

Fresh Kohlrabi Salad



Ingredients:

2 head kohlrabi (\$1 each)
1 apple (less than \$.25 each)
3 tablespoons of cooking vinegar
3 tablespoons of cooking oil
Salt and pepper to taste

Utensils:

Knife and cutting board
Bowl
Measuring spoons

Serves 4 people

Preparation time: 15-20 minutes

Recipe:

1. Use a knife to carefully peel and cut off the “branches” of the kohlrabi.
2. Chop the kohlrabi and the apple into thin slices.
3. Toss the kohlrabi and the apple slices together with the remaining ingredients.
4. Chill the salad before eating.

Nutritional Values:

- Good source of vitamin C (1cup=70%)
- May prevent cancer
- Low in sodium and calories
- No fat or cholesterol

Sweet & Salty Butternut Squash



Ingredients:

2 medium butternut squashes (\$2 each)
2 cups of beef broth (\$1 per can)
3 teaspoons of soy sauce
1 tablespoon of maple syrup
Rice (optional)

Utensils:

Knife and cutting board
Large soup pot
Measuring spoons

Serves 4 people

Preparation time: 25-30 minutes

Recipe:

1. To make the squash easier to cut, poke some holes in the squash and microwave for 2 minutes.
2. Peel the squash and cut into squares.
3. In a large soup pot, combine the squash with the other ingredients.
4. Cover the pot and cook on the stove for 15 minutes on medium heat or until squash is soft.
5. Serve over rice or enjoy the squash on its own.

Nutritional Values:

- Low in fat
- High in fiber, vitamin C, potassium, folate
- May decrease risk of heart disease

Apple Tart



Ingredients:

2 pie crusts (\$1.50 for 2)
2 apple (less than \$.50 each)
2 tablespoon of lemon juice (\$2)
Your favorite jam and sugar

Utensils:

Rolling pin (or a bottle as a substitute)
Knife and measuring spoons
Baking pan

Serves 4 people (2 pies)

Preparation time: 30 minutes

Recipe:

1. Preheat oven to 400 degrees Fahrenheit.
2. Lay the pie crust flat on the pan and sprinkle sugar on both sides of the pie crust.
3. Slice apples and set them in a bowl with lemon juice for 3 minutes.
4. Place the lemon soaked apple slices into the middle of the pie crust and fold extra crust inward.
6. Put the pan in the oven and bake for 20 minutes.
7. After baking, spread some jam over the top of the tart and enjoy!

Nutritional Values:

- Good source of fiber
- No sodium, low fat
- Good source of vitamin C
- May decrease risk of heart disease

Appeal to eating healthy for less:

- Eating healthy has the potential to fight and prevent diseases.
- Eating healthy can increase energy.
- A balanced diet includes 2 to 3 servings of fruit and 4 to 5 servings of vegetables a day.
- Fresh produce has a higher nutritional content than frozen produce.
- Eating healthy can lead to a longer life.
- Fresh produce can be as inexpensive as canned foods.
- The South Bend Farmers Market now accepts SNAP benefits.

For more information and nutritious recipes please go to <http://www.nutrition.gov/>.



Food Resources in St. Joseph's County

Apostolic House of Deliverance (287-7270)
4313 Linden Ave.

Times Open: Tu & Th 6:30-9 pm, Sun 10am-Noon
Who can come?: All residents of St. Joseph County

Broadway Christian Parish UMC (289-0333)
1412 S. Carrol

Times open: M-Th 9-10:30 am

Who can come?: Anyone

Catholic Charities (234-3111)

1817 Miami St

Times Open: W 10am-Noon & 5-7pm

Who can come?: Anyone

Community Food Pantry of St Joseph County
(232-9986)

702 S. Chapin

Times Open: M,T,W,F 9:00a-2:30p, Th Noon-6pm

Who can come?: Anyone

Cross Bar Ministries (204-2813)

1102 Union St.

Times Open: M-F 9 am - 6 pm

Who can come?: Anyone

Little Flower Catholic Church (243-3438)

54191 N. Ironwood

Times Open: Tu, W, Th 1:30-3:30; W 6:30-8pm

Who can come?: All residents of St. Joseph County

Living Epistle Fellowship (276-2013)

2001 Prairie St.

Times Open: Sun 6-7pm, W 6-7pm

Who can come?: All residents of St. Joseph County

New Peter's Rock Ministry (289-6952)

802 Van Buren St.

Times Open: 3rd Tuesday of the month, 5-6 pm

Who can come?: Anyone

Eating Healthy: On a Budget

Guide to fresh cooking for less

