

# Resèt Mache Kiltivatè yo

Klike sou fwi ak legim anba yo pou fè resèt ki gou.

- Pòm
- Bètrav
- Pwa Nwa
- Bloubèri
- Legim vèt Breze
- Bwokoli
- Chou Briksèl
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- Frèz
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- Patat Dous
- Tomat yo
- Melondlo
- Legim vèt sezon ivè

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**NYC**<sup>™</sup>  
Health

*Just Say Yes* to Fruits and Vegetables

# Apples

- Choose firm apples that have smooth, bright skins with no bruises.
- Store unwashed apples in the refrigerator for up to 3 to 4 weeks.
- Skin can be eaten. Simply rinse and enjoy!
- Apples have fiber, especially in the skin, which helps to keep you regular.



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## Applesauce

### Ingredients:

6 apples, diced  
1 teaspoon cinnamon  
(optional)

### Directions:

1. In a medium pot, place apples, cinnamon and 1 cup of water.
2. Bring apples to a boil over high heat, stirring often.
3. Reduce heat to medium and simmer the apples for 30 minutes or until they are very soft. Stir often.
4. Leave lumpy or mash with a fork for a smoother sauce.
5. Serve warm or chilled.
6. Refrigerate leftovers.

**Makes 6 servings.**

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## Apple and Pear Stir-Fry

### Ingredients:

2 teaspoons vegetable oil  
2 apples, chopped  
1 pear, chopped  
2 tablespoons lemon juice  
1/2 teaspoon cinnamon  
1/8 teaspoon ground  
nutmeg

### Directions:

1. In a large pot, heat oil over medium heat.
2. Add apples and cook for 3 minutes.
3. Add pears and lemon juice. Cook for another 3 minutes.
4. Sprinkle cinnamon and nutmeg. Continue to cook for another 3 minutes.
5. Serve and enjoy!
6. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [diabetic-recipes.com](http://diabetic-recipes.com).

## Quick Tips

- Squeeze lemon juice over cut apples to keep them from turning brown.
- Carry an apple with you for a quick snack.
- Add chopped apples to oatmeal, either before or after cooking.

## Kids can:

- Rinse apples.
- Spread peanut butter on apple slices.

# Pòm



- Chwazi pòm di ak po lis, ki klere epi ki pa mètri.
- Konsève pòm ki pa lave yo nan frijidè pandan apeprè 3 a 4 semèn.
- Ou ka manje po a. Annik rense li epi manje li!
- Pòm yo gen fib, espesyalman nan po, ki ede ou ale alasèl regilyèman.

## Sòs pòm

### Engredyan:

6 pòm, dekoupe  
Yon (1) ti kiyè kànèl (si ou vle)

### Esplikasyon:

1. Mete pòm yo, kànèl ak yon (1) tas dlo nan yon kaswòl mwayèn.
2. Fè pòm yo bouyi anba yon gwo dife, brase l tanzantan.
3. Bese dife a mwatye epi kite pòm yo mijote pandan 30 minit oswa jouk pòm yo trè mou. Brase l tanzantan.
4. Kite li ak ti boul yo oswa kraze ak yon fouchèt pou ou gen yon sòs lis.
5. Ou ka sèvi l tyèd oswa glase.
6. Mete rèl la nan frijidè.

**L ap bay 6 pòsyon.**

## Sote Pòm ak Pwa (fwi)

### Engredyan:

De (2) ti kiyè lwil vejetal  
De (2) pòm rache  
Yon (1) pwa rache  
De (2) gwo kiyè ji sitwon  
Demi (1/2) ti kiyè kanèl  
1/8 kiyè miskad graje

### Esplikasyon:

1. Chofe lwil la nan yon gwo kaswòl sou dife mwayèn.
2. Ajoute pòm yo epi kuit li pandan 3 minit.
3. Ajoute pwa (fwi) yo ak ji sitwon an. Kuit yo pandan 3 minit anplis.
4. Soupoudre kanèl ak miskad la. Kontinye kuit yo pou yon lòt 3 minit anplis.
5. Drese li pou manje!
6. Mete rèl la nan frijidè.

**L ap bay 6 pòsyon.** Adapte dapre [diabetic-recipes.com](http://diabetic-recipes.com).

## Ti Konsèy Rapid

- Pije ji sitwon sou pòm koupe yo pou anpeche yo vin mawon.
- Mache ak yon pòm pou pran kòm yon ti kolasyon rapid.
- Ajoute pòm ki koupe an ti moso nan avwàn, oswa anvan oswa apre ou fin kuit li.

## Timoun yo kapab:

- Rense pòm yo.
- Bere manba sou tranch pòm.

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# Beets

- Choose firm, smooth beets with a rich, dark color.
- Separate beet greens from roots, keep in the refrigerator and use within 2 weeks.
- Before eating, remove beet greens, leaving 1 inch of stem.
- Scrub beets well and keep the skin on. Beets may be roasted, boiled or eaten raw.
- Beets have fiber, which helps to keep you regular.



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## Gingered Beet and Carrot Slaw

### Ingredients:

4 cups grated beets  
4 cups grated carrots  
1/2 cup chopped onion  
1/2 cup chopped poblano pepper  
1 tablespoon minced ginger  
2 tablespoons lime juice  
1 tablespoon vegetable oil  
2 teaspoons mustard  
1/4 cup chopped fresh cilantro  
Salt and black pepper to taste

### Directions:

1. To make the slaw, combine the beets, carrots, onion, poblano pepper and ginger in a large bowl.
2. In a small bowl, combine the lime juice, oil, mustard and cilantro. Pour onto the slaw.
3. Season with salt and black pepper.
4. Serve and enjoy!
5. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [yummly.com](http://yummly.com).

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## Glazed Beets and Greens

### Ingredients:

1 onion, sliced  
5 beets and greens, chopped  
3 tablespoons balsamic vinegar  
3 tablespoons vegetable oil  
Salt and black pepper to taste

### Directions:

1. In a large pot over high heat, add onions, beets, vinegar and oil.
2. Cover vegetables with 1 cup of water and bring to a boil.
3. Reduce heat to low and simmer for 15 minutes or until soft.
4. Add the greens and cook for 5 more minutes. Season with salt and black pepper.
5. Serve and enjoy!
6. Refrigerate leftovers.

**Makes 4 servings.** Adapted from *The Modern Vegetarian Kitchen* by Peter Berley.

## Quick Tips

- If beet juice stains your hands, scrub them with a teaspoon of salt and rinse.
- Add cooked sliced beets or raw shredded beets to salads.
- Do not throw out the beet greens! Rinse, chop and add to a soup or stir-fry.

## Kids can:

- Scrub beet roots.
- Rinse and tear beet greens.

# Bètrev

- Chwazi bètrav ki byen di, ki lis epi ki gen koulè, rich, fonsè.
- Retire fèy vèt betrav yo nan rasin yo, mete yo nan frijidè epi itilize yo nan 2 semèn oplita.
- Avan ou manje yo, retire fèy vèt yo, kite 1 pous nan tij la. Byen fwote bètrav yo epi kenbe po yo. Ou ka griye oswa bouyi rasin bètrav yo, oswa ou ka manje yo kri.
- Mayi gen fib, ki ede ou ale alasèl regilyèman.



## Bètrev ki prepare ak Jenjanm ak Kawòt Rape

### Engredyan:

4 tas bètrav graje  
4 tas kawòt graje  
Demi (1/2) tas zonyon rache  
Demi (1/2) tas pwavwon poblano rache  
Yon (1) gwo kiyè jenjanm graje  
De (2) gwo kiyè ji sitwon  
Yon (1) gwo kiyè lwil vejetal  
2 ti kiyè poud moutad  
Yon (1/4) tas koryann fre  
Sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Nan yon gwo bòl, melanje bètrav, kawòt, zonyon, piman poblano ak jenjanm.
2. Nan yon ti bòl, melanje ji sitwon vèt, lwil, moutad ak koryann. Vide sou salad la.
3. Mete sèl ak pwav nwa pou asezonnen l.
4. Drese li pou manje!
5. Mete rès la nan frijidè.

**L ap bay 6 pòsyon.** Adapte dapre [yummly.com](http://yummly.com).

## Bètrev Glase ak Legim vèt

### Engredyan:

Yon (1) zonyon, tranche  
5 bètrav ak legim vèt, rache  
3 gwo kiyè vinèg balzamik  
3 gwo kiyè lwil vejetal  
Sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Nan yon gwo kaswòl ki sou gwo dife, ajoute zonyon, bètrav, vinèg ak lwil.
2. Mete legim yo nan 1 tas dlo epi bouyi yo.
3. Bese dife a tou ba, epi kite l mijote pandan 15 minit oswa jouk yo mou.
4. Ajoute legim vèt yo epi kite yo kuit pandan 5 minit. Mete sèl ak pwav nwa pou asezonnen l.
5. Drese li pou manje!
6. Mete rès la nan frijidè.

**L ap bay 4 pòsyon.** Adapte dapre *The Modern Vegetarian Kitchen* pa Peter Berley

## Ti Konsèy Rapid

- Si ji bètrav la tache men ou, fwote yo ak yon ti kiyè sèl epi rensè l.
- Ajoute bètrav ki kwit tranche oswa kri nan salad.
- Pa voye fèy bètrav yo jete! Koupe leti a ak mete li nan yon soup oswa yon sote.

## Timoun yo kapab:

- Foubi rasin bètrav yo.
- Lave ak chire fèy bètrav.

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# Beets

- Choose firm, smooth beets with a rich, dark color.
- Separate beet greens from roots, keep in the refrigerator and use within 2 weeks.
- Before eating, remove beet greens, leaving 1 inch of stem.
- Scrub beets well and keep the skin on. Beets may be roasted, boiled or eaten raw.
- Beets have fiber, which helps to keep you regular.



## Beets With Mustard Seeds

### Ingredients:

- 1 tablespoon vegetable oil
- 1 teaspoon yellow mustard seeds
- 1 onion, diced
- 2 teaspoons cumin
- 2 teaspoons coriander
- 1 teaspoon garam masala
- 1 tablespoon shredded, unsweetened coconut
- 3 cups chopped beets
- 1/2 teaspoon salt
- 1 1/2 cups water

### Directions:

1. In a large pan, heat the oil over medium-high heat.
2. Add the mustard seeds and cook until they sizzle, about 30 seconds.
3. Add the onion and stir until soft, about 5 minutes.
4. Add the cumin, coriander, garam masala and the coconut. Cook for 1 minute.
5. Add the beets and cook for 3 minutes. Stir.
6. Add the salt and water. Bring to a boil, reduce the heat and cover.
7. Simmer for 15 minutes or until beets are soft.
8. Once the beets are soft, remove the lid and cook for 2 to 3 minutes until the remaining liquid thickens.
9. Turn the heat off and cover the pan. Let it sit for 5 minutes so the dish can absorb all the flavors.
10. Serve and enjoy!
11. Refrigerate leftovers.

**Makes 4 servings.** Adapted from *Indian For Everyone* by Anupy Singla.

### Quick Tips

- If beet juice stains your hands, scrub them with a teaspoon of salt and rinse.
- Add cooked sliced beets or raw shredded beets to salads.
- Do not throw out the beet greens! Rinse, chop and add to a soup or stir-fry.

### Kids can:

- Scrub beet roots.
- Rinse and tear beet greens.

# Bètrev

- Chwazi bètrav ki fèm, ki swa ki gen yon koulè ki cho epi fonce.
- Separe fèy bètrav la ak rasin yo, konsève l nan frijidè a pou ka itilize l nan espas 2 semèn.
- Anvan w manje l, retire fèy yo epi kite yon (1) pous nan tij la.
- Byen fwote bètrav la pou netwaye l epi kite po a sou li. Ou ka boukannen bètrav yo, ou ka bouyi yo oswa manje yo kri.
- Bètrev genyen fib ladan l. Fib pèmèt ou ale alasèl chak jou.



## Bètrev Avèk Grenn Moutad

### Engredyan:

- Yon (1) gwo kiyè luil vejetal
- Yon (1) ti kiyè grenn moutad jòn
- Yon (1) zonyon ki koupe an kib
- De (2) ti kiyè kòmenn
- De (2) ti kiyè koryann
- Yon (1) ti kiyè garam masala
- Yon (1) gwo kiyè kokoye rape ki pa sikre
- Twa (3) tas bètrav rache
- Demi (1/2) ti kiyè sèl
- Yon (1) tas dlo edmi (1/2)

### Esplikasyon:

1. Mete luil la cho nan yon gwo kastwòl sou dife ki nan nivo mwayen ak wo.
2. Ajoute grenn moutad yo epi kuit yo jiskaske yo fri tchwè, apeprè 30 segonn.
3. Ajoute zonyon an epi brase l jiskaske l mou, apeprè 5 minit.
4. Ajoute kòmenn nan, koryann nan garam masala a ak kokoye a. Kite l kuit pandan yon (1) minit.
5. Ajoute bètrav yo epi kite yo kuit pandan 3 minit. Brase yo.
6. Ajoute sèl ak dlo. Mete yo bouyi, bese dife a epi kouvri yo.
7. Toufe yo pandan 15 minit oswa jiskaske bètrav la mou.
8. Lè bètrav yo mou, dekouvri yo epi kuit yo pandan 2 a 3 minit jiskaske rès likid la vin epè.
9. Etenn dife a epi kouvri kastwòl la. Kite l repoze pandan 5 minit pou pla a kapab absòbe tout gou yo.
10. Drese li pou manje!
11. Mete rès la nan frijidè.

**L ap bay 4 pòsyon.** Adaptasyon an fèt nan liv resèt *Indian For Everyone* Anupy Singla ekri.

## Ti Konsèy Rapid

- Si ji bètrav la tache men w, netwaye l avèk yon ti kiyè sèl epi rensè l.
- Ajoute bètrav tranche ki kuit oswa bètrav rape ki kri nan salad yo.
- Pa jete fèy bètrav yo! Rensè yo, rache yo epi lage yo nan yon soup oswa fè frikase avèk yo.

## Timoun yo kapab:

- Netwaye rasin bètrav yo.
- Rensè epi rache fèy yo.

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# Black Beans

- Before cooking dried beans, remove pebbles and any shriveled beans. Soak for at least 8 hours.
- For a quicker prep time, cover dried beans in cold water and bring to a boil. Turn off heat and allow beans to soak for 1 to 2 hours. Drain, rinse and cover with fresh water. Simmer for 1 to 2 hours or until soft.
- Beans are an affordable source of protein and fiber.



## Black Beans and Peppers

### Ingredients:

1 tablespoon vegetable oil  
1 onion, chopped  
1 green bell pepper, chopped  
4 garlic cloves, minced  
1 teaspoon cumin  
2 teaspoons dried oregano  
1 teaspoon fresh ginger, peeled and minced  
1 1/2 cups cooked or 1 can (15 1/2 ounces) of black beans, rinsed and drained  
2 tablespoons apple cider vinegar  
1 jalapeño, seeded and diced  
Salt and black pepper to taste

### Directions:

1. In a large pan, heat oil over medium heat.
2. Add onions and stir until soft, about 5 minutes
3. Add bell pepper and stir until soft, about 3 minutes.
4. Add the garlic, cumin, oregano and ginger, and cook for 1 minute longer.
5. Add black beans, vinegar, jalapeño and 1/2 cup of water. Bring to boil, reduce heat to low, cover and simmer for 5 minutes.
6. Season with salt and black pepper.
7. Serve and enjoy!
8. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [thespruceeats.com](http://thespruceeats.com).

## Black Bean Spread

### Ingredients:

1 1/2 cups cooked or 1 can (15 1/2 ounces) of black beans, rinsed  
1 onion, chopped  
3/4 teaspoon paprika  
1 tablespoon apple cider vinegar  
1 tablespoon vegetable oil  
1 garlic clove, minced  
2 tablespoons chopped basil (optional)  
Salt and black pepper to taste

### Directions:

1. In a large bowl, combine all ingredients. Mash together and mix well.
2. Serve and enjoy!
3. Refrigerate leftovers.

**Makes 10 servings.** Adapted from [vegweb.com](http://vegweb.com).

## Quick Tips

- 1 pound of dried beans (2 cups) equals 5 to 6 cups of cooked beans.
- Canned beans can replace cooked or dried beans in any recipe.
- Dried beans can be kept in an airtight container for up to 1 year.

## Kids can:

- Help sort through dried beans before soaking.
- Help mash beans with a fork.



# Pwa Nwa

- Anvan ou prepare pwa sèk, retire ti grenn wòch ak grenn pwa ki gate. Refwadi nan frijidè pandan omwen 8 èdtan.
- Pou yon tan preparasyon pi rapid, kouvri pwa sèk yo nan dlo frèt epi kite yo bouyi. Etenn dife a epi kite pwa yo tranpe pou 1 a 2 èdtan. Degoute, rense epi vide dlo frèt sou yo. Fè l fè yon ti bouyi ant 1 èdtan ak 2 èdtan jiskaske li mou.
- Pwa se yon bon sous pwoteyin ak fib ki pa koute chè.



## Pwa Nwa and Pwawwon

### Engredyan:

Yon (1) gwo kiyè lwil vejetal  
1 zonyon, rache  
1 pwawwon vèt, rache  
4 gous lay, rache  
Yon (1) ti kiyè kòmenn  
2 ti kiyè oregano seche  
1 ti kiyè jenjanm fre dekale ak fen  
1 1/2 tas pwa nwa oswa 1 bwat (15 1/2 ons)  
ki kuit, degoute epi rense  
2 gwo kiyè vinèg pòm sid  
1 piman jalapeño, simen sou li ak rache  
an ti kawo  
Sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Nan yon gwo kaswòl, chofe lwil la sou dife mwayen.
2. Ajoute zonyon epi kwit li jouk li mou, pandan apeprè 5 minit.
3. Ajoute pwawwon epi kwit li jouk li mou, apeprè 3 minit.
4. Ajoute lay la, kimen, origan ak jenjanm, epi kite l kuit pandan 1 minit.
5. Ajoute pwa nwa, vinèg, piman jalapeño ak 1/2 tas dlo. Kite yo bouyi epi bese dife a ba epi kite l mitonnen pandan 5 minit.
6. Mete sèl ak pwav nwa pou asezonnen l.
7. Drese li pou manje!
8. Mete rès la nan frijidè.

**L ap bay 6 pòsyon.** Adapte dapre [thespruceeats.com](https://thespruceeats.com).

## Sòs Pwa Nwa

### Engredyan:

1 1/2 tas pwa nwa oswa 1 bwat (15 1/2 ons)  
ki kuit, degoute epi rense  
1 zonyon, rache  
3/4 ti kiyè paprika  
Yon (1) gwo kiyè vinèg pòm sid  
Yon (1) gwo kiyè lwil vejetal  
1 gous lay, rache  
2 gwo kiyè bazilik rache (si ou vle)  
Sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Melanje tout engredyan yo nan yon gwo bòl. Kraze yo ansanm epi melanje yo byen melanje.
2. Drese li pou manje!
3. Mete rès la nan frijidè.

**L ap bay 10 pòsyon.** Adapte dapre [vegweb.com](https://vegweb.com).

## Ti Konsèy Rapid

- 1 liv pwa sèk (2 tas) egal 5 a 6 tas pwa kuit.
- Pwa nan bwat konsèy ka ranplase pwa sèk kuit nan nenpòt resèt.
- Pwa sèk ka rete nan yon bokal ki byen fèmen pandan 1 an.

## Timoun yo kapab:

- Ede triye pwa sèk yo anvan ou tranpe yo.
- Ede kraze pwa yo ak yon fouchèt.

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# Blueberries



- Choose blueberries that are firm and not wrinkled.
- Refrigerate for up to 3 days or rinse, place in a plastic bag and freeze for up to 3 to 6 months.
- Before eating, rinse, remove the stems and enjoy!
- Blueberries have vitamin A, which is good for your eyes and skin.

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## Blueberry Thyme Fruit Salad

### Ingredients:

- 1 cup blueberries
- 4 peaches or nectarines, chopped
- 1 tablespoon chopped, fresh thyme
- 2 teaspoons ginger, peeled and grated
- 2 tablespoons lemon juice or more, to taste
- 2 tablespoons water
- 1 peach, grated
- 1 teaspoon grated lemon peel

### Directions:

1. In a large bowl, combine all ingredients and mix well.
2. Chill in the refrigerator for at least 1 hour.
3. Serve and enjoy!
4. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [simplyrecipes.com](http://simplyrecipes.com).

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## Blueberry Grape Relish

### Ingredients:

- 2 cups blueberries
- 2 cups seedless red grapes
- 1 tablespoon honey
- 1 tablespoon minced, fresh ginger
- 1 teaspoon chopped, fresh rosemary
- 2 tablespoons red wine vinegar
- Salt and black pepper to taste

### Directions:

1. In a large frying pan, over medium-high heat, combine blueberries, grapes, honey, ginger, rosemary and vinegar.
2. Bring to a boil, then reduce to low heat and simmer for 15 minutes.
3. Remove pan from heat and season with salt and black pepper.
4. Serve and enjoy!
5. Refrigerate leftovers.

**Makes 10 servings.** Adapted from [marthastewart.com](http://marthastewart.com).

## Quick Tips

- Sprinkle on hot or cold breakfast cereal, or low-fat yogurt.
- Blend blueberries with ice and your favorite fresh or frozen fruit to make a smoothie.

## Kids can:

- Rinse blueberries before eating.
- Place in a bowl or bag for an easy snack at home or on the go.

For healthy eating tips, like us on Facebook at [facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc). For more information about Stellar Farmers Markets, visit [nyc.gov/health/farmersmarkets](http://nyc.gov/health/farmersmarkets). Visit [jsyfruitveggies.org](http://jsyfruitveggies.org) for more great recipes. This material was funded by the United States Department of Agriculture (USDA) Supplemental Nutrition Assistance Program (SNAP).

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# Bloubèri

- Chwazi bloubèri fre ki di epi ki pa gen pli.
- Mete yo nan frijidè pou jiska 3 jou oswa rensè, mete yo nan yon sachè plastik epi jele yo pou 3 a 6 mwa.
- Anvan ou manje yo, rensè yo, retire tij yo epi degiste yo!
- Bloubèri yo gen vitamin A, ki bon pou zye ak po kò.



## Salad Fwi Bloubèri ak Ten

### Engredyan:

1 tas bloubèri  
4 pèch oswa nektarin, rache  
Yon (1) gwo kiyè ten fre rache  
2 ti kiyè jenjanm fre rache ak graje  
2 gwo kiyè ji sitwon oswa plis, pou gou  
2 gwo kiyè dlo  
1 pèch, rape  
1 ti kiyè po sitwon rape

### Esplikasyon:

1. Nan yon gwo bòl, melanje tout engredyan yo epi brase yo byen.
2. Refwadi nan frijidè pandan omwen 1 èdtan.
3. Drese li pou manje!
4. Mete rès la nan frijidè.

### L ap bay 6 pòsyon.

Adapte dapre [simplyrecipes.com](https://www.simplyrecipes.com).

## Sòs Bloubèri ak Rezen

### Engredyan:

2 tas bloubèri  
2 tas rezen wouj san grenn  
Yon (1) gwo kiyè myèl  
Yon (1) gwo kiyè jenjanm fre rache epi fen  
1 ti kiyè womaren fre rache  
2 gwo kiyè vinèg diven wouj  
Sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Nan yon gwo kaswòl sou dife mwayen, konbine bloubèri, rezen, siwo myèl, jenjanm, womaren ak vinèg.
2. Kite yo bouyi epi bese dife a ba epi kite l mitonnen pandan 15 minit.
3. Wete kaswòl la sou dife a epi mete sèl ak pwav nwa pou asezonnen l.
4. Drese li pou manje!
5. Mete rès la nan frijidè.

### L ap bay 10 pòsyon.

Adapte dapre [marthastewart.com](https://www.marthastewart.com).

## Ti Konsèy Rapid

- Soupoudre yo nan sereyal oswa nan yogurt ki pa gen anpil grès lematen lè ou ap manje.
- Blennde bloubèri yo ak glas ak fwi fre oswa fwi jele ou prefere pou fè yon bwason fwete.

## Timoun yo kapab:

- Rensè bloubèri anvan ou manje yo.
- Mete yo nan yon bòl oswa yon sachè pou yon ti goute fasil lè yo deyò.

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# Braising Greens



- Braising greens are a mix of dark greens such as collards, kale, Swiss chard, mustard greens, turnip greens and beet greens.
- Look for greens that are moist and crisp, with rich, green leaves.
- Wrap unwashed greens in a damp paper towel, place in a plastic bag and keep in the refrigerator for up to 3 to 5 days.
- Before cooking, rinse well and trim leaves from stem.
- Dark greens have iron, which is good for circulation.

## Collard Greens With Spicy Peanut Sauce

### Ingredients:

1 tablespoon vegetable oil  
1 cup chopped onion  
2 garlic cloves, minced  
1/4 teaspoon crushed red pepper flakes  
6 cups chopped collard greens  
1 cup chopped tomatoes  
2 tablespoons peanut butter  
Salt and black pepper to taste

### Directions:

1. In a large pot, heat oil over medium heat.
2. Add onion, garlic and red pepper flakes and cook until soft, about 5 minutes. Stir often.
3. Add greens and 1/4 cup water. Cover and cook until greens are soft, about 15 minutes.
4. Add tomato and peanut butter. Add black pepper to taste.
5. Stir well. Serve and enjoy!
6. Refrigerate leftovers.

**Makes 6 servings.** Adapted from *The NYC Green Cart Fresh Food Pack*.

## Braised Collard Greens

### Ingredients:

1 tablespoon vegetable oil  
2 teaspoons minced garlic  
1 yellow onion, chopped  
3 medium tomatoes, diced  
1/2 teaspoon curry powder  
1/2 teaspoon coriander  
9 cups chopped collard greens or other leafy greens, stems removed  
1 tablespoon smoked paprika (optional)  
1/4 teaspoon cayenne pepper  
1/2 lemon, juiced  
Salt and black pepper to taste

### Directions:

1. In a large frying pan, heat oil over medium heat.
2. Add onions and garlic and cook until soft, about 3 to 5 minutes. Stir often.
3. Add tomatoes, curry, coriander and paprika. Continue stirring for about 2 minutes.
4. Add 1/4 cup of water, cover and let simmer for 5 minutes.
5. Add collard greens, cayenne pepper and lemon juice. Cover and continue cooking for another 5 to 10 minutes until greens have cooked.
6. Season with salt and black pepper to taste.
7. Serve and enjoy!
8. Refrigerate leftovers.

**Makes 4 servings.** Adapted from [africanbites.com](http://africanbites.com).

## Quick Tips

- Braising greens can be added to soups a few minutes before serving.
- 1 pound of greens is equal to about 8 cups, chopped.

## Kids can:

- Rinse greens with cold water.
- Tear greens to add to a recipe.

# Legim vèt Breze



- Legim vèt breze se yon melanj fèy vèt fonsse tankou chou vèt, chou frize, Swiss chard (bèt), fèy moutad, navèt vèt ak bètrav vèt.
- Chèche fèy legim ki imid ak sèk, ak fèy legim byen fonsse.
- Vlope fèy ki pa lave yo nan yon sèvyèt an papyè (paper towel), mete yo nan yon sachè plastik epi kite yo nan frijidè pandan 3 a 5 jou.
- Pou ka prepare, rense yo byen epi koupe fèy yo apatide tij la.
- Legim vèt fonsse yo gen fè, ki bon pou sikilasyon.

## Chou vèt ak Sòs Manba Pike

### Engredyan:

Yon (1) gwo kiyè lwil vejetal  
1 tas zonyon rache  
2 gous lay, rache  
1/4 ti kiyè ti moso piman pike pile  
6 tas fèy chou vèt rache  
1 tas tomat rache  
2 gwo kiyè manba  
Sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Chofe lwil la nan yon gwo kaswòl sou dife mwayen.
2. Mete zonyon, lay ak ti moso piman pike epi kwit li jouk li vin mou, apeprè 5 minit. Brase l tanzantan.
3. Ajoute legim vèt ak 1/4 tas dlo. Kouvri l epi kuit legim vèt yo jouk yo mou, pandan apeprè 15 minit.
4. Ajoute tomat yo ak manba a. Ajoute pwav nwa, selon preferans ou.
5. Brase l byen. Drese li pou manje!
6. Mete rès la nan frijidè.

**L ap bay 6 pòsyon.** Adapte dapre *The NYC Green Cart Fresh Food Pack*.

## Chou Vèt Breze

### Engredyan:

Yon (1) gwo kiyè lwil vejetal  
2 ti kiyè lay fen  
1 zonyon jòn, rache  
3 ti tomat, dekoupe  
1/2 ti kiyè poud curry  
1/2 ti kiyè pèsi  
9 tas fèy chou vèt rache  
oswa lòt fèy legim vèt, san tij  
Yon (1) gwo kiyè paprika fime  
(si ou vle)  
1/4 piman kayèn  
1/2 ji sitwon  
Sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Nan yon gwo kaswòl, chofè lwil la sou dife mwayen.
2. Mete zonyon ak lay la epi kwit li jouk li vin mou, apeprè 3 a 5 minit. Brase l tanzantan.
3. Ajoute tomat, curry, pèsi ak paprika. Kontinye brase yo pandan apeprè 2 minit.
4. Ajoute 1/4 tas dlo, kouvri li, kouvri epi kite l mitonnen pandan 5 minit.
5. Ajoute chou vèt, sèl, pwav nwa ak dlo. Kouvri epi kontinye kwit yo pou yon lòt 5 a 10 minit jiskaske legim yo kwit.
6. Ajoute sèl ak pwav nwa selon preferans ou.
7. Drese li pou manje!
8. Mete rès la nan frijidè.

**L ap bay 4 pòsyon.** Adapte dapre [africanbites.com](http://africanbites.com).

## Ti Konsèy Rapid

- Ou ka ajoute legim vèt breze yo nan soup kèlke minit avan ou sèvi yo.
- 1 liv fèy egal a 8 tas fèy koupe an ti moso apeprè.

## Timoun yo kapab:

- Lave legim vèt yo ak dlo frèt.
- Rache legim vèt yo pou mete nan yon resèt.

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# Broccoli



- Choose broccoli with dark green florets.
- Refrigerate unwashed and in a plastic bag for up to 1 week.
- Before cooking, wash and trim florets from stalks. Enjoy florets and stems raw or cooked.
- Broccoli has vitamin C, which is good for fighting colds and healing cuts.

## Broccoli Stir-Fry

### Ingredients:

- 2 teaspoons vegetable oil
- 2 garlic cloves, minced
- 3 cups broccoli florets
- 2 carrots, chopped
- 1 yellow bell pepper, cut into strips
- 1 onion, chopped
- 2 tablespoons lemon juice
- 1/2 teaspoon salt (optional)

### Directions:

1. In a large frying pan, add oil and garlic. Cook over high heat for 2 minutes.
2. Add broccoli, carrots and 1/2 cup of water. Cook for 3 minutes, stirring often.
3. Add bell pepper and onion. Cook for 5 more minutes and continue to stir often.
4. Remove from heat. Vegetables will be crisp and brightly colored.
5. Toss with lemon juice and salt.
6. Serve and enjoy!
7. Refrigerate leftovers.

**Makes 5 servings.**

## Broccoli Chopped Salad

### Ingredients:

- 4 cups broccoli, chopped small
- 3/4 cup dried cranberries or raisins, chopped
- 2 to 3 scallions or green onions, sliced
- 2 carrots, shredded
- 1 cucumber, chopped
- 3 tablespoons apple cider vinegar
- 1/4 cup olive oil
- Salt and black pepper to taste

### Directions:

1. In a large pot, boil 4 cups of water over high heat.
2. Add broccoli and cook for 3 minutes.
3. Rinse broccoli under cold water until cool.
4. Place cooled broccoli, dried fruit and all remaining vegetables in a bowl.
5. To make dressing, whisk together vinegar and oil until combined in a separate bowl.
6. Pour dressing over mixed vegetables and dried fruit. Season with salt and black pepper to taste.
7. Serve and enjoy!
8. Refrigerate leftovers.

**Makes 4 servings.** Submitted by Aranza Portugal, Stellar Farmers Markets.

## Quick Tips

- Eat raw broccoli with a low-fat salad dressing for a healthy, crunchy snack!
- Do not throw away the broccoli stems. They can be sliced and eaten with your favorite dip or sauce!
- Steam broccoli with garlic for a delicious side dish.

## Kids can:

- Wash broccoli.
- Break off broccoli florets from the stalk.

For healthy eating tips, like us on Facebook at [facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc).  
For more information about Stellar Farmers Markets, visit [nyc.gov/health/farmersmarkets](https://www.nyc.gov/health/farmersmarkets).  
Visit [jsyfruitveggies.org](https://www.jsyfruitveggies.org) for more great recipes. This material was funded by the United States Department of Agriculture (USDA) Supplemental Nutrition Assistance Program (SNAP).

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# Bwokoli



- Chwazi flè bwokoli ki vèt fonsè ak tout tij yo.
- Pou kenbe yo fre, mete yon nan frijidè, san lave nan yon sachè plastik pou jiska 1 semèn.
- Pou prepare, lave ak koupe flè yo nan pye yo. Degiste flè yo ak tij kri oswa kuit.
- Bwokoli gen vitamin C, ki bon pou batay kont rim epi pou geri blesi.

## Frikase Bwokol

### Engredyan:

- 2 ti kiyè lwil vejetal
- 2 gous lay rache
- 3 tas flè bwokoli
- 2 kawòt rache
- 1 pwavwon jòn, ki koupe an tranche
- 1 zonyon rache
- 2 gwo kiyè ji sitwon
- 1/2 ti kiyè sèl (si ou vle)

### Esplikasyon:

1. Nan yon gwo kaswòl, mete lwil ak lay. Kuit yo sou gwo dife pandan 2 minit.
2. Ajoute bwokoli, kawòt ak 1/2 tas dlo. Kuit yo pandan 3 minit, brase yo tanzantan.
3. Ajoute pwavwon vèt ak zonyon yo. Kuit yo pandan 5 minit anplis, epi kontinye brase l tanzantan.
4. Wete l sou dife a. Legim yo ap sèk epi koulè yo ap trè klere.
5. Mete ji sitwon ak sèl la.
6. Drese li pou manje!
7. Mete rès la nan frijidè.

**L ap bay 5 pòsyon.**

## Salad Bwokoli Rache

### Engredyan:

- 4 tas bwokoli rache an ti moso
- 3/4 tas krànberri seche oswa rezen rache
- 2 a 3 siv oswa zonyon vèt, tranche
- 2 kawòt, graje
- 1 konkonm rache
- 3 gwo kiyè vinèg pòm sid
- 1/4 tas lwil oliv
- Sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Bouyi 4 tas dlo nan yon gwo kaswòl anba gwo dife.
2. Ajoute bwokoli yo epi kuit yo pandan 3 minit.
3. Rense bwokoli yo anba dlo frèt jiskaske yo refwadi.
4. Mete bwokoli fre yo, fwi sèk ak tout legim ki rete yo nan yon bòl.
5. Pou fè vinegrèt la, fwete ansanm vinèg ak lwil jiskaske yo konbine nan yon bòl apa.
6. Vide vinegrèt la sou legim melanje ak fwi sèk yo. Sèl ak pwav nwa selon preferans ou.
7. Drese li pou manje!
8. Mete rès la nan frijidè.

**L ap bay 4 pòsyon.** Soumèt pa Aranza Portugal, Stellar Farmers Markets.

## Ti Konsèy Rapid

- Manje bwokoli tou kri ak yon sòs salad ki pa gen anpil grès, kòm kolasyon sante ki kwoustiyan!
- Pa jete tij bwokoli yo. Ou ka tranche yo epi itilize yo pou tranpe nan sòs ou pi renmen!
- Kuit bwokoli yo ak lay nan vapè pou yon bon ti pla akonpayman.

## Timoun yo kapab:

- Lave pye bwokoli yo.
- Detache flè bwokoli yo nan tij la.

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# Brussels Sprouts



- Choose Brussels sprouts that are firm and bright green, with no yellow or wilted leaves and few holes.
- Store unwashed Brussels sprouts in a plastic bag in the refrigerator for up to 10 days.
- Before eating, remove stem and discolored leaves, and rinse well.
- Brussels sprouts have calcium, which helps build strong bones.

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## Brussels Sprouts With Peanut Dressing

### Ingredients:

5 cups thinly sliced Brussels sprouts  
1 tablespoon peanut butter  
1 tablespoon vegetable oil  
1 tablespoon honey  
1 tablespoon vinegar  
1 tablespoon low-sodium soy sauce  
Black pepper to taste

### Directions:

1. In a large bowl, add the Brussels sprouts.
2. To make dressing, mix peanut butter, oil, honey, vinegar and soy sauce in a small bowl.
3. Pour dressing over Brussels sprouts.
4. Add black pepper to taste.
5. Serve and enjoy!
6. Refrigerate leftovers.

**Makes 5 servings.** Submitted by Beth Bainbridge, Stellar Farmers Markets.

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## Brussels Sprouts With Apples and Onions

### Ingredients:

1 tablespoon vegetable oil  
1 cup diced onion  
4 cups sliced Brussels sprouts  
2 cups diced apple  
2 tablespoons lemon juice  
1/2 teaspoon black pepper  
Salt to taste

### Directions:

1. In a large pan, heat oil over medium heat.
2. Add onion. Cook for 5 minutes, until soft.
3. Add Brussels sprouts and cook for 5 minutes.
4. Add the apple and cook 5 to 10 minutes, or until apples are soft.
5. Remove from heat and add lemon juice, black pepper and salt. Mix well.
6. Serve and enjoy!
7. Refrigerate leftovers.

**Makes 8 servings.** Adapted from [nytimes.com](http://nytimes.com).

## Quick Tips

- Shred raw Brussels sprouts and add them to a salad. They are also tasty steamed, roasted or sautéed.
- To roast Brussels sprouts, toss with oil, salt and black pepper. Place on a baking sheet and roast at 400 degrees Fahrenheit for 30 to 40 minutes.
- Cut Brussels sprouts into quarters and add them to casseroles, stews and soups.

## Flavor Flip: Peanut Dressing

- Add 2 cloves of minced garlic and 1 teaspoon fresh ginger to the dressing.



# Chou Briksèl

- Chwazi chou Briksèl ki di epi ki gen koulè vèt fonsè, ki pa gen okenn fèy jòn ni fèy ki fennen ak kèk twou.
- Mete chou Briksèl la nan yon sachè plastik nan frijidè a pou yon maksimòm 10 jou.
- Pou prepare, retire tij la ak fèy ki dekolore yo, epi rense byen.
- Chou Briksèl yo gen kalsyòm, ki ede ranfòse zo yo.



## Chou Briksèl avèk Vinegrèt abaz arachid

### Engredyan:

5 tas chou Briksèl tranche tou fen  
Yon (1) gwo kiyè manba  
Yon (1) gwo kiyè lwil vejetal  
Yon (1) gwo kiyè siwo myèl  
Yon (1) gwo kiyè vinèg  
Yon (1) gwo kiyè sòs soya ki pa gen anpil sodyòm  
pwav nwa selon preferans ou

### Esplikasyon:

1. Nan yon gwo bòl, ajoute chou Briksèl yo.
2. Pou fè vinegrèt, nan yon ti bòl, melanje manba a, lwil la, siwo myèl la, vinèg la ak sòs soya a.
3. Vide sòs pou salad la sou chou Briksèl la.
4. Ajoute pwav nwa selon preferans ou.
5. Drese li pou manje!
6. Mete rès la nan frijidè.

**L ap bay 5 pòsyon.** Soumèt pa Beth Bainbridge, Stellar Farmers Markets.

## Chou Briksèl avèk Pòm ak Zonyon

### Engredyan:

Yon (1) gwo kiyè lwil vejetal  
1 tas zonyon dekoupe  
4 tas chou Briksèl tranche  
2 tas pòm dekoupe  
2 gwo kiyè ji sitwon  
1/2 ti kiyè pwav nwa  
Sèl selon preferans ou

### Esplikasyon:

1. Nan yon gwo kaswòl, chofe lwil la sou dife mwayen.
2. Ajoute zonyon. Kuit yo pandan 5 minit, jouk yo mou.
3. Ajoute chou Briksèl la epi kite l kuit pandan 5 minit.
4. Ajoute pòm lan epi kuit li pandan 5 a 10 minit, oswa jouk pòm yo mou.
5. Retire sou dife epi ajoute ji sitwon, pwav nwa, ak sèl. Brase li byen.
6. Drese li pou manje!
7. Mete rès la nan frijidè.

### L ap bay 8 pòsyon.

Yo adapte l apatide [nytimes.com](https://www.nytimes.com).

## Ti Konsèy Rapid

- Rape chou Briksèl kri yo epi ajoute yo nan yon salad. Yo gen pi bon gou lè yo kuit nan vapè, griye oswa sote nan grès.
- Pou griye chou Briksèl yo, melanje yo ak yon ti kantite lwil, sèl ak pwav nwa. Mete yo nan yon plato pou kuit bonbon, nan yon tanperati 400 degre Farenayt pandan 30 a 40 minit.
- Koupe chou Briksèl la an kat moso, epi ajoute yo nan ragou, nan bouyon ak nan soup.

## Savè Feyte: Sòs Salad

- Ajoute 2 gous lay rache ak 1 ti kiyè jenjanm fre ki kale epi rache nan vinegrèt la.

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# Butternut Squash

- Choose butternut squash that is heavy for its size and has smooth, firm skin.
- Store in a cool, dry place for up to 3 months.
- Before cooking, wash, cut in half and remove seeds. Leave skin on and bake for 30 minutes at 350 degrees Fahrenheit.
- Butternut squash has potassium, which is good for your heart.



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## Butternut Squash and Apple Cider

### Ingredients:

1 tablespoon vegetable oil  
1 cup chopped onion  
4 cups seeded and cubed butternut squash  
3/4 cup apple cider  
1 tablespoon chopped fresh herbs (sage, rosemary or thyme) or 2 teaspoons dried herbs  
Salt and black pepper to taste

### Directions:

1. In a large pot, heat oil over high heat. Stir in onion and cook until soft.
2. Add squash and apple cider. Cook for about 15 minutes.
3. Stir in herbs, salt and black pepper to taste. Cook for about 2 minutes.
4. Serve and enjoy!
5. Refrigerate leftovers.

**Makes 6 servings.**

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## Butternut Squash With Collard Greens

### Ingredients:

1 tablespoon vegetable oil  
1 onion, chopped  
1 red bell pepper, chopped  
3 cups seeded and cubed butternut squash  
3 cups chopped collard greens  
1/4 teaspoon salt  
Black pepper to taste

### Directions:

1. In a large pot, heat oil over medium-high heat. Stir in onion and bell pepper and cook until soft.
2. Add squash and cook covered for 5 minutes.
3. Add collard greens, salt, black pepper and 1/2 cup of water. Add more water as needed to prevent sticking. Cook until vegetables are soft, about 8 to 10 minutes.
4. Serve and enjoy!
5. Refrigerate leftovers.

**Makes 4 servings.**

## Quick Tips

- Try all types of winter squash: butternut, acorn, Hubbard and kabocha squash. Each has a different flavor and texture.
- Any winter squash can be swapped for another in recipes.
- Add leftover cooked squash to yogurt or oatmeal.
- Add squash to a soup or casserole.
- Bake seeds for a yummy snack!

## Kids can:

- Remove seeds from squash.
- Stuff squash halves with a vegetable mixture.

# Joumou

- Chwazi joumou ki lou pou gwosè yo, epi ki gen po di, lis.
- Mete l yon kote ki sèk epi ki frèt jiska 3 mwa.
- Anvan ou kuit li, lave, koupe an 2 epi retire grenn yo. Kite po a sou li epi kuit li nan fou pandan 30 minit a 350 degre Farenayt.
- Joumou yo gen potasyòm, ki bon pou yon kè an sante.



## Joumou ak Sid Pòm

### Engredyan:

Yon (1) gwo kiyè lwil vejetal  
1 tas zonyon rache  
4 tas joumou simen ak an kib  
3/4 tas vinèg pòm sid  
Yon (1) gwo kiyè fèy fre rache  
(soj, romaren oswa ten) oswa  
2 ti kiyè zèb sèch  
Sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Chofe lwil la nan yon gwo kaswòl sou dife ki wo. Mete zonyon yo epi kuit yo jouk yo mou.
2. Ajoute Joumou ak sid pòm. Kuit yo pandan 15 minit.
3. Mete zèb yo, sèl ak pwav nwa selon preferans ou epi brase yo. Kuit yo pandan apeprè 2 minit.
4. Drese li pou manje!
5. Mete rès la nan frijidè.

**L ap bay 6 pòsyon.**

## Joumou ak Chou Vèt

### Engredyan:

Yon (1) gwo kiyè lwil vejetal  
1 zonyon rache  
1 pwavwon wouj rache  
3 tas joumou simen ak an kib  
3 tas chou vèt rache  
1/4 ti kiyè sèl  
Pwav nwa selon preferans ou

### Esplikasyon:

1. Chofe lwil la nan yon gwo kaswòl sou yon dife ant mwayen ak gwo. Mete epi brase zonyon, piman dous epi kuit yo jouk yo mou.
2. Ajoute joumou a, kouvri l epi kite l kuit pandan 5 minit.
3. Ajoute 1/2 tas dlo, chou vèt, sèl ak pwav nwa. Ajoute plis dlo jan sa nesèsè pou anpeche li kole. Kuit yo jouk legim yo mou, apeprè 8 a 10 minit.
4. Drese li pou manje!
5. Mete rès la nan frijidè.

**L ap bay 4 pòsyon.**

## Ti Konsèy Rapid

- Eseye tout kalite joumou sezon ivè: joumou miske, glan, hubbard ak kabocha. Chak gen yon gou ak teksti diferan.
- Ou ka sèvis ak nenpòt joumou sezon fredri pou yon lòt nan resèt.
- Ajoute rès joumou kwit nan yogout oswa awwàn.
- Ajoute joumou nan soup oswa nan ragou.
- Kwit grenn yo pou yon ti goute apetisan!

## Timoun yo kapab:

- Retire grenn yo nan joumou an.
- Ranpli mwaye joumou ak yon melanj legim.

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Just Say Yes to Fruits and Vegetables



# Cabbage

- Choose cabbage that is firm with no brown spots.
- Refrigerate unwashed cabbage for up to 2 weeks.
- Before eating, remove the outer leaves and rinse well.
- Cabbage has vitamin C, which is good for fighting colds and healing cuts.



---

## Cabbage and Dill Salad

### Ingredients:

2 cups shredded cabbage  
1 cup grated carrots  
1 tablespoon vegetable oil  
2 tablespoons apple cider vinegar  
1 tablespoon minced dill (optional)  
Salt and black pepper to taste

### Directions:

1. In a large bowl, add cabbage and carrots. Mix well.
2. To make dressing, add oil, vinegar, dill, salt and black pepper to a small bowl. Mix well.
3. Pour oil and vinegar dressing over cabbage mixture and toss.
4. Serve immediately or refrigerate for about 30 minutes before serving. Enjoy!
5. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [recipes.sparkpeople.com](http://recipes.sparkpeople.com).

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## Stewed Cabbage

### Ingredients:

2 teaspoons vegetable oil  
1 onion, chopped  
2 garlic cloves, minced  
2 celery stalks, chopped  
3 cups chopped cabbage  
2 cups chopped tomatoes or 1 can (14 1/2 ounces) stewed tomatoes  
Salt and black pepper to taste

### Directions:

1. In a large frying pan, heat oil over medium heat.
2. Add onion, garlic and celery.
3. Cook for 5 minutes or until soft.
4. Add cabbage and tomatoes and cook uncovered for 3 minutes. Cover pan and cook on low for about 20 minutes, until cabbage is soft. Stir often.
5. Season with salt and black pepper.
6. Serve hot or cold and enjoy!
7. Refrigerate leftovers.

**Makes 4 servings.**

## Quick Tips

- Cabbage makes a delicious raw salad. Simply chop or shred and toss with your favorite dressing.
- Cabbage leaves can be filled with cooked rice and beans.
- Add shredded cabbage to a soup, stir-fry or stew for more bulk, nutrients and flavor.

## Kids can:

- Remove the outer leaves from the heads of cabbage.
- Stuff leaves with filling.

# Chou

- Chwazi chou ki fèm ki pa gen okenn tach mawon.
- Mete chou ki pa lave nan frijidè pou jiska 2 semèn.
- Pou prepare, wete fèy ki sou deyò yo epi rense l byen.
- Chou gen vitamin C, ki bon pou batay kont rim epi pou geri blesi.



## Salad Chou ak Anèt (Dill)

### Engredyan:

2 tas chou rache  
1 tas kawòt graje  
Yon (1) gwo kiyè lwil vejetal  
2 gwo kiyè vinèg pòm sid  
Yon (1) gwo kiyè anèt rache (si ou vle)  
Sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Nan yon gwo bòl, mete chou ak kawòt yo. Brase li byen.
2. Pou fè vinegrèt, nan yon ti bòl, mete lwil, vinèg, anèt, sèl ak pwav nwa. Brase li byen.
3. Vide sòs lwil ak vinèg la sou melanj chou a epi melanje li souke.
4. Sèvi l tousuit oswa mete l nan frijidè pandan 30 minit apeprè avan ou sèvi l. Degiste!
5. Mete rès la nan frijidè.

### L ap bay 6 pòsyon.

Adapte dapre [recipes.sparkpeople.com](https://www.recipes.sparkpeople.com).

## Toufe Chou

### Engredyan:

2 ti kiyè lwil vejetal  
1 zonyon rache  
2 gous lay rache  
2 pye seleri, rache  
3 tas chou rache  
2 tas tomat rache oswa 1 bwat  
(14 1/2 ons) tomat kuit  
Sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Nan yon gwo kaswòl, chofè lwil la sou dife mwayen.
2. Ajoute zonyon, lay ak seleri.
3. Kuit yo pandan 5 minit oswa jouk yo mou.
4. Ajoute chou ak tomat, epi kuit li san ou pa kouvri l pandan 3 minit. Kouvri kaswòl la epi kite l kuit pandan apeprè 20 minit jouk chou a mou. Brase l souvan.
5. Mete sèl ak pwav nwa pou asezonnen l.
6. Sèvi l cho oswa frèt epi degiste!
7. Mete rès la nan frijidè.

### L ap bay 4 pòsyon.

## Ti Konsèy Rapid

- Ou kapab fè yon salad kri avèk chou a ki koupe dwèt. Annik rache l oswa rape l epi melanje l avèk vinegrèt ou pi renmen an.
- Ou kapab mete diri ak pwa kuit anndan fèy chou yo.
- Ajoute chou rape a nan yon soup, frikase oswa ragou pou plis fib, nitriman ak gou.

## Timoun yo kapab:

- Retire fèy ki sou deyò nan tèt chou yo.
- Mete fas anndan fèy yo.

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Just Say Yes to Fruits and Vegetables



# Cabbage

- Choose cabbage that is firm with no brown spots.
- Refrigerate unwashed cabbage for up to 2 weeks.
- Before eating, remove the outer leaves and rinse well.
- Cabbage has vitamin C, which is good for fighting colds and healing cuts.



## Haitian Pikiliz

### Ingredients:

1 1/2 cups shredded cabbage  
1 cup sliced onion  
1/2 cup shredded carrots  
1/2 cup bell pepper, thinly sliced  
1/8 teaspoon ground cloves  
1/2 teaspoon salt  
1/4 Scotch bonnet pepper, cut lengthwise, stem removed, seeds left intact  
2 tablespoons lemon juice  
1 cup white vinegar

### Directions:

1. In a large bowl, combine cabbage, onion, carrots, sliced bell pepper, ground cloves and salt.
2. In a small bowl, mix lemon juice and vinegar. Pour mixture over cabbage mixture.
3. Add the halved Scotch bonnet pepper to the mixture and allow the ingredients to marinate for at least 15 minutes.\*
4. Once ready, remove the Scotch bonnet pepper. Serve and enjoy!
5. Refrigerate leftovers.

Serves 15 to 20 people as a condiment for savory dishes.  
Adapted from [savorythoughts.com](http://savorythoughts.com).

\*Typically, Pikiliz is marinated at least 24 to 48 hours before serving, but it can be served right after making.

## Quick Tips

- Cabbage makes a delicious raw salad. Simply chop or shred and toss with your favorite dressing.
- Cabbage leaves can be filled with cooked rice and beans.
- Add shredded cabbage to a soup, stir-fry or stew for more bulk, nutrients and flavor.

## Kids can:

- Remove the outer leaves from the heads of cabbage.
- Stuff leaves with filling.

For healthy eating tips, like us on Facebook at [facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc).  
For more information about Stellar Farmers Markets, visit [nyc.gov/health/farmersmarkets](http://nyc.gov/health/farmersmarkets).  
Visit [jsyfruitveggies.org](http://jsyfruitveggies.org) for more great recipes. This material was funded by the United States Department of Agriculture (USDA) Supplemental Nutrition Assistance Program (SNAP).

*Just Say Yes* to Fruits and Vegetables

**NYC**  
Health

# Chou

- Chwazi chou ki fèm ki pa gen okenn tach mawon.
- Mete chou ki pa lave a nan frijidè pou l fè jiska 2 semèn.
- Anvan w manje l, retire fèy ki sou deyò yo epi byen rensè li.
- Chou genyen vitamin C ladan l. Se yon vitamin ki bon pou konbat rim ak geri blesi.



## Pikiliz Ayisyen

### Engredyan:

Yon (1) tas edmi (1/2)  
chou rache  
Yon (1) tas zonyon tranche  
Demi (1/2) tas kawòt rache  
Demi (1/2) tas piman dou ki  
tranche fen  
Yon uityèm (1/8) ti kiyè klou  
jiwòf moulen  
Demi (1/2) ti kiyè sèl  
Yon ka (1/4) piman pike,  
ki koupe an longè, san tij,  
ki gen grenn ki entak  
De (2) gwo kiyè ji sitwon  
Yon (1) tas vinèg blan

### Esplikasyon:

1. Melanje chou, zonyon, kawòt, piman dou tranche, klou jiwòf moulen ak sèl nan yon gwo bòl.
2. Melanje ji sitwon ak vinèg nan yon ti bòl. Vide melanj lan sou melanj chou a.
3. Ajoute piman pike a nan melanj lan epi kite engredyan yo marinen pandan omwen 15 minit.\*
4. Depi li pare, retire piman pike a. Drese li pou manje!
5. Mete rès la nan frijidè.

15 a 20 moun ka konsome l kòm vinegrèt pou pla sale.  
Adaptasyon an fèt sou sit [savorythoughts.com](http://savorythoughts.com).

\*An jeneral, yo marinen Pikiliz la pandan omwen 24 a 48 èdtan anvan yo drese l, men yo kapab drese l tousuit apre yo fin fè l.

## Ti Konsèy Rapid

- Ou kapab fè yon salad kri avèk chou a ki koupe dwèt. Annik rache l oswa rape l epi melanje l avèk vinegrèt ou pi renmen an.
- Ou kapab mete diri ak pwa kuit anndan fèy chou yo.
- Ajoute chou rape a nan yon soup, frikase oswa ragou pou plis fib, nitriman ak gou.

## Timoun yo kapab:

- Retire fèy ki sou deyò nan tèt chou yo.
- Mete fas anndan fèy yo.

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*Just Say Yes* to Fruits and Vegetables

**NYC**  
Health

# Cabbage

- Choose cabbage that is firm with no brown spots.
- Refrigerate unwashed cabbage for up to 2 weeks.
- Before eating, remove the outer leaves and rinse well.
- Cabbage has vitamin C, which is good for fighting colds and healing cuts.



## Taiwanese Cabbage With Chili and Garlic

### Ingredients:

- 4 cups chopped green cabbage
- 1 teaspoon salt
- 1 tablespoon vegetable oil
- 1 jalapeño, deseeded and cut into thin slices
- 1 garlic clove, minced
- 2 teaspoons low-sodium soy sauce

### Directions:

1. Place the cabbage in a large bowl, sprinkle with salt and mix well. Let sit for at least 5 minutes, allowing the salt to draw out water from the cabbage.
2. After 5 minutes, drain the water from the bowl. Rinse off any excess salt and set aside in a colander to dry or use a clean towel to pat the cabbage dry.
3. Heat a large pan over medium-high heat and add oil. Once the oil is hot, add the jalapeño and garlic. Stir quickly for about 5 seconds to keep them from burning.
4. Add the cabbage and cook for 3 to 5 minutes with minimal stirring. Allow the edges of the cabbage to brown.
5. Increase the heat to high. Stir the cabbage and cook for 2 more minutes.
6. Turn off heat, add the soy sauce and stir.
7. Serve hot and enjoy!
8. Refrigerate leftovers.

**Makes 4 servings.** Adapted from *Vegetarian Chinese Soul Food* by Hsiao-Ching Cho.

### Quick Tips

- Cabbage makes a delicious raw salad. Simply chop or shred and toss with your favorite dressing.
- Cabbage leaves can be filled with cooked rice and beans.
- Add shredded cabbage to a soup, stir-fry or stew for more bulk, nutrients and flavor.

### Kids can:

- Remove the outer leaves from the heads of cabbage.
- Stuff leaves with filling.



# Chou

- Chwazi chou ki fèm ki pa gen okenn tach mawon.
- Mete chou ki pa lave a nan frijidè pou l fè jiska 2 semèn.
- Anvan w manje l, retire fèy ki sou deyò yo epi byen rense li.
- Chou genyen vitamin C ladan l. Se yon vitamin ki bon pou konbat rim ak geri blesi.



## Chou Taywanè Avèk Piman ak Lay

### Engredyan:

Kat (4) tas chou vèt rache  
Yon (1) ti kiyè sèl  
Yon (1) gwo kiyè luil vejetal  
Yon (1) piman jalapeño, san grenn epi ki koupe an lèz  
Yon (1) dan lay filange  
De (2) ti kiyè sòs soja ki gen tikal sodyòm

### Esplikasyon:

1. Mete chou a nan yon gwo bòl, simen sèl sou li epi byen melanje l. Kite l repoze pandan omwen 5 minit pou pèmèt sèl la retire dlo a nan chou a.
2. Apre 5 minit, degoute dlo a nan bòl la. Retire sèl ki anplis la epi mete l sou kote nan yon paswa pou l seche oswa tape chou a ak yon sèvyèt pwòp pou seche l.
3. Mete yon gwo kastwòl cho sou dife ki ant nivo mwayen ak wo epi ajoute luil. Depi luil la cho, ajoute piman jalapeño a ak lay la. Bwase li byen vit pandan anviwon 5 segonn pou anpeche l boule.
4. Ajoute chou a epi kite l kuit pandan 3 a 5 minit pandan w ap brase l tou piti. Kite arebò chou a pran koulè dore.
5. Ogmante dife a mete l nan nivo wo. Brase chou a epi kite l kuit pandan 2 minit anplis.
6. Etenn dife a, ajoute sòs soja a epi brase l.
7. Drese li cho pou manje!
8. Mete rès la nan frijidè.

**L ap bay 4 pòsyon.** Adaptasyon an fèt nan liv kizin *Vegetarian Chinese Soul Food* Hsiao-Ching Cho ekri.

### Ti Konsèy Rapid

- Ou kapab fè yon salad kri avèk chou a ki koupe dwèt. Annik rache l oswa rape l epi melanje l avèk vinegrèt ou pi renmen an.
- Ou kapab mete diri ak pwa kuit anndan fèy chou yo.
- Ajoute chou rape a nan yon soup, frikase oswa ragou pou plis fib, nitriman ak gou.

### Timoun yo kapab:

- Retire fèy ki sou deyò nan tèt chou yo.
- Mete fas anndan fèy yo.

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Just Say Yes to Fruits and Vegetables



# Cabbage

- Choose cabbage that is firm with no brown spots.
- Refrigerate unwashed cabbage for up to 2 weeks.
- Before eating, remove the outer leaves and rinse well.
- Cabbage has vitamin C, which is good for fighting colds and healing cuts.



## Repollo Guisado (Dominican Cabbage Stew)

### Ingredients:

- 1 tablespoon vegetable oil
- 1 onion, diced
- 1 clove garlic, minced
- 1 medium bell pepper, cut into strips
- 1 medium tomato, diced
- 1 tablespoon tomato paste
- 1 cup water
- 3 cups shredded cabbage
- 1 tablespoon chopped green olives
- 1 teaspoon vinegar
- 1/4 teaspoon cayenne pepper
- 1/2 cup chopped cilantro
- Salt and black pepper to taste

### Directions:

1. Heat the oil in a large pan over medium heat.
2. Add the onions and garlic and cook until soft, about 2 minutes.
3. Reduce the heat to low. Add the bell pepper and tomatoes and cook for 3 minutes.
4. In a small bowl, mix the tomato paste with 1 cup of water. Add to the pan and cook for 2 to 3 minutes.
5. Stir in the cabbage, olives, vinegar and cayenne pepper. Cover the pan and simmer over low heat until the cabbage is soft, about 15 minutes.
6. Stir in the cilantro and season with salt and black pepper to taste.
7. Serve and enjoy!
8. Refrigerate leftovers.

**Makes 4 servings.** Adapted from [dominicancooking.com](http://dominicancooking.com).

### Quick Tips

- Cabbage makes a delicious raw salad. Simply chop or shred and toss with your favorite dressing.
- Cabbage leaves can be filled with cooked rice and beans.
- Add shredded cabbage to a soup, stir-fry or stew for more bulk, nutrients and flavor.

### Kids can:

- Remove the outer leaves from the heads of cabbage.
- Stuff leaves with filling.

# Chou

- Chwazi chou ki fèm ki pa gen okenn tach mawon.
- Mete chou ki pa lave a nan frijidè pou l fè jiska 2 semèn.
- Anvan w manje l, retire fèy ki sou deyò yo epi byen rensè li.
- Chou genyen vitamin C ladan l. Se yon vitamin ki bon pou konbat rim ak geri blesi.



## Repollo Guisado (Ragou Dominiken ki Fèt ak Chou)

### Engredyan:

Yon (1) gwo kiyè luil vejetal  
Yon (1) zonyon ki koupe an kib  
Yon (1) dan lay filange  
Yon (1) piman dou mwayen ki koupe an lèz  
Yon (1) tomat mwayen ki koupe an kib  
Yon (1) gwo kiyè pat tomat  
Yon (1) tas dlo  
Twa (3) tas chou rape  
Yon (1) gwo kiyè doliv vèt rache  
Yon (1) ti kiyè vinèg  
Yon ka (1/4) ti kiyè piman zwazo  
Demi (1/2) tas fèy koryann rache  
Ajoute sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Mete luil la cho nan yon gwo kastwòl sou dife mwayen.
2. Ajoute zonyon an ak lay la epi kite yo kuit jiskaske yo mou, apeprè 2 minit.
3. Desann dife a mete l nan nivo ba. Ajoute piman dou a ak tomat yo epi kite yo kuit pandan 3 minit.
4. Melanje pat tomat la avèk 1 tas dlo nan yon ti bòl. Ajoute l nan kastwòl la epi kite l kuit pandan 2 a 3 minit.
5. Mete chou a, doliv yo, vinèg la ak piman zwazo a nan kastwòl la. Kouvri kastwòl la epi toufe li sou ti dife jiskaske chou a mou, apeprè 15 minit.
6. Mete fèy koryann lan epi asezonnen l avèk sèl ak pwav nwa selon preferans ou
7. Drese li pou manje!
8. Mete rès la nan frijidè.

### L ap bay 4 pòsyon.

Adaptasyon an fèt sou sit [dominicancooking.com](http://dominicancooking.com).

## Ti Konsèy Rapid

- Ou kapab fè yon salad kri avèk chou a ki koupe dwèt. Annik rache l oswa rape l epi melanje l avèk vinegrèt ou pi renmen an.
- Ou kapab mete diri ak pwa kuit anndan fèy chou yo.
- Ajoute chou rape a nan yon soup, frikase oswa ragou pou plis fib, nitriman ak gou.

## Timoun yo kapab:

- Retire fèy ki sou deyò nan tèt chou yo.
- Mete fas anndan fèy yo.

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Just Say Yes to Fruits and Vegetables



# Carrots

- Choose carrots that are firm, smooth and without cracks.
- Refrigerate unwashed raw carrots for up to 2 weeks. Refrigerate cooked carrots for up to 3 days.
- Before eating, scrub and rinse well. There is no need to peel the skin, which is full of nutrients.
- Carrots have vitamin A, which is good for your eyes and skin.



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## Carrot Raisin Salad

### Ingredients:

2 cups shredded carrots  
1/4 cup raisins  
1 apple, diced  
1 tablespoon vegetable oil  
2 tablespoons lemon juice  
1 garlic clove, minced  
1/4 teaspoon cinnamon  
Salt and black pepper to taste

### Directions:

1. In a large bowl, add the carrots, raisins and apple.
2. To make dressing, combine all other ingredients in a small bowl and mix well.
3. Pour the dressing over carrots and raisins. Stir well.
4. Chill, serve and enjoy!
5. Refrigerate leftovers.

**Makes 5 servings.**

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## Braised Carrots and Tomatoes

### Ingredients:

1 tablespoon vegetable oil  
1 tablespoon whole coriander or cumin seeds (or 1 teaspoon ground)  
1 cup chopped onion  
4 cups chopped carrots  
4 garlic cloves, minced  
1 cup chopped tomatoes  
1/2 cup chopped mint  
Salt and black pepper to taste

### Directions:

1. In a large pot, heat oil over medium-high heat.
2. Add coriander or cumin and onion, and cook until soft, about 5 minutes.
3. Add carrots and garlic and cook 3 minutes.
4. Add tomatoes and half of the mint. Cook until carrots are soft, about 10 minutes.
5. Turn off heat and add black pepper and the remaining mint.
6. Serve and enjoy!
7. Refrigerate leftovers.

**Makes 4 servings.** Adapted from [nytimes.com](http://nytimes.com).

## Quick Tips

- Eat carrot sticks with low-fat salad dressing or dip.
- Shred carrots into a soup or salad.
- Wash and cook carrot tops to eat as greens.

## Kids can:

- Remove greens.
- Scrub carrot skins.

# Kawòt

- Chwazi kawòt ki di, lis epi ki pa fann.
- Mete kawòt kri nan frijidè san ou pa lave l pou jiska 2 semèn. Mete kawòt kwit nan frijidè pou jiska 3 jou.
- Anvan ou manje l, fwote epi rensè l byen. Ou pa bezwen kale po a, ki gen anpil eleman nitritif.
- kawòt gen vitamin A, ki bon pou zye ak po kò a.



## Salad Kawòt ak Rezen sèk

### Engredyan:

2 tas kawòt graje  
1/4 tas rezen sèk  
1 pòm dekoupe  
Yon (1) gwo kiyè lwil vejetal  
2 gwo kiyè ji sitwon  
1 gous lay rache  
1/4 ti kiyè kannèl  
Sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Nan yon gwo bòl, ajoute kawòt, rezen sèk, ak pòm.
2. Pou fè vinegrèt, nan yon ti bòl, mete ansanm tout lòt engredyan yo, epi byen melanje.
3. Vide sòs la sou kawòt ak rezen sèk yo. Brase l byen.
4. Refwadi li, sèvi li, epi degiste!
5. Mete rèss la nan frijidè.

**L ap bay 5 pòsyon.**

## Kawòt ak Tomat Breze

### Engredyan:

Yon (1) gwo kiyè lwil vejetal  
Yon (1) gwo kiyè ten antye oswa grenn kimin (oswa 1 ti kiyè moulen)  
1 tas zonyon rache  
4 tas kawòt rache  
4 gous lay rache  
1 tas tomat rache  
1/2 tas mant rache  
Sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Chofe lwil la nan yon gwo kaswòl sou yon dife ant mwayen ak gwo.
2. Ajoute koryann (coriander) oswa kimin ak zonyon epi kwit li jouk li mou, pandan apeprè 5 minit.
3. Ajoute kawòt yo ak lay la epi kite l kuit pandan 3 minit.
4. Ajoute tomat yo ak mwayen nan mant la epi kuit kawòt yo jouk yo mou, pandan apeprè 10 minit.
5. Fèmen dife a epi ajoute pwav nwa ak rèss mant la.
6. Drese li pou manje!
7. Mete rèss la nan frijidè.

**L ap bay 4 pòsyon.** Adapte dapre **nytimes.com**.

## Ti Konsèy Rapid

- Manje baton kawòt yo konsa, avèk yon sòs salad ki pa gen anpil grès oswa ak yon fas.
- Graje kawòt yo epi mete yo nan soup oswa nan salad.
- Lave epi kuit tèt kawòt la pou manje kòm legim vèt.

## Timoun yo kapab:

- Retire fèy vèt yo.
- Foubi po kawòt yo.

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# Chickpeas

- Before cooking dried beans, remove pebbles and any shriveled beans. Soak for at least 8 hours.
- For a quicker prep time, cover chickpeas and bring to a boil. Turn off heat and allow beans to soak for 1 to 2 hours. Drain, rinse and cover with fresh water. Simmer until soft.
- Beans are an affordable source of protein and fiber.



## Chickpea Salad

### Ingredients:

1 small onion, finely diced  
1/2 cup white vinegar  
1 green bell pepper, diced  
1 tomato, diced  
1 garlic clove, minced  
1 1/2 cups cooked or 1 can  
(15 1/2 ounces) chickpeas,  
drained and rinsed  
2 tablespoons vegetable oil  
1/4 cup cilantro, finely chopped  
1 teaspoon smoked paprika  
1 teaspoon cumin  
Salt and black pepper to taste

### Directions:

1. In a small bowl, place onions and cover with vinegar. Set aside for 10 minutes.
2. Mix bell pepper, tomato, garlic and chickpeas.
3. Mix in oil, cilantro, paprika and cumin.
4. Drain vinegar from the onions and add to the salad.
5. Add salt and black pepper to taste.
6. Serve and enjoy!
7. Refrigerate leftovers.

**Makes 7 servings.** Adapted from [jehancancook.com](http://jehancancook.com).

### Quick Tips

- 1 pound of dried chickpeas (2 cups) equals 5 to 6 cups of cooked chickpeas.
- Dried chickpeas can be kept in an airtight container for up to 1 year.

### Kids can:

- Help pour water over dried beans to soak and cook.
- Help mash cooked beans with a fork.

# Pwa chich

- Anvan ou prepare pwa sèk, retire ti grenn wòch ak grenn pwa ki gate. Tranpe pandan omwen 8 èdtan.
- Pou prepare yo pi rapid, kouvri pwa chich yo nan dlo epi bouyi yo. Etenn dife a epi kite pwa yo tranpe pou 1 a 2 èdtan. Degoute, rense epi vide dlo frèt sou yo. Kuit yo pandan 2 minit oswa jouk yo mou.
- Pwa se yon bon sous pwoteyin ak fib ki pa koute chè.



## Salad Pwa chich

### Engredyan:

1 ti zonyon ki byen dekoupe  
1/2 tas vinèg blan  
1 pwavwon dekoupe  
1 tomat dekoupe  
1 gous lay rache  
1 1/2 tas oswa 1 bwat (15 1/2 ons)  
pwa chich kuit ki degoute ak rense  
2 gwo kiyè lwil vejetal  
1/4 tas koryann byen rache  
1 ti kiyè paprika fime  
1 ti kiyè kimèn  
Sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Nan yon ti bòl, ajoute zonyon epi kouvri li ak vinèg. Kuit yo pandan 10 minit.
2. Nan yon bòl separe, melanje pwavwon, tomat, lay ak pwa chich yo.
3. Melanje nan lwil oliv, koryann, paprika ak kimèn.
4. Degoute vinèg nan zonyon yo epi ajoute l nan salad la.
5. Retire sou dife, ajoute sèl ak pwav nwa selon preferans ou.
6. Drese li pou manje!
7. Mete rèl la nan frijidè.

**L ap bay 7 pòsyon.** Adapte dapre [jehancancook.com](http://jehancancook.com).

## Ti Konsèy Rapid

- 1 liv pwa chich (2 tas) egal 5 a 6 tas pwa chich kuit.
- Pwa chich sèk ka rete nan yon bokal ki byen fèmen pandan 1 an.

## Timoun yo kapab:

- Ede vide dlo sou pwa sèch yo pou tranpe ak kwit yo.
- Ede kraze pwa yo ak yon fouchèt.

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# Chickpeas

- Before cooking dried beans, remove pebbles and any shriveled beans. Soak for at least 8 hours.
- For a quicker prep time, cover chickpeas and bring to a boil. Turn off heat and allow beans to soak for 1 to 2 hours. Drain, rinse and cover with fresh water. Simmer until soft.
- Beans are an affordable source of protein and fiber.



## Chickpea Curry

### Ingredients:

2 tablespoons vegetable oil  
1/2 medium onion, diced  
4 garlic cloves, minced  
1/2 teaspoon cumin  
2 1/2 tablespoons curry powder  
3 large potatoes, diced  
1 1/2 cups cooked or 1 can  
(15 1/2 ounces) chickpeas,  
drained and rinsed  
4 cups baby spinach, tightly  
packed  
1 lime, juiced  
1/2 cup fresh herbs, finely  
chopped (parsley, basil, thyme  
or cilantro)  
Salt and black pepper to taste

### Directions:

1. In a large pan, heat oil over medium-low heat. Add onion and garlic and sauté for 2 to 3 minutes or until soft.
2. Add cumin and curry powder and sauté for 3 to 5 minutes.
3. Turn heat to medium-high, stir in potatoes and add 2 1/2 cups of water. Bring to a boil.
4. Reduce heat to low, partially cover with a lid. Gently simmer for 10 minutes or until potatoes are soft.
5. Add chickpeas and baby spinach, cover with the lid, and cook for 1 to 2 minutes or until the spinach wilts down.
6. Remove from the heat, mix in fresh herbs, and add salt and black pepper to taste.
7. Serve and enjoy!
8. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [caribbeanpot.com](http://caribbeanpot.com).

### Quick Tips

- 1 pound of dried chickpeas (2 cups) equals 5 to 6 cups of cooked chickpeas.
- Dried chickpeas can be kept in an airtight container for up to 1 year.

### Kids can:

- Help pour water over dried beans to soak and cook.
- Help mash cooked beans with a fork.



# Pwa chich

- Anvan ou prepare pwa sèk, retire ti grenn wòch ak grenn pwa ki gate. Tranpe pandan omwen 8 èdtan.
- Pou prepare yo pi rapid, kouvri pwa chich yo nan dlo epi bouyi yo. Etenn dife a epi kite pwa yo tranpe pou 1 a 2 èdtan. Degoute, rense epi vide dlo frèt sou yo. Kuit yo pandan 2 minit oswa jouk yo mou.
- Pwa se yon bon sous pwoteyin ak fib ki pa koute chè.



## Pwa chich

### Engredyan:

2 gwo kiyè lwil vejetal  
1/2 ti zonyon koupe dekoupe  
4 gous lay rache  
1/2 ti kiyè kimèn  
2 1/2 gwo kiyè poud curry  
3 gwo pòm detè koue an kib  
1 1/2 tas pwa chich kuit oswa 1 bwat  
(15 1/2 ons) degoute epi rense  
4 tas epina bebe, byen mare  
1 sitwon ki gen ji  
1/2 tas fèy fre byen rache rache  
(pèsi, bazilik, ten oswa koryann)  
Sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Nan yon gwo kaswòl, chofe lwil la sou dife mwayen. Ajoute zonyon ak lay epi kuit yo pandan 2 a 3 minit oswa jouk yo mou.
2. Ajoute poud kòmenn ak curry epi sote l pandan 3 a 5 minit.
3. Vire chalè nan nivo mwayen wo, brase pòm detè yo epi ajoute 2 1/2 tas dlo. Kite li byen bouyi, answit bese chalè a epi kouvri li.
4. Diminye chalè a ba, pa fin kouvri ak kouvèti a. Kwit li dousman pandan 10 minit, oswa rete tann jouk lè pòm detè yo mou.
5. Ajoute pwa chich ak epina ti bebe, kouvri ak kouvèti a, ak Ajoute chich ak epina ti bebe, kouvri ak kouvèti a, epi kite l kwit pandan 1 a 2 minit oswa jiskaske epina a fane.
6. Retire l sou dife, melanje fèy fre, epi ajoute sèl ak pwav nwa selon preferans ou.
7. Drese li pou manje!
8. Mete rèl la nan frijidè.

**L ap bay 6 pòsyon.** Adapte dapre [caribbeanpot.com](http://caribbeanpot.com).

## Ti Konsèy Rapid

- 1 liv pwa chich (2 tas) egal 5 a 6 tas pwa chich kuit.
- Pwa chich sèk ka rete nan yon bokal ki byen fèm pandan 1 an.

## Timoun yo kapab:

- Ede vide dlo sou pwa sèch yo pou tranpe ak kwit yo.
- Ede kraze pwa yo ak yon fouchèt.

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# Corn

- Look for fresh green husks with no rotten spots.
- Leave husk on and wrap in a plastic bag. Refrigerate for up to 7 days.
- Corn can be eaten raw. Just remove the silky husks, rinse, cut the kernels off the cob and enjoy!
- Corn has fiber, which helps to keep you regular.



## Raw Corn Salad

### Ingredients:

4 ears of corn  
1 red onion, chopped  
2 tomatoes, chopped  
2 carrots, grated  
2 tablespoons vegetable oil  
1/4 cup vinegar  
1 cup chopped fresh cilantro  
Salt and black pepper to taste

### Directions:

1. Remove husks from corn, rinse and cut off kernels from the cob.
2. In a large bowl, combine corn, onion, tomatoes and carrots.
3. To make dressing, combine oil, vinegar, cilantro, salt and black pepper in a small bowl. Mix well.
4. Pour dressing on the salad and toss.
5. Serve and enjoy!
6. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [greenmarketrecipes.com](http://greenmarketrecipes.com).

## Fresh Corn Polenta

### Ingredients:

4 ears of corn  
1 tablespoon vegetable oil  
1/2 cup chopped onion  
1/2 teaspoon salt  
Salt and black pepper to taste

### Directions:

1. Remove husks from corn, rinse and grate corn kernels using a box grater. Reserve corn solids and liquids.
2. In a large pot, heat oil over medium heat. Add onion and cook until soft, about 5 minutes.
3. Add corn and cook until thick, about 3 minutes.
4. Remove from heat and add salt and black pepper to taste
5. Serve and enjoy!
6. Refrigerate leftovers.

**Makes 4 servings.** Adapted from [food52.com](http://food52.com).

## Quick Tips

- You can eat corn raw, boiled or grilled, or add it to salads, soups, stews or stir-fries.
- To boil corn, remove husks and the silky part from the top, then place whole ears in boiling water for 7 minutes.
- 1 ear of corn gives you about 3/4 cup of kernels.

## Kids can:

- Remove corn husks and silk.
- Stir corn salad ingredients.

# Mayi

- Chèche po mayi fre ki pa gen okenn tach pouri.
- Kite po mayi a sou li epi mete li nan yon sachè plastik. Pou kenbe yo fre, mete li nan frijidè a pou jiska 7 jou.
- Ou ka manje mayi yo kri. Tou senpleman retire grenn mayi yo nan bwa mayi a rense epi degiste!
- Mayi gen fib, ki ede ou ale alasèl regilyèman.



## Salad Mayi Kri

### Engredyan:

- 4 zepi mayi
- 1 zonyon wouj, rache
- 2 tomat rache
- 2 kawòt graje
- 2 gwo kiyè lwil vejetal
- 1/4 tas vinèg
- 1 tas koryann fre
- Sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Kale mayi a rense epi retire grenn yo nan bwa mayi a.
2. Konbine mayi, zonyon, tomat ak kawòt yo nan yon gwo bòl.
3. Pou fè vinegrèt, konbine lwil, vinèg, koryann sèl ak pwav nwa nan yon ti bòl. Brase li byen.
4. Vide sòs sou salad la epi byen melanje li.
5. Drese li pou manje!
6. Mete rèl la nan frijidè.

**L ap bay 6 pòsyon.** Adapte dapre [greenmarketrecipes.com](https://www.greenmarketrecipes.com).

## Mayi Polenta Fre

### Engredyan:

- 4 zepi mayi
- 1 gwo kiyè lwil vejetal
- 1/2 tas zonyon rache
- 1/2 ti kiyè sèl
- Sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Retire po a soti nan mayi, rense l epi graje grenn mayi ak yon graj. Konsève solid ak likid mayi a.
2. Chofe lwil la nan yon gwo kaswòl sou dife mwayen. Ajoute zonyon epi kwit li jouk li mou, pandan apeprè 5 minit.
3. Ajoute mayi epi kwit li jouk li epè pandan apeprè 3 minit.
4. Ajoute sèl ak pwav nwa selon preferans ou.
5. Drese li pou manje!
6. Mete rèl la nan frijidè.

**L ap bay 4 pòsyon.** Adapte dapre [food52.com](https://www.food52.com).

## Ti Konsèy Rapid

- Ou ka manje mayi kri, bouyi, griye, oswa ajoute li nan soup, ragou oswa sote nan grès.
- Pou bouyi mayi, retire pay ak bab la, apres a mete li antye nan dlo bouyi pou 7 minit.
- 1 zepi mayi ba ou apeprè 3/4 tas grenn mayi.

## Timoun yo kapab:

- Retire pay mayi ak bab mayi a.
- Brase engredyan salad mayi a.

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# Cucumbers

- Choose firm cucumbers without spots or bruises.
- Refrigerate whole cucumbers for up to 1 week.
- Before eating, rinse and cut off the ends. The skin and seeds can be eaten and are full of fiber and nutrients.
- Cucumbers contain lots of water, which helps to keep you hydrated.



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## Sweet and Spicy Cucumbers

### Ingredients:

3 cucumbers, thinly sliced  
1/2 red onion, chopped  
1/2 cup red wine vinegar  
2 tablespoons sugar  
1/4 teaspoon salt  
1/4 teaspoon red pepper flakes

### Directions:

1. In a large bowl, combine the cucumbers and red onion.
2. To make dressing, stir together 1/2 cup of water, vinegar, sugar, salt and red pepper flakes in a small bowl.
3. Pour the dressing on the cucumbers and mix gently.
4. Serve chilled and enjoy!
5. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [ourbestbites.com](http://ourbestbites.com).

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## Cucumber Tomato Salad

### Ingredients:

2 cucumbers, sliced  
2 tomatoes, chopped  
1 onion, sliced  
1/2 teaspoon chopped garlic  
1/2 teaspoon dried oregano (optional)  
1 tablespoon vegetable oil  
3 tablespoons vinegar  
Salt and black pepper to taste

### Directions:

1. In a medium bowl, combine all ingredients.
2. Chill for 1 hour.
3. Stir and serve. Enjoy!
4. Refrigerate leftovers.

**Makes 6 servings.**

## Quick Tips

- Add chopped cucumbers to salads or sandwiches for extra crunch.
- Slice cucumbers in half lengthwise and scoop out seeds. Fill with low-fat cottage cheese, tuna or egg salad.
- Make quick pickles: Mix the same amount of vinegar and water with a pinch of salt and your favorite spices. Pour over cucumber slices and enjoy in 1 hour.

## Kids can:

- Rinse cucumbers before eating.
- Cut cucumbers with a plastic knife.

# Konkonm

- Chwazi konkonm ki fèm, san tach oswa ki pa mètri.
- Mete konkonm yo nan frijidè a pou jiska 1 semèn.
- Pou prepare, rense li epi koupe tèt yo. Ou ka manje po ak grenn yo epi yo gen anpil fib ak eleman nitritif.
- Konkonm gen anpil dlo, ki kenbe ou idrate.



## Konkonm Dous ak Epise

### Engredyan:

3 konkonm byen tranche  
1/2 zonyon wouj rache  
1/2 tas vinèg diven wouj  
2 gwo kiyè sik  
1/4 ti kiyè sèl  
1/4 ti kiyè moso pwawwon wouj

### Esplikasyon:

1. Konbine konkonm yo ak zonyon wouj la nan yon gwo bòl.
2. Pou fè vinegrèt, brase ansanm 1/2 tas dlo, vinèg, sik, sèl ak ti moso piman pike nan yon ti bòl. Nan yon ti bòl, melanje ansanm dlo, vinèg, sik, sèl ak ti moso piman wouj.
3. Vide vinegrèt sou konkonm yo epi melanje dousman.
4. Sèvi yo refwadi epi degiste!
5. Mete rès la nan frijidè.

**L ap bay 6 pòsyon.** Adpate apatide [ourbestbites.com](http://ourbestbites.com).

## Salad Konkonm ak Tomat

### Engredyan:

2 konkonm tranche  
2 tomat rache  
1 zonyon tranche  
1/2 ti kiyè lay rache  
1/2 ti kiyè fèy origan seche  
(si ou vle)  
Yon (1) gwo kiyè lwil vejetal  
3 gwo kiyè vinèg  
Sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Konbine tout engredyan yo nan yon bòl mwayen.
2. Mete nan frijidè pandan 1 èdtan.
3. Brase epi sèvi li. Degiste!
4. Mete rès la nan frijidè.

**L ap bay 6 pòsyon.**

## Ti Konsèy Rapid

- Ajoute konkonm rache nan salad pou yo pi sèk anba dan.
- Tranche konkonm yo an de pati epi retire grenn yo. Plen youn avèk fwomaj lèt kaye ki pa gen anpil grès, ton oswa salad ze.
- Fè pikliz konkonm rapid: Konbine vinèg ak dlo ren pou ren ak yon pense sèl ak epis santi bon ou pi renmen. Vide sou tranch konkonm fre epi degiste nan 1 èdtan.

## Timoun yo kapab:

- Rense konkonm anvan ou manje yo.
- Koupe konkonm ak yon kouto plastik.

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# Eggplant



- Choose eggplants with smooth skin and no soft spots.
- Store unwashed eggplants in the refrigerator for up to 10 days.
- Before cooking, rinse and cut off the tops. Skin and seeds can be eaten and contain fiber and nutrients.
- Eggplants have antioxidants, which help to fight disease.

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## Eggplant With Basil

### Ingredients:

1 tablespoon vegetable oil  
1/2 jalapeño, seeded and diced  
2 garlic cloves, diced  
1 tablespoon fresh ginger, peeled and minced  
8 cups diced eggplant  
2 tablespoons low-sodium soy sauce  
1 teaspoon honey or sugar  
1 cup chopped basil  
Salt and black pepper to taste

### Directions:

1. In a large pan, heat oil over medium heat. Add jalapeño, garlic and ginger, and cook for 2 minutes. Stir often.
2. Add eggplant and stir. Add 1 cup of water, cover pan and cook until eggplant is soft, about 6 to 7 minutes. Add extra water if needed.
3. Add soy sauce and honey and stir. Turn off heat.
4. Add basil and stir. Add salt and black pepper to taste.
5. Serve hot and enjoy!
6. Refrigerate leftovers.

**Makes 8 servings.** Adapted from [thaitable.com](http://thaitable.com).

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## Tomato and Eggplant Stew

### Ingredients:

1 tablespoon vegetable oil  
1 cup chopped onion  
1 cup chopped green bell pepper  
2 garlic cloves, diced  
8 cups chopped eggplant  
3 cups chopped fresh tomatoes  
1 tablespoon fresh or 2 teaspoons dried thyme  
Salt and black pepper to taste

### Directions:

1. In a large pot, heat oil over medium heat. Add onion and bell pepper and cook until soft.
2. Add garlic and cook for 1 minute. Add eggplant and cook for an additional 5 minutes.
3. Add tomatoes and thyme, stir and bring to a boil. Reduce heat to low and cook until sauce thickens and eggplant is fully cooked, about 15 minutes. Add salt and black pepper to taste. Stir often.
4. Serve hot or warm and enjoy!
5. Refrigerate leftovers.

**Makes 8 servings.** Adapted from [nytimes.com](http://nytimes.com).

## Quick Tips

- Use diced eggplant in cooked vegetable side dishes or entrées.
- All eggplant varieties can be used in place of one another in recipes. Try new colors and shapes!
- Eggplant is great grilled. Top with oil, salt and black pepper, and place on a hot grill.

## Kids can:

- Rinse eggplants before cooking.
- Cut a piece of eggplant into small pieces with a plastic knife.

# Berejenn



- Chwazi berejenn ki di epi ki gen po lis san pati ki mou.
- Mete berejenn yo san lave nan frijidè pou jiska 10 jou.
- Pou prepare, rense li epi koupe tèt yo. Ou ka manje po ak grenn yo epi yo gen anpil fib ak eleman nitritif.
- Berejenn gen antioksidan, ki ede konbat maladi.

## Berejenn ak Bazilik

### Engredyan:

Yon (1) gwo kiyè lwil vejetal  
1/2 piman jalapeño,  
simen ak dekoupe  
2 gous lay, koupe  
Yon (1) gwo kiyè jenjanm fre  
kale ak fen  
8 tas berejèn an ti kawo  
2 gwo kiyè sòs soja ki pa gen  
anpil sodyòm  
Yon (1) gwo kiyè siwo myèl  
oswa sik  
1 tas bazilik rache  
Sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Nan yon gwo kaswòl, chofe lwil la sou dife mwayen. Ajoute piman jalapeño ak lay epi kwit li pandan 2 minit. Brase l tanzantan.
2. Ajoute berejenn epi brase. Ajoute 1 tas dlo, kouvri kaswòl la, epi kwit berejenn lan jiskaske li vin mou, pandan apeprè 6 a 7 minit. Ajoute dlo anplis si sa nesèsè.
3. Ajoute sòs soja ak siwo myèl epi brase. Fèmen dife a.
4. Ajoute bazilik epi brase. Ajoute sèl ak pwav nwa pou ba l gou.
5. Sèvi li cho epi degiste!
6. Mete rèl la nan frijidè.

**L ap bay 8 pòsyon.** Adapte dapre [thaitable.com](http://thaitable.com).

## Bouyon Tomat ak Berejenn

### Engredyan:

Yon (1) gwo kiyè lwil vejetal  
1 tas zonyon rache  
1 yon tas pwavwon rache  
2 gous lay, dekoupe  
8 tas berejèn rache  
3 tas tomat fre rache  
Yon (1) gwo kiyè ten fre oswa  
2 kiyè ten seche  
Sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Chofe lwil la nan yon gwo kaswòl sou dife mwayen. Mete zonyon ak piman dous epi kwit li jiskaske li vin mou.
2. Ajoute lay epi kwit li pandan 1 minit. Ajoute berejenn epi kwit li pou 5 minit anplis.
3. Ajoute tomat ak ten, brase li ak fè li bouyi. Diminye dife a epi kuit li jiskaske sòs la vin epè epi berejenn lan byen kwit, pandan apeprè 15 minit. Retire sou dife, ajoute sèl ak pwav nwa selon preferans ou. Brase l tanzantan.
4. Sèvi li cho oswa tyèd epi degiste!
5. Mete rèl la nan frijidè.

**L ap bay 8 pòsyon.** Adapte dapre [nytimes.com](http://nytimes.com).

## Ti Konsèy Rapid

- Sèvi avèk berejenn dekoupe kòm yon engredyan nan plat akonpayman legim oswa kòm pla akonpayman oswa repa prensipal yo.
- Ou ka itilize nenpòt ki kalite berejenn nan plas lòt la nan resèt yo. Eseye nouvo koulè ak fòm!
- Berejenn griye gen bon gou. Mete lwil, sèl ak pwav nwa epi byen griye li.

## Timoun yo kapab:

- Rense po berejenn ou kuit li.
- Koupe yon moso berejenn an ti moso ak yon kouto plastik.

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# Fruit-Infused Water

- Drink plenty of water every day. Drink more water when it is hot outside and when you are physically active.
- Drink New York City tap water. It is free, clean and good for you. Fill a water bottle and carry it with you during the day.
- Get creative! Add flavor to water by adding a slice of your favorite fruit.



---

## Spring: Strawberry and Basil

### Ingredients:

2 cups sliced strawberries  
1/4 cup fresh basil leaves  
Water or carbonated water  
Ice

### Directions:

1. Add strawberries and basil to a pitcher.
2. Gently press mixture with a spoon to release some of the juices.
3. Add ice to the pitcher, then fill with water. Stir to mix.
4. Serve immediately or cover and chill in the refrigerator. Enjoy!

---

## Early Summer: Mixed Berry

### Ingredients:

2 cups blueberries, raspberries  
and blackberries  
Water or carbonated water  
Ice

### Directions:

1. Add berries to a pitcher.
2. Gently press mixture with a spoon to release some of the juices.
3. Add ice to the pitcher, then fill with water. Stir to mix.
4. Serve immediately or cover and chill in the refrigerator. Enjoy!

---

## Late Summer: Watermelon and Jalapeño

### Ingredients:

2 cups chopped watermelon  
1/2 jalapeño, seeds removed  
and sliced thin  
Water or carbonated water  
Ice

### Directions:

1. Add watermelon and jalapeño to a pitcher.
2. Gently press mixture with a spoon to release some of the juices.
3. Add ice to pitcher, then fill with water. Stir to mix.
4. Serve immediately or cover and chill in the refrigerator. Enjoy!

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## Fall and Winter: Apple, Pear and Ginger

### Ingredients:

1 apple, sliced  
1 pear, sliced  
2 tablespoons minced ginger  
Water or carbonated water  
Ice

### Directions:

1. Add apple, pear and ginger to a pitcher.
2. Gently press mixture with a spoon to release some of the juices.
3. Add ice to pitcher, then fill with water. Stir to mix.
4. Serve immediately or cover and chill in the refrigerator. Enjoy!



# Dlo ak Fwi-Tranpe

- Bwè anpil dlo chak jou. Bwè plis dlo lè li fè cho deyò a ak lè ou ap fè aktivite fizik.
- Chwazi dlo tiyo Vil New York. Li gratis, pwòp epi li bon pou ou. Plen yon boutèy dlo epi kenbe li avèk ou pandan jounen an.
- Itilize imajinasyon ou! Lè ou ajoute fwi prefere ou, dlo a ap gen pi bon gou.



## Sezon Prentan: Frèz ak Bazilik

### Engredyan:

2 tas frèz tranche  
1/4 tas fèy bazilik  
Dlo oswa dlo gazez  
Glas

### Esplikasyon:

1. Mete frèz ak bazilik nan yon po.
2. Peze melanj la dousman avèk yon kiyè pou retire enpe ji ladan.
3. Mete glas nan po a, apres a plen li avèk dlo. Brase li pou byen melanje li.
4. Sèvi li imedyatman oswa kouvri li, kite l refwadi, nan frijidè a. Degiste!

## Kòmansman Sezon Ete: Bèri Melanje

### Engredyan:

2 tas bloubèri, franbwazyè ak blakbèri  
Dlo oswa dlo gazez  
Glas

### Esplikasyon:

1. Mete bèri yo nan yon po.
2. Peze melanj la dousman avèk yon kiyè pou retire enpe ji ladan.
3. Mete glas nan po a, apres a plen li avèk dlo. Brase li pou byen melanje li.
4. Sèvi li imedyatman oswa kouvri li, kite l refwadi, nan frijidè a. Degiste!

## Fen Sezon Ete: Melondlo ak Piman Jalapeño

### Engredyan:

2 tas melon koupe  
1/2 piman jalapeño, san grenn ak byen tranche  
Dlo oswa gazez  
Glas

### Esplikasyon:

1. Mete melon ak piman jalapeño nan yon gwo po.
2. Peze melanj la dousman avèk yon kiyè pou retire enpe ji ladan.
3. Mete glas nan po a, apres a plen li avèk dlo. Brase li pou byen melanje li.
4. Sèvi li imedyatman oswa kouvri li, kite l refwadi, nan frijidè a. Degiste!

## Otòn ak Ivè: Pòm, Pwa (fwi) ak Jenjanm

### Engredyan:

1 pòm tranche  
1 pwa tranche  
2 kiyè jenjanm rache  
Dlo oswa Glas Dlo  
Gazez

### Esplikasyon:

1. Ajoute pòm, pwa (fwi) ak jenjanm nan yon po.
2. Peze melanj la dousman avèk yon kiyè pou retire enpe ji ladan.
3. Mete glas nan po a, apres a plen li avèk dlo. Brase li pou byen melanje li.
4. Sèvi li imedyatman oswa kouvri li, kite l refwadi, nan frijidè a. Degiste!

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# Green Beans



- Choose firm and crisp fresh green beans.
- Put in a loosely closed plastic bag and keep in the refrigerator for up to 5 days.
- Rinse green beans and remove ends before eating.
- Green beans have vitamin A, which is good for your eyes and skin.

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## Green Bean Stir-Fry With Corn

### Ingredients:

- 2 tablespoons vegetable oil
- 2 garlic cloves, minced
- 1 jalapeño, seeded and minced
- 4 cups chopped green beans
- 1 cup corn
- 2 tablespoons chopped scallions
- 1 cup chopped cilantro
- 2 tablespoons low-sodium soy sauce
- 1 teaspoon honey

### Directions:

1. In a large pan, heat oil over medium-high heat.
2. Add garlic and jalapeño and cook 1 minute. Stir often.
3. Add green beans, corn and scallions. Mix well.
4. Cook until green beans are soft, about 4 to 5 minutes. Stir often.
5. Reduce heat to medium. Add cilantro, soy sauce and honey. Stir well and cook 1 minute.
6. Serve and enjoy!
7. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [bonappetit.com](http://bonappetit.com).

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## Green Bean and Cherry Tomato Salad

### Ingredients:

- 4 cups chopped green beans
- 4 cups cherry tomatoes, halved
- 1/4 cup sliced fresh basil
- 3 tablespoons vegetable oil
- 2 tablespoons apple cider vinegar
- 3 tablespoons minced shallots
- 1/8 teaspoon crushed red pepper flakes (optional)

### Directions:

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

**Makes 8 servings.** Adapted from [smittenkitchen.com](http://smittenkitchen.com).

## Quick Tips

- Add green beans to a soup, stew or stir-fry.
- Green beans can be eaten raw. Chop fresh green beans and add them to a tossed salad for some crunch.
- Stir-fry with garlic and a small amount of oil for a tasty side dish.

## Kids can:

- Wash green beans.
- Break green beans into pieces.

# Pwa Vèt



- Chwazi pwa vèt fre yo ki fèm ak sèk.
- Mete yo nan yon sachè plastik fèmen ak kenbe yo nan frijidè a pou jiska 5 jou.
- Rense ak retire pwent yo anvan ou manje yo.
- Pwa vèt gen vitamin A, ki bon pou kenbe zye ak po ansante.

## Sote Pwa Vèt ak Mayi

### Engredyan:

- 2 gwo kiyè lwi vejetal
- 2 gous lay rache
- 1 piman jalapeño, simen epi fen
- 4 tas pwa vèt rache
- 1 tas mayi
- 2 gwo kiyè siv rache
- 1 tas koryann rache
- 2 gwo kiyè sòs soja ki pa gen anpil sodyòm
- 1 ti kiyè siwo myèl

### Esplikasyon:

1. Chofe lwil la nan yon gwo kaswòl sou dife mwayen.
2. Ajoute lay ak piman jalapeño epi kuit li pandan 1 minit. Brase l tanzantan.
3. Ajoute pwa vèt, mayi, ak powo. Brase li byen.
4. Kuit yo jouk pwa vèt yo mou, apeprè 4 a 5 minit. Brase l tanzantan.
5. Diminye pou mete chalè a mete nan mwayen. Ajoute koryann, sòs soya, ak siwo myèl. Brase l byen brase epi kuit li pandan 1 minit.
6. Drese li pou manje!
7. Mete rèl la nan frijidè.

**L ap bay 6 pòsyon.** Adapte dapre **bonappetit.com**.

## Salad Pwa Vèt ak Tomat Seriz

### Engredyan:

- 4 tas pwa vèt rache
- 4 tas tomat seriz, an mwayte
- 1/4 tas bazilik fre tranche
- 3 gwo kiyè lwil vejetal
- 2 gwo kiyè vinèg pòm sid
- 3 gwo kiyè echalòt rache
- 1/8 ti kiyè piman pike pile (si ou vle)

### Esplikasyon:

1. Bouyi 2 tas dlo nan yon gwo kaswòl anba gwo dife.
2. Ajoute pwa vèt epi kuit jiskaske yo bon.
3. Rense pwa vèt yo anba dlo frèt jiskaske yo refwadi.
4. Konbine pwa vèt refwadi yo, tomat ak bazilik nan yon bòl.
5. Pou fè vinegrèt, konbine lwil, vinèg, echalòt ak ti moso piman wouj nan yon ti bòl. Brase li byen.
6. Ajoute sòs la nan legim yo epi byen melanje li.
7. Drese li pou manje!
8. Mete rèl la nan frijidè.

**L ap bay 8 pòsyon.** Adapte dapre **smittenkitchen.com**.

## Ti Konsèy Rapid

- Mete pwa vèt nan soup, bouyon oswa manje ki sote nan grès.
- Ou ka manje pwa vèt yo kri. Koupe pwa vèt fre epi mete yo nan yon salad pou yo vin pi kroustiyen.
- Kuit yo nan yon kaswòl avèk lay ak yon ti kantite lwil oliv pou yo pla akonpayman ki gen bon gou.

## Timoun yo kapab:

- Lave pwa vèt yo.
- Kraze pwa vèt an miyèt moso.

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# Lettuce

- Choose lettuce that is firm and green, and that smells sweet.
- Wrap unwashed lettuce in a paper towel or clean cotton dish towel and place in a plastic bag. Refrigerate for 3 to 7 days. Rinse just before using.
- Before eating, remove the center core and outer wilted leaves. Rinse well and dry with a clean towel.
- Lettuce has vitamin A, which is good for your eyes and skin.



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## Lettuce and Apple Salad

### Ingredients:

6 cups shredded lettuce  
2 apples, chopped  
1/2 cup carrot, shredded  
1/2 cucumber, chopped  
2 tablespoons olive oil  
2 teaspoons red wine vinegar  
2 teaspoons balsamic vinegar  
1 garlic clove, minced  
Salt and black pepper to taste

### Directions:

1. In a large bowl, add the lettuce, apples, carrots and cucumber. Toss lightly.
2. In a small bowl, add the garlic and a pinch of salt and press it with the back of a spoon until you get a smooth garlic paste.
3. Add oil, red wine and balsamic vinegars, another pinch of salt and black pepper, and stir in a small bowl to combine.
4. Pour dressing on salad and toss. Enjoy!
5. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [jsyfruitveggies.org](http://jsyfruitveggies.org).

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## Stir-Fried Lettuce

### Ingredients:

2 teaspoons vegetable oil  
4 garlic cloves, minced  
1 tablespoon low-sodium soy sauce  
1 teaspoon honey or sugar  
2 heads lettuce, chopped  
1/4 teaspoon crushed red pepper flakes (optional)  
Salt and black pepper to taste

### Directions:

1. In a large pot, heat oil over medium heat.
2. Add garlic and cook for 2 minutes. Stir often.
3. Add soy sauce and honey (or sugar) and stir.
4. Add lettuce and cook until lettuce is soft, about 2 to 3 minutes.
5. Add red pepper flakes and salt and black pepper to taste.
6. Serve hot and enjoy!
7. Refrigerate leftovers.

**Makes 4 servings.** Submitted by Beth Bainbridge, Stellar Farmers Markets.

## Quick Tips

- Lettuce is great cooked! Shred leaves and add to a soup or stir fry just like other leafy greens.
- Squeeze lemon juice and a bit of oil over lettuce for a quick salad.
- The darker the color of lettuce, the richer it is in nutrients.

## Kids can:

- Rinse lettuce in cold water.
- Tear lettuce leaves.

# Leti

- Chwazi leti ki di, vèt ak ki gen sant dous.
- Vlope leti san lave nan yon sèvyèt an papyè. Mete nan frijidè pou 3 a 7 jou.  
Rense jis anvan ou itilize.
- Pou prepare, retire pati nan mitan an ak fèy gate yo. Rense byen, seche yo avèk yon twal pwòp.
- Melon yo gen vitamin A, ki bon pou zye ak po kò a.



## Salad Leti ak Chich

### Engredyan:

6 tas leti graje  
2 pòm, rape  
1/2 tas kawòt, graje  
1/2 konkonm, rache  
2 gwo kiyè lwil oliv  
2 ti kiyè lwil vinèg diven  
2 ti kiyè lwil vinèg balzamik  
1 gous lay, rache  
Sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Nan yon gwo bòl, ajoute kawòt ak rezen sèk yo. Melanje li lejèman.
2. Nan yon ti bòl, ajoute lay la ak yon pense sèl epi prije l ak do yon kiyè jiskaske ou jwenn yon pat lay lis.
3. Ajoute lwil oliv, diven wouj ak vinèg balzamik, ak yon lòt pense sèl ak pwav nwa, epi brase yo nan yon ti bòl pou melanje yo.
4. Vide sòs sou salad la epi byen melanje li. Degiste!
5. Mete rès la nan frijidè.

**L ap bay 6 pòsyon.** Adapte dapre [jsyfruitveggies.org](http://jsyfruitveggies.org).

## Leti Sote nan Grès

### Engredyan:

2 ti kiyè lwil vejetal  
4 gous lay rache  
1 gwo kiyè sòs soja ki pa gen anpil sodyòm  
1 ti kiyè myèl ak sik  
2 tèt leti rache  
1/4 ti kiyè moso piman pike kraze (si ou vle)  
Sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Chofe lwil la nan yon gwo kaswòl sou dife mwayen.
2. Ajoute lay yo epi kwit li pandan 2 minit. Brase l tanzantan.
3. Ajoute sòs soja ak siwo myèl epi brase.
4. Ajoute leti epi kwit leti a jiskaske li vin mou, apeprè 2 a 3 minit.
5. Ajoute echalòt yo, ti moso piman wouj yo, ak sèl ak pwav nwa selon preferans ou.
6. Drese li cho pou manje!
7. Mete rès la nan frijidè.

**L ap bay 4 pòsyon.** Soumèt pa Beth Bainbridge, Stellar Farmers Markets.

## Ti Konsèy Rapid

- Leti gen bon gou lè li kuit! Graje fèy yo epi ajoute yo nan yon soup oswa sote yo nan grès tankou nenpòt lòt legim vèt.
- Pije ji sitwon ak yon ti lwil sou leti a pou fè yon salad byen vit.
- Plis koulè leti a fonce, se plis li gen eleman nitritif.

## Timoun yo kapab:

- Rense leti nan dlo frèt.
- Chire fèy leti yo.

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# Melons

- Choose melons that smell good, are heavy for their size and do not have bruises.
- Keep melons out of direct sunlight and at room temperature until ripe, then refrigerate. Melons are ripe when they have a strong scent. Keep cut melons in the refrigerator.
- Before eating, rinse the rinds, remove the seeds and cut into pieces or slices.
- Melons have potassium, which is good for your heart.



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## Melon Gazpacho

### Ingredients:

4 cups chopped melon  
(cantaloupe and honeydew)  
2 cups chopped tomatoes  
3 cups chopped red and  
green bell peppers  
1/2 cup chopped scallions  
1/2 jalapeño, chopped with  
seeds removed  
3 garlic cloves  
1/4 cup lemon juice  
1 tablespoon vegetable oil  
Salt and black pepper to taste

### Directions:

1. In a blender or food processor, puree all ingredients.
2. Add salt and black pepper to taste.
3. Enjoy or refrigerate and serve cold.
4. Refrigerate leftovers.

**Makes 7 servings.** Adapted from [tastingtable.com](http://tastingtable.com).

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## Melon Salad With Fresh Herbs

### Ingredients:

3 cups chopped cantaloupe  
1/2 jalapeño, diced  
1/4 cup fresh cilantro  
1/4 cup fresh basil  
1/4 cup fresh mint  
1/4 cup fresh lime juice  
Salt and black pepper to taste

### Directions:

1. In a large bowl, combine all ingredients and mix well.
2. Add salt and black pepper to taste.
3. Enjoy or refrigerate and serve cold.
4. Refrigerate leftovers.

**Makes 4 servings.** Submitted by Beth Bainbridge,  
Stellar Farmers Markets.

## Quick Tips

- Blend together melon, non-fat yogurt and fresh herbs for a refreshing smoothie.
- Add melon cubes or melon balls to fruit salads.
- Add melon to a green salad for a sweet burst of flavor.

## Kids can:

- Scoop out melon seeds.
- Help choose a ripe melon by smelling it when buying.

# Melon

- Chwazi melon ki santi bon, ki lou pou gwosè yo epi ki pa mètri.
- Kenbe melon yo lwen limyè solèy dirèk nan tanperati chanm jouk yo mi, apresa mete nan frijidè. Melon mi lè yo gen yon sant fò. Kenbe moso melon yo nan frijidè.
- Pou prepare, rense kòs yo, retire grenn yo epi koupe an moso oswa tranch.
- Melon yo gen potasyòm, ki bon pou yon kè an sante.



## Melon Gazpacho

### Engredyan:

- 4 tas melon rache (kanteloup ak myèl)
- 2 tas tomat rache
- 3 tas pwavwon wouj ak vèt rache
- 1/2 tas siv rache
- 1/2 jalapeño, rache san grenn
- 3 gous lay
- 1/4 tas ji sitwon
- 1 gwo kiyè lwil vejetal
- Sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Pire tout engredyan yo nan yon blennèdè oswa nan yon aparèy menaje pou trete manje.
2. Ajoute sèl ak pwav nwa selon preferans ou.
3. Degiste oswa mete li nan frijidè oswa sèvi li frèt.
4. Mete rèl la nan frijidè.

**L ap bay 7 pòsyon.** Adapte dapre [tastingtable.com](https://www.tastingtable.com).

## Salad Melon avèk Plant Awomatik Fre

### Engredyan:

- 3 tas melon frans rache
- 1/2 piman jalapeño, ki dekoupe
- 1/4 tas koryann fre
- 1/4 tas bazilik fre
- 1/4 tas mant fre
- 1/4 tas ji sitwon fre
- Sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Nan yon gwo bòl, melanje tout engredyan yo epi brase yo byen.
2. Ajoute sèl ak pwav nwa selon preferans ou.
3. Degiste oswa mete li nan frijidè oswa sèvi li frèt.
4. Mete rèl la nan frijidè.

**L ap bay 4 pòsyon.** Soumèt pa Beth Bainbridge, Stellar Farmers Markets.

## Ti Konsèy Rapid

- Pire melon an, yogout san grès ak plant awomatik fre nan yon blennèdè pou fè yon bwason fwete rafrechisan.
- Ajoute kib melon oswa ti boul melon nan salad fwi yo.
- Ajoute melon nan yon salad vèt pou yon eksplozyon savè.

## Timoun yo kapab:

- Retire grenn melon yo ak kiyè.
- Ede santi pou chwazi yon melon lè ou ap achte.

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# Peaches

- Choose peaches with reddish, velvety skin.
- Keep peaches out of direct sunlight and at room temperature until ripe. Refrigerate ripe peaches for up to 5 days.
- Rinse before eating.
- Peaches have vitamin A, which is good for your eyes and skin.



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## Peach Compote

### Ingredients:

4 cups chopped peaches  
2 cups chopped nectarines  
or plums  
2 tablespoons honey  
1 teaspoon lemon zest  
1 cinnamon stick or 1 teaspoon  
ground cinnamon

### Directions:

1. In a pot over medium heat, add fruit and honey.
2. Add lemon zest and cinnamon. Stir.
3. Cook until fruit is soft, about 10 to 12 minutes.
4. Serve immediately or refrigerate and enjoy cold.
5. Refrigerate leftovers.

**Makes 4 servings.** Adapted from  
**marthastewart.com.**

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## Just Peachy Salsa

### Ingredients:

2 cups diced peaches  
3/4 cup diced cucumber  
1/4 cup finely diced red onion  
1/4 cup chopped cilantro  
1 jalapeño, seeds removed  
and finely diced  
2 tablespoons lime juice  
Salt and black pepper to taste

### Directions:

1. In a medium bowl, combine all ingredients and toss well.
2. Serve or chill and enjoy!
3. Refrigerate leftovers.

**Makes 8 servings.** Adapted from  
**vegetariantimes.com.**

## Quick Tips

- Put peach slices on hot or cold breakfast cereals, waffles or pancakes.
- Chop peaches and add to low-fat yogurt.
- Do not throw away bruised peaches. Slightly damaged fruit can be cooked into a delicious sauce.

## Kids can:

- Rinse peaches.
- Add chopped peaches to salsas.



# Pèch

- Chwazi pèch ki gen po veloute ontijan wouj.
- Kenbe pèch yo lwen limyè solèy dirèk nan tanperati chanm jouk yo mi. Mete nan frijidè jiska 5 jou.
- Rense yo anvan ou manje yo.
- Pèch gen vitamin A, ki bon pou zye ak po kò a.



## Konpòt Pèch

### Engredyan:

- 4 tas pèch koupe
- 2 tas nektarin koupe oswa prin
- 2 gwo kiyè siwo myèl
- 1 ti kiyè zès sitwon
- 1 baton kannèl oswa 1 ti kiyè kannèl tè

### Esplikasyon:

1. Ajoute fwi yo ak siwo myèl la nan yon kaswòl sou dife mwayen.
2. Ajoute zès sitwon an ak kannèl la. Brase li.
3. Kuit li jouk fwi yo mou, apeprè 10 a 12 minit.
4. Sèvi l tousuit oswa mete l nan frijidè epi degiste.
5. Mete rès la nan frijidè.

**L ap bay 4 pòsyon.** Adapte dapre [marthastewart.com](http://marthastewart.com).

## Sòs Pèch Tou Senpleman

### Engredyan:

- 2 tas pèch koupe dekoupe
- 3/4 tas konkonm dekoupe
- 1/4 tas zonyon byen koupe dekoupe
- 1/4 tas koryann rache
- 1 jalapeño, san grenn epi byen koupe dekoupe
- 2 gwo kiyè ji sitwon
- Sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Melanje tout engredyan yo nan yon bòl mwayen epi souke yo byen souke.
2. Sèvi l oswa refwadi l epi degiste!
3. Mete rès la nan frijidè.

**L ap bay 8 pòsyon.** Adapte dapre [vegetariantimes.com](http://vegetariantimes.com).

## Ti Konsèy Rapid

- Lematen lè ou ap manje, mete tranch pèch yo nan sereyal cho oswa nan sereyal frèt, wafòl oswa pannkek.
- Koupe pèch an ti moso nan yogout natirèl oswa nan yogout vaniy.
- Pa jete pèch ki mètri yo. Fwi ki domaje toupiti ka kuit jiskaske pou fè yon sòs bon gou.

## Timoun yo kapab:

- Rense pèch yo.
- Ajoute pèch ki koupe an ti moso nan salsa.

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Health

# Pears

- Choose pears that are slightly soft around the stem and have no bruises.
- Refrigerate for up to 5 days.
- Rinse well before eating.
- Pears have fiber, which helps to keep you regular.



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## Poached Pears With Cider Sauce

### Ingredients:

3 cups apple cider  
1 teaspoon cinnamon  
2 slices fresh ginger root  
4 pears, cored and chopped  
1 teaspoon mint leaves (optional)

### Directions:

1. In a large pot over medium heat, bring the cider, cinnamon and ginger to a boil.
2. Add the pears and cook for about 15 minutes. Remove pears.
3. Raise heat to high and cook liquid until it thickens.
4. Pour liquid over pears and add mint leaves.
5. Serve and enjoy!
6. Refrigerate leftovers.

**Makes 6 servings.** Adapted from *The Angelica Home Kitchen* by Leslie McEachern.

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## Pear Chutney

### Ingredients:

4 pears, cored and finely sliced  
1 onion, chopped  
2 teaspoons honey  
1/2 cup white wine vinegar  
1 cinnamon stick  
1 small bay leaf  
Salt and black pepper to taste

### Directions:

1. In a large pot, combine all ingredients over medium heat and bring to a boil.
2. Reduce heat to low and cook for 10 minutes or until the pears turn soft and the mixture thickens.
3. Let cool, serve and enjoy!
4. Refrigerate leftovers.

**Makes 4 servings.** Adapted from [foodandwine.com](http://foodandwine.com).

## Quick Tips

- Chop pears and add to a tossed salad.
- Layer pear slices on cheese and crackers.
- Try sliced pears on a peanut butter sandwich.

## Kids can:

- Rinse pears.
- Chop pears with a plastic knife.

# Pwa (fwi)

- Chwazi pwa (fwi) ki lejèman mou toutotou tij la epi ki pa gen mètri.
- Pou kenbe yo fre, mete li nan frijidè a pou jiska 5 jou.
- Rense yo anvan ou manje yo.
- Pwa gen fib, ki ede ou ale alasèl regilyèman.



## Pwa (fwi) San Po Bouyi nan Sòs Sid (Cider)

### Engredyan:

- 3 tas sid pòm
- 1 ti kiyè kanèl
- 2 tranch rasin jenjanm fre
- 4 pwa, retire mitan an ak rache
- 1 ti kiyè fèy mant (si ou vle)

### Esplikasyon:

1. Nan yon gwo kaswòl sou dife mwayen, mete sid la, kanèl la, ak dlo bouyi.
2. Ajoute pwa (fwi) yo epi kuit pandan apeprè 15 minit. Wete pwa (fwi) yo.
3. Monte dife a wo epi kuit likid la jouk li vin epè.
4. Vide likid la sou pwa (fwi) yo epi ajoute fèy mant.
5. Drese li pou manje!
6. Mete rès la nan frijidè.

**L ap bay 6 pòsyon.** Adapte dapre *The Angelica Home Kitchen*, pa Leslie McEachern.

## Konfite pwa (fwi)

### Engredyan:

- 4 pwa, retire mitan an epi byen tranche
- 1 zonyon rache
- 2 ti kiyè myèl
- 1/2 tas vinèg diven blan
- 1 baton kanèl
- 1 ti fèy lorye
- Sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Nan yon gwo kaswòl, sou dife mwayen, bouyi tout engredyan yo ansanm.
2. Bese dife a ba epi kite l kuit pandan 10 minit oswa jouk pwa (fwi) yo vin mou epi melanj la vin epè.
3. Kite l refwadi, drese li pou manje!
4. Mete rès la nan frijidè.

**L ap bay 4 pòsyon.** Adapte dapre [foodandwine.com](http://foodandwine.com).

## Ti Konsèy Rapid

- Koupe pwa (fwi) yo an ti moso epi mete yo nan salad.
- Mete yon kouch pwa (fwi) sou fwomaj epi sou ti biswit sale yo.
- Eseye mete tranch pwa (fwi) nan yon sandwich manba.

## Timoun yo kapab:

- Rense pwa (fwi) yo.
- Koupe pwa (fwi) ak yon kouto plastik.

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# Peppers

- Choose firm peppers with no soft spots.
- Refrigerate peppers for up to 10 days.
- Before eating, rinse and remove the stem, core and seeds.
- Peppers have vitamin C, which is good for fighting colds and healing cuts.



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## Bell Pepper and White Bean Salad

### Ingredients:

3 cups chopped arugula or spinach leaves  
1 cup chopped red bell pepper  
1/3 cup sliced red onion  
1 1/2 cups cooked or 1 can (15 1/2 ounces) white beans, rinsed and drained  
1 1/2 tablespoons balsamic vinegar, or other vinegar  
1 tablespoon vegetable oil  
1 garlic clove, minced  
Salt and black pepper to taste

### Directions:

1. In a large bowl, combine arugula (or spinach), peppers, red onion and white beans.
2. To make dressing, mix vinegar, oil, garlic, salt and black pepper in a small bowl.
3. Pour dressing over salad and mix well.
4. Serve and enjoy!
5. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [cookinglight.com](http://cookinglight.com).

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## Pepper and Tomato Stew

### Ingredients:

1 tablespoon vegetable oil  
1 cup chopped onion  
3 garlic cloves, sliced  
5 cups chopped tomatoes  
5 cups chopped yellow and red bell peppers  
2 teaspoons paprika  
1/4 teaspoon red pepper flakes (optional)  
Salt and black pepper to taste

### Directions:

1. In a large pot, heat oil over medium heat.
2. Add onion and garlic and cook until soft, about 5 minutes. Stir often.
3. Add tomatoes, peppers, paprika and red pepper flakes, and stir. Cook until peppers are soft, about 20 minutes.
4. Serve hot and enjoy!
5. Refrigerate leftovers.

**Makes 6 servings.** Adapted from *Vegetarian Cooking for Everyone* by Deborah Madison.

## Quick Tips

- Peppers can be eaten raw. Cut into strips and eat plain or with a low-fat dip.
- To roast peppers, place in a dry pan and cook over medium-high heat until skins darken. Place in a covered bowl for 5 minutes. Remove seeds and chop.
- Add chopped peppers to pasta sauce or rice dishes.

## Kids can:

- Rinse peppers before using.
- Help remove the seeds with a spoon.

# Pwawwon

- Chwazi pwawwon ki fèm, ki pa gen pati ki mou.
- Kenbe pwawwon a nan frijidè pou jiska 10 jou.
- Avan ou manje yo, rensen epi retire tij la, nwayo a ak grenn yo.
- Pwawwon yo gen vitamin C, ki bon pou batay kont rim epi pou geri blesi.



## Salad Pwawwon Wouj ak Pwa Blan

### Engredyan:

3 tas rokèt koupe oswa fèy epina  
1 tas piman wouj koupe  
1/3 tas zonyon wouj tranche  
1 1/2 tas pwa blan kuit oswa 1 bwat  
(15 1/2 ons) degoute epi rensen  
1 1/2 gwo kiyè balsamik oswa  
lòt vinèg  
Yon (1) gwo kiyè lwil vejetal  
1 gous lay rache  
Sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Melanje wokèt la (oswa epina a) pwawwon wouj yo, zonyon wouj la, ak pwa blan an nan yon gwo bòl.
2. Pou fè vinegrèt, nan yon ti bòl, melanje vinèg, lwil, lay, sèl ak pwav nwa.
3. Vide sòs salad la sou salad la epi byen melanje li.
4. Drese li pou manje!
5. Mete rèss la nan frijidè.

**L ap bay 6 pòsyon.** Adapte dapre [cookinglight.com](http://cookinglight.com).

## Ragou Pwawwon ak Tomat

### Engredyan:

Yon (1) gwo kiyè lwil vejetal  
1 tas zonyon rache  
3 gous lay tranche  
5 tas tomat koupe  
5 tas pwawwon jòn ak wouj koupe  
2 ti kiyè Paprika  
1/4 ti kiyè moso piman wouj  
(si ou vle)  
Sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Chofe lwil la nan yon gwo kaswòl sou dife mwayen.
2. Mete zonyon ak lay la epi kuit li jouk li vin mou, apeprè 5 minit. Brase l tanzantan.
3. Mete tomat, pwawwon, paprika ak ti moso piman wouj, epi rase. Kuit yo jouk pwawwon yo mou, apeprè 20 minit.
4. Drese li cho pou manje!
5. Mete rèss la nan frijidè.

**L ap bay 6 pòsyon.** Adapte dapre *Vegetarian Cooking for Everyone*, pa Deborah Madison.

## Ti Konsèy Rapid

- Ou ka manje pwawwon yo kri. Koupe yo an ti bann epi manje sa ki òdinè yo oswa avèk tranpèt.
- Pou boukannen pwawwon, mete yo nan yon kaswòl sèch epi kwit yo sou dife mwayen jiskaske po yo vin fonsen. Mete nan yon bòl ki kouvri pou 5 minit. Retire grenn yo epi koupe an timoso.
- Mete pwawwon koupe an ti moso yo nan sòs pasta oswa nan plat diri.

## Timoun yo kapab:

- Rensen pwawwon anvan ou itilize yo.
- Ede retire grenn yo ak yon kiyè.

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# Plums

- Choose plums that are slightly soft to the touch.
- Store unripe plums on the counter at room temperature. Store ripe plums in the refrigerator for several days.
- Plums are sweeter and juicier at room temperature.
- Plums have vitamin K, which helps to heal cuts and build bones.



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## Spiced Plums

### Ingredients:

6 black or red plums, chopped  
1 tablespoon honey  
3/4 teaspoon cinnamon  
1/2 teaspoon allspice (optional)

### Directions:

1. In a medium pot over high heat combine plums, honey, cinnamon and allspice.
2. Bring to a boil, then reduce heat and cover. Cook for 10 minutes, stirring often.
3. Remove cover and cook 5 more minutes, or until plums thicken.
4. Serve and enjoy!
5. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [theveggieclub.wordpress.com](http://theveggieclub.wordpress.com).

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## Plum Cucumber Salad

### Ingredients:

6 black or red plums, diced  
1 1/2 cups diced cucumbers  
1/2 red onion, diced  
1 red bell pepper, diced  
1/4 cup chopped cilantro (optional)  
2 tablespoons balsamic vinegar, or other vinegar  
1 tablespoon vegetable oil  
Salt and black pepper to taste

### Directions:

1. In a large bowl, combine plums, cucumber, onion, bell pepper and cilantro.
2. To make dressing, whisk vinegar, oil, salt and black pepper in a small bowl.
3. Add dressing to the large bowl and toss well.
4. Serve and enjoy!
5. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [finecooking.com](http://finecooking.com).

## Quick Tips

- Different types of plums can be used in place of another in recipes. Try new colors and shapes!
- Plums can be frozen. Rinse, dry and remove the pit before freezing.
- Do not let bruised plums go to waste! Add them to a blender along with banana and yogurt for a delicious smoothie.

## Kids can:

- Rinse plums before using and eating.
- Help shop for different kinds of plums at the market.

# Prin

- Chwazi prin ki apèn mou lè ou manyen yo.
- Konsève prin ki pa mi yo sou kontwa a nan tanperati nòmàl. Konsève prin ki mi yo nan frijidè pandan anpil jou.
- Prin yo pi sikre epi gen plis ji nan tanperati nòmàl.
- Prin yo gen vitamin K, ki ede geri blesi ak bati zo yo.



## Prin Epise

### Engredyan:

6 prin nwa oswa wouj, koupe  
1 gwo kiyè siwo myèl  
3/4 ti kiyè kannèl  
1/2 ti kiyè piman jamayik (allspice)  
(si ou vle)

### Esplikasyon:

1. Nan yon kaswòl mwayen sou gwo dife, melanje prin yo, siwo myèl la, kànèl ak piman Jamayik la.
2. Kite li byen bouyi, answit bese chalè a epi kouvri li. Kuit yo pandan 10 minit, brase yo tanzantan.
3. Retire kouvèti a epi kuit li pandan 5 lòt minit jouk lè prin yo vin epè.
4. Drese li pou manje!
5. Mete rès la nan frijidè.

### L ap bay 6 pòsyon.

Adapte dapre [theveggieclub.wordpress.com](http://theveggieclub.wordpress.com).

## Salad Konkonm ak Prin

### Engredyan:

6 prin nwa oswa wouj, dekoupe  
1 1/2 tas konkonm dekoupe  
1/2 zonyon wouj dekoupe  
1 pwavwon wouj dekoupe  
1/4 tas pèsi rache (si ou vle)  
2 gwo kiyè vinèg balzamik,  
oswa lòt vinèg  
Yon (1) gwo kiyè lwil vejetal  
Sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Nan yon gwo bòl, melanje prin yo, konkonm nan, zonyon an, pwavwon an ak koryann a.
2. Pou fè vinegrèt, nan yon ti bòl, bat vinèg, lwil, lay, sèl ak pwav nwa.
3. Ajoute sòs salad nan gwo bòl la epi melanje li byen.
4. Drese li pou manje!
5. Mete rès la nan frijidè.

### L ap bay 6 pòsyon. Adapte dapre [finecooking.com](http://finecooking.com).

## Ti Konsèy Rapid

- Ou ka itilize nenpòt ki kalite prin nan plas lòt la. Eseye nouvo koulè ak fòm!
- Ou ka jele prin yo tou kri. Annik rense epi seche, epi retire nannan an anvan ou konjle.
- Pa kite prin ki mètri yo gaspiye! Ajoute yo nan yon blennèdè ansanm ak fig ak yogout pou yon bwason fwete bon gou.

## Timoun yo kapab:

- Rense prin anvan ou itilize ak manje yo.
- Ede fè chòpin pou divès kalite prin nan mache a.

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# Potatoes

- Choose potatoes that are firm and have no green spots.
- To keep potatoes and onions from spoiling too quickly, keep them separate and store in a cool, dry place for up to 2 weeks. Skins are delicious and nutritious. Just scrub and rinse well before preparing.
- Potatoes have potassium, which is good for your heart.



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## Smashed Potatoes With Kale

### Ingredients:

1 tablespoon vegetable oil  
5 garlic cloves, minced  
6 cups diced potatoes  
6 cups diced kale  
3 tablespoons chopped  
scallions, whites and greens  
1/4 teaspoon red pepper flakes  
Salt and black pepper to taste

### Directions:

1. In a large frying pan, heat oil over medium heat.
2. Add garlic and scallion whites. Cook for 2 minutes, stirring often.
3. Add potatoes and cook for 5 minutes.
4. Add kale and cook for 5 more minutes.
5. Add 1 cup of water, cover and cook 5 more minutes.
6. Mash potatoes and kale until smooth.
7. Add scallion greens, red pepper flakes, salt and black pepper to taste.
8. Serve hot and enjoy!
9. Refrigerate leftovers.

**Makes 8 servings.** Submitted by Beth Bainbridge, Stellar Farmers Markets.

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## Pan-Roasted Potatoes

### Ingredients:

2 tablespoons vegetable oil  
1/2 teaspoon salt  
4 to 5 potatoes, cut into even pieces  
1 tablespoon fresh basil, thyme, parsley or oregano, minced (optional)

### Directions:

1. In a large frying pan, heat oil and salt over medium-high heat. Add potatoes in a single layer, cut side down.
2. Cook for 10 minutes, uncovered. Do not stir!
3. When potatoes turn brown, turn heat to low, cover and cook until potatoes are soft, about 15 minutes.
4. Add fresh herbs and toss to mix.
5. Serve hot and enjoy!
6. Refrigerate leftovers.

**Makes 5 servings.** Adapted from **food52.com**.

## Quick Tips

- Add potatoes to a soup or stew.
- Eat the potato skin to get more fiber and potassium.
- Cover raw, cut potatoes completely with cold water to keep from turning brown. Store in the refrigerator and use within 24 hours.

## Kids can:

- Choose potatoes that are smooth, with few flaws on the skins.



# Pòm detè

- Chwazi pòm detè ki fèm epi ki pa gen tach vèt.
- Pou anpeche pòm detè ak zonyon yo gate twò vit, kenbe yo separe epi estoke yo nan yon kote ki fre, sèk pou jiska 2 semèn. Po yo gen bon gou epi yo nourisan. Annik foubi anvan ou prepare.
- Melon yo gen potasyòm, ki bon pou yon kè an sante.



## Pòm detè kraze avèk chou frize

### Engredyan:

Yon (1) gwo kiyè lwil vejetal  
5 gous lay rache  
6 tas pòm detè dekoupe  
6 tas chou frize dekoupe  
3 gwo kiyè siv rach, blan ak vèt separe  
1/4 ti kiyè moso pwavwon wouj  
Sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Nan yon gwo kaswòl, chofè lwil la sou dife mwayen.
2. Ajoute lay ak pwav epi kwit pou 2 minit, pandan ou ap brase li souvan.
3. Ajoute pòm detè yo epi kuit li pandan 5 minit.
4. Ajoute chou frize (kale) epi kuit li pandan 5 minit.
5. Ajoute 1 tas dlo, kouvri li, epi kuit li pandan 5 minit.
6. Kraze pòm detè a ak chou frize a jouk lè li vin lis.
7. Ajoute echalòt yo, ti moso piman wouj yo ak sèl ak pwav nwa selon preferans ou.
8. Drese li cho pou manje!
9. Mete rès la nan frijidè.

**L ap bay 8 pòsyon.** Se Beth Bainbridge, Stellar Farmers Markets ki soumèt li.

## Pòm detè griye nan Kaswòl

### Engredyan:

2 kiyè lwil vejetal  
1/2 ti kiyè sèl  
4 to 5 pòm detè, koupe menm an moso  
1 kiyè bazilk fre, ten, pèsi oswa origan, rache (si ou vle)

### Esplikasyon:

1. Chofe lwil la ak sèl nan yon gwo kaswòl sou dife mwayen. Mete pòm detè nan yon kouch senp.
2. Kuit yo pandan 10 minit san kouvri. Pa brase!
3. Lè pòm detè yo vin mawon, bese chalè a ba, kouvri, ak kuit jiskaske pòm detè yo vin mou, pandan apeprè 15 minit.
4. Ajoute zèb fèy fre epi melanje pou melanje yo.
5. Drese li cho pou manje!
6. Mete rès la nan frijidè.

**L ap bay 5 pòsyon.** Adapte dapre [food52.com](http://food52.com).

## Ti Konsèy Rapid

- Ajoute joumou nan soup oswa nan ragou.
- Asire ou manje po pòm detè a pou jwenn plis fib ak potasyòm.
- Kouvri pòm detè kri yo ak dlo frèt pou anpeche yo vin mawon. Mete yo nan frijidè epi itilize yo nan 24 èdtan oplita.

## Timoun yo kapab:

- Chwazi pòm detè ki lis, avèk tikras defo nan po yo.

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# Pumpkin

- Choose pumpkins with bright orange skin and no spots.
- Store in a cool, dry place for up to 1 month.
- Before cooking, rinse, cut in half, remove seeds and cut into small pieces. Boil or roast until pieces are tender, about 10 to 20 minutes.
- Pumpkin has vitamin A, which is good for your eyes and skin.



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## Curried Pumpkin and Potato

### Ingredients:

1 tablespoon vegetable oil  
1 onion, sliced  
1 garlic clove, chopped  
2 1/2 teaspoons curry powder  
1 pumpkin or any winter squash, chopped  
2 potatoes, chopped  
3/4 cup raisins  
Salt and black pepper to taste  
Chopped fresh cilantro, to taste (optional)

### Directions:

1. In a medium pot, heat oil over medium heat.
2. Add onion and cook for 5 minutes. Add garlic and cook for 1 more minute.
3. Add curry powder, pumpkin, potatoes, salt and black pepper. Cook for 5 minutes, stirring often.
4. Add 1 1/2 cups of water and raisins. Cover and cook until the pumpkin and potatoes are soft, 5 to 10 minutes.
5. Add cilantro. Serve and enjoy!
6. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [countryliving.com](http://countryliving.com).

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## Pumpkin Sage Soup

### Ingredients:

1 tablespoon vegetable oil  
2 cups chopped onion  
2 tablespoons chopped parsley  
2 tablespoons chopped sage  
4 cups diced pumpkin  
3 garlic cloves  
Salt and black pepper to taste

### Directions:

1. In a large pot, heat over medium heat.
2. Add onion, parsley and sage and cook until onion is soft, about 6 to 8 minutes. Stir often.
3. Add pumpkin and garlic and cook 2 minutes.
4. Add 3 cups of water. Cover and cook until pumpkin is tender, about 12 to 15 minutes.
5. Puree in a blender, adding extra water as needed. Add salt and black pepper to taste.
6. Return to pot to reheat or enjoy at room temperature.
7. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [bonappetit.com](http://bonappetit.com).

## Quick Tips

- Puree cooked pumpkin and add to pancake batter.
- Scoop out seeds from the pumpkin and rinse. Salt seeds lightly and bake at 350 degrees Fahrenheit for 15 minutes.
- Pumpkin is a type of winter squash. Any type of winter squash can be used in place of another.

## Kids can:

- Scoop out and rinse pumpkin seeds for baking.
- Measure and add ingredients to recipes.

# Sitwouy

- Chwazi sitwouy ki jòn-abriko klere epi san tach.
- Mete yo yon kote ki frèt epi ki sèk pandan 1 mwa.
- Avan ou kuit yo, rense epi wete grenn yo, koupe l an ti mòso. Bouyi oswa kwit ti moso nan fou jouk yo mou, pandan apeprè 10 a 20 minit.
- Sitwouy yo gen vitamin A, ki bon pou zye ak po kò a.



## Sitwouy ak Pòm detè nan Sòs curry

### Engredyan:

Yon (1) gwo kiyè lwil vejetal  
Yon (1) zonyon tranche  
1 gous lay rache  
2 1/2 ti kiyè curry an poud  
Yon (1) sitwouy oswa nenpòt  
joumou sezon ivè, koupe  
2 pòm detè, koupe  
3/4 tas rezen  
Sèl ak pwav nwa selon preferans ou  
Pèsi koupe fre, selon preferans ou  
(si ou vle)

### Esplikasyon:

1. Chofe lwil la nan yon kaswòl mwayen sou dife mwayen.
2. Ajoute zonyon yo epi kuit li pandan 5 minit. Ajoute lay yo epi kuit li pandan 1 minit.
3. Ajoute poud curry a, sitwouy an, pòm detè yo, sèl ak pwav nwa. Kuit yo pandan 5 minit, brase yo tanzantan.
4. Ajoute 1 1/2 tas dlo and rezen sèk. Kouvri l, epi kite l kuit jouk sitwouy ak pòm detè yo mou, 5 a 10 minit.
5. Ajoute koryann. Drese li pou manje!
6. Mete rèz la nan frijidè.

**L ap bay 6 pòsyon.** Adapte dapre [countryliving.com](http://countryliving.com).

## Soup Sitwouy Sòj

### Engredyan:

Yon (1) gwo kiyè lwil vejetal  
2 tas zonyon koupe  
2 gwo kiyè pèsi rache  
2 gwo kiyè soj rache  
4 tas joumou rache oswa  
joumou kalabaza  
3 tas gous lay  
Sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Nan yon gwo kaswòl, chofe frèz yo sou dife mwayen.
2. Ajoute zonyon, pèsi ak sòj la epi kite l kuit jouk zonyon yo mou, apeprè 6 a 8 minit. Brase l tanzantan.
3. Ajoute sitwouy an ak lay la epi kite l kuit pandan 2 minit.
4. Ajoute 3 tas dlo. Kouvri l, epi kite l kuit jouk sitwouy an vin mou, pandan apeprè 12 a 15 minit.
5. Pire l nan yon blennè, ajoute dlo si li nesèsè. Ajoute sèl ak pwav nwa selon preferans ou.
6. Remete l nan kaswòl lan pou rechofe l oswa manje l a tanperati nòmal.
7. Mete rèz la nan frijidè.

**L ap bay 6 pòsyon.** Adapte dapre [bonappetit.com](http://bonappetit.com).

## Ti Konsèy Rapid

- Pire sitwouy kuit epi ajoute nan pat pou pannkek.
- Wete grenn yo nan sitwouy an epi rense. Mete yon ti sèl epi kuit li nan fou a 350 degre Farenayt pandan 15 minit.
- Sitwouy se yon kalite joumou. Ou ka itilize nenpòt ki kalite joumou nan plas lòt la.

## Timoun yo kapab:

- Retire grenn sitwouy yo pou griye yo nan fou.
- Mezire epi ajoute engredyan yo nan resèt yo.

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# Radishes

- Choose firm radishes with smooth skins and no bruises. If the greens are attached, they should not be wilted.
- Remove greens and store unwashed radishes in the refrigerator for up to 2 weeks. Refrigerate radish greens in a damp paper towel for up to 3 days.
- Radishes and radish greens can be eaten raw or cooked.
- Radishes have vitamin C, which is good for fighting colds and healing cuts.



## Radish Stir-Fry With Sugar Snap Peas

### Ingredients:

1 tablespoon vegetable oil  
1/2 cup diced shallots  
3 cups chopped sugar snap peas  
2 cups sliced radishes  
1/4 cup orange juice  
2 tablespoons chopped fresh dill  
Salt and black pepper to taste

### Directions:

1. In a large pan, heat oil over medium heat.
2. Add shallots and cook until soft, about 3 minutes.
3. Add snap peas and cook 3 minutes. Add radishes and cook 3 more minutes. Stir.
4. Add orange juice and dill.
5. Add salt and black pepper to taste.
6. Mix well. Serve and enjoy!
7. Refrigerate leftovers.

**Makes 4 servings.** Adapted from [smittenkitchen.com](http://smittenkitchen.com).

## Rita's Pickled Radishes

### Ingredients:

2 cups thinly sliced radishes  
1/2 teaspoon salt  
1 tablespoon honey  
1 cup lime juice (4 limes)  
1 tablespoon chopped mint  
or cilantro (optional)

### Directions:

1. In a small bowl, sprinkle sliced radishes with salt. Set aside.
2. To make dressing, combine honey, lime juice and herbs (if using) in a small bowl and mix.
3. Pour dressing over radishes.
4. Cover and set aside at room temperature for 20 to 30 minutes.
5. Drain liquid before serving.
6. Enjoy or refrigerate and serve cold!
7. Refrigerate leftovers.

**Makes 8 servings.** Submitted by Rita Khatun, Stellar Farmers Markets .

## Quick Tips

- Radishes can be boiled, baked, steamed or roasted.
- Combine grated radishes and zucchini with lime juice to make a delicious slaw for tacos.
- 1 bunch of radishes gives you about 2 1/2 cups of sliced radishes.

## Kids can:

- Break off radish greens.
- Scrub radishes before preparing.

# Radi

- Chwazi radi ki di epi ki gen po lis san mètri. Si fèy vèt yo tache ladan, yo pa ta dwe fane.
- Retire fèy vèt yo epi, konsève radi ki pa lave yo nan frijidè pandan apeprè 2 semèn. Konsève fèy radi yo nan yon sèvyèt papyè mouye nan frijidè pandan jiska 3 jou.
- Ou kapab manje radi yo ak fèy radi yo kri oswa kuit.
- Radi yo gen vitamin C, ki bon pou batay kont rim epi pou geri blesi.



## Radi ki Brase Avèk Pwa "Sugar Snap"

### Engredyan:

Yon (1) gwo kiyè lwil vejetal  
1/2 tas echalòt rache  
3 tas sugar snap rache  
2 tas radi tranche  
1/4 tas ji zoranj  
2 gwo kiyè lanni rache fre  
Sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Nan yon gwo kaswòl, chofe lwil la sou dife mwayen.
2. Ajoute echalòt yo epi kuit li jouk li mou, pandan apeprè 3 minit.
3. Ajoute peti pwa epi kuit li pandan 3 minit. Ajout radi epi kuit pou 3 minit anplis. Brase li.
4. Ajoute ji zoranj ak anèt.
5. Ajoute sèl ak pwav nwa selon preferans ou.
6. Brase li byen. Drese li pou manje!
7. Mete rès la nan frijidè.

**L ap bay 4 pòsyon.** Adapte dapre [smittenkitchen.com](http://smittenkitchen.com).

## Pikliz Radi Rita a

### Engredyan:

2 tas radi tranche fen  
1/2 ti kiyè sèl  
Yon (1) gwo kiyè myèl  
1 tas ji sitwon (4 sitwon)  
Yon (1) gwo kiyè mant rache  
oswa pèsi (si ou vle)

### Esplikasyon:

1. Soupoudre tranch radi yo avèk sèl. Mete li sou kote.
2. Pou fè vinegrèt, nan yon ti bòl, konbine siwo myèl, ji sitwon vèt ak zèb (si ou ap itilize li), epi melanje.
3. Vide sòs salad la sou radi yo.
4. Kouvri li epi mete li sou kote nan tanperati nòmal pandan 20 a 30 minit.
5. Retire likid la anvan ou sèvi li.
6. Degiste oswa mete li nan frijidè oswa sèvi li frèt!
7. Mete rès la nan frijidè.

**L ap bay 8 pòsyon.** Se Rita Khatun, Stellar Farmers' Markets ki soumèt li

## Ti Konsèy Rapid

- Ou kapab bouyi radi yo, ou kapab kuit yo nan fou, ou kapab kuit yo nan vapè oswa ou kapab griye yo.
- Melanje radi ki rape ak koujèt avèk ji sitwon vèt pou fè yon salad chou kri ki fòtifyan pou tako.
- Yon grap radi ap bay apeprè 2 1/2 tas radi rache.

## Timoun yo kapab:

- Kase fèy radi yo.
- Foubi radi yo anvan preparasyon an.

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# Red Beans

- Before cooking dried beans, remove pebbles and any shriveled beans. Soak for at least 8 hours.
- For a quicker prep time, cover dried beans in cold water and bring to a boil. Turn off heat and allow beans to soak for 1 to 2 hours. Drain, rinse and cover with fresh water. Simmer for 1 to 2 hours, or until soft.
- Beans are an affordable source of protein and fiber.
- Kidney beans or pink beans can be substituted for red beans.



## Habichuelas Criollas (Bean Stew)

### Ingredients:

- 1 tablespoon vegetable oil
- 1 tablespoon sofrito seasoning (see Spice Blends for recipe or use store-bought)
- 1 1/2 cups cooked or 1 can (15.5 ounces) red beans, drained and rinsed
- 4 tablespoons tomato paste
- 1 1/2 teaspoons sazón seasoning (see Spice Blends for recipe or use store-bought)
- 1 1/2 teaspoons adobo seasoning (see Spice Blends for recipe or use store-bought)
- 1/2 teaspoon garlic powder
- 3 cups water
- 1 cup diced pumpkin or a small winter squash
- 1 small potato, diced
- 1 tablespoon chopped green olives
- 1 bay leaf
- 1/4 cup chopped fresh cilantro
- Salt and black pepper to taste

### Directions:

1. In a medium pot, heat the oil over low heat.
2. Add the sofrito and cook for 2 minutes.
3. Add the beans, tomato paste, sazón, adobo, garlic powder and water, and stir. Increase the heat to medium. Cook for 5 minutes.
4. Add the pumpkin, potato, olives and bay leaf. Increase the heat to high and bring the mixture to a boil.
5. Reduce the heat to low. Cover the pan and simmer for about 20 minutes until the pumpkin is cooked, adding more water if needed.
6. Remove from heat, add the cilantro and season with salt and black pepper to taste.
7. Serve warm and enjoy!
8. Refrigerate any leftovers.

**Makes 6 servings.** Adapted from *Vegan Boricua Cookbook* by Rhonitta Chance.

### Quick Tips

- 1 pound of dried beans (2 cups) equals 5 to 6 cups of cooked beans.
- Canned beans can replace cooked or dried beans in any recipe.
- Dried beans can be kept in an airtight container for up to 1 year.

### Kids can:

- Help sort through dried beans before soaking.
- Help mash beans with a fork.

# Pwa Wouj Fonse



- Anvan w kuit pwa seche a, triye ti wòch yo ak pwa ki fletri yo. Kite l tranpe pandan omwen 8 èdtan.
- Pou yon tan preparasyon ki pi rapid, kouvri pwa sèch la nan dlo frèt pou l bouyi. Etenn dife a epi kite pwa a tranpe pandan 1 a 2 èdtan. Degoute l, rense l epi kouvri l avèk dlo fre. Toufe l pandan 1 a 2 èdtan, oswa jiskaske l mou.
- Pwa se yon sous pwoteyin ak fib ki pa twò chè.
- Ou kapab pran pwa wouj la oswa pwa woz la nan plas pwa wouj fonse a.

## Habichuelas Criollas (Ragou Pwa)

### Engredyan:

- Yon (1) gwo kiyè luil vejetal
- Yon (1) gwo kiyè asezonnman sofrito (gade Melanj Epis yo pou jwenn resèt oswa itilize sa w achte nan makèt la)
- Yon (1) tas edmi (1/2) oswa yon bwat (15.5 ons) pwa wouj fonse kuit ki degoute epi rense
- Kat (4) gwo kiyè pat tomat
- Yon (1) ti kiyè edmi (1/2) asezonnman sazón (gade Melanj Epis yo pou jwenn resèt oswa itilize sa w achte nan makèt la)
- Yon (1) ti kiyè edmi (1/2) asezonnman adobo (gade Melanj Epis yo pou jwenn resèt oswa itilize sa w achte nan makèt la)
- Demi (1/2) ti kiyè poud lay
- Twa (3) tas dlo
- Yon (1) tas sitwouy ki koupe an kib oswa yon ti joumou sezon ivè
- Yon (1) ti pòm detè ki koupe an kib
- Yon (1) gwo kiyè lwil doliv vèt rache
- Yon (1) fèy lorye
- Yon ka (1/4) tas fèy koryann rache
- Ajoute sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Mete luil la cho sou yon ti dife nan yon chodyè mwayen.
2. Ajoute sofrito a epi kite l kuit pandan 2 minit.
3. Ajoute pwa a, pat tomat la, asezonnman sazón, adobo, poud lay ak dlo, epi brase yo. Monte dife a mete l nan nivo mwayen. Kite l kuit pandan 5 minit.
4. Ajoute sitwouy la, pòm detè a, doliv yo ak fèy lorye a. Ogmante dife a mete l nan nivo wo pou melanj lan ka bouyi.
5. Desann dife a mete l nan nivo ba. Kouvri kastwòl la epi toufe l pandan anviwon 20 minit jiskaske sitwouy la kuit, ajoute plis dlo si sa nesèsè.
6. Retire l sou dife a, ajoute fèy koryann lan epi asezonnen l avèk sèl ak pwav nwa selon preferans ou.
7. Drese li cho pou manje!
8. Mete rès la nan frijidè.

**L ap bay 6 pòsyon.** Adaptasyon an fèt nan liv resèt *Vegan Boricua Cookbook* Rhonitta Chance ekri.

## Ti Konsèy Rapid

- Yon liv (1) pwa seche (2 tas) egal ak 5 a 6 tas pwa kuit.
- Pwa ki nan bwat yo kapab ranplase pwa ki kuit oswa seche nan nenpòt resèt.
- Ou kapab konsève pwa seche yo nan yon bwat ki fèmèn byen sere jiska yon (1) lane.

## Timoun yo kapab:

- Ede w triye pwa seche yo anvan w tranpe yo.
- Ede w kraze pwa yo avèk yon fouchèt.

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# Spice Blends



## Adobo

### Ingredients:

2 tablespoons garlic powder  
2 teaspoons turmeric  
1 teaspoon cumin  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
1/2 teaspoon oregano

### Directions:

1. Mix all spices together.
2. Store in an airtight container.

### Makes about 1/4 cup.

Adapted from *Vegan Boricua Cookbook* by Rhonitta Chance.

## Sazón

### Ingredients:

1 tablespoon coriander  
1 tablespoon cumin  
2 tablespoons achiote powder  
or ground annatto seeds  
1 tablespoon garlic powder  
2 teaspoons dried oregano  
2 teaspoons onion powder

### Directions:

1. Mix all spices together.
2. Store in an airtight container.

**Makes about 1/3 cup.** Adapted from *Vegan Boricua Cookbook* by Rhonitta Chance.

## Sofrito

### Ingredients:

1 small yellow onion, diced  
1 small green bell pepper, diced  
1 ají dulce pepper or 1/4 orange  
bell pepper,\* diced  
3 cloves of garlic, chopped  
1 tablespoon chopped cilantro  
Pinch of salt

### Directions:

1. Mince all ingredients and combine. If possible, mix all ingredients in a food processor.
2. Store in an airtight container and refrigerate remaining sofrito for up to 1 week.
3. Remaining sofrito can be frozen and saved for use in other dishes.

**Makes about 1 cup.** Adapted from *Vegan Boricua Cookbook* by Rhonitta Chance.

\*If using an orange bell pepper, add 1/4 teaspoon paprika

## Quick Tips

- You can use these spice blends for the Habichuelas Criollas (Bean Stew) recipe.
- Homemade spice blends can be a great alternative to spice blends sold in stores, which may have added salt.



# Melanj Epis



## Adobo

### Engredyan:

De (2) gwo kiyè poud lay  
De (2) ti kiyè safran  
Yon (1) ti kiyè kòmenn  
Demi (1/2) ti kiyè sèl  
Demi (1/2) ti kiyè pwav nwa  
Demi (1/2) ti kiyè oregano

### Esplikasyon:

1. Melanje tout epis yo ansanm.
2. Konsève yo nan yon bwat ki fèmèn byen sere.

### L ap bay anviwon yon ka (1/4) tas.

Adaptasyon an fèt nan liv resèt  
*Vegan Boricua Cookbook* Rhonitta  
Chance ekri.

## Sazón

### Engredyan:

Yon (1) gwo kiyè koryann  
Yon (1) gwo kiyè kòmenn  
De (2) gwo kiyè poud woukou  
(achiote) oswa grenn anato moulen  
Yon (1) gwo kiyè poud lay  
De (2) ti kiyè oregano seche  
De (2) ti kiyè poud zonyon

### Esplikasyon:

1. Melanje tout epis yo ansanm.
2. Konsève yo nan yon bwat ki fèmèn byen sere.

### L ap bay anviwon yon tyè (1/3) tas.

Adaptasyon an fèt nan liv resèt  
*Vegan Boricua Cookbook* Rhonitta  
Chance ekri.

## Sofrito

### Engredyan:

Yon (1) ti zonyon jòn ki koupe an kib  
Yon (1) ti piman dou vèt ki koupe  
an kib  
Yon (1) piman dou ají dulce oswa yon  
ka (1/4) piman dou jòn abriko,\* ki  
koupe an kib  
Twa (3) dan lay rache  
Yon (1) gwo kiyè fèy koryann rache  
Pense sèl

### Esplikasyon:

1. Rache tout engredyan yo fè ti moso epi melanje yo.  
Si sa posib, melanje tout engredyan yo nan yon aparèy pou melanje.
2. Konsève yo nan yon bwat ki fèmèn byen sere epi mete rès sofrito a nan frijidè pandan jiska yon (1) semèn.
3. Ou kapab jele rès sofrito a epi konsève l pou ka itilize l nan lòt pla.

**L ap bay anviwon yon (1) tas.** Adaptasyon an fèt nan liv resèt  
*Vegan Boricua Cookbook* Rhonitta Chance ekri.

\*Si w ap itilize yon piman dou jòn abriko, ajoute yon ka (1/4) ti kiyè piman wouj seche

## Ti Konsèy Rapid

- Ou kapab itilize melanj epis sa yo pou fè resèt Habichuelas Criollas la (Ragou Pwa).
- Melanj epis ou fè lakay ou a se yon bon altènativ pa rapò ak melanj epis yo vann nan makèt yo, ki ka gen sèl yo ajoute.

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# Spinach

- Choose spinach with crisp, dark green leaves.
- Wrap spinach in a paper towel or clean cotton dish towel. Place in a plastic bag and refrigerate for up to 7 days.
- Before eating, put leaves in a bowl of cold water and rinse well to wash away all the dirt.
- Spinach has vitamin A, which is good for your eyes and skin.



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## Fruit and Spinach Salad

### Ingredients:

4 cups fresh spinach, stems removed and torn  
1 cup sliced strawberries  
1 cup raisins  
2 tablespoons vegetable oil  
1 tablespoon lemon juice  
Salt and black pepper to taste

### Directions:

1. In a large bowl, combine spinach, strawberries and raisins. Toss gently.
2. To make dressing, combine oil and lemon juice in a small bowl. Mix well.
3. Pour dressing on top of spinach mixture. Add salt and black pepper to taste.
4. Toss well and serve. Enjoy!
5. Refrigerate leftovers.

**Makes 4 servings.** Adapted from [cityharvest.org](http://cityharvest.org).

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## Spinach and Beans

### Ingredients:

2 tablespoons vegetable oil  
1 onion, chopped  
2 garlic cloves, minced  
3 1/2 cups cooked Great Northern beans  
6 cups fresh spinach, stems removed  
1 tablespoon vinegar  
Salt and black pepper to taste

### Directions:

1. In a large frying pan, heat oil over medium heat.
2. Add onion and cook for 2 minutes, stirring often.
3. Add garlic and cook 1 minute.
4. Add beans and cook until hot, about 3 minutes.
5. Add spinach in small batches and vinegar, stirring often until spinach is wilted, about 3 minutes.
6. Season with salt and black pepper and serve. Enjoy!
7. Refrigerate leftovers.

**Makes 6 servings.**

## Quick Tips

- Add spinach to a soup, rice or pasta dish.
- Add raw spinach to a salad or smoothie for extra nutrients and flavor.

## Kids can:

- Place spinach leaves in a bowl of water and move them around to wash.
- Tear spinach leaves and add to a soup or smoothie.

# Epina

- Chwazi epina ki gen fèy kroustiyan ak yon koulè vèt fonsè.
- Vlope epina to nan yon sèvyèt papyè oswa tòchon koton pwòp. Mete nan yon sachè plastik epi mete nan frijidè pou jiska 7 jou.
- Avan ou manje, mete fèy yo nan yon bòl dlo frèt epi rensè l byen pou retire tout pousyè tè yo.
- Epina gen vitamin A, ki bon pou zye ak po kò a.



## Salad Fwi ak Epina

### Engredyan:

4 tas epina fre, san tij ak fèy chire  
1 tas frèz tranche  
1 tas rezen  
2 gwo kiyè lwil  
Yon (1) gwo kiyè ji sitwon  
Sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Nan yon gwo bòl, melanje epina, frèz, ak rezen sèk. Melanje li lèjèman.
2. Nan yon ti bòl, konbine lwil ak ji sitwon an pou fè vinegrèt. Brase li byen.
3. Mete sòs la sou melanje epina a. Ajoute sèl ak pwav nwa selon preferans ou.
4. Byen melanje epi sèvi li. Degiste!
5. Mete rès la nan frijidè.

**L ap bay 4 pòsyon.** Adapte dapre [cityharvest.org](http://cityharvest.org).

## Epina ak Pwa

### Engredyan:

2 gwo kiyè lwil vejetal  
1 zonyon rache  
2 gous lay rache  
3 1/2 tas pwa kuit Great Northern rache  
6 tas epina fre, san tij  
Yon (1) gwo kiyè vinèg  
Sèl ak pwav nwa pou ba gou

### Esplikasyon:

1. Nan yon gwo kaswòl, chofè lwil la sou dife mwayen.
2. Ajoute zonyon epi kite l kuit pandan 2 minit, brase l tanzantan.
3. Ajoute lay epi kuit li pandan 1 minit.
4. Ajoute pwa ak kwit li jiska li vin cho, apèpre 3 minit.
5. Ajoute epina a ti kras pa ti kras ak vinèg la, brase li souvan jiskaske epina a vin fennen, apeprè 3 minit.
6. Mete sèl ak pwav nwa pou asezonnen l, epi sèvi l. Degiste!
7. Mete rès la nan frijidè.

**L ap bay 6 pòsyon.**

## Ti Konsèy Rapid

- Ajoute epina a nan yon soup, diri oswa yon pla pasta.
- Ajoute epina kri nan salad leti pou eleman nitritif ak gou anplis.

## Timoun yo kapab:

- Mete fèy epina yo nan yon bòl dlo epi bouje yo pou retire pousyè tè.
- Chire fèy epina yo epi ajoute yo nan yon soup oswa nan yon bwason fwete.

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*Just Say Yes* to Fruits and Vegetables

**NYC**  
Health

# Strawberries

- Choose strawberries that are bright, red and firm.
- Refrigerate strawberries, unwashed, for up to 7 days. Rinse and remove stems before eating.
- Strawberries have vitamin C, which is good for fighting colds and healing cuts.



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## Strawberry-Basil Sauce

### Ingredients:

4 cups chopped strawberries  
2 tablespoons honey  
2 tablespoons lemon juice  
1/4 cup sliced fresh basil

### Directions:

1. In a large pot, heat strawberries over medium heat.
2. Cook until strawberries are soft, about 4 minutes.
3. Add honey and lemon juice and stir. Cook for 8 to 10 minutes.
4. Turn off heat, add basil and stir well.
5. Serve hot or chilled.
6. Refrigerate leftovers.

**Makes 8 servings.** Adapted from [marthastewart.com](http://marthastewart.com).

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## Strawberry Pepper Salsa

### Ingredients:

2 cups chopped strawberries  
1/2 red onion, thinly sliced  
1 jalapeño pepper, diced  
1/2 red bell pepper, chopped  
1/2 green bell pepper, chopped  
1/2 orange bell pepper, chopped  
2 tablespoons lemon juice  
1 tablespoon vegetable oil  
Salt, black pepper and cilantro to taste

### Directions:

1. In a medium bowl, combine all ingredients and mix well.
2. Serve and enjoy!
3. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [yummly.com](http://yummly.com).

## Quick Tips

- Top hot or cold cereal with chopped strawberries.
- Mix strawberries with yogurt or cottage cheese.
- Blend strawberries with yogurt, honey and orange juice for a fruit smoothie.

## Kids can:

- Take off the green tops from strawberries.
- Rinse strawberries before eating.

# Frèz

- Chwazi frèz ki wouj fons ak fèm yo.
- Mete frèz san lave yo nan frijidè pandan jiska 7 jou. Pou prepare frèz fre, rensen yo epi retire tij yo.
- Frèz yo gen vitamin C, ki bon pou batay kont rim epi pou geri blesi.



## Sòs Frèz-Bazilik

### Engredyan:

- 4 tas frèz koupe
- 2 gwo kiyè myèl
- 2 gwo kiyè ji sitwon
- 1/4 tas tranche bazilik fre

### Esplikasyon:

1. Nan yon gwo kaswòl, chofe frèz yo sou dife mwayen.
2. Kuit li jouk lè frèz yo mou, pandan apeprè 4 minit.
3. Mete siwo myèl ak ji sitwon epi brase. Kuit yo pandan 8 a 10 minit.
4. Fèmen fou a, ajoute bazilik la epi brase li byen.
5. Ou ka sèvi l cho oswa glase.
6. Mete rès la nan frijidè.

**L ap bay 8 pòsyon.** Adapte dapre [marthastewart.com](http://marthastewart.com).

## Sòs Pwawwon ak Frèz

### Engredyan:

- 2 tas frèz koupe
- 1/2 zonyon wouj ki byen tranche
- 1 piman jalapeño pwawwon dekoupe
- 1/2 piman wouj rache
- 1/2 piman wouj rache
- 1/2 piman koulè zoranj rache
- 2 gwo kiyè ji sitwon
- Yon (1) gwo kiyè lwil vejetal
- Sèl, pwav nwa ak pèsi selon preferans ou

### Esplikasyon:

1. Nan yon gwo bòl, melanje tout engredyan yo epi brase yo byen.
2. Drese li pou manje!
3. Mete rès la nan frijidè.

**L ap bay 6 pòsyon.** Adapte dapre [yummly.com](http://yummly.com).

## Ti Konsèy Rapid

- Sereyal cho oswa frèt anlè ki gen frèz.
- Melanje frèz yo avèk yogout oswa fwomaj kotaj.
- Blennde frèz yo avèk yogout la, siwo myèl la ak ji zoranj lan pou fè yon milchek fwi.

## Timoun yo kapab:

- Wete tèt vèt yo nan frèz yo.
- Rense frèz anvan ou manje yo.

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*Just Say Yes* to Fruits and Vegetables

**NYC**  
Health

# Summer Squash

- Choose summer squash (yellow or green) that is firm and without soft spots.
- Refrigerate in an open plastic bag for up to 10 days.
- Before eating, scrub and rinse skin, then cut off ends. Seeds and skin are good to eat and full of fiber and nutrients!
- Summer squash has potassium, which is good for your heart.



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## Summer Squash and White Bean Salad

### Ingredients:

4 cups diced summer squash  
1 cup chopped red onion  
2 1/4 cups cooked or 1 can  
(19 ounces) cannellini beans,  
drained and rinsed  
2 tablespoons vegetable oil  
1/4 cup apple cider vinegar  
1/2 tablespoon chopped  
rosemary  
Salt and black pepper to taste

### Directions:

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

**Makes 10 servings.**

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## Zucchini Spaghetti

### Ingredients:

1 tablespoon vegetable oil  
1 cup chopped onion  
4 garlic cloves, minced  
2 cups chopped tomatoes  
4 cups zucchini, sliced in  
thin strips  
Salt, black pepper and red  
pepper flakes to taste

### Directions:

1. In a large pan, heat oil over medium heat.
2. Add onion and cook until soft, about 5 minutes.
3. Add garlic and stir for 1 minute.
4. Add tomatoes and cook for 10 minutes, stirring often.
5. Add zucchini and cook until soft, about 3 minutes. Add red pepper flakes to taste.
6. Enjoy by itself or with your favorite pasta or grain!
7. Refrigerate leftovers.

**Makes 8 servings.**

## Quick Tips

- Grate summer squash and freeze raw, or add to an omelet.
- Slice and add to salads or as part of a cold vegetable platter.
- Steam chopped summer squash in a small amount of water for 3 minutes.
- Season with black pepper and fresh herbs.

## Kids can:

- Rinse fresh squash.
- Grate squash, with supervision.
- Cut squash with a plastic knife.

# Joumou Lete

- Chwazi joumou lete (jòn oswa vèt) ki fèm epi ki pa gen tach mou.
- Mete li nan frijidè nan yon sachè plastik louvri pandan jiska 10 jou.
- Avan ou manje l, foubi epi rensè po yo, apres a koupe pwent yo. Grenn yo ak po yo bon pou manje, yo plen fib ak eleman nitritif!
- Joumou lete gen potasyòm, ki bon pou yon kè an sante.



## Joumou Lete ak Salad Pwa Blan

### Engredyan:

4 tas joumou ete ki dekoupe  
1 tas zonyon wouj rache  
2 1/4 tas pwa cannellini kuit (19 ons),  
degoute ak rensè  
2 gwo kiyè lwil vejetal  
1/4 tas vinèg pòm sid  
1/2 gwo kiyè womaren koupe  
Sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Nan yon gwo bòl, melanje joumou lete, zonyon, ak pwa.
2. Nan yon ti bòl, melanje lwil, vinèg, womaren, sèl ak pwav nwa.
3. Vide melanj lwil la sou melanj pwa-joumou an epi melanje li byen.
4. Refwadi li, sèvi li epi degiste!
5. Mete rès la nan frijidè.

**L ap bay 10 pòsyon.** Adapte dapre [newhope360.com](http://newhope360.com).

## Espageti Zoukini

### Engredyan:

Yon (1) gwo kiyè lwil  
1 tas zonyon koupe  
4 gous lay rache  
2 tas tomat rache  
4 tas zoukini, tranche an lanyè fen  
Sèl, pwav nwa ak ti moso piman  
wouj selon preferans ou

### Esplikasyon:

1. Nan yon gwo kaswòl, chofe lwil la sou dife mwayen.
2. Ajoute zonyon epi kuit li jouk li mou, pandan apeprè 5 minit.
3. Ajoute lay epi brase li pandan 1 minit.
4. Ajoute Tomat epi kite l kuit pandan 10 minit, brase l tanzantan.
5. Ajoute zoukini yo epi kuit li jouk li mou, pandan apeprè 3 minit. Ajoute ti moso piman wouj selon preferans ou.
6. Degiste poukont li oswa avèk pasta ou pi renmen!
7. Mete rès la nan frijidè.

**L ap bay 8 pòsyon.**

## Ti Konsèy Rapid

- Graje joumou lete epi konjle tou kri oswa ajoute nan yon omlèt.
- Tranche epi manje fre nan salad oswa nan pati yon plat legim frèt.
- Kuit joumou lete ki koupe an ti moso nan vapè nan yon ti kantite dlo pandan 3 minit. Asezonnen ak pwav nwa ak zèb fre.

## Timoun yo kapab:

- Rensè joumou fre yo.
- Graje joumou, ak sipèvizyon.
- Koupe joumou ak yon kouto plastik.

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*Just Say Yes* to Fruits and Vegetables

**NYC**  
Health

# Sweet Potatoes

- Choose firm sweet potatoes with smooth skin.
- Store in a cool, dry place for up to 2 weeks.
- Before cooking, scrub and remove eyes and dark spots.
- Keep the skin; it is full of fiber and nutrients.
- Sweet potatoes have vitamin A, which is good for your eyes and skin.



## Sweet Potato and Apple Stir-Fry

### Ingredients:

- 2 tablespoons vegetable oil
- 4 cups chopped sweet potatoes
- 1 teaspoon grated ginger (optional)
- 2 cups chopped apples
- 1 teaspoon cinnamon

### Directions:

1. In a large pot, heat oil over medium heat.
2. Add sweet potatoes, cover and cook for 5 minutes.
3. Add 1/2 cup of water and ginger, if using. Cover and cook for 5 minutes, stirring often.
4. Add apples and cinnamon. Cook for 10 more minutes until sweet potatoes are soft.
5. Serve immediately and enjoy as a dessert or sweet side dish.
6. Refrigerate leftovers.

**Makes 5 servings.** Adapted from [recipes.sparkpeople.com](http://recipes.sparkpeople.com).

## Sweet Potato and Red Bean Chili

### Ingredients:

- 2 teaspoons vegetable oil
- 1 onion, diced
- 3 cups diced sweet potatoes
- 2 garlic cloves, minced
- 2 cups chopped tomatoes
- 1 1/2 tablespoons chipotle chili powder
- 2 teaspoons ground cumin (optional)
- 1 1/2 cups cooked or 1 can (15 1/2 ounces) red beans, rinsed
- 2 tablespoons chopped cilantro (optional)
- Salt and black pepper to taste

### Directions:

1. In a large pot, heat oil over medium heat.
2. Add onions and garlic. Cook for about 4 minutes or until softened.
3. Stir in the sweet potatoes and spices, and heat to toast for 1 minute.
4. Add tomatoes and 1 1/2 cups of water. Cook for 10 minutes.
5. Add beans. Cook until the beans are heated, about 5 minutes.
6. Add cilantro, salt and black pepper.
7. Serve and enjoy!
8. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [eatingwell.com](http://eatingwell.com).

## Quick Tips

- For a baked sweet potato, scrub potatoes then bake at 375 degrees Fahrenheit for 1 hour.
- Chop sweet potatoes, boil until soft and then mash. Add orange juice and a pinch of brown sugar for a sweet treat.
- Sweet potatoes can be mixed with white potatoes for more nutrients and flavor.

## Flavor Flip: Chili

- Add a teaspoon of cinnamon along with the other spices. At the end of cooking, add a teaspoon of vinegar or citrus juice to brighten up the dish.



# Patat Dous

- Chwazi patat fèm ak po lis.
- Mete l yon kote ki sèk epi ki frèt pou jiska 2 mwa.
- Avan ou kuit yo, foubi yo epi wete zye yo ak tach fonse yo. Kenbe po a pou kwit yo; yo plen fib ak nitriyan.
- Patat dous gen vitamin A, ki limenm bon pou zye ak po.



## Sote Patat dous ak Pòm

### Engredyan:

- 2 gwo kiyè lwil vejetal
- 4 tas patat dous rache
- 1 ti kiyè jenjanm fre graje (si ou vle)
- 2 tas pòm koupe
- 1 ti kiyè kannèl

### Esplikasyon:

1. Chofe lwil la nan yon gwo kaswòl sou dife mwayen.
2. Ajoute patat dous yo, kouvri l epi kite l kuit pandan 5 minit.
3. Ajoute 1/2 tas dlo ak jenjanm lan, si ou ap itilize l. Kouvri l epi kite l kuit pandan 5 minit, brase l tanzantan.
4. Ajoute pòm yo ak kannèl la. Kite l kuit pandan 10 minit anplis jouk patat dous yo mou.
5. Sèvi l tousuit epi manje l kòm desè oswa kòm yon pla akonpayman dous.
6. Mete rès la nan frijidè.

### L ap bay 5 pòsyon.

Adapte dapre [recipes.sparkpeople.com](https://www.recipes.sparkpeople.com).

## Patat Dous ak Chili Pwa Wouj

### Engredyan:

- 2 ti kiyè lwil vejetal
- 1 zonyon koupe dekoupe
- 3 tas patat dous koupe dekoupe
- 2 gous lay rache
- 2 tas tomat rache
- 1 1/2 gwo kiyè poud chili chipotle
- 2 ti kiyè poud kimen (si ou vle)
- 1 1/2 tas pwa wouj kwit oswa 1 bwat (15 1/2 ons), degoute ak rense
- 2 gwo kiyè pèsè koupe (si ou vle)
- Sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Chofe lwil la nan yon gwo kaswòl sou dife mwayen.
2. Ajoute zonyon ak lay. Kuit yo pandan apeprè 4 minit oswa jiskaske li vin mou.
3. Brase avèk patat dous, epis santi bon epi chofe pou griye pandan 1 minit.
4. Ajoute tomat ak 1 1/2 tas dlo. Kuit yo pandan 10 minit.
5. Ajoute pwa yo. Kuit yo jouk pwa yo chofe, pandan apeprè 5 minit.
6. Ajoute koryann, sèl ak pwav nwa.
7. Drese li pou manje!
8. Mete rès la nan frijidè.

L ap bay 6 pòsyon. Adapte dapre [eatingwell.com](https://www.eatingwell.com).

## Ti Konsèy Rapid

- Pou yon patat kuit, foubi pòm detè yo apre sa kuit yo a 375 degre Farenayt pandan 1 èdtan.
- Koupe patat dous yo, bouyi yo jiskaske yo mou epi apre sa kraze yo. Ajoute ji zoranj ak yon pense sik wouj pou ka gen yon ti amizman dous.
- Ou ka melanje patat dous ak pòm detè blan pou jwenn plis eleman nitritif ak gou.

## Savè Feyte: Chili

- Ajoute yon ti kiyè kanèl ansanm ak lòt epis yo. Nan fen manje a, ajoute yon ti kiyè vinèg oswa ji sitwous anbeli pla a.

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Just Say Yes to Fruits and Vegetables



# Tomatoes



- Choose firm tomatoes with smooth skins. Green tomatoes will ripen at room temperature.
- Store tomatoes at room temperature, away from direct sunlight.
- Once ripe, use within 1 week. Tomatoes taste best if not refrigerated; only refrigerate if you cannot use them before they spoil.
- Rinse before eating — fresh or cooked.
- Tomatoes have vitamin A, which is good for your eyes and skin.

---

## Easy Tomato Sauce

### Ingredients:

1 1/2 teaspoons vegetable oil  
1 onion, chopped  
2 1/2 cups chopped tomatoes  
2 garlic cloves, chopped  
1/2 teaspoon oregano (optional)  
1/2 teaspoon salt  
1/4 teaspoon black pepper

### Directions:

1. In a large frying pan, heat oil over medium heat. Add onion and cook until soft. Stir often.
2. Add tomatoes, garlic, oregano, salt and black pepper.
3. Simmer for 15 to 20 minutes, or until thickened.
4. Serve over pasta, rice or cooked vegetables. Enjoy!
5. Refrigerate leftovers.

**Makes 5 servings.**

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## Chilean Tomato Salad

### Ingredients:

2 cups thinly sliced onions  
1/2 teaspoon salt  
8 cups sliced tomatoes  
1/4 cup basil or cilantro, torn  
1 tablespoon oil  
Salt and black pepper to taste

### Directions:

1. In a small bowl, add onions and sprinkle with salt. Set aside 20 to 30 minutes.
2. Rinse onions under water to remove salt. Drain well.
3. In a large bowl, combine tomatoes, drained onions and basil or cilantro. Add oil and mix well.
4. Enjoy, or refrigerate and serve cold!
5. Refrigerate leftovers.

**Makes 8 servings.** Submitted by Beth Bainbridge, Stellar Farmers Markets.

## Quick Tips

- 1 medium-size tomato is about 1 cup of chopped tomatoes.
- Add chopped tomatoes to scrambled eggs.
- Make your own tomato soup! Sauté chopped onions and garlic until soft. Add your favorite herbs, chopped tomatoes and low-sodium broth. Cook 10 to 15 minutes and enjoy!

## Kids can:

- Wash tomatoes under cold water.
- Mash or cut tomatoes to make a quick sauce or salsa.

# Tomat



- Chwazi tomat fèm ak po lis. Tomat vèt pral vin pi mi nan tanperati nòmàl.
- Estoke tomat yo nan tanperati nòmàl, lwen limyè solèy dirèk. Yonfwa yo mi, itilize yo nan espas 1 semèn. Tomat yo gen pi bon gou si yo pa mete yo nan frijidè; mete yo nan frijidè sèlman si ou pa p ka itilize yo anvan yo gate.
- Rense yo avan ou manje— yo kuit oswa kri.
- Tomat yo gen vitamin A, ki bon pou zye ak po kò a.

## Sòs Tomat Fasil

### Engredyan:

1 1/2 ti kiyè lwil vejetal  
1 zonyon koupe  
2 1/2 tas tomat rache  
2 gous lay rache  
1/2 ti kiyè origan (si ou vle)  
1/2 ti kiyè sèl  
1/4 ti kiyè pwav nwa

### Esplikasyon:

1. Nan yon gwo kaswòl, chofè lwil la sou dife mwayen. Mete zonyon epi kuit li jiskaske li vin mou. Brase l tanzantan.
2. Ajoute tomat, lay, oregano, sèl ak pwav nwa.
3. Mitonnen li pou 15 a 20 minit oswa jiskaske li vin epè.
4. Mete li sou pasta, diri oswa legim kuit. Degiste!
5. Mete rèl la nan frijidè.

**L ap bay 5 pòsyon.**

## Salad Tomat Chilyen

### Engredyan:

2 tas zonyon tranche fen  
1/2 ti kiyè sèl  
8 tas tomat tranche  
1/4 tas bazilik oswa pèsi chire  
1 gwo kiyè lwil  
Sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Mete zonyon yo nan yon ti bòl epi soupoudre sèl sou yo. Mete sou kote pou 20 a 30 minit.
2. Rense zonyon yo anba dlo pou retire sèl la. Byen retire likid la.
3. Nan yon gwo bòl, konbine tomat, zonyon degoute yo, ak bazilik oswa koryann. Ajoute lwil epi byen melanje li.
4. Degiste oswa mete li nan frijidè oswa sèvi li frèt!
5. Mete rèl la nan frijidè.

**L ap bay 8 pòsyon.** Se Beth Bainbridge, Stellar Farmers Markets ki soumèt li.

## Ti Konsèy Rapid

- 1 tomat ki gen gwo sè mwayen egal a peprè 1 tas tomat koupe.
- Ajoute tomat koupe an ti moso nan ze fri.
- Fè pwòp soup tomat ou! Sote nan grès zonyon ak lay ki koupe an ti moso, jiskaske yo mou, apresajoute zèb ou pi renmen, tomat koupe an ti moso ak bouyon ki gen ti sodyòm. Kuit pou 10 a 15 minit, epi degiste!

## Timoun yo kapab:

- Lave tomat anba dlo frèt.
- Kraze oswa koupe tomat yo pou fè yon sòs oswa salsa rapid.

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# Tomatoes



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- Store tomatoes at room temperature, away from direct sunlight.
- Once ripe, use within 1 week. Tomatoes taste best if not refrigerated; only refrigerate if you cannot use them before they spoil.
- Rinse before eating — fresh or cooked.
- Tomatoes have vitamin A, which is good for your eyes and skin.

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## Ceviche de Chochos (Bean Ceviche)

### Ingredients:

1 small red onion, thinly sliced  
1/4 teaspoon salt  
1 tablespoon tomato paste  
2 tablespoons water  
2 medium tomatoes, thinly sliced  
1 1/2 cups cooked, or 1 can  
(15.5 ounces) fava or lima beans,  
drained and rinsed  
1/4 cup orange juice  
2 tablespoons lime juice  
1/4 cup chopped fresh cilantro  
1 teaspoon vegetable oil

### Directions:

1. Place onions in a bowl, sprinkle with salt and cover with warm water. Set aside for 10 minutes.
2. Drain the water and rinse onions under water to remove salt.
3. In a large bowl, add the onions, tomatoes, beans and cilantro.
4. In a separate bowl, whisk the tomato paste with 2 tablespoons of water to combine. Then whisk in the orange juice, lime juice and oil to create a dressing. Pour the dressing over the bean mixture and toss.
5. Enjoy, or refrigerate and serve cold!
6. Refrigerate leftovers.

**Makes 4 servings.** Adapted from [laylita.com](http://laylita.com).

### Quick Tips

- 1 medium-size tomato is about 1 cup of chopped tomatoes.
- Add chopped tomatoes to scrambled eggs.
- Make your own tomato soup! Sauté chopped onions and garlic until soft. Add your favorite herbs, chopped tomatoes and low-sodium broth. Cook 10 to 15 minutes and enjoy!

### Kids can:

- Wash tomatoes under cold water.
- Mash or cut tomatoes to make a quick sauce or salsa.

# Tomat



- Chwazi tomat fèm ki gen po swa. Tanperati anviwònman kote tomat yo ye a nan sifi pou fè yo mi.
- Konsève tomat yo nan tanperati anviwònman kote yo ye a, pa kite yo pran solèy.
- Depi yo mi, itilize yo nan espas yon (1) semèn. Tomat yo gen pi bon gou lè ou pa mete yo nan frijidè; mete yo nan frijidè senpman si w pa kapab itilize yo anvan yo gate.
- Rense yo anvan w manje yo — fre oswa kuit.
- Tomat gen vitamin A ladan l. Se yon vitamin ki bon pou je w ak po w.

## Ceviche de Chochos (Ceviche Pwa)

### Engredyan:

Yon (1) ti zonyon wouj ki tranche fen  
Yon ka (1/4) ti kiyèsèl  
Yon (1) gwo kiyè pat tomat  
De (2) gwo kiyè dlo  
De (2) tomat mwayen ki tranche fen  
Yon (1) tas edmi (1/2), oswa yon bwat  
(15.5 ons) pwa foule oswa pwa  
tchous ki degoute epi rense  
Yon ka (1/4) tas ji zoranj  
De (2) gwo kiyè ji sitwon  
Yon ka (1/4) tas fèy koryann rache  
Yon (1) ti kiyè luil vejetal

### Esplikasyon:

1. Mete zonyon an nan yon bòl, simen sèl sou li epi kouvri l avèk dlo tyèd. Mete l sou kote pandan 10 minit.
2. Degoute dlo a epi rense zonyon an nan dlo pou desale li.
3. Ajoute zonyon an, tomat la, pwa a ak fèy koryann lan nan yon gwo bòl.
4. Bat pat tomat la avèk 2 gwo kiyè sèl nan yon bòl apa pou ka melanje l. Apresa mete ji zoranj lan, ji sitwon an ak luil la pou ka fè yon vinegrèt. Vide vinegrèt la sou melanj pwa a epi melanje yo.
5. Manje l, oswa mete l nan frijidè epi drese l frèt!
6. Mete rès la nan frijidè.

**L ap bay 4 pòsyon.** Adaptasyon an fèt sou [laylita.com](http://laylita.com).

## Ti Konsèy Rapid

- 1 tomat mwayen se apeprè yon (1) tas tomat rache.
- Ajoute tomat rache yo nan ze bwouye yo.
- Fè pwòp soup tomat pa w! Sote zonyon rache yo ak lay la jiskaske yo mou. Ajoute fèy ou pi renmen yo, tomat rache yo ak bwouyon ki gen tikal sodyòm. Kite l kuit 10 a 15 minit epi manje !!

## Timoun yo kapab:

- Lave tomat yo nan dlo frèt.
- Kraze oswa koupe tomat yo pou fè yon sòs oswa sòs salsa rapid.

Pou w jwenn konsèy sou manje ki bon pou lasante, al renmen nou sou Facebook nan [facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc). Pou w jwenn plis enfòmasyon sou Stellar Farmers Markets, ale sou [nyc.gov/health/farmersmarkets](http://nyc.gov/health/farmersmarkets). Ale sou [jsyfruitveggies.org](http://jsyfruitveggies.org) pou w jwenn plis bon resèt. Se Pwogram Asistans Nitrisyon Sipleman (Supplemental Nutrition Assistance Program, SNAP) nan Depatman Agrikilti Etazini (United States Department of Agriculture, USDA) ki finanse dokiman sa a.

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# Watermelon

- Choose watermelons that are heavy for their size, with no bruises or soft spots.
- Keep whole watermelons out of direct sunlight and store at room temperature for up to 1 week. Refrigerate cut watermelon for up to 5 days.
- Before eating, rinse watermelon, cut in half or in wedges and remove the seeds.
- Watermelons have vitamin A, which is good for your eyes and skin.



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## Spicy Watermelon Relish

### Ingredients:

- 3 cups cubed watermelon
- 2 cucumbers, thinly sliced
- 1/2 onion, chopped
- 1 carrot, thinly sliced
- 1/4 cup apple cider vinegar
- 1 teaspoon red pepper flakes
- 2 tablespoons chopped mint
- 1 tablespoon chopped cilantro (optional)
- Salt and black pepper to taste

### Directions:

1. In a large bowl, combine all ingredients and toss gently.
2. Chill, serve and enjoy!
3. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [wchstv.com](http://wchstv.com).

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## Watermelon Black Bean Salsa

### Ingredients:

- 2 cups chopped watermelon, seeds removed
- 1 cup cooked black beans
- 1/2 cup chopped onion
- 1 tablespoon chopped green chilies
- 1 garlic clove, minced
- 2 tablespoons lime juice
- 1 tablespoon vegetable oil
- 1 tablespoon chopped cilantro (optional)

### Directions:

1. In a large bowl, combine all ingredients and toss gently.
2. Chill, serve and enjoy!
3. Refrigerate leftovers.

**Makes 4 servings.**

## Quick Tips

- Add watermelon cubes or watermelon balls to a fruit salad.
- Choose watermelons that have a pale yellow spot on the skin. This shows that they are ripe.
- Add pieces of watermelon to your water for a refreshing drink.

## Kids can:

- Scoop out watermelon flesh with a spoon to eat as a snack or add to a recipe.
- Dig out seeds from watermelon wedges using a spoon.

# Melondlo

- Chwazi melondlo ki lou pou gwosè yo ki pa mètri, ki pa gen pati ki mou.
- Kite melondlo antye a chita nan tanperati nòmral epi pa mete li nan sòlèy limyè dirèk pou jiska 1 semèn. Mete melon ki koupe yo nan frijidè pandan apeprè 5 jou.
- Anvan ou manje, rense melon an, koupe l fè an de oswa kwen an epi retire grenn yo.
- Melondlo yo gen vitamin A, ki bon pou zye ak po kò a.



## Delektasyon melondlo Pike

### Engredyan:

- 3 tas kib melon, san grenn
- 2 konkonm, tranche fen
- 1/2 zonyon rache
- 1 kawòt, byen tranche
- 1/4 tas pòm vinèg sid
- 1 ti kiyè moso pwav wouj
- 2 gwo kiyè mant rache
- Yon (1) gwo kiyè pèsi rache (si ou vle)
- Sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Melanje tout engredyan yo nan yon gwo bòl.
2. Refwadi li, sèvi li epi degiste!
3. Mete rès la nan frijidè.

**L ap bay 6 pòsyon.** Adapte dapre [wchstv.com](http://wchstv.com).

## Salsa Melondlo ak Pwa Nwa

### Engredyan:

- 2 tas melon rache, san grenn
- 1 tas pwa nwa kuit
- 1/2 tas zonyon rache
- Yon (1) gwo kiyè chili vèt rache
- 1 gous lay rache
- 2 gwo kiyè ji sitwon
- Yon (1) gwo kiyè lwil vejetal
- Yon (1) gwo kiyè pèsi rache (si ou vle)

### Esplikasyon:

1. Melanje tout engredyan yo nan yon gwo bòl.
2. Refwadi li, sèvi li epi degiste!
3. Mete rès la nan frijidè.

**L ap bay 4 pòsyon.**

## Ti Konsèy Rapid

- Ajoute kib melon oswa boul melon nan yon salad fwi.
- Chwazi melon dlo ki gen yon tach koulè jòn pal sou po yo. Sa montre ke yo mi.
- Ajoute moso melon nan dlo ou pou yon bwason rafrechisan.

## Timoun yo kapab:

- Manje chè melon an ak kiyè kòm yon ti goute oswa ajoute nan yon resèt.
- Sèvi avèk yon kiyè pou retire grenn yo nan pòsyon yo.

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# Winter Greens

- Look for greens that are moist and crisp, with rich, green leaves.
- Wrap unwashed greens in a damp paper towel or a clean cotton dish towel, place in a plastic bag and keep in the refrigerator for up to up to 5 days.
- Before eating, rinse leaves and chop into bite-size pieces.
- Winter greens have vitamin A, which is good for eyes and skin.



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## Leafy Greens Salad With Apple Dressing

### Ingredients:

- 1 apple, chopped
- 1 apple, shredded
- 12 cups sliced leafy greens  
(kale, mustard greens or spinach)
- 2 tablespoons apple cider vinegar
- 1 teaspoon lemon juice
- 2 tablespoons vegetable oil
- Salt and black pepper to taste

### Directions:

1. In a large bowl, add chopped apples and greens.
2. To make dressing, combine shredded apple, vinegar, lemon juice and oil in a small bowl.
3. Add dressing to greens, mix well with hands. Add salt and black pepper to taste.
4. Serve and enjoy!
5. Refrigerate leftovers.

**Makes 6 servings.** Adapted from [bonappetit.com](http://bonappetit.com).

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## Black-Eyed Peas and Collard Greens

### Ingredients:

- 1 tablespoon vegetable oil
- 1 cup chopped onion
- 3 garlic cloves, minced
- 8 cups chopped collard greens
- 2 cups chopped tomato
- 1/4 cup chopped dill
- 1 1/2 cups cooked or 1 can  
(15 1/2 ounces) black-eyed  
peas, rinsed
- Salt and black pepper to taste

### Directions:

1. In a large pot, heat oil over medium heat.
2. Add onion and garlic and cook until soft, about 5 minutes. Stir frequently.
3. Add greens, tomato, dill and 1/2 cup of water. Add more water if needed to prevent sticking. Cook until greens are soft, 20 to 25 minutes.
4. Add black-eyed peas. Add salt and black pepper to taste. Stir.
5. Serve immediately and enjoy!
6. Refrigerate leftovers.

**Makes 4 servings.** Adapted from [nytimes.com](http://nytimes.com).

## Quick Tips

- Winter greens include kale, collard greens, mustard greens or Swiss chard. Any type can be used in place of another in recipes.
- Cook winter greens with oil and garlic for a quick side dish or add them to soups and stews.
- Greens can be seasoned with vinegar, ginger, lemon juice or red pepper flakes.

## Kids can:

- Wash leaves in cold water.
- Tear leafy greens into pieces.



# Legim vèt sezon ivè

- Chèche fèy legim ki imid ak sèk, ak fèy legim byen fonce.
- Vlope fèy ki pa lave yo nan yon sèvyèt an papyè (paper towel), mete yo nan yon sachè plastik epi kite yo nan frijidè pandan jiska 5 jou.
- Avan ou manje yo, rensè fèy yo epi koupe an moso gwo sè yon bouche.
- Legim vèt sezon livè yo gen vitamin A, sa ki bon pou zye ou ak po ou.



## Salad Legim Vèt ak Sòs Pòm

### Engredyan:

- 1 pòm rache
- 1 pòm, graje
- 12 tas fèy vèt tranche (chou frize, moutad vèt oswa epina)
- 2 gwo kiyè vinèg pòm sid
- 1 ti kiyè ji sitwon
- 2 gwo kiyè lwil vejetal
- Sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Nan yon gwo bòl, mete chou ak kawòt yo.
2. Nan yon ti bòl, konbine lwil ak ji sitwon an pou fè vinegrèt.
3. Ajoute sòs la nan legim vèt yo, byen melanje avèk men ou. Ajoute sèl ak pwav nwa selon preferans ou.
4. Drese li pou manje!
5. Mete rèl la nan frijidè.

**L ap bay 6 pòsyon.** Adapte dapre [bonappetit.com](http://bonappetit.com).

## Chou Vèt ak Pwa Kongo

### Engredyan:

- Yon (1) gwo kiyè lwil vejetal
- 1 tas zonyon rache
- 3 gous lay rache
- 8 tas chou vèt rache
- 2 tas tomat rache
- 1/4 tas anèt rache
- 1 1/2 tas pwa kongo kuit oswa 1 bwat (15 1/2 ons), degoute ak rensè
- Sèl ak pwav nwa selon preferans ou

### Esplikasyon:

1. Chofe lwil la nan yon gwo kaswòl sou dife mwayen.
2. Mete zonyon ak lay la epi kwit li jouk li vin mou, apeprè 5 minit. Brase souvan.
3. Ajoute legim vèt, tomat, anèt ak 1/2 dlo. Ajoute plis dlo si sa nesèsè pou anpeche li kole. Kuit yo jouk legim vèt yo mou, pandan 20 a 25 minit.
4. Ajoute pwa kongo yo. Ajoute sèl ak pwav nwa selon preferans ou. Brase li.
5. Sèvi li imedyatman epi degiste!
6. Mete rèl la nan frijidè.

**L ap bay 4 pòsyon.** Adapte dapre [nytimes.com](http://nytimes.com).

## Ti Konsèy Rapid

- Lègim ivè yo gen ladan chou frize, chou, fèy moutad oswa Swiss chard (bèt). Ou ka itilize nenpòt ki kalite berejenn nan plas lòt la nan resèt yo.
- Kuit legim vèt sezon ivè yo avèk lwil ak lay pou yon pla akonpayman rapid oswa ajoute yo nan soup ak bouyon.
- Legim vèt ka sezonnen ak vinèg, jenjanm, ji sitwon oswa ti moso piman cho.

## Timoun yo kapab:

- Lave fèy nan dlo frèt.
- Chire legim fèy vèt an miyèt moso.

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