



Cooking in the Garden tips from
the Garden at the High Plains Food Bank
815 S. Ross St, Amarillo, TX 79102 www.hpfb.org

Nutrition 101:

- Choose fruits and vegetables that are bright in **color**
 - **Red:** Heart health and circulatory system, *Vitamin C*
 - **Orange/yellow:** Eyesight and digestion, *Vitamin A*
 - **Green:** Respiratory system, bone health, *Vitamin A, E & K and Calcium*
 - **Blue/Purple:** Brain health, circulatory system, *Antioxidants*
 - **White:** Keeps us active and fit
- Embrace a **variety** of foods to get the maximum amount of vitamins and minerals
- Eat **whole** grains, avoiding refined foods as much as possible
- Eat **seasonally**, to enjoy foods at their peak freshness
- Buy **organic** and **local** when you can
- **Grow** as much as you can manage, delight in the fruits of your labor
- **Sit** while you eat and **chew** your food, this aids in digestion and overall health
- Enjoy meals with **company** as often as possible, it enriches our soul and well-being

Anti-Cancer Smoothie

1 ½ cup berries
½ pear
1 stalk kale, just use leaves
¾ cup milk or nondairy milk
½ cup brewed, chilled green tea
½ cup pomegranate juice

Combine all ingredients in a blender and process until smooth. Best if served immediately. Try variations with bananas, peaches, oranges and different juices. For a thicker smoothie add ice before blending.

Grilled fruit with yogurt

Your favorite fruit
Greek style yogurt
Honey or agave nectar

Hard fruits like apples, pears and pineapples are the easiest while stone fruits like peaches and nectarines will turn to mush if overcooked. To avoid the browning of the fruit before cooking, cook immediately after cutting or soak the fruit in cold water sprinkled with lemon juice for 20-30 minutes. Large pieces of fruit can be placed directly on the grill while smaller fruits or pieces can be used on skewers or in folded aluminum foil. All fruit should be basted with a mild oil or butter to avoid sticking. The fruit will be done when grill marks are

present, usually 5-15 minutes, depending on the fruit. Serve the fruit with yogurt, ice cream or by itself. Try spicing up the fruit with cinnamon, cardamom, brown sugar, or nutmeg.

Easy Bean Salad

1 can kidney beans
1 can pinto beans
1 can black eyed peas
½ can corn, or one cooked cob
1 large red bell pepper
½ medium red onion, diced
½ cup salad dressing
Salt and pepper to taste

Rinse and drain all beans and peas. Combine all of the ingredients in a large bowl and toss gently. Serve cold or at room temperature. Easy Bean Salad will store covered in the refrigerator for up to 3 days.

Watermelon Salad

1 seedless watermelon
1 sweet onion
4 ounces feta cheese, crumbled
¼ cup chopped kalamata olives
¼ cup red wine vinegar
½ cup extra-virgin olive oil
2 tablespoons chopped fresh mint
Salt and pepper to taste
Whole mint sprigs to garnish

Cut the flesh from the melon and cut into bite size pieces, set aside. Peel and slice the onion into rings. Combine the onions, melon and feta. In a small bowl, combine the vinegar, olive oil, salt and pepper. Slowly whisk until the salt is dissolved, add in the chopped mint, taste and adjust seasonings. Pour the dressing over the melon mixture and toss gently until everything is coated and mixed. Garnish with mint sprigs.

Pesto Pasta with Grilled Squash

Whole Grain Pasta
2 lbs squash
2 cups fresh basil
1/3 cup pine nuts or chopped walnuts
3 garlic cloves, minced
½ cup extra virgin olive oil
½ cup freshly grated parmesan

Cook pasta according to package directions. Cut squash lengthwise, baste with olive oil and place on grill. Grill the squash to taste or until cooked through. Meanwhile, combine the basil and pine nuts and pulse a few times in a food processor. Add the garlic and pulse a few times more. Slowly add the olive oil in a stream while the food processor is on. Stop and scrape the sides of the food processor when necessary. Add the grated cheese and pulse until blended. Dice the cooked squash and combine with the cooked pasta and pesto mix. Add salt and pepper to taste.