



WIC Produce Packs

Step One

Eat and enjoy your FREE Produce Pack today

Step Two

Bring your bag to the Fredericksburg Farmers Market for 3 FREE REFILLS before Sept. 28, 2019 located at Hurkamp Park Prince Edward & George Streets Saturdays 7am-2pm

Step Three

Check out easy family-friendly recipes & learn how to use new fruits and veggies at DoctorYum.org



Your bag includes:

Collards

- Store in the fridge, best in a bag, wash well with water just before eating
- Eat small leaves raw in salads; Chop larger leaves, steam, add to soups, or boil with ham

Onions

- Store in the fridge, wash well with water before eating.
- Cut off the green stems; Use the white or red part raw in salads, or add to stir fry or pasta

Free recipes,
instructional videos,
tips and tools at
DoctorYum.org



Beets

- Store in the fridge, wash well with water before eating
- Remove beet greens and root tips; Roast or use raw thinly sliced in salads

Cauliflower

- Store in the fridge, wash well with water before eating
- Eat raw for a snack or in a salad; steam or roast as a side; chop and add to pastas, soups, frittatas, casseroles or omelets. ways--boiled, mashed, baked, fried and more

Roasted Beet Hummus



METHOD:

Preheat the oven to 425 degrees. Wash, peel, and cut beets into 1/2 inch cubes. Toss cubes with olive oil, salt, and black pepper and spread out on a foil covered baking sheet. Lightly oil a small head of garlic and wrap in foil. Place garlic packet on the sheet with the beets and bake for 30-40 minutes until largest pieces of beet are fork tender. Cool beets and garlic. Blend beets, drained chickpeas, garlic, tahini, lemon juice, and cumin in the food processor until smooth. Serve cool or at room temperature with sesame seeds as an optional garnish. Serve with pita, vegetables, pretzels or eat it with a spoon!

Try this tonight

INGREDIENTS

- 1½ pounds beets, weight without stems and greens (fresh)
- 15 ounce canned chickpeas, drained & rinsed
- 4 garlic cloves, roasted
- 2 tablespoons olive oil
- 1 teaspoon sea salt
- ¼ teaspoon black pepper
- ¼ cup tahini
- ¼ cup fresh lemon juice
- 1 teaspoon ground cumin
- OPTIONAL: ½ teaspoon sesame seeds



WIC Bolsa de Verduras

Paso Uno

Coma y disfrute su bolsa de verduras gratis hoy!

Paso Dos

Traiga su bolsa al mercado del Fredericksburg hasta 28o septiembre 2019 a Hurkamp Park Prince Edward & George Streets Sábados 7am-2pm

Paso Tres

Descubre recetas fáciles y entender como usar nuevas frutas y verduras al doctoryum.org



Su bolsa incluyó:

Col Berza

- Guardar en la refrigeradora, mejor en una bolsa si es posible, lavar bien con agua justo antes de comer
- Comer hojas pequeñas crudos en ensaladas; cortar hojas grandes y cocinar al vapor o ponerlos en sopas

Cebollas

- Guardar en la refrigeradora, lavar bien con agua antes de comer
- Cortar los tallos verdes, usar las rojas y blancas en ensaladas o agregarlas en guisados y pastas

Recetas gratis, videos
educacionales, tipos,
y herramientas a
doctoryum.org



Remolachas

- Guardar en la refrigeradora, lavar bien con agua antes de comer
- Remueve lo verde y raises, pelar la cascara. Rostisar o cortala en rodajas delgaditas para las ensaldas

Cauliflower

- Guardar en la refrigeradora, lavar con agua antes de comer
- Comer crudo con una salsa o en una ensalada; cocinar al vapor o hornear para comer solo; agregarlo a pastas, guisados, quiches, revueltos o cacerolas.

Hummus de Remolacha Asada



METHOD:

Calente el horno a 425. Limpie y corte las remolachas en cubos de 1/2". Combine los cubos con aceite de oliva, sal, y pepino y ponga a una bandeja de hornear. Envuelva una cabeza de ajo con aceite y papel de aluminio. ponga el ajo envuelto a la bandeja con los remolachas y hornee para 30-40 minutos hasta los remolachas son cuando se pueda pinchar fácilmente con un tenedor. Se enfrie las remolachas. Mezcle remolachas, garbanzos, ajo, tahini, jugo de limon, y comino en un licuadora hasta suave. Sirvalo con semillas de sesamo, pita, verduras, o comelo con una cuchara..

Probé eso esta noche

INGREDIENTES

- 1 taza mayonesa (puede usar mayonesa sin l 1½ libras remolacha, weight without stems and greens (fresco)
- 15 onza canned chickpeas, drained & rinsed
- 4 garlic cloves, roasted
- 2 cucharadas aceite de olivo
- 1 cucharadita sal de mar
- ¼ cucharadita pimienta negra
- ¼ taza tahini
- ¼ taza fresh lemon juice
- 1 cucharadita ground cumin
- OPCIONAL: ½ cucharadita semillas de sesamo