

FRESH FOOD.



June
2017

Capitol Complex Farmers' Market

Every Tuesday, June 13 – September 26, 11:00 a.m. – 1:00 p.m.
(except July 4th)

E. 13th Street between E. Walnut and E. Grand Avenue

Salad in a Bag*

Ingredients

- **1 cup** leafy greens per person (spinach, romaine, kale)
- **1/2 cup** vegetables per person (broccoli, black beans, kidney beans, garbanzo beans, shredded carrot, peas, cabbage, cauliflower, celery, cucumbers, onions, tomatoes, zucchini, bell peppers, mushrooms)
- **1 to 2 tablespoons** salad dressing per person

Instructions

1. Use a one-quart sized plastic storage bag for individual salads.
2. Place 1 cup leafy greens in each bag.
3. Add 1/2 cup of vegetables to bag.
4. Add dressing.
5. Zip bag shut and shake to distribute the dressing over all the ingredients.



Berry Yogurt Parfait*

Ingredients

- **2 cups** fresh berries or unsweetened frozen fruit (thawed, drained, and cut up)
- **2 cups** low fat vanilla yogurt
- **4 tablespoons** raisins, dried fruit, chopped nuts, sunflower seeds or crunchy cereal (optional)

Instructions

1. Wash fruit and cut into bite sized chunks or thaw and drain frozen fruit.
2. Put 1/4 cup fruit into bottom of four glasses. Top with 1/4 cup yogurt. Add another 1/4 cup fruit and top with 1/4 cup yogurt.
3. Top with optional ingredients if desired.
4. Chill until ready to serve.



Asparagus

Beans

Blueberries

Broccoli

Cabbage

Carrots

Cauliflower

Cherries

Leeks

Lettuce

Onions

Potatoes

Radishes

Rhubarb

Spinach

Strawberries

* Recipe is adapted from Spend Smart. Eat Smart. You can find more easy and healthy recipes at: www.extension.iastate.edu/foodsavi/ngs/.