds globe eggplants, peeled and cut into one-inch pieces (about 2 medium eggplants)
- 4 medium garlic cloves, crushed or finely chopped
- 3 tablespoons fresh lemon juice (from 1 lemon)
- 2 teaspoons of honey* or real maple syrup
- ¼ teaspoon salt (adjust to taste)
- ¾ teaspoon smoked (or regular) paprika
- ½ teaspoon ground cumin
- ¼ teaspoon black pepper (adjust to taste)
- ¼ cup chopped fresh flatleaf parsley

Directions:

1. Heat oil in a medium saucepan over medium-low heat.
2. Stir together eggplant pieces, garlic, lemon juice, honey* or maple syrup, salt, paprika, cumin, and pepper in saucepan.
3. Cover and cook, stirring occasionally, until eggplant is very tender, about 25 minutes.
4. Remove from heat; cover and let sit 10 minutes. Uncover and mash any large pieces of eggplant with a potato masher or the back of a spoon.
5. Transfer to a bowl, and sprinkle with parsley.

Notes:

- * Do not give honey to babies under 1 year old.

CREAMY CARROT SOUP

Time to Make: 45 minutes | Servings: 8

Ingredients:

1 tablespoon butter
1 tablespoon extra-virgin olive oil
1 medium onion
1 stalk celery, chopped
2 cloves garlic, chopped
1 teaspoon chopped fresh thyme or parsley
5 cups chopped carrots
2 cups water
4 cups reduced-sodium chicken broth, vegetable broth or water
½ cup milk or evaporated milk (optional)
½ teaspoon salt
Black pepper to taste

Directions:

1. Heat butter and oil in a large pot over medium heat until the butter melts. Add onion and celery; stir occasionally until softened, 4 to 6 minutes. Add garlic and thyme (or parsley) and cook, stirring until fragrant, about 10 seconds.
2. Stir in carrots. Add broth or water; bring to a simmer over high heat. Reduce heat to maintain simmer and cook until very tender, about 25 minutes.
3. Puree the soup in batches in a blender* until smooth (hold blender cover down with a towel over it when blending, as hot liquids can force the top off). Stir in milk (if using), salt, and pepper.

Notes:

- To make ahead, cover and refrigerate for up to 4 days or freeze for up to 3 months.
- * If you don't have a blender, for step 3, use a potato masher to mash all ingredients well, then mix with a whisk or large spoon. This method will work, but the soup won't be as smooth as when using a blender.





CHICKEN AND GREEN BEAN SKILLET

Time to Make: 25 minutes | Servings: 4

Ingredients:

Salt

Black pepper

1 pound boneless, skinless chicken breasts

1 teaspoon paprika

1 teaspoon onion powder

1 tablespoon lemon juice

2 tablespoons olive oil, divided

3 garlic cloves, minced

2 to 3 cups green beans, ends trimmed and cut in small pieces

2 tablespoons chicken broth or water

Optional: ½ teaspoon red hot chili pepper, chopped (for less heat, remove the seed of the red hot chili pepper)

Directions:

1. On a plastic cutting board, cut the chicken into small pieces and season with salt and pepper, paprika, onion powder and lemon juice. Mix everything well.
2. In a frying pan over medium heat, add 1 tablespoon of olive oil, and after 2 minutes add the chicken.
3. Cook the chicken, stirring well, for 7 to 10 minutes or until it is cooked through. Remove chicken from the pan and set it aside.
4. In the same frying pan, add the other tablespoon of olive oil, garlic, and red-hot chili pepper, if using. Sauté for 30 seconds, being careful not to burn the garlic.
5. Add green beans and cook for 3 minutes, stirring occasionally.
6. Add chicken broth or water, close the skillet, and cook for about 3 to 5 minutes. The time will depend on how crispy you want your green beans to be.
7. Add chicken back to the skillet, stir well, and serve immediately.

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



POWER GRILLED CHEESE

Time to make: 10 min | Servings: 2

Ingredients:

- 3 leaves kale
- 1 teaspoon oil
- 1 clove garlic, minced
- Salt (to taste)
- 4 slices whole grain bread
- 4 slices cheese (or dairy-free cheese substitute)
- 1 tablespoon butter (or dairy-free substitute)

Directions:

1. Remove large ribs from kale leaves and chop leaves finely.
2. Heat about a teaspoon of oil in a large skillet. Add the kale and garlic and stir-fry until soft over medium heat. Add salt to taste.
3. Remove from the pan into a bowl or plate and divide roughly into 4 parts. Wipe the skillet clean with a paper towel and reduce heat to low.
4. Assemble grilled cheese by placing one slice of cheese on one slice of bread. Spread one part of the kale mixture evenly over the cheese.
5. Add another slice of cheese and spread another part of the kale mixture evenly. Place second slice of bread on top.
6. Assemble second grilled cheese using the same method with the remaining two parts of kale.
7. Lightly butter the outside of the sandwich and place on the skillet to toast. Allow bread to brown lightly and cheese to melt. Flip over and toast the other side.

Thank you to Dr. Yum for this recipe. www.doctoryum.org



TUNA P. WIGGLE

Time to make: 20 min | Servings: 8

Ingredients:

- 1 pound pasta (bowties, elbows, penne or rigatoni)
- 2 5-ounce cans tuna, drained
- ¼ cup mayonnaise
- ¼ cup greek yogurt (can use ½ cup mayonnaise total instead)
- ¼ cup frozen green peas
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- Lemons, sliced (to squeeze on top) (optional)
- Red pepper flakes (optional)
- Olive oil (optional)
- Parmesan cheese (optional)

Directions:

1. Boil water in a medium saucepan for pasta.
2. Once the pasta is cooked to your liking, remove some of the pasta water and set aside.
3. Add frozen peas to the cooked pasta and stir before draining.
4. Drain the pasta and peas and return to the saucepan, or a large bowl.
5. Add the tuna, mayonnaise, and yogurt. Stir, breaking up the tuna into small bits.
6. Add some of the set aside pasta water if needed to loosen the mixture.
7. Add salt, pepper and optional garnishes. We recommend eating any leftovers straight out of the fridge, like pasta salad!

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



TURKEY AND ZUCCHINI ENCHILADAS

Time to Make: 50 minutes | Servings: 5

Ingredients:

1-pound ground turkey
½ onion, diced
1 ½ small zucchinis, chopped into small bite-sized chunks
1 cup pico de gallo sauce
2 cloves garlic, minced
2 10-ounce cans enchilada sauce, divided
10 whole wheat flour tortillas
1 cup Colby jack or cheddar cheese
Salt and pepper (to taste)

Directions:

1. Preheat oven to 375 degrees F.
2. Cook ground turkey in a pan until it's no longer pink. Drain any extra fat.
3. Add in zucchini, onion and garlic and cook for 5 minutes. Add in 1 cup of pico de gallo sauce and 1 cup of enchilada sauce.
4. Place about ½ cup of turkey mixture onto a flour tortilla, roll up like a burrito and lay seam side down in a 9x13 baking dish coated with cooking spray. Repeat with the other tortillas.
5. Pour remaining enchilada sauce evenly over enchiladas and cook for 20 minutes. Take out of the oven and top with cheese.





SPICY APPLE-FILLED SQUASH

Time to Make: 60 minutes | Servings: 4

Ingredients:

- 1 acorn squash, washed
- 1 apple, washed, cored, and chopped
- 2 teaspoons reduced fat margarine, melted
- 2 teaspoons brown sugar
- ¼ teaspoon cinnamon
- Dash of nutmeg (optional)
- Dash of ground cloves (optional)
- Cooking oil spray

Directions:

1. Heat oven to 350 degrees F.
2. Spray a 1 quart baking dish.
3. Cut squash in half and remove seeds with a spoon.
4. Place squash, skin side up, in dish and cover with foil.
5. Bake for 30 minutes.
6. In a small boil, add apple, margarine, brown sugar, and spices.
7. Remove squash from oven.
8. Flip squash over and fill with apple mixture.
9. Re-cover squash with foil and bake 30 minutes more.
10. Cut squash in quarters and serve.

PREGNANT & SMOKING?



The Maryland Tobacco Quitline is here to help.
Call today or enroll for free by texting
"READY" to 200-400.

- Call Quit Coaches 24/7
- Get extra help online and by text message
- Receive gift cards for participation*
*while supplies last



It's FREE. It's confidential. It works.

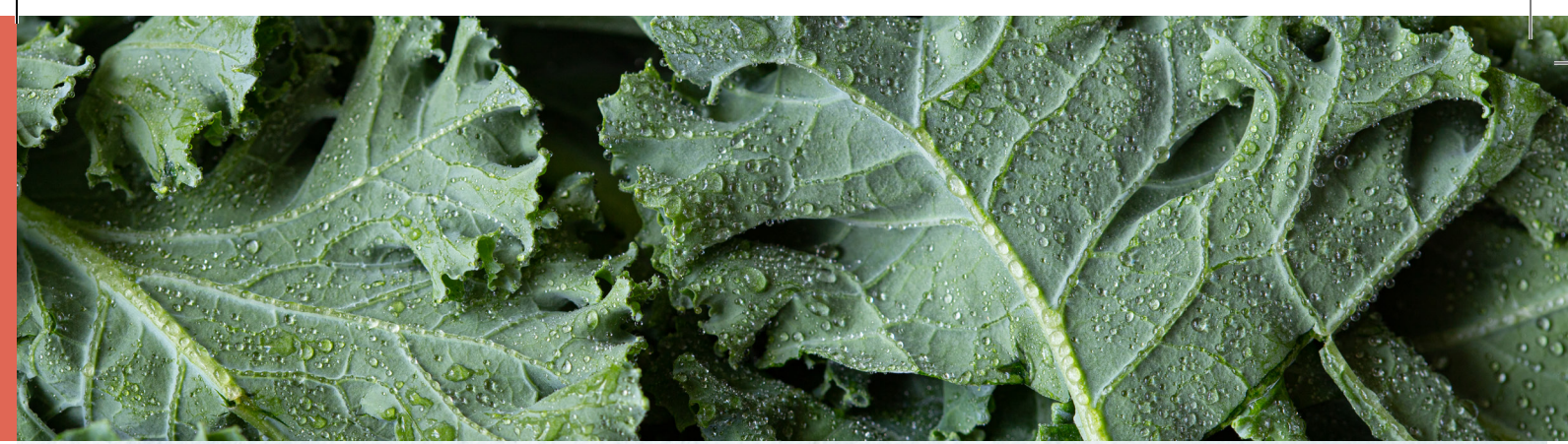
Maryland's
1-800  **QUIT NOW**
1.800.784.8669 SmokingStopsHere.com

ALL SERVICES ARE
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KALE AND APPLE SALAD

Time to make: 15 min | Servings: 8



Ingredients:

- 3 tablespoons lemon juice
- 2 tablespoons extra virgin olive oil
- 1 teaspoon Dijon or brown mustard
- 1 clove garlic, minced
- 1 bunch kale
- 2 apples, chopped
- 1 head romaine lettuce, chopped
- ¼ cup raisins or dried cranberries*
- 1 tablespoon apple cider vinegar
- 1 tablespoon chopped basil
- Optional chopped nuts*

Directions:

1. In a small bowl, mix lemon juice, olive oil, vinegar, mustard, basil, and garlic. Whisk and allow to sit.
2. In a large bowl, add all salad ingredients.
3. Pour the salad dressing over the salad and toss to coat. Allow to sit for 10 minutes for flavors to blend.

Notes:

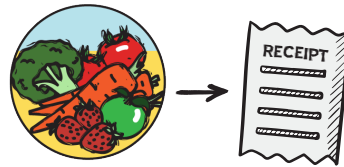
- For softer kale, put it into a bowl and use your hands to rub the leaves. Continue rubbing until the leaves soften and lose some of their stiffness.
- Rub your kale with olive oil for the best flavor.
- Add cooked shrimp or chicken to make this salad a meal.
- * Do not add nuts or dried fruit if feeding to children under 5 years old.



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 FREE Maryland Market Money



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



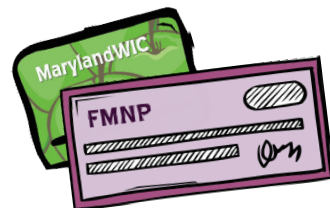
* find a market: www.marylandmarketmoney.org

How to Use Your FMNP & eWIC Benefits & get FREE Maryland Market Money

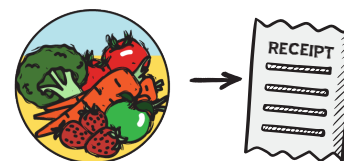


MarylandMarketMoney.org
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Facebook & Instagram:
@MDFarmersMarkets

1. Toma sus cheques de FMNP o su tarjeta eWIC y visita un Maryland Market Money mercado*



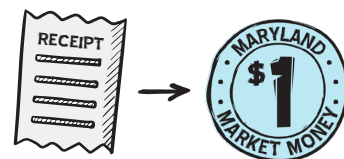
2. Usa sus cheques de FMNP o su tarjeta eWIC para comprar productos agrícolas y recibir un recibo desde el vendedor



3. Tomas su recibo al "Informacion del Mercado" y pregunta por su partido de Maryland Market Money



4. ¡Cambia su recibo por tokens de Maryland Market Money GRATIS para gastar en el mercado!



* Encontrar un mercado: www.MarylandMarketMoney.org

Como Usar su Beneficios de FMNP y eWIC y Recibir GRATIS Maryland Market Money



Por favor, responda a nuestra encuesta.
Please take our survey.



CAULIFLOWER SALAD

Time to make: 30 min | Servings: 6

Ingredients:

4 cups mixed cauliflower and broccoli florets (fresh or frozen)

1 cup celery, diced

½ cup onion, diced

¼ cup sweet bell pepper, any color, seeded and chopped (about ½ a small pepper)

⅓ cup light mayonnaise

⅓ cup nonfat plain yogurt

1 tablespoon prepared mustard

⅛ teaspoon each salt and pepper

¼ teaspoon dried dill weed

Directions:

1. Thaw frozen cauliflower and broccoli and drain liquid. If using fresh vegetables, cook first until barely tender.
2. Combine cauliflower, broccoli, celery, onion and bell pepper in serving bowl.
3. In a small bowl, mix mayonnaise, yogurt, mustard, salt, pepper and dill.
4. Stir dressing gently into salad. Chill before serving.
5. Refrigerate leftovers within 2 hours.

I'M A wIC BABY



MELANIE,
WIC BABY
SINCE 1989

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