

Spinach Squares

Makes: 9 servings
Serving Size: 1 square

Ingredients:

Cooking oil spray
1 cup flour
1 cup low-fat or nonfat milk
1 teaspoon baking powder
2 eggs, beaten
½ teaspoon salt
1 Tablespoon vegetable oil
8 cups fresh spinach, washed
1 cup low-fat cheddar cheese, grated
1 onion, chopped

Directions:

1. Preheat oven to 350 degrees.
2. Spray a 9 x 12-inch baking pan with cooking oil spray.
3. In a frying pan on medium heat, add vegetable oil and onion, and cook for 2 minutes.
4. Add spinach and cook until wilted.
5. Turn off heat, and let spinach and onion cool.
6. Mix flour, milk, baking powder, and salt in a bowl.
7. Add onion, eggs, spinach, and cheddar cheese to bowl and mix well.
8. Pour mixture into baking pan.
9. Bake for 30 minutes until lightly browned.
10. Cut into 9 squares.

Serve spinach squares with a side salad and whole wheat bread.

From Market to Mealtime

- 🌱 Wash fresh fruits and vegetables before cooking and eating.
- 🌱 Leave a bowl of fresh fruit on the counter for grab and go healthy snacks.
- 🌱 Add fresh peas, beans, peppers, and corn to salads for color and crunch.
- 🌱 Add fresh greens like spinach and kale to soups, stews, or fruit and veggie smoothies to boost nutrition.
- 🌱 Roast vegetables in the oven to bring out their natural sweetness.
- 🌱 Top fresh fruit with low-fat yogurt for a light and healthy dessert or snack.

Stretch your food dollars with these fresh and healthy recipes!



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Fresh from the Market

Visit your local farmers' market in spring, summer, and fall for fresh fruits and vegetables.

Did you know:

- Many farmers' markets accept EBT, FMNP, and WIC and Senior F & V Checks.
- During the growing season, fresh fruits and vegetables cost less and taste their best.

Make half your plate fruits and vegetables at every meal.

- Eat a variety of fruits and vegetables each day.
- Kids can help in the kitchen.
- Make mealtime a family time.

To find a farmers' market near you visit:
www.visitmaryland.org

To learn about healthy food choices visit:
www.eatsmart.umd.edu
www.choosemyplate.gov



Chicken, Sweet Potato, and Carrot Packets

Makes: 6 servings

Serving Size: ½ chicken breast and 1 cup vegetables

Ingredients:

- 2 boneless chicken breasts, each cut in half to make 4 pieces
- 2 sweet potatoes, washed, peeled, and cut into thick slices
- 4 carrots, washed, peeled, and cut into thick slices
- 1 teaspoon Italian seasoning
- Cooking oil spray

Directions:

1. Preheat oven to 350 degrees.
2. Spray 4 large pieces of foil with cooking oil spray.
3. In a bowl, combine vegetables. Scoop 1 cup on each foil piece, and top with one piece of chicken.
4. Sprinkle seasoning on each piece of chicken.
5. Fold foil to make a packet. Place on baking sheet, and bake in oven for 30-45 minutes until chicken is cooked through to 165 degrees.

Prepare packets ahead of time. Refrigerate, then bake when dinnertime comes.

Baked Fish with Tomatoes, Greens, and Mushrooms

Makes: 4 servings

Serving Size: 1 fish fillet

Ingredients:

- 4 4-ounce fish fillets
- 2 cups fresh spinach or Swiss chard, washed and chopped
- 1 medium tomato, washed and chopped
- 1 cup mushrooms, washed and sliced
- ⅓ cup low-fat Italian dressing
- Cooking oil spray

Directions:

1. Preheat oven to 375 degrees.
2. Spray an 8 x 8-inch baking dish with cooking oil spray.
3. Place fish fillets in baking dish.
4. Mix remaining ingredients in a bowl until well-blended.
5. Spoon mixture over fish.
6. Bake for 20-25 minutes or until fish flakes easily when tested with a fork.

Serve with brown rice to add whole grains to your meal.

Summer Stuffed Tomatoes

Makes: 8 servings

Serving Size: 1 tomato

Ingredients:

- 8 tomatoes, washed
- 2 peaches, washed and chopped
- 3 cucumbers, washed, peeled, seeded, and chopped
- 2 ears of fresh corn kernels, washed, or 18.7-ounce can corn, rinsed and drained
- 3 Tablespoons vegetable oil
- 2 Tablespoons lemon or lime juice
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ½ cup basil leaves, washed and chopped or 1 teaspoon dried basil

Directions:

1. Slice off tops of tomatoes and scoop out seeds and flesh.
2. Chop the tomato seeds and flesh and place in a bowl.
3. Add remaining ingredients and spices to bowl.
4. Stir to combine and chill in the refrigerator.
5. Divide equally and stuff in tomatoes.

This is a great make-ahead vegetable for summer cookouts.

