

Monthly Minder

SET IT AND FORGET IT

BY JESSICA REA, NUTRITION SERVICES INTERN

Before you throw away your over-ripe, frozen, or leftover veggies, consider using them to make a healthful soup. Cozy soups, stews, and chowders come together by combining chewy whole grains with animal or plant-based proteins and loads of veggies! My favorite soup ingredients include lentils, barley, and seasonal veggies like celery, potatoes, and squash.

Haven't been cooking much lately? Give our featured recipe a try! This 'set it and forget it' CrockPot recipe is the perfect base to any broth-based soup. Add your favorite veggies, whole grains, and protein for a comforting dinner that won't disappoint.



Recipe of the Month:

Homemade Vegetable Broth

By: Elizabeth Lindemann

Ingredients:

Frozen vegetable scraps*
8 cups water
1 teaspoon peppercorns (optional)
1 teaspoon salt (optional)
2 bay leaves (optional)

Method:

Add frozen veggie scraps to slow cooker and cover with water. Add seasonings if desired. Cook on low for 7-8 hours.

Strain with a mesh strainer and store in mason jars in the refrigerator or freezer.

*Cooks Notes:

Any mild tasting vegetable can be used to make the broth. Elizabeth washes, saves, freezes, and ultimately uses the following vegetables. Elizabeth uses 1 gallon-sized bag of frozen veggie scraps to make this recipe.

- Onion ends
- Garlic ends/bulbs
- Herb springs/stems
- Bell pepper ends/seeds
- Jalapeno ends (not seeds)
- Carrots
- Celery
- Scallions
- Leeks



Check out our Website

Power Up is happy to be in your school, providing nutrition education to you and your caregivers! We invite you to visit our website at www.powerupeatright.com. There you'll find fun family games, nutrition information, student blogs, recipes, and food in the news! Visit to learn more about your favorite Power Up Educators, our office locations, and other Adagio Health services.

For more information on the Power Up Program, please like us on Facebook or call 1-800-215-7494

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). The institution is an equal opportunity provider.



Storing Fruits and Veggies

As farmer's market season comes to a close, many wonder how to safely preserve their produce for the winter. Here are some easy ways to freeze your favorite fruits and veggies

Put these in the freezer **right away**

berries, cherries, grapes, peaches, plums, peeled melon, winter squash, corn off the cob

Blanch these before freezing

asparagus, broccoli, cabbage, carrots, cauliflower, celery, eggplant, green beans, leafy greens, onions, parsnips, peppers, summer squash, zucchini

Cook these before freezing

apples, beets, legumes, (sweet) potatoes, tomatoes, pumpkin

*Cooking methods include steaming, roasting, and sautéing

Reminder: All fruits and vegetables should be thoroughly washed and stored in air-tight containers. It is best practice to remove all inedible parts (pits/seeds/stems). Produce can be stored for up to 6 months.

I Scream, You Scream, We All Scream for "Nice-cream"

Do you LOVE ice cream but wish there was a healthier way to enjoy it? We'd like to introduce you to banana 'nice cream' a yummy vegan, dairy-free, and no sugar-added dessert that will satisfy your sweet tooth. Better yet, it's quick and inexpensive to prepare! Just blend 2 frozen bananas, add your favorite flavors and voila! Invite some of your favorite people over to try one of these tasty treats

Peanut butter (2 Tablespoons)
Strawberries (1 cup)
Cocoa Powder (2 Tablespoons)