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WAYS TO USE YOUR (VERY) RIPE PRODUCE

BUILD YOUR OWN SAUTEED VEGGIE DISH

Prep Time: 10 min | Cook Time: 30 min | Total Time: 40 min | Servings: 4-6

GRAINS

Choose 1:

- 1 cup dry rice
- 8 oz dry pasta

3-5 CUPS RAW VEGGIES

Choose as many as desired:

- onions
- garlic
- squash
- broccoli
- celery
- carrots
- kale
- spinach
- jicama
- bell peppers
- mushrooms
- asparagus

10-16 OZ PROTEIN

Choose 1:

- 2 (5 oz) cans tuna
- 2 (5 oz) cans chicken
- 1 (15 oz) can beans
- 1 lb ground beef, turkey, or chicken
- 1 lb shredded chicken

SAUCE

Suggestions:

- 14 oz canned pasta sauce
- creamy butter sauce (with or without wine)
- soy sauce
- white sauce

SEASONINGS & TOPPINGS

Suggestions:

- salt & black pepper, to taste
- lemon juice
- cheese
- other: minced onion, garlic, oregano, Italian seasoning

Directions

1. Wash hands with soap & water. Sanitize surfaces before starting. Use clean utensils & produce.
2. Cook grain choice according to package instructions & set aside.
3. If using raw meat or poultry: cook in a large skillet until browned. Wash hands with soap & warm water after handling raw meat or poultry. Reserve 2 Tbsp grease in the pan to cook vegetables.
4. Cut up vegetables into bite-size pieces. Sauté vegetables in oil or butter (or reserved grease) in the large skillet. If using leafy greens like kale, add to skillet at the end & let wilt.
5. If using canned meat or beans: add to skillet with cooked vegetables & stir to combine. Heat until warmed through.
6. Add cooked grain to the skillet & stir to combine.
7. If making a sauce from scratch: in a small saucepan, add ingredients for sauce. Once heated through, add to large skillet with your choice of grain, vegetables, & protein. If using a pre-made sauce: add to skillet & stir to combine.
8. Serve warm.



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BUILD YOUR OWN SMOOTHIE

Prep Time: 5 min | Cook Time: 5 min | Total Time: 10 min | Servings: 2

3 CUPS FROZEN FRUIT

Suggestions:
banana
strawberries
raspberries
blueberries
cherries

1/2 CUP THICKENER

Suggestions:
nut butters
plain Greek yogurt
vanilla yogurt

1 CUP LIQUID

Suggestions:
milk or dairy alternatives
kefir
water
juice

EXTRAS

Suggestions:
kale
spinach
nuts
honey
vanilla extract

Directions

1. *Wash hands with soap & water. Sanitize surfaces before starting. Use clean utensils & produce.*
2. Combine ingredients from each group into a blender & blend until smooth. Add more liquid or ice to reach desired consistency.
3. Divide between 2 glasses & serve immediately.

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BUILD YOUR OWN SWEET QUICK-BREAD

Prep Time: 10 min | Cook Time: 60 min | Total Time: 1 hr 10 min | Servings: 12

Ingredients

- 3 cups all-purpose flour
- 2 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 1 tsp cinnamon
- 1 cup sugar
- 1/2 cup vegetable oil
- 2 eggs
- 1 tsp vanilla extract
- 2 cups shredded or mashed fruit or vegetable, *like banana, apple, zucchini, carrot, blueberry, strawberry*

Directions

1. *Wash hands with soap & water. Sanitize surfaces before starting. Use clean utensils & produce.*
2. Preheat oven to 350°F. Coat a 9x5 inch loaf pan with cooking spray.
3. In a large bowl, combine flour, baking powder, baking soda, salt & optional cinnamon. Set aside.
4. In a medium bowl, whisk together sugar, oil, eggs & vanilla. *Wash hands with soap & warm water after handling raw eggs.* Stir in fruit until well combined.
5. Add fruit mixture to the dry ingredients & mix until just combined.
6. Pour batter into loaf pan & bake until a toothpick comes out clean, about 50-60 minutes, depending on the type of fruit used.
7. Once baked, let loaf cool in pan for 10 minutes before turning over onto a cooling rack to cool completely. Slice & serve when cooled.

Recipe adapted from All Recipes

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